

Recipe Page

September 7th 2006- Week 14

What's in Your Box this Week?

Peaches (Rolling Hills Farm)

Tomatoes (Wolf Gulch Farm)

Onions (Seven Seeds Farm)

Spinach (Quartz Creek Farm)

Garlic (Boones Farm and Wolf Gulch Farm)

Cucumbers (Dancing Bear Farm and Quartz Creek Farm)- armenian, slicer and lemon.

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

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

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

Sweet Peppers for small shares (Wolf Gulch Farm)

Asian Melon for large shares (Dancing Bear Farm)

Eggplants for large shares (Wolf Gulch Farm)

Potatoes for large shares (Boones Farm)

Green Beans for large shares (Quartz Creek Farm)

Gazpacho Soup

Ingredients:

6 ripe tomatoes, peeled and chopped

1 cucumber, peeled, seeded, chopped

1-2 Tbsp chopped fresh parsley

1/4 cup red wine vinegar

2 Tbsp freshly squeezed lemon juice

Salt and fresh ground pepper to taste

1 teaspoon Worcestershire sauce (omit for vegetarian option)

1 onion, finely chopped

1 bell pepper seeded and chopped

1 clove garlic, minced

1/4 cup olive oil

2 teaspoons sugar

6 or more drops of Tabasco sauce to taste

4 cups tomato juice

Combine all ingredients. Blend slightly, to desired consistency. Place in non-metal, non-reactive storage container, cover tightly and refrigerate overnight, allowing flavors to blend.

Savory Spinach Pancakes

Ingredients:

10 oz. (more or less) fresh spinach leaves, washed, steam-wilted and finely chopped
4 eggs
1/4 C flour
1 Tablespoon olive oil
Optional additions: bit of nutmeg, grated parmesan, feta cheese, minced onion, diced tomato, diced cooked bacon.

Combine ingredients into a batter (if too thick add a little more milk; too thin, a little more flour) and cook on a hot buttered griddle until nicely browned. Serve topped with an optional dollop of sour cream!

Eggplant and Potato Curry

for large shares

Ingredients:

2 medium eggplants sliced
2 medium potatoes peeled and sliced
2 medium tomatoes sliced
1/2 teaspoon(s) each of red chilli, turmeric, coriander and cumin powders
1/2 teaspoon(s) hot spice mix (garam masala) powder (optional)
2 tablespoons oil
2 cups water
sugar and salt to taste
finely chopped parsley leaves to garnish

Heat oil in a pan. Add the tomatoes, spices and little sugar. Fry on medium heat for 3 minutes till the tomatoes are soft. Add potatoes and eggplants. Fry again for about 5 minutes. Add the water and cook covered on medium / low heat for 4 minutes or till the vegetables are cooked. Garnish with finely chopped parsley leaves before serving.

Skillet Tomatoes

Ingredients

3 tablespoons butter
2 bell peppers, seeded and cut in thin strips
3 tomatoes, peeled and each cut into 8 wedges
salt and pepper, to taste
1 cup thinly sliced onion
1 teaspoon sugar
In a heavy skillet over medium heat, melt 2 tablespoons of butter; add onion and cook until it is slightly wilted. Add remaining tablespoon of butter and the green pepper strips and tomato wedges; sprinkle with salt, pepper and sugar.

Roasted Pepper Spread

for small shares

Ingredients:

1 slice Whole-wheat bread
3 Roasted sweet peppers
1/4 ts Salt
1 Garlic clove
2 tb Olive oil
Crackers

In a covered food processor container, process bread until crumbly; set aside. Add red pepper, garlic and salt to container. Cover and process until smooth. With the processor running, gradually add oil through feed tube. Add reserved bread crumbs; cover and process until smooth. Transfer to small bowl. Serve chilled or at room temperature, with crackers or toasted bread.

Note: To roast your own peppers, cut peppers in half lengthwise. Remove seeds. Place pepper halves, cut side down, on a foil-lined baking sheet. Bake, uncovered, in a 425 F oven for 20 to 25 minutes or until the skin is bubbly and brown. Place peppers in a clean paper bag; seal and let stand for 20 to 30 minute or until cool enough to handle. Pull off skin gently and slowly, using a paring knife.

Piquante Green Beans

Ingredients:

2 tbsp. olive oil
1 onion, finely chopped
2 cloves garlic
1 1/2 lbs. green beans, trimmed and snapped or cut in half
3 medium ripe juicy tomatoes, chopped
1/4 C water
1 tbsp. apple cider vinegar
Salt and freshly ground black pepper

Heat oil in a large skillet or saucepan. Add onion and sauté over medium-low heat until translucent. Add garlic and green beans and sauté, stirring frequently, for 5 minutes. Add the remaining ingredients and simmer, covered, until the green beans are tender. Serve at once.