

Recipe Page

August 18th, 2005- Week 11

What's in Your Box this Week?

Lettuce (Whistling Duck Farm).

Potatoes (Boones Farm and L&R Family Farm)

Carrots (Wolf Gulch Farm)

Tomatoes (Root Down Farm)

Green Beans (Dancing Bear Farm)

Summer Squash (Riverwood Island Farm)

Basil (Riverwood Island Farm and Boones Farm)

Slicing Cucumbers (L&R Family Farm)

Armenian Cucumbers for small shares (Boones Farm)

Blackberries (Riverwood Island Farm)

Strawberries for large shares (L&R Family Farm)

Peppers (Root Down Farm)

Onions (Wolf Gulch Farm)

Garlic (Boones Farm)

Summer Squash Casserole

Ingredients:

2 medium summer squash, unpeeled, sliced in 1/4-inch slices	1 medium onion, thinly sliced
1 green pepper, sliced	1/2 yellow pepper, sliced
2 tomatoes, sliced	salt and pepper, to taste
garlic powder, to taste	basil and oregano, about 1/4 teaspoon each
6 ounces shredded Cheddar cheese	

Preheat oven to 350°. Butter a 2-quart casserole. Arrange zucchini slices in casserole. Top with onion slices, green and red pepper slices, tomato slices, then sprinkle with herbs. Top with cheese.

Cream of Tomato Soup

Ingredients:

5 tablespoons butter
1/2 cup chopped onion
4 tablespoons flour
4 cups milk
1/2 bay leaf
1 1/2 teaspoons sugar
1 1/2 teaspoons salt
1/2 teaspoon baking soda
3 cups tomatoes, chopped

Melt the butter in a soup pot. Add the onion and cook over medium heat, stirring, until the onion is softened but not browned. Sprinkle the flour over the butter mixture and continue to stir and cook for 1 to 2 minutes. Slowly add the milk, bay leaf, sugar, and salt and continue to cook and stir until slightly thickened. Stir the baking soda into the tomatoes. Add the tomatoes to the milk, and bring just to a simmer. Remove from the heat and put through a strainer. Taste and correct seasonings. Reheat before serving.

Cucumber Raita

Ingredients:

2 slicing cucumbers, peeled, seeded, and grated or chopped
1 cup plain yogurt
1 teaspoon chopped fresh mint leaves
1/4 teaspoon ground cumin

1. Press the cucumbers through a strainer to remove some of the water.
2. Combine with other ingredients and take to a picnic in a small covered dish.

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Pesto Recipe

Ingredients:

2 cups fresh basil leaves, packed
1/4 cup grated Parmesan cheese
1/2 cup Olive oil
3 tablespoons pine nuts or walnuts
3 garlic cloves, finely minced

Place basil leaves in small batches in food processor and whip until well chopped (do about 3/4 cup at a time). Add about 1/3 the nuts and garlic, blend again. Add about 1/3 of the Parmesan cheese; blend while slowly adding about 1/3 of the olive oil, stopping to scrape down sides of container. Process basil pesto it forms a thick smooth paste. Repeat until all ingredients are used, mix all batches together well. Serve over pasta. Basil pesto keeps in refrigerator one week, or freeze for a few months.

Marinated Cucumbers

Ingredients:

4 medium cucumbers, thinly sliced
1/2 cup vinegar
1/4 cup cold water
2 tablespoons chopped dill
3 tablespoons sugar
1/2 teaspoon salt
dash pepper

Combine sliced cucumber with all other ingredients; cover and refrigerate for 2 to 3 hours before serving.