

Recipe Page

September 1st, 2005- Week 13

What's in Your Box this Week?

Tomatoes (L&R Family Farm and Root Down Farm)

Green Beans (Boones Farm)

Basil (Boones Farm)

Slicing Cucumbers (L&R Family Farm)

Blackberries or Raspberries (Riverwood Island Farm)

Frying or Green Bell Peppers (Root Down Farm)

Onions (Seven Seeds Farm)

Garlic (Boones Farm)

Cherry Tomatoes (Seven Seeds Farm and Boones Farm)

Melons (Seven Seeds Farm)- Cantaloupes or watermelons

Edamame (L&R Family Farm)- see recipe below

Corn (L&R Family Farm)

Kale for small shares (Dancing Bear Farm and L&R Family Farm)

Lettuce for large shares (Seven Seeds Farm)

Chard for small shares (Seven Seeds Farm)

Summer Squash for large shares (Riverwood Island Farm)

Parsley for large shares (Dancing Bear Farm)

Kohlrabi for large shares (Dancing Bear Farm)- see cooking instructions

Edamame Cooking Directions:

1/2 pound edamame beans (green soybeans)

7 cups water 1 tbsp salt

Boil water in a large pan. Wash edamame beans well. Add edamame beans in boiling water and boil for 5-10min. Drain the edamame and sprinkle salt over them. You can serve edamame warm or cool.

Tomato and Cucumber Salad □

Ingredients:

5 medium tomatoes, halved lengthwise, seeded, and thinly sliced
1/4 onion, peeled, halved lengthwise, and thinly sliced
1 cucumber, halved lengthwise and thinly sliced
A generous drizzle of extra-virgin olive oil, about 2 tablespoons
2 splashes red wine vinegar
Coarse salt and black pepper

Dress the tomatoes, onions, and cucumber with olive oil, red wine vinegar, salt, and pepper.

Let stand while you prepare dinner, about 20 minutes. Re-toss and serve salad with crusty bread for mopping up juices and oil.

Green Bean Curry

Ingredients:

1 lb. green beans
1 Tbsp. butter
1 Tbsp. olive oil
2 tsp. curry powder
1 onion, chopped
1/2 cup chopped peanuts

Cook green beans, drain and set aside. In heavy skillet heat butter and olive oil together until foamy. Add curry powder and onion and cook and stir until onion is crisp tender. Add green beans and peanuts and heat through, stirring gently.

Warm Corn and Tomato Salad

Ingredients:

2 tablespoons extra-virgin olive oil, 2 turns of the pan
1 small green or orange bell pepper, chopped
3 cloves chopped garlic
3 plum tomatoes, seeded and chopped
1/2 teaspoon ground cumin, eyeball it
1 teaspoon sweet paprika, eyeball it
2 tablespoons chopped cilantro or parsley leaves, to garnish
1 small red bell pepper, chopped
4 scallions, chopped, whites and greens
4 cups frozen corn kernels
1 ripe lime, juiced
1 tablespoon cayenne pepper sauce, recommended:
Coarse salt and pepper

Heat a large nonstick skillet over medium high heat. Add oil, peppers, scallions and garlic. Cook 5 minutes, stirring frequently. Add corn to the pan and allow the liquids from frozen corn to cook out, about 3 minutes. Add tomatoes to the pan and the juice of 1 lime. Throw the lime halves right into the pan with the veggies, it will really punch up the flavor. Season with cumin, cayenne sauce, paprika, salt and pepper. Top with cilantro or parsley and transfer the warm salad to a serving dish.

Kohlrabi Cooking Instructions

Kohlrabi can either be thinly peeled and sliced or diced before cooking, or it can simply be washed, trimmed, and cooked in the skin, which preserves the maximum flavour.

How to boil kohlrabi: Cook in boiling salted water for 30 minutes-1 hour, depending on size. Drain, and peel if cooked in the skin. Serve either seasoned with pepper, preferably freshly ground, and with melted butter, or with a cream or Hollandaise sauce.

How to steam kohlrabi: Season with salt and cook in the top of a steamer over a pan of boiling water for about 45 minutes 1 1/2 hours depending on size. Drain and serve as for boiled kohlrabi.

How to braise kohlrabi Parboil the kohlrabi for 5 minutes. Drain, peel, and cut into quarters. Make a mirepoix and add enough stock to half cover the vegetables. Bring to the boil and place the kohlrabi on top. Baste some of the stock over the kohlrabi. Cover the pan with a piece of greaseproof paper or foil and then with the lid. Cook over gentle heat for 1 1/2 hours or until the kohlrabi is very tender, basting with the stock from time to time. Remove the kohlrabi from the pan with a perforated spoon and place in a serving dish.