



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

Recipe Page for June 19th Week 2 - 2008

Lettuce (Seven Seeds Farm)

Salad Greens (Barking Moon Farm, Seven Seeds Farm and Luna Farm)

Frisee (Barking Moon Farm)- head of greens with frizzy leaves

Green Garlic (Seven Seeds Farm)- immature garlic whose cloves can be used without peeling

Kale (Seven Seeds Farm)

Strawberries (Wolf Gulch Farm and L&R Farm)

Spinach for small shares (Barking Moon Farm)

Radishes or **Daikon radishes** (Jema Farm) for small shares

Fava Beans (Whistling Duck Farm) for small shares- remove beans from shell. You also have the option to remove the thin membrane around the bean. It is a lot of work, but gives the bean a more refined flavor.

Chard for large shares (Jema Farm)

Cabbage (Dancing Bear Farm) for large shares

Peas (Dancing Bear Farm) for large shares

Dill (Dancing Bear Farm) for large shares

Chives (Full Bloom Farm) for large shares

Snap Pea Cole Slaw

2 cups diagonally sliced sugar snap peas
6 tablespoons buttermilk
2 tablespoons chopped fresh dill
1/2 tablespoon sugar
1 teaspoon salt

7 cups thinly slice cabbage
1/4 cup sour cream
1 green garlic clove, minced
1/2 tablespoon white vinegar
1/4 teaspoon pepper

Cut the pods diagonally into small pieces. Thinly slice cabbage and place cabbage and peas into a large bowl for mixing. Toss the sugar snap peas and cabbage together until evenly distributed. In a smaller bowl, add the buttermilk, sour cream, dill, garlic, sugar, vinegar, salt, and pepper. Whisk until all ingredients are well blended. Pour the dressing over the peas and cabbage and stir until well coated. Pour the cole slaw into a smaller bowl and cover with plastic or place in an airtight container. Refrigerate until well chilled.

Sauteed Chard

1 1/2 tablespoons butter
2 green garlic cloves, finely chopped
2 large bunches Swiss chard, stems trimmed, leaves cut crosswise into

1 1/2 tablespoons olive oil
Pinch of dried crushed red pepper



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

Melt butter with oil in heavy large pot over medium-low heat. Add garlic and crushed red pepper. Sauté until fragrant, about 1 minute. Add chard; stir to coat. Cover; cook until tender, stirring occasionally, about 8 minutes. Season to taste with salt. Transfer to bowl and serve.

Frisee Salad

Dressing:

2 tablespoons plain whole-milk yogurt
1 tablespoon fresh lemon juice
Salt and freshly ground black pepper

2 tablespoons mayonnaise
1 tablespoons chives, minced (opt)

Salad:

1 large head frisée, trimmed and torn into bite-size pieces
1 bunch radishes, trimmed; sliced if bigger than bite-sized

1 head lettuce, torn
2 cloves green garlic, minced

In small bowl, whisk together yogurt, mayonnaise, lemon juice, and chives. Season to taste with salt and pepper. Cover and chill until ready to use. In large bowl, toss together frisée, lettuce, radishes, and green garlic. Add dressing and toss to coat. Serve immediately.

Fava Bean and Spinach Dish

1 cup fava beans
2 tsp olive oil
1 pinch cayenne
1/8 lemon

1/2 tsp salt
4 green garlic cloves
10 oz. spinach

Place beans in medium pot. Add water to cover beans and bring to boil. Simmer 30 minutes. Drain beans. Meanwhile, in large skillet, heat the olive oil over medium heat. Add garlic and cook, stirring, until it turns golden, about 5 minutes (important - do not let garlic burn). Remove garlic with slotted spoon and set aside. Add cayenne and then stir in spinach, cover and let cook about 1 minute, until wilted. Season with salt. Mound spinach onto large serving plate, top with beans and sprinkle with browned garlic.

Kale With Raisins & Toasted Pine Nuts

1/4 cup toasted pine nuts
2 teaspoons olive oil
4 green garlic cloves, minced
salt & pepper

3/4 lb kale, shredded
2 cups water
1/3 cup raisins

To toast the pine nuts place them on a cookie sheet in a 325°F oven for about 5 minutes, be careful they burn easily. Bring water to boil in a skillet with a tight fitting lid, add kale and cook for approximately 5 minutes or until the kale is just tender, drain & set aside. Rinse out the skillet, dry, add olive oil and heat over medium heat, add garlic and saute for 30 seconds, add raisins and stir for about 30 seconds. The raisins should be glossy and slightly puffed. Add kale, stir, season and saute until heated through. Garnish with the pine nuts and serve.

Savory Green Smoothie

5-7 leaves of chard or kale
1/2 avocado
1 tsp dill (optional)

juice of 1/2 lemon
dash of cayenne
1 clove green garlic, minced

Blend in blender.