

Recipe Page

June 29th, 2006- Week 4

What's in Your Box this Week?

Lettuce (Wolf Gulch Farm, Dancing Bear Farm, Quartz Creek Farm and Seven Seeds Farm).

Cherries (Rolling Hills Farm)

Carrots (Wolf Gulch Farm)

Berries (Pennington Farm)

Snow Peas (Boones Farm)

Onions (Seven Seeds Farm and Dancing Bear Farm)

Broccoli for small shares (Wolf Gulch Farm and Boones Farm)

Chard for small shares (Seven Seeds Farm and Dancing Bear Farm)

Radishes for small shares (Seven Seeds Farm)- great sliced up raw with salt

Beets for large shares (Wolf Gulch Farm)- grate raw or thinly slice and saute in butter and salt

Collards for large shares (Wolf Gulch Farm and Boones Farm)

Basil for large shares (Boones Farm and Wolf Gulch Farm)- delicious in salads or stir fries

Tatsoi for large shares (Quartz Gulch Farm)- use the nutritious, mild, mustardy leaves in salads or stir-fry.

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

Very Berry Cherry Cobbler

Ingredients:

1 cup pitted cherries	1 cup berries
1 tablespoons Corn starch	1 cup All purpose flour
1/8 cup Sugar	1/2 tablespoon Baking powder
1/2 teaspoon Salt	1/4 cup Cold butter
1/2 cup Milk	

In an ungreased 13x9x2-inch baking pan, combine cherries, berries, corn starch and 2T sugar; set aside. Stir together flour, 1/4 cup sugar, baking powder and salt. Mix in butter until mixture is crumbly. Add milk; mix lightly with fork until just combined. Drop spoonfuls of batter onto fruit mixture. Bake in 375F oven 35 to 40 minutes or until browned and bubbly.

French Breakfast Radishes with Rosemary Garlic Butter for small shares

Ingredients:

1/2 stick butter, softened
4 oz pkg Cream Cheese, softened
2 teaspoons chopped fresh rosemary
2 teaspoons chopped fresh Thyme
1 clove minced fresh Garlic
Salt to taste
1 bunches Radishes, washed and tops trimmed

Mix all ingredients together except radishes. Cover and refrigerate at least an hour or up to three days. Bring Rosemary Garlic Butter to room temperature before serving with radishes.

Spring Vegetable Stir-Fry

Ingredients:

1 tbsp oil
1 garlic clove, sliced
1 inch ginger root, finely chopped
3 carrots, julienned
2 cups chopped greens (collards, beet greens, spinach, chard or tat soi)
1 cup snow peas, topped and tailed
1/2 cup broccoli florets
1 onion, chopped

Dressing:

juice of 2 limes
1 Tbsp honey
1 Tbsp soy sauce
1 tsp sesame oil

Heat the oil in a wok or large frying pan. Add garlic and ginger, stir-fry over med-high heat for 1 minute.

Turn the heat to high. Add the carrots, and stir-fry 3-4 min. Add the peas, broccoli, onions and greens for 2 more min.

Add the dressing and fry 2-3 minutes more or until just crispy tender. Serve with brown rice.

Carrot And Ginger Soup Recipe

Ingredients:

1/4 cup butter
1 chopped onion
1/4 cup chopped (or grated) fresh ginger
3 cloves minced garlic
4 cups chicken or vegetable stock, or water
1 cup dry white wine
2 1/2 cups carrots; (peeled & sliced into 1/2 inch slices)
2 tablespoons fresh lemon juice
salt & pepper to taste
1 pinch curry powder

Melt butter in large pot and cook onions, ginger & garlic for 15 - 20 minutes. Add stock, wine & carrots & heat to boiling, then simmer on med. for 45 minutes Puree soup & season with salt, pepper, curry powder & lemon juice. Serve hot or chilled.

African Pineapple Peanut Stew

from CSA member Kathy Peterson

Ingredients:

4 cups chard or collards, sliced into strips about 1 inch by 1 inch
1 onion, chopped
1 clove green garlic, chopped
dash salt
1/2 cup chopped cilantro (fresh)
1/2 c. peanut butter
2 cans crushed pineapple
1 teaspoon tobasco
Optional -- roasted peanuts for garnishing

Saute the garlic and onion in a little olive oil. Add the greens and wilt. Add pinch salt. Stir in pineapple, peanut butter and cilantro. Cook for about 5 minutes on low, add tobasco and cook another two minutes. Garnish with a sprinkle of roasted peanuts on top. Serve on rice. Yummy cold the next morning too....

Fresh Chard and Tatsoi for large shares

Ingredients:

1 bunch of swiss chard
1 bunch of tatsoi
1 Tbsp Oil – peanut or safflower (or other light oil)
1 garlic clove
1 Tbsp. fresh ginger
1 C. vegetable stock
1 Tbsp soy sauce or tamari
1 tsp honey
1 Tbsp rice vinegar
1 tsp sesame oil
2 tsp arrowroot or cornstarch dissolved in 1/4 cup water
sesame seeds as a garnish

Wash chard and tatsoi and coarsely chop stems and leaves Measure oil into a small bowl and press garlic and grate ginger into oil. Combine stock, soy sauce, mirin, vinegar and sesame oil into a small bowl. Heat wok or large skillet to medium high heat. Add oil-garlic-ginger mixture and immediately add chard and tatsoi. Toss greens to coat with oil and cook until just wilted. Add stock mixture and bring to a boil, stirring constantly until greens are tender but still bright in color. Add thickener and allow sauce to bubble and thicken. Pour in serving dish and serve immediately, sprinkled with a light dusting of sesame seeds for garnish.