



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

Recipe Page for July 3rd 2008 Week 4

Lettuce (Seven Seeds Farm and Jema Farm)

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

Strawberries (Wolf Gulch Farm)

Broccoli (Seven Seeds Farm and Whistling Duck Farm)

Kale, Chard or Cabbage (Jema Farm, Dancing Bear Farm Seven Seeds Farm and White Oak Farm) for small shares

Green Onions (White Oak Farm)

Beets (Barking Moon Farm and Whistling Duck Farm) for small shares

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

Kale (Seven Seeds Farm and White Oak Farm) for large shares

Fava Beans (Whistling Duck Farm) for large shares

Chard (Jema Farm) for large shares

Carrots (Wolf Gulch Farm) for large shares

Basil (Blackberry Lane) for large shares- green, thai and opal. Use the green and thai to make pesto, and the opal to garnish a salad

Baked Beet and Pea Salad

3 medium beets, trimmed

1 tablespoon plus 1 teaspoon Dijon mustard

1/4 cup olive oil

1 1/2 teaspoons sugar

1/2 pound sugar snap peas, trimmed

1 tablespoon plus 1 teaspoon vinegar

1 tablespoon dillweed

Preheat oven to 375°F. Wrap beets in aluminum foil. Bake until tender, about 1 hour 15 minutes. Cool. Peel beets and cut into wedges. Cook sugar snap peas in large saucepan of boiling salted water until crisp-tender, about 1 minute. Drain. Rinse with cold water; drain well. Pat dry. Mix mustard and vinegar in small bowl. Gradually mix in oil, then dill and sugar. (Can be prepared 4 hours ahead. Cover sugar snap peas and chill. Cover dressing and beets separately and let stand at room temperature.) Mix beets, sugar snap peas and dressing in medium bowl. Season with salt and pepper.

Swiss Chard and Fava Beans

1 bunch of chard leaves and stalks, washed and cut into approximately four-inch pieces.

3 spring onions, sliced

1/4 cup of olive oil

1/4 cup water or chicken stock

1 pound of fresh, shelled fava beans

1/2 teaspoon of red pepper flakes

Salt and pepper to taste

Sauté spring onions in olive oil for 3-4 minutes. Add Swiss chard, fava beans and liquid. Sauté and stir until fava beans and Swiss chard are tender. Adjust for salt. Serve with rustic bread as a main dish or as a side dish with steak or sausage.



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Lentil, Carrot and Kale Soup

- 1 teaspoon vegetable oil
- 1/2 cup lentils
- 1 1/2 cups chicken broth
- 4 small carrots, chopped
- 1/2 small bunch kale, stems and center ribs discarded and leaves sliced thin (about 2 cups)
- 1 small green onion, sliced thin
- 1 1/2 cups water
- 1 tablespoon balsamic or red-wine vinegar

Cook garlic in oil, stirring, until golden. Add onion and cook, stirring, until softened. Add lentils, water, and broth and simmer, covered, 30 minutes. Add kale and carrots and simmer, uncovered, until tender, 5 to 7 minutes. Stir in vinegar and salt and pepper to taste.

Roasted Broccoli with Raisin Vinaigrette

- 1 pounds broccoli, stems removed, tops cut into large florets
- 4 tablespoons extra-virgin olive oil, divided
- 1/2 cup raisins
- 1 tablespoon water
- 2 tablespoons Sherry wine vinegar
- 1/2 teaspoon ground cumin

Preheat oven to 400°F. Place broccoli on large rimmed baking sheet. Drizzle with 3 tablespoons olive oil and sprinkle with salt and pepper; toss to coat. Roast broccoli until tender and brown in spots, about 25 minutes. Meanwhile, combine 3 tablespoons oil, vinegar, raisins, 1 tablespoon water, and cumin in blender. Blend until raisins are finely chopped, about 30 seconds. Season vinaigrette to taste with salt and pepper.

Transfer broccoli to large bowl. Add vinaigrette and toss to coat. Serve warm or at room temperature.

Green Salad

- 1 head lettuce or 1/2 pound salad mix
- 1 1/2 tablespoons fresh lemon juice
- 1 teaspoon Dijon mustard
- 3 tablespoons extra-virgin olive oil
- teaspoon mild honey
- 4 sprigs of opal basil (optional)

Tear lettuce into bite-size pieces and put in a salad bowl. Whisk together remaining ingredients with 1/2 teaspoon salt and 1/4 teaspoon pepper in a small bowl until emulsified. Add to salad and toss to coat.

Cabbage Braised with Beets

- 2 green onions
- 3 cups finely shredded cabbage
- 1/3 cup water
- 1 teaspoon Sucanat or brown sugar
- 1 tablespoon butter
- 2 medium beets
- 2 tablespoons balsamic vinegar
- salt & pepper

Chop the onions, and put in a large saucepan with the butter. Sauté over medium-low heat until soft and starting to brown a little; about 10 minutes. Meanwhile chop the cabbage, and peel and grate the raw beets.

Mix the water, vinegar, sugar, salt and pepper in a small dish. When the onions are ready, mix in the cabbage and beets, and the seasonings. Mix well. Cover and reduce the heat to low. Simmer for 20 to 30 minutes, until the vegetables are tender. Add a little more water if it seems to be drying out, although it shouldn't be particularly juicy by the end.

Fresh Basil Pesto

- 2 cups green or thai basil leaves, packed
- 1/2 cup extra virgin olive oil
- 3 medium sized green garlic cloves, minced
- 1/2 cup freshly grated Parmesan or Romano cheese
- 1/3 cup pine nuts or walnuts
- Salt and freshly ground black pepper to taste

Combine the basil in with the pine nuts, pulse a few times in a food processor. Add the garlic, pulse a few times more. Slowly add the olive oil in a constant stream while the food processor is on. Stop to scrape down the sides of the food processor with a rubber spatula. Add the grated cheese and pulse again until blended. Add a pinch of salt and freshly ground black pepper to taste.

Serve with pasta, or over baked potatoes, or spread over toasted baguette slices..