

Recipe Page

June 22nd, 2006- Week 3

What's in Your Box this Week?

Lettuce (Wolf Gulch Farm and Seven Seeds Farm).

Cabbage (Dancing Bear Farm and Wolf Gulch Farm)- great in coleslaw or sauted.

Kale (Wolf Gulch Farm, Boones Farm, Dancing Bear Farm and Quartz Gulch).

Salad Greens (Boones Farm and Dancing Bear Farm)- Mix of lettuce and mustard greens.

Snow or Snap Peas (Dancing Bear Farm)- delicious raw or cooked.

Green Garlic (Seven Seeds Farm)- this is early garlic that can be used like mature garlic. The taste is slightly milder.

Parsley (Wolf Gulch farm and Dancing Bear Farm)

Cherries (Rolling Hills Farms)

Bunching Onions for small shares (Boones Farm)

Beets for small shares (Wolf Gulch Farm)- there are three varieties in your beet bunch- red, chiogga (striped white and pink) and golden. The greens can be used to replace chard in most recipes.

Chard for large shares (Seven Seeds Farm)

Walla Walla Onions for large shares (Seven Seeds Farm)

Raspberries for large shares (Riverwood Island Farm)

PEA AND CABBAGE SLAW

Ingredients:

4 cups green cabbage, quartered, cored, and thinly sliced
1 cup sugar snap peas, trimmed and thinly sliced diagonally
1/8 cup well-shaken buttermilk
1 Tbsp. cup sour cream
1 tsp dill
1 garlic cloves, minced
1/2 teaspoons salt
1/4 teaspoon black pepper
1/4 tablespoon white distilled vinegar

Toss together cabbage and peas in a large bowl. Whisk together remaining ingredients and pour over slaw, stirring to combine well. Add salt to taste, then chill, covered, at least 2 hours.

Greens Tacos

Ingredients:

3/4 pounds greens, sliced into approximate 1 inch pieces
2 teaspoons cooking oil
2 stalks green garlic, chopped,
Pinch red pepper flakes or cayenne
2 Tablespoons cream cheese
4-6 small corn tortillas or 2-3 larger flour ones

Heat the oil and add the garlic, having the greens ready to go, and cook garlic for about 30 seconds. Then add greens and cook until bright green and wilted, add red pepper (and salt and black pepper if you like). Take off heat and stir in cream cheese. Heat tortillas, divide filling among them. Eat and enjoy.

Cabbage Gratin

from CSA member Laura Beaton

Ingredients:

1 1/2 Tablespoons + 1 teaspoon salt 1 cabbage
2 large eggs 1 cup half-and-half
3/4 cup grated Gruyere cheese 3/4 cup grated Parmesan 1/2
tsp caraway seeds 1/8 tsp cardamom

Preheat oven to 375 degrees. Butter a 9X9 baking dish and dust the bottom with 1/4 cup Parmesan. Bring 4 qts of water & 1 1/2 Tablespoons of salt to a boil in a large pot. Core and shred one cabbage. Add cabbage to boiling water and cook for 5 minutes. Drain cabbage, and press out as much water as you can. Whisk together in a large bowl: 2 lg eggs, 1 c. half-and-half, 1/2 c. Gruyere, 1/4 c. Parmesan, 1 teaspoon salt, 1/2 teaspoon caraway seeds, 1/8 teaspoon cardamom. Add cooked cabbage to mix and stir to coat cabbage thoroughly. Pour cabbage mix into the baking dish and spread evenly. Sprinkle the top with 1/4 c. Gruyere and 1/4 c. Parmesan. Bake 40 - 50 minutes, until top is golden brown. Serve hot & enjoy! Goes great with a side salad of mixed greens.

Grated Beet Salad Recipe

Ingredients

Juice of 2-1/2 oranges Juice of 1-1/2 lemons
2-1/2 pounds fresh beets, peeled and grated
1/3 cup chopped fresh parsley plus extra for garnish
Salt and freshly ground black pepper to taste
Lettuce leaves

Combine juices and toss with beets and parsley. Add salt and pepper. Serve at once or chill until ready to serve.

To serve: Line salad bowls with lettuce leaves and top with beet mixture. Sprinkle with additional parsley.

Spicy African Kale, Cabbage and Yams

Ingredients:

1 large bunch Kale, 4 cups chopped, pressed firm
4 cup Garnet yam, rinsed well, chopped
1 1/2 tablespoon olive oil
2 cup cabbage, sliced
1 1/2 cup Onion, chopped
3 tablespoon soy sauce
2 tablespoon salt, or to taste
1 tablespoon minced garlic
1 tablespoon ginger, peeled and minced
1 teaspoon serrano chile, seeded and diced
Hot Sauce, to taste

Rinse and drain kale well. Steam kale and yams. Kale should still be colorful and yams should still have some firmness.

While kale and yams are steaming, place oil in a large sauté pan and heat on medium high. Add onion, garlic, ginger and chili pepper, cook for 5 minutes, stirring frequently.

Add cabbage and cook for 5 minutes, stirring frequently. Add small amounts of water if necessary to prevent sticking. Place in a large mixing bowl with remaining ingredients, add kale and mix well. Add yams and gently mix well.

Kale With Cream

Ingredients:

1 3/4 lb kale
2 tbsp butter
2 tbsp double cream
1 pn nutmeg, salt, pepper
2 tbsp stock

Wash the kale and strip the leaves from the stalks, then plunge into briskly boiling salted water and cook until tender, 20-30 minutes. Drain well and chop finely. In a saucepan combine the butter, cream and pinches of nutmeg, salt and pepper; then add the kale and the stock. Mix well and cook until well heated and the sauce is slightly reduced.