

Recipe Page

September 14th 2006- Week 15

What's in Your Box this Week?

Apples (Rolling Hills Farm)

Green Beans (Boones Farm)

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

Watermelon (Seven Seeds Farm)

Onions (Boones Farm)

Hot Peppers (Wolf Gulch Farm, Boones Farm and Dancing Bear Farm)

Cucumbers (Dancing Bear Farm)

Sweet Peppers (Wolf Gulch Farm and Dancing Bear Farm)

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

Lettuce for small shares (Quartz Creek Farm)

Kale or Collards for small shares (Boones Farm and Quartz Creek Farm)

Beets for small shares (Wolf Gulch Farm)

Raspberries for large shares (Seven Seeds Farm)

New Potatoes for large shares (Wolf Gulch Farm)

Chard for large shares (Seven Seeds Farm)

Salad Mix for large shares (Quartz Creek Farm)

Red Cabbage for large shares (Dancing Bear Farm)

Summer Squash for large shares (Wolf Gulch Farm)

Baked Greens with Potatoes, Carrots and/or Beets

Ingredients:

1 tablespoon olive oil
1 medium red onion, diced
1 1/2 cups diagonally sliced carrots or beets
1 1/2 cups diagonally sliced potatoes
1/2 teaspoon black pepper
3 cups fresh kale, collards, cabbage or chard, chopped, with stems removed
1/4 cup water
2 tablespoons tamari

Preheat oven to 350. In a medium skillet, heat oil and saute onion, roots, and pepper until roots are barely tender. While roots are cooking, lightly steam greens for 3 to 5 minutes or just until bright. Stir greens into carrot mixture and turn into lightly oiled casserole. Combine water and tamari, and pour over the top of casserole. Cover loosely with foil and bake at 350 for 15 minutes.

Tomato, Sweet Pepper and Apple Chutney

Ingredients:

2 apples - peeled, cored and sliced
1/2 cup water
1/2 teaspoon mustard seed
4 tomatoes, sliced
1/2 large onion, chopped
4 sweet peppers, seeds and chopped finely
1 clove garlic, chopped
1/8 cup sultana raisins
2 Tablespoons white sugar
1 teaspoons curry powder
pinch cayenne pepper
1/2 teaspoon salt
1/2 cup malt vinegar

Place apples and water in a saucepan. Bring to a boil, reduce heat, and cook 25 minutes, or until apples are tender, stirring occasionally. Add more water as necessary to keep the apples simmering. Wrap mustard seed in cheesecloth, and place with apples. Mix tomatoes, onions, garlic, peppers, sultanas, sugar, curry powder, cayenne pepper, salt and vinegar into saucepan. Stir until sugar has dissolved. Bring the mixture to a boil. Reduce heat, and simmer 1 hour, stirring occasionally, until a thick chutney remains. Remove and discard wrapped mustard seed. Seal chutney in sterile container until serving.

Greek Stewed Potatoes, Green Beans, and Summer Squash

for large shares

Ingredients

1 Tbs. olive oil
1 large onion, chopped
5-7 potatoes, peeled and cut into 1/2-inch chunks
2 medium summer squash, halved lengthwise and cut into 1/2 -inch chunks
1 cup green beans, thawed
4 diced tomatoes
1/2 tsp. dried oregano
1/4 cup chopped fresh parsley
1/4 cup chopped fresh dill
1/2 tsp. salt
1/4 tsp. freshly ground pepper
4 oz. feta cheese, cut into chunks (1 cup; optional)

In large pot, heat oil over medium heat. Add onion and cook, stirring often, until softened, 3 to 4 minutes. Stir in potatoes until well combined. Add 1/2 cup water. Bring to a simmer, then cover and cook until potatoes are halfway tender, about 10 minutes.

Stir in zucchini, green beans, tomatoes (with liquid) and oregano. Return to a simmer, cover and cook until vegetables are just tender, about 15 minutes.

Stir in parsley, dill, salt and pepper. Ladle stew into shallow bowls and sprinkle some feta over each serving if desired.

Hot Pepper Relish

Ingredients:

6-10 chili peppers, seeded and stemmed
1 onion peeled 1/4 teaspoon salt
boiling water 1/2 cup cider vinegar
1/4 cup sugar

Put peppers and onions through food chopper, or chop in water in blender and drain. Place in pot. Add salt; cover with boiling water. Let stand 10 minutes. Drain and discard liquid. Add vinegar and sugar to vegetables. Bring to boil, simmer 20 minutes.