



Siskiyou Sustainable Cooperative CSA: What's in Your Box?

Recipe Page for June 12th

Lettuce- Seven Seeds Farm

Salad Greens- Seven Seeds Farm and Luna Farm

Escarole- Barking Moon Farm (Head of greens with crinkly leaves)

Parsley- Dancing Bear Farm

Bok Choi- Jema Farm (Chinese cabbage with white stalks and green leaves)

Garlic Scapes- Seven Seeds Farm (The curly tops of garlic stalks)

Herb Bunches- White Oak Farm and Full Bloom Farm

Note: Hang these in your kitchen

Kale- White Oak Farm

Strawberries for small shares- L&R Family Farm and Wolf Gulch Farm

Note: Strawberries have not been washed as moisture causes fruit to deteriorate more quickly.

Spinach for large shares- Barking Moon Farm

Daikon Radish for large shares- Jema Farm (Long, white root)

Stir-fry Mix for large shares- Seven Seeds Farm

Green Smoothie

5-10 leaves kale, lettuce, spinach, or salad mix

½ banana or Any seasonal fruit

1/2 cup water

3 ice cubes

sweeten to taste

Blend together in a blender and enjoy. This is a fantastic way to use up extra greens.

Sausage, Escarole and White Bean Stew adapted from *Take 5: 150 five-ingredient recipes*

1 pound Italian sausage links -optional

2 garlic scapes, chopped

1 head escarole,

cut crosswise into pieces

1 14 ounce can broth

1 15 ounce can white

bean, drained

2 C water

1/3 cup chopped parsley

Salt and Pepper to taste

Add two tablespoons of olive oil to a pan and set over medium-low heat. Add the sausage and garlic and cook, turning occasionally, until browned and cooked through, about 10-12 minutes. Remove sausages to a cutting board and slice when cool enough to handle. Return sausage to the same pot; add the escarole, broth, beans, and water. Bring stew to a simmer and cook until escarole is just tender, about 10 minutes. Stir in the basil and add S and P to taste (it might not need any salt), and serve.



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Garlic Scape Pesto

1 cup grated Parmesan cheese
1/4 lb. scapes 1/2 cup olive oil

3 Tbsp. fresh lime or lemon juice
Salt to taste

Puree scapes and olive oil in a food processor until smooth. Stir in Parmesan and lime or lemon juice and season to taste. Serve on bread, crackers or pasta.

Fried Garlic Scapes

Cut scapes to green bean size and saute them in butter and salt for six to eight minutes. During the last minute of cooking add about 1 tsp. of balsamic vinegar.

Spinach and Garlic Scape Frittata

3 Tbsp. olive oil
1 cup (1/2 lb.) chopped raw spinach
1 Tbsp. chopped parsley
salt and pepper to taste

10 eggs
1/2 c. grated Parmesan cheese
1/2 c. finely chopped garlic scapes

Preheat oven to 350°. In a large bowl mix all ingredients except oil and scapes. Heat oil in a 10-inch ovenproof skillet on the stove. Add the scapes and saute until tender on medium heat for about five minutes. Pour egg mixture in skillet with garlic and cook over low for three minutes. Place in oven and bake uncovered for 10 minutes or until top is set. Cut into wedges and serve.

Stir-Fried Bok Choy

1 head of bok choy
1 tablespoon oyster sauce
1-1/2 teaspoons tapioca starch
1-1/2 plus 1-1/2 teaspoons vegetable oil
1 garlic scape, sliced thinly

2 tablespoons broth
1-1/2 teaspoons soy sauce
1/2 teaspoon sugar
2 ginger slices

Separate the bok choy into stalks. Wash bok choy in several changes of cold water and allow to thoroughly drain in a colander. Trim 1/4-inch from the bottom of each stalk. Halve each stalk lengthwise and cut bok choy into 2-inch-long pieces. In a bowl combine the broth, oyster sauce, soy sauce, tapioca starch, and sugar. Heat a wok over high heat until hot but not smoking. Add 1-1/2 teaspoons vegetable oil and ginger, and stir-fry for 10 seconds. Add remaining 1-1/2 teaspoons vegetable oil, bok choy, and garlic, and stir-fry 1 to 2 minutes, or until leaves are just limp and bok choy is bright green. Re-stir the broth mixture and swirl into wok. Stir-fry for 1 to 2 minutes, or until the sauce has thickened slightly and lightly coats the vegetables. Serve immediately.

Daikon Radish Salad

1 bunch radish, julienne
2 tsp olive oil plus

generous sprinkle of sea salt and pepper
juice of one lime

Toss and serve.