



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

Recipe Page for Week 3 June 26th 2008

Lettuce (Seven Seeds Farm)

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

Strawberries (Wolf Gulch Farm and L&R Farm)

Cherries (Rolling Hills Farm)

Broccoli (Barking Moon Farm and Seven Seeds Farm)

Carrots (Wolf Gulch Farm) for small shares

Chard or **Cabbage** (Jema Farm and Barking Moon Farm) for small shares

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

Parsley (Barking Moon Farm) for large shares

Peas (White Oak Farm and Barking Moon Farm) for large shares

Beets (Barking Moon Farm) for large shares

Spinach (Barking Moon Farm) for large shares

Green Onions (Dancing Bear Farm) for large shares

Spinach, Beet and Walnut Salad

1 bunch beets, trimmed

1/4 cup Sherry wine vinegar

1/2 lb spinach

1 cup walnuts, toasted, coarsely chopped

1/2 cup walnut oil or olive oil

2 green onions, minced

1 head lettuce, thinly sliced

6 ounces soft fresh goat cheese, crumbled

Preheat oven to 400°F. Wrap beets in foil and bake until tender when pierced with knife, about 1 hour 30 minutes. Cool slightly, then peel. Cut each beet into 8 wedges. Place in medium bowl. Cover.

Whisk oil and vinegar in small bowl. Mix in minced onions. Pour 3 tablespoons dressing over warm beets; toss. Cool.

Combine spinach, lettuce and 3/4 cup nuts in large bowl. Pour remaining dressing over; toss. Season with salt and pepper.

Divide among plates. Sprinkle cheese over. Top with beets and 1/4 cup nuts.

Sugar Snap Peas

1/2 pound sugar snap peas

1 tablespoon chopped green onions

kosher salt to taste

1 tablespoon olive oil

1 teaspoon chopped fresh thyme

Preheat oven to 450 degrees F (230 degrees C). Spread sugar snap peas in a single layer on a medium baking sheet, and brush with olive oil. Sprinkle with onions, thyme, and kosher salt. Bake 6 to 8 minutes in the preheated oven, until tender but firm.



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Broccoli and Carrots with Parmesan Bread Crumbs

1 lb broccoli florets
1 tablespoon vegetable oil
2 cups very coarse dry bread crumbs
1/2 teaspoon cayenne

1 small bunch carrots, cut 1/4-inch thick
4 tablespoons unsalted butter
1/2 cup Parmesan cheese -- grated

In a large saucepan of boiling salted water cook vegetables until crisp-tender, 2 to 5 minutes. In a colander drain vegetables and refresh under cold water to stop cooking. Drain vegetables well. Vegetables may be prepared up to this point 1 day ahead and chilled, covered. In a large heavy skillet heat oil and 2 tablespoons butter over moderately high heat until foam begins to subside and saute bread crumbs, stirring, until golden. Stir in Parmesan, cayenne and salt to taste and saute, stirring, until crisp. Bread crumbs may be prepared 3 days ahead and kept in an airtight container. Preheat oven to 350 degrees F.

In skillet melt remaining tablespoon butter over moderate heat and in it toss vegetables with salt and pepper to taste. Sprinkle vegetables with bread crumbs and toss to combine. Transfer mixture to a small baking dish and bake, uncovered, 10 minutes, or until just heated through.

Strawberry Salad with Poppy seed dressing

1 clove green garlic, minced
1/8 teaspoon dry mustard
2 tablespoons vinegar
1/2 teaspoon poppy seeds
1 head lettuce or 1/2 lb spinach

1/2 teaspoon honey
pinch of salt
1/2 cup salad oil
5 strawberries, sliced

Combine garlic, honey, dry mustard, salt and vinegar; blend well. Add salad oil a small amount at a time and blend well after each addition. Pour over fresh spinach and/or lettuce and sliced strawberries.

Sautéed Swiss Chard Ribs with Cream and Pasta Recipe

2 cups of chopped chard
3/4 to 1 cup heavy cream

1/4 cup (half a stick) butter
Salt and pepper

Enough dry pasta to make about one quart of cooked pasta (use rice pasta if gluten-free is required)
Separate the ribs from the greens in the manner described [here](#). Cut the ribs into 1/2-inch to 1-inch pieces. Blanch the ribs in lightly salted boiling water for 3 minutes. Melt butter in a saucepan on medium heat. Add the drained, blanched ribs and simmer for 4 minutes. Add heavy cream and cook until cream reduces by two-thirds. While the cream is reducing, cook up your pasta according to the pasta's package directions. Mix creamed chard with pasta. Season lightly with salt and freshly ground pepper.

Cabbage, Carrots and Green Garlic with Sesame

6 Tablespoons sesame seeds
3 tbsp. toasted sesame oil
2 small carrots, thinly sliced

3/4 tsp. salt
3 cloves green garlic, chopped
1 head cabbage, coarsely chopped

Combine the sesame seeds and salt in a blender. Grind until they achieve the consistency of coarse meal. This is called gomasio or sesame salt. Set aside. Heat a medium-sized wok or large deep skillet. Add the sesame oil and the onions. Stir-fry over med-high heat for a couple of minutes. Add about a tablespoon of the gomasio. Keep stir-frying until the onions are soft and translucent (5-8 minutes). Add carrots and the cabbage, and sprinkle in about half the remaining gomasio. Keep stir-frying until everything is tender (another 10-15 minutes). Sprinkle in the remaining gomasio, and serve.

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