

Recipe Page

August 24th, 2006- Week 12

What's in Your Box this Week?

Apples (Rolling Hills Farm)

Tomatoes (Wolf Gulch Farm and Dancing Bear Farm)

Leeks (Boones Farm)

Lettuce (Quartz Creek Farm)

Summer Squash (Wolf Gulch Farm, Dancing Bear Farm and Quartz Creek Farm) large shares get Tromboncino squash and smalls get mixed summer squash.

Peppers (Wolf Gulch Farm and Dancing Bear Farm)

Melons (Seven Seeds Farm)

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

Garlic (Seven Seeds Farm and Boones Farm)

Eggplant for large shares (Wolf Gulch Farm)

Potatoes for large shares (Dancing Bear Farm)

Cilantro for large shares (Quartz Creek Farm)

Spinach for large shares (Quartz Creek Farm)

Carrots for small shares (Quartz Creek Farm and Seven Seeds)

Cherry Tomatoes for small shares (Boones Farm)

Chard for small shares (Seven Seeds)

Carrot Summer Squash Mushroom Loaf

Ingredients:

1 leek, chopped

1 1/2 cup grated carrots

3 eggs

1/2 cup breadcrumbs, divided

4 T butter

1/2 tsp. tarragon

Pre-heat oven to 350° F.

1 cup grated squash

1/2 lb. mushrooms, chopped

2 cloves garlic, minced

1/2 cup grated cheese, divided

1 tsp. basil

1/2 tsp. each salt and pepper

Sauté garlic, mushrooms, squash and onion in 1/4 cup butter until soft. Combine half the bread crumbs and half the grated cheese and mix with all other ingredients. Press into a buttered loaf pan and sprinkle remaining bread crumbs and cheese over the top. Dot remaining butter on the top, cover with foil and bake for about 30 minutes. Remove foil and bake an additional 5 minutes or until golden brown.

Ratatouille

Ingredients:

2 tablespoons olive oil
2 cloves garlic, crushed and minced
1 leek thinly sliced
1 small eggplant, cubed
2 green bell peppers, coarsely chopped
4 large tomatoes, coarsely chopped,
3 summer squash, cut into 1/4-inch slices
1 teaspoon dried leaf basil
1/2 teaspoon dried leaf oregano
1/4 teaspoon dried leaf thyme
2 tablespoons chopped fresh parsley

In a 4-quart Dutch oven or saucepan, heat olive oil over medium heat. Add garlic and onions and cook, stirring often, until softened, about 6 to 7 minutes. Add eggplant; stir until coated with oil. Add peppers; stir to combine. Cover and cook for 10 minutes, stirring occasionally to keep vegetables from sticking. Add tomatoes, zucchini, and herbs; mix well. Cover and cook over low heat about 15 minutes, or until eggplant is tender but not too soft.

Tomato and Basil Soup

Ingredients:

2 leeks
1 tablespoon olive oil
4-6 tomatoes
4 cups vegetable or chicken broth
6 sprigs basil tied with string
2 teaspoons balsamic vinegar
1 cup heavy cream
salt and freshly ground black pepper

Saute sliced leeks in olive oil in a heavy bottomed pan and cook over medium heat until soft, about 7 minutes. Slice basil into strips. Add tomatoes chopped in large pieces, basil, broth, salt and pepper. Bring to a boil, lower heat and reduce soup by 1/4. Puree soup mixture. Heat soup, add balsamic vinegar and stir in heavy cream.

Apple Pie Crumble

Pie crust recipe sent in by
CSA member Nadine Trapold

Ingredients for pie crust:

2c bulgur flour (wheat flour also works fine)
2-1/2 c unbleached flour
1 tbs sugar
2 tsp salt
Mix these together.
Add and mix thoroughly
1-3/4 c Organic Veg Shortening (Spectrum's Palm oil)
Combine Separately and mix:
1/2c Water
1 Tbs Vinegar
1 Lg Egg

Add to above and mix thoroughly. Divide into 5 equal portions and chill 1/2 hour. Each portion makes 1 pie shell or 20 tart shells. Refrigerate for 3 days only or freeze. I've used butter as a fill in when I ran out of shortening and it turned out fine. This recipe is a joy to roll out. Place dough between folded plastic wrap to roll when it reaches room temp or just warm with your hands if you're in a hurry. Frozen dough can be placed outside in noonsun and will thaw in 1/2 hr.

Ingredients for fillings:

1 cup sifted flour
1/2 cup brown sugar, firmly packed
1/8 teaspoon salt
1/2 cup soft butter
6 cups peeled, sliced cooking apples
1/2 cup granulated sugar
1 teaspoon ground cinnamon
vanilla ice cream

Combine flour, brown sugar, salt, and butter; blend until crumbly then set aside. Combine apples, granulated sugar, and cinnamon; mix gently to coat apple slices. Pack apple mixture into chilled crust. Sprinkle crumb topping over apples. Bake in 375° oven until apples are tender, about 50 minutes. Serve this apple pie with vanilla ice cream.