

Recipe Page

July 6th, 2006- Week 5

What's in Your Box this Week?

Find recipes from previous weeks at our website www.siskiyoucoop.com

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

Carrots (Quartz Creek Farm and Dancing Bear Farm)

Raspberries (Seven Seeds Farm and Pennington Farm)

Snow Peas (Boones Farm)

Onions (Seven Seeds Farm)

Fennel (Wolf Gulch Farm) -slice up raw in salads or try our soup recipe

Kale for small shares (Wolf Gulch Farm, Seven Seeds Farm and Boones Farm)

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

Cauliflower for small shares (Blue Fox Farm and Boones Farm)

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

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

Blueberries for large shares (Pennington Farm)

Chard for large shares (Dancing Bear Farm)

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

Fava Beans for large shares (Seven Seeds Farm)- try our recipe

Parsley for large shares (Wolf Gulch Farm and Dancing Bear Farm)

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

Creamy Fennel Soup

Ingredients:

2 cups stock or water	1 bulb fennel	1 sliver garlic	2 tbsp. onions
1 tbsp. lemon juice	1/2 tsp. dried dill	1 quart yogurt	1 tsp. ground coriander

Clean and slice the fennel bulb, reserving any greens for garnish. Cook the fennel in the stock with the garlic and onions until soft. Puree in a blender with the lemon juice and zest, and the spices. Combine well with the yogurt and chill. Serve garnished with chopped fennel greens or chopped cilantro.

Basil Pesto

2 cups fresh basil leaves
3 cloves garlic
2 Tbsp pine nuts
1/2 cup olive oil
salt to taste
1/2 cup fresh grated parmesan cheese

Place all ingredients except parmesan into food processor. Puree until smooth. Stir in cheese.

Broccoli with Herbs

Ingredients:
1 bunch broccoli 2 Tbs butter
2 Tbs parsley 1 Tbs lemon juice

Cut broccoli into stalks and florets. Steam 6 minutes, until just tender and bright green. Meanwhile, melt butter. Stir in juice and chopped parsley. Pour butter mixture over hot broccoli and serve at once.

Cauliflower and Cheese Bake

Ingredients:
1 head cauliflower
3 tbsp. olive oil
1 large onion, sliced thin
Salt & pepper to taste
1/3 cup. fine bread crumbs
1 (8 oz.) pkg. mozzarella cheese, grated

Cut off cauliflower flowerets. Steam until tender (approximately 20 minutes). Meanwhile saute onions in oil until golden. Pour in crumbs. Stir. Layer cauliflower, cheese and onions in a baking dish. Season with salt and pepper. Sprinkle remaining cheese on top. Place under broiler until cheese melts and top turns light brown.

Cheese Spinach Bake

Ingredients:
3 medium eggs, beaten. 5 cups chopped spinach.
4 oz of cheddar cheese, grated. 1 cup of cottage cheese.
1/4 cup of butter, softened. 2 teaspoons of flour.
Salt and pepper.

Cook the spinach in 2 cups boiling water, then drain. Mix the spinach, cottage cheese, cheddar, butter, eggs, flour, salt and pepper in a bowl and mix thoroughly. Spoon into a greased baking dish and Bake at 350°F (175°C) for 50-60 minutes.

Kale and Beet Salad

Ingredients:
4 large beets 1/4 cup toasted pumpkin seeds
1 bunch kale 3 scallions
1 medium carrot 3 Tbs olive oil
2 Tbs balsamic vinegar 3/4 tsp dijon mustard
1/4 tsp freshly ground pepper 1 Tbs chopped fresh basil
1 tsp finely diced garlic

Cook beets for about one hour, until tender. Let cool, then peel beets and cut into 3/4 inch pieces. Lightly toast pumpkin seeds by placing them in a skillet and cooking over medium heat. When they begin to pop and give off a nutty aroma, they are ready. Set aside. Wash kale and place in a large pot of boiling water for 30 seconds. Strain and cut into bite size pieces. Finely dice the green onions and peel the carrot. Slice into 1/8-inch rounds. Place dressing ingredients in a bowl and mix well. In a separate bowl place chopped beets, chopped kale, diced green onions, sliced carrots and pumpkin seeds. Add dressing and toss gently. Serve chilled.

Fresh Fava Beans with Thyme

Ingredients:
1 1/2 cups shelled fresh fava beans 1/2 teaspoon salt
3 Tablespoons olive oil 1/4 teaspoon dried thyme

Put the beans, 1 cup water and 1/4 teaspoon salt in a pot and bring to a boil. Cover, lower heat and simmer until beans are tender. Drain the beans and cool them under running water. Heat the oil in an 8 inch skillet over medium flame. Put the beans, thyme and the remaining 1/2 teaspoon salt. Stir and saute for 2 minutes.