



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

### Recipe Page for July 31<sup>st</sup> 2008 - Week 8

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

**Potatoes** (White Oak Farm and L&R Family Farm)

**Onions** (White Oak Farm and Barking Moon Farm)

**Carrots** (Seven Seeds Farm and Wolf Gulch Farm)

**Fennel** (Barking Moon Farm)

**Garlic** (L&R Family Farm)

**Summer Squash** (L&R Family Farm, Luna Farm, and Seven Seeds Farm)

**Coriander** (Barking Moon Farm) for small shares: these can be eaten fresh in salads or recipes (see below) or saved for use when dry.

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

**Cucumbers** (Jema Farm) for large shares

**Green Peppers** (Wolf Gulch Farm) for large shares

**Beans** (Dancing Bear Farm) for large shares

**Tomatillos** (Dancing Bear Farm) for large shares

**Parsley** (Dancing Bear Farm) for large shares

#### Carrot and Fennel Bake

1 fennel bulb horizontally into 1/3-inch-thick slices, plus 2 teaspoons chopped fronds  
4 carrots, peeled, cut diagonally into 1/3-inch-thick slices  
2 teaspoons chopped fresh thyme  
1/3 cup extra-virgin olive oil  
1/2 cup grated pecorino cheese

Preheat oven to 375°F. Lightly oil 13x9x2-inch glass baking dish. Layer sliced fennel and carrots in dish, sprinkling layers with salt and pepper. Sprinkle with thyme, then cheese. Drizzle with oil. Bake until vegetables are tender and top is golden brown, about 1 1/4 hours. Sprinkle with fronds.

#### Cooked Carrots with Fresh Coriander Seeds

2 tablespoons unsalted butter  
1 tbs of fresh coriander seed pods, picked from the bunch, or more if you like a strong coriander flavor  
1 pound carrots, cut into 1-inch rounds  
Salt and freshly ground black pepper to taste  
2 tablespoons chopped sweet onions  
2 teaspoons agave nectar or honey

Melt the butter in a heavy pan over medium heat. Add the onions and sauté until soft, about 3 minutes. Add the coriander and cook, stirring, for 30 seconds. Add the carrots, honey or agave, salt, pepper, and 1/2 cup water. Bring to a simmer. Cover and cook until the carrots are tender, about 20 minutes. Remove from heat and serve.

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### Broccoli and Potato Curry

1 tablespoon olive oil  
½ teaspoon ground coriander  
¼ teaspoon ground cumin  
1/8 teaspoon dry mustard  
½ tablespoon olive oil  
1 cup potatoes, diced  
1 carrot, sliced  
½ teaspoon curry powder

1 clove garlic  
½ teaspoon turmeric  
¼ teaspoon ground ginger  
1 dash red pepper  
1 cup water  
1 cup broccoli, chopped  
salt

Fry, stirring often to coat potatoes with seasonings. When potatoes are almost tender, add last 4 ingredients. Cover and simmer until broccoli and carrots are tender. Serve with rice or pasta.

### Pasta with Summer Squash and Potato Recipe

1 large (about 1/2 pound) potatoes  
2 medium summer squash  
2 to 3 tablespoons extra-virgin olive oil  
freshly ground black pepper to taste

2 1/2 tablespoons fine sea salt  
1 pound spaghetti  
1/2 cup freshly grated Parmesan

In a 6-quart kettle bring 5 quarts water to a boil. Cut potatoes into 1/2-inch dice. Add potato and salt to boiling water and boil 2 minutes. Add summer squash and pasta and boil until pasta is al dente. Drain pasta and vegetables in a colander, reserving 1/2 cup cooking liquid, and in a bowl toss pasta and vegetables with oil, reserved cooking liquid, and Parmesan. Season with additional salt and pepper.

### Chilled Tomatillo and Cucumber Soup

2 green peppers  
1 cup chopped onion  
1/2 pound tomatillos, husked, rinsed, cut into 1/2-inch pieces  
4 cups canned low-salt chicken broth  
2 tablespoons chopped fresh parsley

1 tablespoon olive oil  
2 garlic cloves, minced  
1 cucumber, peeled, chopped  
2 tablespoons fresh lime juice  
1/2 cup whipping cream

Heat oil in heavy medium saucepan over medium heat. Add onion and garlic; sauté for 5 minutes. Add tomatillos and cucumber; sauté until onion begins to brown, about 5 minutes. Add broth and peppers; bring to boil. Reduce heat to medium-low and simmer until tomatillos are tender, about 10 minutes. Stir in lime juice and parsley. Cool completely. Working in batches, puree soup in blender. Transfer to large bowl; stir in cream. Season to taste with salt and pepper. Chill soup until cold, at least 3 hours or overnight. Divide soup among 6 bowls.

### Beans with Summer Squash Recipe

2 cups cut green beans (1-inch pieces)  
1/4 cup butter  
4 bacon strips, cooked and crumbled (optional)

1 small onion, diced  
2 summer squash, cut into slices  
Salt and pepper to taste

Place beans in a saucepan and cover with water. Bring to a boil; cook, uncovered, for 8-10 minutes or until crisp-tender; drain. In a large skillet, sauté onion in butter for 3 minutes. Add the zucchini; cook for 4 minutes. Stir in the bacon, beans, salt and pepper; heat through. Yield: 6 servings.