

Recipe Page

October 5th 2006- Week 18

What's in Your Box this Week?

Winter Squash (Dancing Bear Farm)

Parsnips (Wolf Gulch Farm)

Radishes (Seven Seeds Farm)

Salad Mix (Quartz Creek Farm and Whistling Duck Farm)

Onions (Seven Seeds Farm and Whistling Duck Farm)

Strawberries (Whistling Duck Farm)

Tomatoes (Wolf Gulch Farm, Quartz Creek Farm, and Boones Farm)

Carrots (Quartz Creek Farm and Seven Seeds Farm)

Raspberries for some small shares (Seven Seeds Farm)

Collards for some small shares (Quartz Creek Farm and Wolf Gulch Farm)

Potatoes for large shares (Quartz Creek Farm)

Tromboncini Summer Squash for large shares (Dancing Bear Farm)

Sweet Peppers for large shares (Wolf Gulch Farm)

Carrot, Winter Squash & Parsnip Soup

Ingredients:

1 tablespoons olive oil

1 1/2 cups peeled, diced butternut squash

1/2 cup thinly sliced parsnips

1/8 teaspoon freshly ground pepper

Salt, to taste

1 onion, thinly sliced

1 1/2 cups thinly sliced carrots

3 cups water, vegetable broth or chicken broth

1/8 teaspoon nutmeg

Heat olive oil in pan over medium-low heat. Add leeks and sauté, stirring slowly, for 10 minutes. Add squash, carrots and parsnips. Cook uncovered for 7 to 8 minutes, stirring occasionally. Add water or broth, pepper and nutmeg and bring to a boil. Reduce heat to low and simmer, covered, for 30 minutes or until vegetables are tender. Add salt, to taste.

Collard Greens and Tomatoes

Ingredients:

1 bunch collard greens, washed and cut or torn in bite size piece
2 tablespoons Italian seasoning, or a combination of basil, oregano, and rosemary,
1 pound tomatoes, chopped and drained - reserve liquid,

Rinse torn leaves well; do not dry them. Put in a large pan and let wilt over medium-low heat. Add Italian seasoning, chopped tomatoes and continue to heat for about 5 minutes. Add as much of the liquid from the tomatoes as you want, Heat for about 4 minutes, or until hot.

Grace's Fried Carrot Dish

Ingredients:

3 carrots
salt to taste
1 Tablespoon butter

Slice carrots into matchsticks. Fry in butter and salt until cooked.

Grilled Potato and Summer Squash

for large shares

Ingredients:

3 tablespoons fresh lemon juice
2 tablespoons minced onion
1 tablespoon plus 2 teaspoons chopped fresh marjoram
1 teaspoon finely grated lemon peel
1/4 cup plus 3 tablespoons extra-virgin olive oil
1/2 pound potatoes, unpeeled, halved lengthwise
1 pound summer squash, cut on diagonal into 1/3-inch- slices
3 small red bell pepper, cut into 1-inch-wide strips

Whisk lemon juice, onion, 1 tablespoon marjoram, and lemon peel in small bowl. Gradually whisk in 1/4 cup oil. Season vinaigrette with salt and pepper. Prepare barbecue (medium heat). Place potatoes in large saucepan; add enough cold salted water to cover. Boil just until almost tender, about 4 minutes. Drain. Transfer potatoes to medium bowl. Add 1 teaspoon marjoram and 1 1/2 tablespoons oil; sprinkle with salt and pepper and toss to coat. Combine squash and bell pepper in large bowl; add remaining 1 teaspoon marjoram and 1 1/2 tablespoons oil. Sprinkle with salt and pepper; toss to coat. Arrange potatoes in single layer in grill basket. Grill until tender, 5 minutes per side. Transfer to large bowl. Grill squash and bell pepper until tender, turning occasionally, 10 minutes. Transfer squash to bowl with potatoes. Cut bell pepper into 1-inch pieces; add to vegetables. Add vinaigrette; toss. Season with salt and pepper. Serve warm.

Sautéed Radish and Radish Greens

Ingredients:

4 tablespoons butter or olive oil
1 bunch freshest radishes including greens, separated
Salt and Pepper
2 garlic cloves, minced

Heat oil or butter in a saute pan, add radishes and garlic and cook over medium heat about 4 minutes. Transfer cooked radishes to a bowl. Add greens to the skillet and saute 3 minutes, until wilted. Return the radishes and toss together with the radish greens, heat briefly. Serve hot. Season to taste with salt and pepper.

Parsnip Oven Fries

Ingredients:

2 Parsnips
Olive oil
salt and pepper

Peel and thinly slice parsnips, about the width of a slender fast food french fry. Put parsnip strips in a mixing bowl and splash in some olive oil, sprinkle with salt and pepper and mix to coat. Spread the parsnips out on a baking pan. Bake at 450, mixing with a long wooden spoon every 10 minutes or so until browning and crispy.