

Recipe Page

July 20th, 2006- Week 7

What's in Your Box this Week?

Lettuce (Wolf Gulch Farm)

Carrots (Wolf Gulch Farm)

Potatoes (Dancing Bear Farm)

Green Beans (Boones Farm)

Chard (Seven Seeds Farm)

Blueberries for small shares (Pennington Farm)

Leeks (Boones Farm, Dancing Bear Farm and Wolf Gulch Farm)

Onions for small shares (Seven Seeds Farm)

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

Beets for small shares (Wolf Gulch Farm)- try the delicious new recipe- my kids love it.

Cilantro for large shares (Quartz Creek Farm)- see tomatillo recipe

Summer Squash for large shares (Wolf Gulch Farm and Quartz Creek Farm)

Scallions for large shares (Seven Seeds Farm)

Tomatillos for large shares (Dancing Bear Farm)- see recipe

Cucumbers for large shares (Wolf Gulch Farm)

Raspberries for large shares (Seven Seeds Farm)

Hot Peppers for large shares (Dancing Bear Farm)

Chard Catalan Style

Ingredients

1 lb. bunch chard, leaves blanched and chopped
2 tbsp. olive oil 1 lg. clove garlic, sliced
1/3 cup raisins 1/3 cup pine nuts or walnuts
Salt and pepper

Warm the oil with the garlic in a wide skillet over medium heat. When the garlic is golden, remove it. Add the raisins and nuts and cook until the raisins are plumped and the nuts are golden. Add the greens and cook until they're heated through. Season with salt and pepper to taste.

Garden Squash Skillet for large shares

Ingredients:

2 summer squash, sliced 1 cup sliced carrots
1 tbsp olive oil 1 tablespoon butter
1/4 cup grated Parmesan cheese

Heat oil in a skillet over medium-high heat. Add vegetables and cook, stirring, for about 8 minutes, or until tender but still a little crisp. Add butter and toss with the cheese. Let stand for 5 minutes before serving.

Potato and Green Bean Salad

Ingredients:

Balsamic Vinaigrette (see recipe below)

1 1/2 pounds small potatoes

3/4 pound small green beans, rinsed and stem ends trimmed

1 small sweet onion coarsely chopped

1/4 cup chopped fresh basil leaves

Prepare Balsamic Vinaigrette. In a large pot over medium-high heat, steam potatoes until tender. Remove from heat and let cool; cut into quarters. In a pot of boiling salted water, cook green beans approximately 5 to 6 minutes or until crisp tender. Remove from heat and drain. Transfer beans to a bowl of ice water and let cool. When cool, drain and cut beans in half. In a large bowl, combine potatoes, green beans, sweet onion, and basil. Add Balsamic Vinaigrette and toss to coat. Season with salt and pepper to taste. NOTE: This salad will hold for several days and improves in flavor. You can serve the salad chilled or at room temperature.

BALSAMIC VINAIGRETTE:

1/4 cup balsamic vinegar

1 clove garlic, minced

2 tablespoons fresh lemon juice

Dash of Worcestershire sauce or to taste

1/2 cup extra-virgin olive oil 2 tablespoons Dijon mustard

Coarse kosher salt

Coarsely ground black pepper

In a small bowl or jar, whisk together balsamic vinegar, garlic, lemon juice, Worcestershire sauce, olive oil, and Dijon mustard. Season with salt and pepper to taste. Cover and refrigerate until ready to use. To use, bring to room temperature.

Potato and Leek Soup

Beet Burgers for small shares

Ingredients:

4 beets, washed and grated

2 eggs, beaten,

2 sprigs basil, chopped

salt and pepper to taste

1/2 cup flour

1/2 onion or 3 scallions chopped

olive oil for frying

slices of mozzarella cheese

Ingredients

2 large leeks, cut lengthwise, separate, clean. Use only the white and pale green parts, chop.

1 Tbsp butter

1 cup water

1 cup chicken broth (or vegetable broth for vegetarian option)

1 lb potatoes, peeled, diced into 1/2 inch pieces

Salt & Pepper

Marjoram - dash

Tabasco sauce or other red chili sauce

Combine ingredients in a bowl.

Form into patties (you may need to use a bit more flour.) Heat oil in a frying pan and fry patties. Once you have flipped the burger, melt cheese on top. Serve immediately.

Cook leeks in butter with salt and pepper, cover pan, cook on low heat for 10 minutes. Check often. Do not brown leeks! Browning will give leeks a burnt taste. Add water, broth, and potatoes. Cook for 20 minutes. Scoop about half of the soup mixture into a blender, puree and return to pan. Add dash of marjoram and chili sauce to taste - about 1/4 teaspoon.

Salsa Verde for large shares

Ingredients:

1 1/2 lb tomatillos

1/2 cup chopped scallions

1/2 cup cilantro leaves

1 Tbsp fresh lime juice

1/4 teaspoon sugar

Salt to taste

2 Jalapeño peppers, stemmed, seeded and chopped (optional)

Remove papery husks from tomatillos and rinse well. Cut in half and place cut side down on a foil-lined baking sheet. Place under a broiler for about 5-7 minutes to lightly blacken the skin. Place tomatillos, lime juice, onions, cilantro, Jalapeño peppers, sugar in a food processor (or blender) and pulse until all ingredients are finely chopped and mixed. Season to taste with salt. Cool in refrigerator.