



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

Recipe Page for July 24th 2008 – week 7

Lettuce (Barking Moon Farm, Seven Seeds Farm and Luna Farm)

Salad Greens (Seven Seeds Farm and Luna Farm)

Broccoli (Full Bloom Farm, Barking Moon Farm and Seven Seeds Farm)

Potatoes (Dancing Bear Farm and L&R Family Farm)

Onions (White Oak Farm, Barking Moon Farm and Dancing Bear Farm)

Beets or Carrots (Seven Seeds Farm and L&R Family Farm) for small shares

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

Zucchini (L&R Family Farm) for small shares

Basil (Seven Seeds Farm and Dancing Bear Farm) for small shares

Beets (L&R Family Farm) for large shares

Chard (Seven Seeds Farm) for large shares

Parsley (Dancing Bear Farm) for large shares

Eggplant (Wandering Fields) for large shares

Dill (Barking Moon Farm) for large shares

Plums (Dancing Bear Farm) for large shares

Cucumber (Jema Farm) for large shares

Mashed Potato Cakes with Onions and Kale

12 cups water

2 2/3 cups (1-inch) cubed potatoes

1 tablespoon olive oil

3 cups diced onion

black pepper

1 bunch kale, trimmed (about 4 ounces)

3/4 teaspoon salt, divided

1 tablespoon butter

2 tablespoons chopped fresh basil 1/4 teaspoon freshly ground

Bring water to a boil in a Dutch oven; add kale. Cover and cook over medium heat 5 minutes or until tender. Remove kale with a slotted spoon, reserving cooking liquid. Chop kale and set aside.

Add potato to reserved cooking liquid in pan; bring to a boil. Reduce heat, and simmer 10 minutes or until tender. Drain; partially mash potatoes. Stir in kale and 1/4 teaspoon salt. Preheat oven to 400°.

Heat oil and butter in a large nonstick skillet over medium-high heat. Add 1/2 teaspoon salt, diced onion, and chopped basil. Cook 13 minutes or until browned. Combine potato mixture, onion mixture, and pepper. Remove from heat; cool slightly.

Divide potato mixture into 8 equal portions, shaping each into a 1/2-inch-thick patty. Place patties on a baking sheet coated with cooking spray. Bake at 400° for 20 minutes.

Preheat broiler. Broil patties for 5 minutes or until browned.



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Creamy Broccoli and Zucchini over Noodles

2 cups chopped fresh broccoli
½ cup chopped onion
3 T. all-purpose flour
½ t. salt
¾ cup milk
1 pkg. (8 oz.) noodles, cooked and drained

2 cups chopped unpared zucchini
2 T. olive oil
2 T. snipped basil
½ t. dried oregano, crushed
1½ cup ricotta cheese
Grated Parmesan cheese

In medium saucepan, cook broccoli and zucchini together, covered, in a small amount of boiling, salted water until tender. Drain well. In large saucepan, cook onion in oil until onion is tender but not brown. Blend in flour, basil, salt, and oregano. Add milk all at once. Cook and stir until thickened and bubbly. Add ricotta cheese. Cook and stir until cheese is nearly melted. Stir in cooked vegetables. Heat thoroughly. Serve over hot, cooked noodles with Parmesan cheese sprinkled on top.

Chard and Eggplant Side Dish

1 bunch chard, coarsely chopped
1 cup onions, finely chopped
¼ teaspoon turmeric
1 teaspoon sugar
2 cups eggplant, cubed

2 tablespoons vegetable oil
1 teaspoon green chili, minced
½ teaspoon salt
1 cup water
½ teaspoon garam masala

Steam chard & then puree in a blender. Set aside. Heat oil in a skillet over medium low heat. Fry chile until it darkens. Add onion & fry until it is a rich brown, stir constantly. Add turmeric, salt & sugar. Add water & bring to a boil. Add eggplant & lower the heat slightly. Cover & simmer until the eggplant is soft. Add pureed chard. Uncover & cook for a minute or so to heat the mixture right through. Stir all the time. Remove from heat & blend in the garam masala. Serve with rice or bread.

Lettuce with Cucumbers and Dill Vinaigrette

For the vinaigrette:

1 tablespoon finely chopped onions
2 tablespoons olive oil
salt to taste

2 tablespoons red wine vinegar
3 tablespoons freshly chopped dill
freshly ground black pepper

For the salad:

6 cups lettuce, washed and torn into bite-size pieces

1 cucumber, seeded and diced

For the vinaigrette: Place all the ingredients in a container with a tight-fitting lid. Shake well. Add the salt and pepper to taste. For the salad: Toss the lettuce and cucumber with the vinaigrette in a bowl. Transfer to a serving plate and garnish with the sweet onion rings.

Beet and Potato Salad

1 bunch beets
2 tablespoons sour cream
1 tablespoon rice vinegar
2 tablespoons chopped parsley or basil
Salt and pepper

1 pound potatoes scrubbed and cut in fourths
2 tablespoons mayonnaise
2 tablespoons finely chopped onion
1 tablespoon prepared horseradish (optional)

Bring 3 quarts water to a boil. Add beets, reduce heat to medium-high, cover, and cook for 10 minutes. Add potatoes to the beets, cover again, and cook until both are tender when pierced, about 10 minutes longer. Drain and let cool. Peel beets, then slice into 1/4-inch-thick half-moons. Meanwhile, in a small bowl, whisk together the sour cream, mayonnaise, vinegar, onion, parsley or basil, and horseradish. Season to taste with salt and pepper. Mix dressing into the potatoes. Arrange beets over mixture.

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