

Recipe Page

September 15th, 2005- Week 15

What's in Your Box this Week?

Tomatoes (L&R Family Farm, Dancing Bear, Boones Farm and Root Down Farm)

Beets (Wolf Gulch Farm)

Radishes (Riverwood Island Farm)

Carrots (Wolf Gulch Farm)

Potatoes (L&R Family Farm)

Slicing Cucumbers (L&R Family Farm)

Garlic (L&R Family Farm)

Melons (L&R Family Farm and Seven Seeds Farm)

Corn (L&R Family Farm)

Basil for small shares (Boones Farm and Riverwood Island Farm)

Cherry Tomatoes for small shares (Boones Farm and Dancing Bear Farm)

Summer Squash for small shares (Riverwood Island Farm)

Lemon cucumbers for small shares (L&R Family Farm)

Kale for large shares (L&R Family Farm)

Blackberries or **Raspberries** for large shares (Riverwood Island Farm)

Bell Peppers for large shares (Root Down Farm)

Parsley for large shares (Dancing Bear Farm)

Daikon Radish for large shares (Riverwood Island Farm) Eat raw, stir-fried, diced, sliced or slivered in relishes and salads.

Green Beans for large shares (Riverwood Island Farm)

Marinated Tofu, Radish and Cucumber Salad

1/2 Firm Tofu cut into 3/4 in cubes
2 Cucumbers
8 radishes, thinly sliced
1 Tbs. Soy Sauce
2 Tbs. Vinegar (Rice if you have it)
2 Tbs. Peanut Oil
1/2 teas. Sugar
Pepper to taste.

Bring a saucepan full of water to a boil and blanch the tofu for 1 minute. Remove with a slotted spoon and drain on paper towels. Peel cukes, cut in half lengthwise and scoop out the seeds. Cut each half lengthwise again, then slice into 1/2 inch thick pieces. Slice the radishes thinly. Place the cukes, radishes and cooled tofu in a bowl and toss. Mix together the remaining ingredients and pour over the tofu mixture. Toss well. Cover and chill up to an hour. If left too long in the fridge it will get soggy. Serve cool, not cold.

Garden Pesto Sauce

this recipe was provided by CSA member Suzanne Beeman

1/3 c slivered almonds (or pine nuts, or walnuts, or any combination of nuts)
2 cups packed fresh basil
1 lb. tomatoes, cored and seeded (or 1-14oz. can tomatoes)
1/4 c drained capers (optional)
3 garlic cloves, or more
1/2 c finely grated pecorino cheese (parmesan cheese is fine)
1 T lemon juice
salt and pepper

1/2 c packed fresh parsley (or add 1/2 c additional basil)
3 anchovies, drained and rinsed (optional)
1/2 t red pepper flakes, or not
1/3 c extra-virgin oil

Pulse nuts in processor/blender until finely chopped. Add basil, parsley, tomatoes, capers, anchovies, garlic, pepper flakes, and cheese and blend until smooth. With machine running, add lemon juice, then add oil in steady stream until emulsified. Season with salt and pepper.

Toss pesto with cooked pasta and 1/2 c reserved pasta cooking water to thin out this very thick pesto.

New England Corn Chowder

Ingredients

1 potato, peeled and diced
1 green pepper, diced (opt.)
2 tablespoons unbleached flour
3 cups lowfat milk
1/2 teaspoon ground black pepper

1 medium onion, diced
2 tablespoons butter
2 cups fresh corn
1 teaspoon salt

In a large pot over medium heat, sauté the potato, onion, and green pepper in the butter until the onion is soft, about 6 – 8 minutes. Add the flour and mix well. Then add the corn, milk, salt, and black pepper, stirring thoroughly. Turn the heat to low and simmer for about 20 minutes, stirring occasionally, until the vegetables are tender and the chowder has thickened (do not let it boil). Spoon the chowder into a blender and puree into a thick mixture. (Do this in batches, according to how much hot liquid is recommended for your blender.)