

# Recipe Page

August 10th, 2006- Week 10

## What's in Your Box this Week?

**Salad Mix** (Quartz Creek Farm)

**Peaches** (Rolling Hills Farm)

**Basil and Parsley** bunches (Wolf Gulch Farm, Seven Seeds Farm, Boones Farm and Quartz Creek Farm)

**Tomatoes** (Wolf Gulch Farm and Dancing Bear Farm)

**Onions** (Seven Seeds Farm)

**Summer Squash** (Wolf Gulch Farm, Dancing Bear Farm and Quartz Creek Farm)- some small shares are receiving tromboncini squash which are larger than most summer squash.

**Garlic** (Seven Seeds Farm)

**Collards** for small shares (Boones Farm)

**Cucumbers** for small shares (Quartz Creek Farm and Boones Farm)- slicers or armenians

**Carrots** for small shares (Wolf Gulch Farm)

**Melons** for large shares (Seven Seeds Farm)

**Peppers** for large shares (Dancing Bear Farm)- anaheim or bell

**Potatoes** for large shares (Boones Farm)

**Cherry Tomatoes** for large shares (Boones Farm)

### Peach and Tomato Salad

#### Ingredients:

4 tomatoes, diced  
2 peaches, diced  
2 tablespoons finely chopped sweet onion  
1 tablespoon finely chopped fresh basil  
3 tablespoons olive oil  
Sea salt  
Dash of freshly ground black pepper

Gently combine tomatoes and peaches in a serving bowl. Add onion and basil and toss lightly. In a small bowl, mix olive oil, salt, and pepper. Drizzle over tomato mixture and toss with care.

### Roasted Garlic

#### Ingredients:

1 whole head garlic  
1/2 Tbsp. extra virgin olive oil  
1/4 tsp. salt  
dash white pepper

Preheat oven to 375 degrees F. Remove some of the papery skins from the garlic head. Cut off the top 1/2" to expose the cloves. Place garlic on baking sheet and drizzle with the olive oil; sprinkle with salt and pepper. Cover with foil and bake at 375 degrees F for 55-60 minutes until garlic is soft and golden brown.

## Garlic Gazpacho Soup

### Ingredients:

1 lb Tomatoes, roughly chopped  
1 Green Pepper, cored, deseeded and chopped (optional)  
1 Medium Onion, peeled & roughly chopped  
4 Cloves Garlic, crushed As always, adjust garlic according to taste  
2 TBsp Tomato Puree  
3 TBsp Lemon Juice  
Handful Fresh Parsley, chopped  
Handful Fresh Coriander (Cilantro) Leaves, chopped  
1 cup water  
Good Twist Freshly Ground Pepper

Put all the ingredients except the water into a food processor, add a little of the water then whizz down until the ingredients are well broken down. It doesn't need to be totally smooth.

Add the water and transfer to a bowl. Cover the soup and chill in the fridge for a few hours at least, preferably overnight. Leaving the garlic gazpacho soup for longer allows the flavours to come out.

Serve gazpacho soup cold. Optionally, garnish with fresh parsley or garlic croutons.

## Potato, Pepper and Onion Bake

for large shares

### Ingredients:

3 medium potatoes  
3-4 peppers  
1 large sweet onion  
2 tablespoons vegetable oil  
Black pepper to taste

Cut cleaned potatoes into 1 inch slices or chunks. Cut peppers into 1 to 2 inch pieces. Peel onion and cut into chunks. Place potatoes, peppers, and onions in shallow ovenproof dish. Pour oil over vegetables and lightly toss to coat with oil. Sprinkle with pepper. Bake at 425 degrees for 30 minutes

## Carrot and Cucumber Raita

for small shares

### Ingredients:

1 cup plain yogurt  
1/2 cup Sour Cream  
4 carrots, shredded  
2 cucumbers, peeled, seeded and shredded  
2 Tbsp. chopped fresh mint  
1 tsp. minced fresh garlic

Mix yogurt and sour cream in medium bowl. Add remaining ingredients; mix lightly. Cover. Refrigerate several hours or until chilled.

## Zucchini Bread

### Ingredients:

2 cups Shredded raw summer squash  
2 teaspoons Baking soda  
2 teaspoons Vanilla

3 Eggs  
1 3/4 cups Sugar  
2 teaspoons Cinnamon  
1 cup Chopped nuts

1 cup Oil  
1/4 teaspoon Baking powder  
1 teaspoon Salt  
2 cups Flour

Put squash in strainer and press or squeeze with hands to get excess liquid out. Beat eggs, sugar, and oil together. Add flour, baking powder, soda, cinnamon, salt, vanilla, and nuts. Mix together by hand. Add squash (minus liquid). Beat mixture. Pour into 2 greased, floured, loaf pans. Bake 1 hr. at 350 deg.