

Recipe Page

June 8th, 2006- Week 1

What's in Your Box this Week?

Lettuce (Wolf Gulch Farm and Seven Seeds Farm).

Goat chevre (Wolf Gulch Farm, Seven Seeds Farm and Dancing Bear Farm) - this is a special treat from Boones farm. You can still order a share for the season- call or email for more information.

Herb bunches (Riverwood Island Farm and Dancing Bear Farm)- bay, rosemary, oregano, thyme and sage. You can hang these up in your kitchen to dry and use as needed.

Kale (Wolf Gulch Farm, Seven Seeds Farm and Dancing Bear)- use recipe or just saute in butter or olive oil, with a little balsamic vinegar, soy sauce or tamari

Cabbage (Dancing Bear Farm)- great in coleslaws or sauted.

Salad Greens (Boones Farm and Wolf Gulch Farm)- Mix of lettuce and mustard greens.

Spring Onions (Wolf Gulch Farm)- You can use both the white bulbs as well as the first two inches of green shoots.

Garlic Scapes (Seven Seeds Farm)- these are the curly tops of garlic. You can stirfry them or eat them raw in salads.

Parsley (Dancing Bear Farm)- great in soups, salads and as a garnish.

Cilantro for large shares (Wolf Gulch Farm)- add to your favorite salad dressings and sauces.

Spinach for large shares (Quartz Creek Farm)- eat raw in salads or cook in butter or olive oil.

Dry beans (Dancing Bear Farm)- Soak beans overnight and cook until tender. Add your favorite herbs while cooking.

Parsley salad with tahini dressing

Ingredients:

2 cups chopped parsley
3 spring onions chopped
2 tablespoons toasted pine nuts coarsely chopped
1/4 cup tahini
6 tablespoons water
1/2 cup lemon juice with sea salt and pepper

Blend tahini, water, lemon juice and salt and pepper well. Pour over parsley mixture and mix well. Eat with warm pita bread.

Maud's Salad Dressing

Ingredients:

1/4 cup Olive Oil
1/8 cup balsamic vinegar
1/8 cup tamari or soy sauce
2 T nutritional yeast
2 garlic cloves crushed
1 T mayonnaise (optional)

Warm Chevre Salad

Ingredients:

Dressing:

3 T Balsamic vineager
1 T Olive Oil
pinch oregano, rosemary, and thyme
1/2 t chopped garlic

Salad:

1 head of lettuce
1 T Olive Oil
1/2 cup sliced black olives (optional)
1/4 cup sun-dried tomatoes cut in strips (optional)
4 T goat chevre

Combine ingredients for dressing one day ahead. Re-serve. Arrange lettuce leaves on a serving dish. Put oil and garlic scapes in small, non-stick pan with olives and sun-dried tomatoes. Heat on medium until sizzling.

Pour reserved dressing into the same pan. When sizzling lessens, quickly add the goat cheese. Cook for 1 minute. Spoon out goat cheese and place in the center of the serving plate. Pour contents of pan around the goat cheese and serve.

Braised Cabbage with Parsley and Thyme

Ingredients:

1 tablespoon unsalted butter
1/4 cup vegetable or chicken broth
1 pound green cabbage (1/2 medium head), shredded
1/4 teaspoon minced thyme
1 tablespoon minced fresh parsley leaves
Salt and ground black pepper

Directions: Melt butter in large skillet over medium-high heat. Add broth, then cabbage, then thyme. Bring to a simmer, cover and cook, stirring occasionally, until cabbage is wilted but still bright green, 7-9 minutes. Sprinkle with parsley; season with salt and pepper. Serve immediately.

Bean Taco Salad (for large shares)

Ingredients:

2 cups dry beans
1 (2 1/4 ounce) can sliced ripe olives -- drained
1 1/2 cups chopped seeded tomatoes (about 2 medium)
1/3 cup shredded Cheddar cheese
1/4 cup chopped green onions (2 to 3 medium)
1/4 cup chopped fresh cilantro
2 tablespoons lime juice
1 teaspoon ground cumin
1/4 teaspoon pepper
4 cups chopped spinach (about 6 ounces)

Soak beans overnight and cook until tender. Mix beans, olives, tomatoes, cheese, green onions and cilantro. Mix lime juice, cumin and pepper; toss with bean mixture. Serve on spinach.

Green Smoothie

from CSA member Jennifer Nidalmia

Ingredients:

1 cup lettuce or greens
1 cup pineapple or apple juice
1 frozen banana or mango

Puree in blender. A great way to eat greens!

Kale with Marinated Onions

Ingredients:

1 bunch kale
1 cup finely diced yellow spring onion
5 tsp fresh lemon juice
2 tsp rice wine vinegar
1 tsp sugar
dash of salt

Combine lemon juice, vinegar, sugar and salt. Toss with onions, set aside. Wash kale. Cut leaves across the stem in 1 1/2 inch strips. Place kale in steamer basket over 1 inch of water. Cover pot, place over high heat. Cook 10 minutes or until tender. Place kale in a serving bowl, toss with onions and marinade, serve.