

Recipe Page

June 15th, 2006- Week 2

What's in Your Box this Week?

Lettuce (Wolf Gulch Farm and Seven Seeds Farm).

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

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

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

Fennel (Dancing Bear Farm)- try our recipe

Collards (Boones Farm, Wolf Gulch Farm and Dancing Bear Farm)- saute in butter.

Mustard Greens (Dancing Bear Farm)- mix with lettuce leaves for salad mix or try recipe.

Young Carrots (Wolf Gulch Farm and Dancing Bear Farm)-munch on raw or try one of our recipes.

Snow or Snap Peas (Dancing Bear Farm and Blue Fox Farm)

Walla Walla Onions for small shares (Seven Seeds Farm)

Spring Onions for large shares (Wolf Gulch Farm)

Broccoli for large shares (Wolf Gulch Farm and Boones Farm)- steam, stirfry or eat raw

Rhubarb for large shares (Riverwood Island Farm)-try our recipe.

Beets for large shares (Quartz Gulch Farm)- slice up and steam or saute, or grate and eat raw in salad

Peas with Onions and Lettuce

Ingredients:

1/2 cup onions, sliced
1 lb sugar snap peas
1 tbl butter

8 leaves lettuce, shredded
salt and pepper, to taste
1 tbl oil

Slice onions, including. Shred the lettuce. Remove any tough strings from the snap peas and cook peas in boiling salted water until tender, about 5 minutes. Drain.

In a large frying pan, melt butter in the oil over medium-low heat. Add onions and 1/4 teaspoon salt. Cover and cook until tender, about 3 minutes. Add snap peas and cook, stirring, until heated through. Add the lettuce and stir until wilted. Taste for seasoning and add salt and pepper if needed.

Tangy Coleslaw

Ingredients:

1 medium head green cabbage
2 small carrot, shredded
1 tablespoon minced onion
1 1/4 cups mayonnaise
1/3 cup sugar
1/4 cup vinegar
1/4 teaspoon celery seed
1/4 teaspoon ground black pepper, or to taste
salt, to taste

Shred cabbage into a large bowl; add shredded carrot and onion. Combine mayonnaise, sugar, vinegar, celery seed. Whisk or shake in a jar. Taste and adjust seasonings, adding salt and pepper to taste, or more mayonnaise and a bit more vinegar if too sweet for your taste.

Pea and Carrot Stirfry

Ingredients:

2 cups sugar snap or snow peas
1 cup diagonally cut carrots
1 tablespoon soy sauce
1 teaspoon rice vinegar
1 teaspoon dark sesame oil

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add sugar snap peas and carrot, saute 3 minutes or until crisp-tender. Remove from heat, stir in remaining ingredients.

Braised Fennel with Mustard Greens

Ingredients

2 tablespoons olive oil
Fennel, tops removed and sliced crosswise into 1/4 -inch strips
1 1/2 teaspoons salt
1 teaspoon cracked black pepper
1/2 cup white wine
1 bunch mustard greens, washed, stemmed

In a large skillet, heat olive oil over low heat. Add the fennel, salt and pepper. Cook, stirring frequently, until the fennel is light brown around the edges and soft, 15 to 20 minutes. Pour in the wine. Turn up the heat and cook until the wine is evaporated, 8 to 10 minutes. Add the mustard greens and cook, stirring until wilted. Serve immediately

Collard Greens with Onion

Ingredients

2 lbs. Collard Greens, fresh or frozen
2 Onions, medium, diced
Hot Sauce or Black Pepper
1 Lemon
Olive Oil, extra virgin

Peel and dice the onion. Fry diced onions in olive oil. Add some hot sauce or ground black pepper (to taste). Cook until the onions begin to become translucent .

While the onions are cooking, wash, clean, and cut the collard greens into bite sized pieces. When the onions begin to become translucent, add the collard greens and continue cooking until the collard greens become tender .

If there is liquid in the bottom of the cooking vessel, thicken it with a little corn starch or arrowroot powder. Heat for another minute to ensure that all the liquid is thickened and is coating the other ingredients.

Serve with lemon wedges and a little extra virgin olive oil.

Rhubarb Muffins

for large shares

Ingredients:

2 cups flour
1/2 tsp salt
1/2 cup vegetable oil
1 cup buttermilk
2 cups chopped rhubarb

1 tsp baking soda
1 1/4 cups brown sugar
1 egg
1 tsp vanilla

Topping:

1/2 cup brown sugar
1/2 tsp cinnamon
1 tbsp butter, melted

Combine flour, soda, and salt. In a separate bowl blend sugar with oil. Whisk in egg, buttermilk, and vanilla. Stir into dry ingredients along with rhubarb just until flour is incorporated. Spoon into greased or paper-lined muffin tins. Mix topping ingredients and sprinkle over batter. Bake at 350F for 20-25 min for muffins. Let cool in pans 10 min before removing.