

Recipe Page

October 19th 2006- Week 20

What's in Your Box this Week?

Winter Squash (Dancing Bear Farm and Seven Seeds Farm)

Garlic (Wolf Gulch Farm, Boones Farm, and Seven Seeds Farm)

Apples (Seven Seeds Farm and Yale Creek Ranch)

Potatoes (L&R Family Farm)

Onions (Quartz Creek Farm and Wolf Gulch Farm)

Pie Pumpkins (Boones Farm)

Carrots (Quartz Creek Farm and Wolf Gulch Farm)

Collards or Kale (Dancing Bear Farm)

Sweet Peppers for small shares (Dancing Bear Farm)

Beets for small shares (Wolf Gulch Farm)

Tomatoes for large shares (Wolf Gulch Farm and Quartz Creek Farm)

Raspberries for large shares (Seven Seeds Farm)

Eggplants for large shares (Dancing Bear Farm)

Roasted Eggplant and Tomato Stacks

for large shares

Ingredients:

1 eggplant, cut crosswise into 1/2-inch slices	1/8 cup salt, plus more for seasoning
Extra-virgin olive oil	1 tablespoons good-quality balsamic vinegar
Freshly ground black pepper	10 slices large tomato, each 1/4-inch thick
1/2 teaspoons minced garlic	1/2 pounds fresh mozzarella, cut into 1/4-inch slices

In a large bowl toss the eggplant slices with salt. Evenly distribute the salt on both sides of each slice. Place the eggplant in a colander set over a large bowl or sheet pan. Set aside for 1 to 2 hours. Preheat oven to 450 degrees F. Line two baking sheets with heavy-duty foil. Rinse the eggplant under cold water and dry. Arrange the eggplant slices on a baking sheet. Brush olive oil on 1 side. Brush with balsamic vinegar and sprinkle with pepper. Drizzle the other pan with 2 tablespoons olive oil. Arrange the tomato slices in a single layer, season with salt and pepper, then sprinkle with the minced garlic. Roast the tomato slices 10 to 15 minutes, without turning. Bake the eggplant slices, 20 to 30 minutes, without turning. Let the tomato and eggplant slices cool. Make a short stack starting with eggplant on the bottom, 1 slice mozzarella, and then tomato. Top with another piece of eggplant. Warm stacks in the oven until mozzarella lightly melts. Drizzle with olive oil and serve.

Autumn Pumpkin Pie

Ingredients:

1 small pie pumpkin 3/4 cup sugar
1/2 teaspoon salt 1/4 teaspoon ginger
1 teaspoon ground cinnamon 1 teaspoon all-purpose flour
2 eggs, lightly beaten 1 cup evaporated milk
2 tablespoons water 1/2 teaspoon vanilla extract
1 unbaked pastry shell (9-inch)

Cut pumpkin in half, remove pumpkin seeds, and bake face down on a cookie sheet at 400 degrees for 1 hour or until cooked. Once cooled, scoop out pumpkin meat and use about 1 1/2 cups. Combine pumpkin, sugar, salt, spices, and flour in a medium mixing bowl. Add eggs; mix well. Add evaporated milk, water, and vanilla; mix well. Pour into pastry-lined pie pan. Bake at 400° for 15 minutes; reduce heat to 350° and bake about 35 minutes longer, or until center is set.

Onion and Almond-Stuffed Winter Squash

Ingredients:

2 small winter squashes
1 tablespoon butter
1/2 large onion, chopped
1/8 cup finely chopped toasted almonds
1/4 teaspoon grated fresh ginger or 1/8 teaspoon ground ginger
Salt and freshly-ground black pepper to taste

If using an oven, preheat to 375. Cut the squashes in half lengthwise. Place halves in a baking dish, cut side up, with about 1/2 inch of water, and cover with foil. Bake until easily pierced with a knife but still holding their shape, 30 to 40 minutes, depending on size and type of squash used. When the squashes are cool enough to handle, scoop out and discard the seeds. Scoop out the pulp and transfer to a mixing bowl, leaving a sturdy shell of about 1/4 inch thick all around. Heat the butter in a medium skillet. Add onion and saute over medium heat until golden. Add the almond and continue to saute until they give off a toasty aroma. Combine the onion mixture with the squash pulp. Add ginger, season with salt and pepper, and stir together. Stuff back in to the squash shells. Reheat in the oven, just until heated through, and serve.

Greens with Potatoes

from *Vegetarian Cooking for Everyone*

by Deborah Madison

submitted by CSA member Becky Brown

4 potatoes (about 1 pound)
salt
1 bunch greens, trimmed and coarsely chopped
2 tablespoons extra virgin olive oil
1 large garlic clove, thinly sliced
1/2 teaspoon red pepper flakes
2 tomatoes, peeled and diced (optional)

Cover the potatoes with cold water, add salt to taste, and bring to a boil. Cook until tender, about 25 minutes. Drain, then peel and coarsely chop. Simmer the greens in a large skillet until tender, then drain. Return skillet to stove, add the oil, and heat with the garlic and pepper flakes. Add the greens, potatoes, and tomatoes. Cook over medium heat, breaking up the potatoes with a fork and mashing them into the greens to make a kind of rough hash. Taste for salt and serve with olive oil drizzled over the top.

Raw Energy Soup

for small shares

Ingredients:

2 beets, scrubbed & cut into chunks
2 carrots; sliced
2 bell peppers, seeded & coarsely chopped
1 lemon; peeled, halved, and seeds removed
1 ripe avocado; peeled & quartered
1/2 c greens, cut coarsely
1/2 c Alfalfa sprouts (packed)
2 tb soy sauce or Bragg Liquid Aminos
1/8 ts Freshly ground black pepper
2 c Vegetable stock or Vegetable bouillon

In a food processor fitted with the metal blade, pulse the beets, carrots, bell peppers, and lemon until finely chopped. Add the avocado, greens, alfalfa sprouts, soy sauce or liquid aminos, and pepper. With the machine running, gradually add the vegetable stock and process until smooth. Transfer the soup to a bowl, cover, and refrigerate until chilled, at least 2 hours.