



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

### Recipe Page for July 17<sup>th</sup> - Week 6

**Lettuce** (Barking Moon Farm)

**Salad Greens** (Barking Moon Farm)

**Blueberries** (Pennington Farm)

**Potatoes** (Dancing Bear Farm and White Oak Farm)

**Onions** (White Oak Farm and Dancing Bear Farm)

**Chard** (Jema Farm) for small shares

**Parsley** (Fry Family Farm) for small shares

**Beets or Carrots** (Wolf Gulch Farm and L&R Family Farm) for small shares

**Zucchini** (L&R Family Farm) for small shares

**Red Cabbage** (Fry Family Farm) for large shares

**Basil** (Blackberry Lane Farm) for large shares

**Beans** (Dancing Bear) for large shares- this small portion is enough for the recipe listed- more to come soon!

**Broccoli** (Full Bloom Farm) for large shares

**Carrots** (Seven Seeds Farm) for large shares

### Greens with Roasted Beets and Potatoes

For vinaigrette

1 1/2 tablespoons tarragon white-wine vinegar

1/2 teaspoon salt

1/4 cup olive oil

For salad :

2 medium beets

1 teaspoon olive oil

1/2 lb salad mix

1/4 teaspoon Dijon mustard

1/8 teaspoon black pepper

1 lb potatoes

1/8 teaspoon salt

1/2 cup chopped parsley

Whisk together vinegar, mustard, salt, and pepper. Add oil in a slow stream, whisking until emulsified.

Roast beets and potatoes: Put oven racks in upper and lower thirds of oven and preheat oven to 425°F.

Wrap beets individually in foil and roast on a baking sheet in upper third of oven until tender, 1 to 1 1/4 hours. Once beets have roasted for 30 minutes, toss potatoes with oil and salt in a small baking pan and roast in lower third of oven, shaking pan occasionally, until potatoes are tender, 25 to 30 minutes. Carefully unwrap beets and cool slightly, then slip off and discard skins. Cut beets into 1/3-inch dice and put in a large salad bowl. Cut potatoes into 1/3-inch-thick slices and add to beets along with all greens and herbs. Add vinaigrette and toss gently to coat.



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### Zucchini and Carrot/Beet Muffins

2/3 cup vegetable oil	2 large eggs
2/3 cup granulated sugar	1/2 cup light or dark brown sugar, packed
1 teaspoon vanilla extract	2 cups all-purpose flour
1/2 teaspoon baking soda	1/2 teaspoon baking powder
1/2 teaspoon salt	2 teaspoons ground cinnamon
1 1/2 cups finely shredded unpeeled zucchini	1/2 cup finely shredded carrot or beet

Grease and flour 12 muffin cups. Heat oven to 375°. In a mixing bowl, beat the oil with eggs, sugars, and vanilla extract. Combine the flour, soda, baking powder, salt and cinnamon; add to the wet ingredients; stirring until blended. Fold in the shredded zucchini and carrots. Fill muffin cups about 3/4 full; sprinkle with cinnamon sugar or granulated sugar, if desired. Bake for 20 minutes.

### Broccoli and Bean Stir-fry

8 cups broccoli florets (about 1 1/2 pounds)	1/2 pound green beans
2 tablespoons cup extra-virgin olive oil	1/4 onion, sliced thin
1/2 teaspoon crushed red pepper flakes, plus more if desired	Sea salt and freshly ground black pepper

In a large pot, bring salted water to a boil. Have ready a large bowl of ice water. Place broccoli into pot and cook for 2 minutes. Remove broccoli from pot and shock it in a bowl of ice water. When broccoli is completely cool, place it in a colander and allow to drain. Refresh the bowl of ice water. Bring the water back to a boil. Add green beans and cook for 4 minutes. Remove green beans from pot and add to ice water. When green beans are completely cool, add them to the colander and allow to drain. In a large pan, heat olive oil. Add the red pepper flakes and onion, broccoli and green beans to the pan and cook for 5 minutes. Season with salt and pepper. Serve immediately.

### Baked Swiss Chard with Olive Oil

1 bunch chard leaves	1/4 teaspoon salt
olive oil, for spraying pan and chard leaves	1/4 cup coarsely grated parmesan cheese
fresh coarse ground black pepper	

Rip leaves from stems and tear. Parboil or steam until fairly soft. Drain. Spray a non-stick baking dish with olive oil. Place chard in the pan and mist lightly with olive oil, then sprinkle with cheese. Bake about 20 minutes, or until chard is softened and cheese is slightly browned on the edges. Season with fresh ground black pepper if desired and serve hot.

### Potatoes with Parsley and Onions

1 cup sliced onions	1 cup coarsely chopped Italian parsley
1/3 cup olive oil	2 pounds potatoes, rinsed, unpeeled

Using knife, finely chop onions and parsley together on cutting board. Transfer to small bowl. Mix in oil. Meanwhile, cook potatoes in pot of boiling salted water until tender, about 25 minutes. Drain potatoes. Cut potatoes into 1-inch cubes; place in large bowl. Season potatoes generously with salt and pepper. Mix in green onion mixture. Serve hot, or let stand up to 2 hours and serve at room temperature.

### Crunchy Red Cabbage Slaw

1 head red cabbage, shredded	1/2 onion sliced thinly
2 small carrots, coarsely grated	2 tablespoons mayonnaise
1 tablespoon wine vinegar	1 tablespoon olive oil
2 tablespoons chopped basil, any variety	

Using a large knife, shred the cabbage and place in a large bowl with the carrot, basil and onion. Whisk together the mayonnaise, vinegar and oil. Season then toss with the salad.

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