

Recipe Page

July 27th, 2006- Week 8

What's in Your Box this Week?

Lettuce (Quartz Gulch Farm)

Carrots (Wolf Gulch Farm)

Collards (Boones Farm)

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

Onions (Wolf Gulch Farm)

Green Beans (Dancing Bear Farm)

Garlic (Boones Farm)

Summer Squash (Wolf Gulch Farm, Blue Fox Farm and Quartz Creek Farm)

Salad Mix (Quartz Gulch Farm)

Cucumbers for small shares (Dancing Bear Farm and Boones Farm)

Cherries for small shares (Rolling Hills Farm)

Japanese Eggplant for small shares (Blue Fox Farm)

Peppers for large shares (Dancing Bear Farm)- anaheim and bell peppers

Tomatoes for large shares (Dancing Bear)

Lemon Cucumbers for large shares (Wolf Gulch Farm)

Herbed Squash Soup

Ingredients:

3 cups vegetable broth

3 medium summer squash or zucchini, cut into 1-inch chunks

1 tablespoon chopped fresh basil

3/4 cup shredded Cheddar cheese

Salt and freshly-ground black pepper, to taste

In a medium saucepan, place broth, squash, and basil and bring to a boil over high heat. Reduce to simmer and cook, uncovered, until squash is tender, between 7 and 10 minutes. In a blender or food processor, puree in batches until smooth, then return soup to the pan and reheat over medium-high. Slowly add the cheese, stirring, until it is melted and incorporated into the soup. Season with salt and pepper to taste. May be served warm or chilled.

Japanese Eggplant with Sesame-ginger Glaze

Ingredients:

1 ts Rice-wine or cider vinegar
1 ts Soy sauce
1 ts Hoisin sauce (optional)
2 tb Toasted sesame oil
1/2 tb Sugar
1 tb Minced fresh ginger
2 Garlic cloves; minced
3 Japanese eggplant -- halved lengthwise
1 tb Oil Salt Freshly ground black pepper
1 tb minced onion

Whisk together vinegar, soy sauce, hoisin sauce (if using) sesame oil, sugar, ginger and garlic in a small bowl. Brush oil over all surfaces of eggplant and sprinkle with salt and pepper to taste. Prepare barbecue grill (medium heat). Place eggplant cut side down on grill and let cook 5 minutes. Turn eggplant and brush with glaze; continue cooking until eggplant is very soft. Transfer eggplant to serving platter and drizzle with more glaze. Sprinkle with minced onion and serve.

Peppers Roasted with Garlic, Tomato and Basil - for large shares

Ingredients:

Olive oil
3 green bell or anaheim peppers, halved and seeded
2 tomatoes, diced
1/2 cup chopped fresh basil
8 cloves garlic, thinly sliced
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 tablespoon herb vinegar, or to taste

Preheat the oven to 400 degrees F. Grease a 9x13 inch baking dish with olive oil. Place the bell pepper halves open side up in the prepared baking dish. In a medium bowl, toss together the tomatoes, basil and garlic. Fill each pepper half with a handful of this mixture. Season with salt and pepper. Cover the dish with aluminum foil. Bake for 15 minutes in the preheated oven, then remove the aluminum foil, and continue baking for an additional 15 minutes. Remove from the oven, and sprinkle with herb vinegar. These are equally good served hot or cold.

Collard Greens with Arame and Carrots

Ingredients:

5 tbs dried arame (seaweed) 1/2 c warm water
1 cup sliced onions 1 cup julienned carrots
1/2 tsp minced ginger 1/2 cup water
1 cup summer squash, cut into 1/4" slices and halved
2 cups stemmed and chopped collard greens, packed
2 1/2 tbs white miso 2 tbs lemon juice

Soak the arame in warm water for 5-10 min. Drain and chop into small pieces. You should have about 2/3 cups arame. Saute, in a little water or broth, the onions, carrots, ginger for about 5min or til onions are translucent. Add the 1/2 c water, then stir in the squash and greens. Cook about 4 minutes. Mix the miso and lemon juice together (i.e., mash and stir til smooth). Add to the vegetables, along with the arame and cook another 3 minutes. The greens should be cooked thoroughly. Serve hot.

Szechuan Green Bean Recipe

Ingredients:

1 lb green beans
1 tablespoon garlic, chopped
1 tablespoon ginger, chopped
1/2 onion
1/2 teaspoon chili paste
1 tablespoon dark soy sauce
1/2 teaspoon sugar
1/4 teaspoon salt
Pepper to taste, optional
2 tablespoons vegetable or peanut oil for stir-frying,

Wash the beans, drain thoroughly, and trim the tops and bottoms. Cut the beans on the diagonal into slices approximately 2 inches long. Chop the garlic, ginger and white part of the onion. Heat 1 tablespoon oil over medium heat. Add the beans and stir-fry until they start to shrivel or "pucker" and turn brown (5 - 7 minutes). Remove the beans and drain in a colander or on paper towels. Heat 1 tablespoon oil in the wok on high heat. Add the garlic, ginger and scallions. Stir-fry for a few seconds, then add the chili paste and stir-fry for a few more seconds until aromatic. Add the beans and the remaining ingredients. Mix together and serve.