

Recipe Page

September 28th 2006- Week 17

What's in Your Box this Week?

Peaches (Rolling Hills Farm)

Winter Squash (Seven Seeds Farm)- this is called a red curry squash. The squash was grown both as a CSA crop and a seed crop, so the seeds have already been removed and will be sold to Seeds of Change (one of the only exclusively organic seed companies in the country.)

Green Beans (Boones Farm)

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

Leeks (Wolf Gulch Farm)

Beets (Wolf Gulch Farm, Seven Seeds Farm and Quartz Creek Farm)

Sweet Peppers (Wolf Gulch Farm)

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

Raspberries for some small shares (Seven Seeds Farm)

Melons (Seven Seeds Farm)- watermelon or cantaloup

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

Potatoes for small shares (Wolf Gulch Farm)

Eggplants for large shares (Wolf Gulch Farm)

Cherry Tomatoes for large shares (Seven Seeds Farm)

Red Cabbage for large shares (Dancing Bear Farm)

Leek and Potato Soup

for small shares

Ingredients:

3 cups sliced leeks (white and tender green parts)

3 cups peeled and roughly chopped potatoes

6 cups water

1-1/2 teaspoons salt

1/2 cup sour cream or creme fraiche, optional

Bring ingredients to the boil in a 3-quart saucepan. Cover partially and simmer 20 to 30 minutes, until vegetables are tender. Correct seasoning. Serve as is, or puree, and/or top each portion with a dollop of the cream.

Roasted Green Bean, Leek and Beet Salad

Ingredients:

5 large beets, trimmed	3 tablespoons extra-virgin olive oil
4 teaspoons chopped fresh thyme	2 leeks, sliced up
1 pound slender green beans, trimmed, cut into 3-inch lengths	1/8 cup water
2 tablespoons balsamic vinegar	

Preheat oven to 400°F. Wrap beets tightly in foil. Place directly on oven rack. Roast until tender when pierced with knife, about 1 hour. Cool beets. Peel and quarter them. Transfer to large bowl. Add 1 tablespoon olive oil, 1 teaspoon thyme, salt, and pepper; toss to coat.

Coat 1 large rimmed baking sheets with oil. Place leek slices on baking sheet. Brush leeks with 1 tablespoon oil; sprinkle with 2 teaspoons thyme, salt, and pepper. Roast leeks until golden brown on bottom, about 10 minutes. Turn leeks over. Roast until golden brown and tender, about 10 minutes longer. Transfer to another large bowl. Drizzle beans with remaining on the baking sheet with 1 tablespoon olive oil, 1/8 cup water, and 1 teaspoon thyme. Sprinkle with salt and pepper. Cover tightly with foil and roast until almost crisp-tender, about 14 minutes. Uncover and continue to roast until water evaporates and beans are crisp-tender, about 5 minutes. Transfer to bowl with leeks. Drizzle leeks and green beans with balsamic vinegar; toss to coat. Season to taste with salt and pepper. Top with beets and serve warm or at room temperature.

Winter Squash Puree

Arabian Squash Casserole Recipe

Ingredients:

4 cups cooked squash, mashed or pureed
1 tablespoon olive oil
1 1/2 cup chopped onion or leek
1 teaspoon salt
2 small bell peppers minced
4 medium cloves garlic, minced
Black pepper and cayenne, to taste
1/2 cup firm yogurt
1 cup crumbled feta cheese

Preheat oven to 375 degrees F. Place the mashed or puried squash in a large bowl. Heat the olive oil in a medium-sized skillet. Add onion, and saute over medium heat for about 5 minutes. Add salt and bell peppers. Saute about 5 minutes, or until the peppers begin to get soft. Add garlic, black pepper, and cayenne, and saute a few more minutes.

Add the saute, along with yogurt and feta, to the squash, and mix well. Spread into an ungreased 9-inch square baking pan, sprinkle the top lightly with sunflower seeds and/or minced walnuts. Bake uncovered for 25 to 30 minutes, or until bubbly.

Preheat oven to 375 F. Halve, seed, and bake 3 pounds pumpkin or winter squash until tender, approx. 30 - 40 mins. Scrape the flesh away from the skin, then beat until smooth with a large wooden spoon. This should be easy unless the squash is stringy, in which case, use a food processor or food mill. Stir in butter to taste and season with salt and pepper. Makes about 2 cups. Flavor with extra virgin olive oil, or dark sesame oil, or mix in sautéed onions.

Baba Ganoush

for large shares

Ingredients:

1 1/2 lb Eggplant	3 tb Lemon juice
1 ts Salt	2 ts Minced fresh garlic
3 tb Sesame tahini	1/4 c Chopped parsley
1/2 c pine nuts	2 tb Olive oil

Preheat oven to 400 degrees F. Prick eggplant all over with a fork. Bake whole until tender (about 30 minutes). Remove from oven, halve and scoop out the flesh. Blend in a food processor with the lemon juice until smooth. Mash the salt and garlic together and combine with the eggplant, along with the tahini. Cool and stir in the parsley and pine nuts.