



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

### Recipe Page for August 28<sup>th</sup> Week 12

**Salad Greens** (Barking Moon Farm and Jema Farm)

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

**Lettuce** (Full Bloom Farm)

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

**Cucumbers** (Seven Seeds Farm and Jema Farm)

**Green Beans** (Dancing Bear Farm, Barking Moon Farm and White Oak Farm)

**Eggplant** (White Oak Farm, Wandering Fields Jema Farm and Wolf Gulch Farm)

**Strawberries** or **Melons** (Wolf Gulch Farm, L&R Family Farm and Full Bloom Farm)

**Tomatoes** (Luna Farm, L&R Family Farm, Dancing Bear Farm and Wandering Fields)

**Napa Cabbage** (Barking Moon Farm) for small shares

**Cherry Tomatoes** (White Oak Farm) for large shares

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

**Basil** (Barking Moon Farm) for large shares

### Gazpacho Soup

2 pounds large tomatoes, halved	1 bell pepper, seeded, diced
1/2 pound country-style bread, crust removed, cut into 1/2-inch pieces	1 cup chopped onion
1 cup chopped peeled cucumber	1/4 cup Sherry wine vinegar
1/4 cup extra-virgin olive oil	1 garlic clove, minced
1/2 teaspoon ground cumin	1/2 teaspoon paprika
1 cup water	

Working over bowl, gently squeeze tomato halves to release seeds and juices. Strain juices, pressing on solids to extract as much juice as possible (about 1/2 cup). Discard seeds. Chop tomatoes. Transfer chopped tomatoes and tomato juices to large glass bowl. Add next 9 ingredients. Let stand at room temperature 1 hour. Working in batches, puree gazpacho with 1 cup water in blender until smooth. Pour gazpacho into coarse strainer set over large bowl. Press on solids to extract as much soup as possible. Season with salt and pepper. Chill at least 2 hours and up to 1 day. Serve cold.

### Bell Pepper Rings

2 pounds bell peppers (about 6 medium), cut into 1/4-inch rings	3 tablespoons salad oil
1/2 teaspoon garlic salt	1/2 teaspoon salt

Remove ribs from pepper rings. Heat oil in large skillet. Add pepper rings; cook, over high heat and stirring frequently, until tender-crisp, about 5 minutes. Sprinkle with garlic salt and salt. Serve at once.



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### Eggplant Parmesan

For the Sauce

2 lbs tomatoes, cut into quarters  
Freshly milled white or black pepper

Eggplant Prep

1 cup all-purpose flour for dredging  
Safflower oil-for frying  
Lightly toasted fine dried bread crumbs for coating baking dish  
1/2 cup freshly grated parmigiano

1/4 teaspoon salt, or to taste

Pepper  
Butter for greasing baking dish  
1 pound mozzarella. shredded

Cut the stems off the eggplants and cut them crosswise into rounds 1/4 inch thick. Sprinkle each slice lightly with salt. Place the rounds in a colander, standing them upright so the bitter liquid from the seeds drains out easily, about 40 minutes. Meanwhile, to make the sauce, put the tomatoes in a saucepan. Cook uncovered over gentle heat, stirring occasionally, until thickened, about 40 minutes. Remove from the heat and let cool slightly, then pass the tomatoes through a food mill, using the attachment with the largest holes to get a smooth purée and pressing to get as much of the pulp as you can through the holes. Season with the salt and pepper to taste. Place a large sheet of waxed paper on the kitchen counter. Pour the flour into it and then season the flour with salt and pepper to taste. Use a clean kitchen towel or paper towels to blot the salt and sweat from the eggplant. In a skillet over medium-high heat, pour in oil to a depth of 1 inch. Heat the oil until it is hot enough to make the eggplant sizzle. Dredge several eggplant slices in the flour, shake off the excess flour, and slip them into the hot oil. Fry on both sides, turning once, until tender and golden, about 8 minutes total cooking time. Remove to paper towels to drain well. Fry the remaining slices, dredging them only when you are ready to fry them. Preheat an oven to 400 degrees F. Butter a 10 x 14 inch baking dish and coat it with the crumbs, shaking out any excess. Before placing each slice of eggplant in the dish, blot it with fresh paper towels once. Place a layer of eggplant in the dish, a little of the sauce, then a layer of mozzarella, and finally a sprinkling of parmigiano. Continue layering the ingredients in this order. Cover the baking dish loosely with aluminum foil and slide it onto the top rack of the oven. Bake until bubbly, about 20 minutes. Remove from the oven and allow to settle for 10 minutes before serving. Serve hot or at room temperature.

### Cucumber and Green Bean Salad

1/4 pound trimmed green beans  
1 teaspoon lemon juice  
1/4 teaspoon kosher salt  
1 cucumber

1 teaspoon Dijon mustard  
3 tablespoons olive oil  
Zest of 1 lemon

Bring a small pot of water to a boil and cook green beans for about 3 minutes. Drain and rinse with cold water. In a large bowl, whisk together Dijon mustard, lemon juice, olive oil, salt, and zest. Halve and seed cucumber length-wise, then slice. Add the cucumber and green beans to the bowl; toss.

### Baked Napa Cabbage with Tomatoes

1 Napa cabbage  
1/2 tsp garlic powder  
1/4 tsp salt  
1/8 tsp cumin

3 tomatoes, peeled & chopped  
1/2 onion, chopped  
1/4 tsp pepper

Preheat oven to 350 degrees F. Quarter the cabbage & boil it for 5 minutes. Drain & put the pieces into a baking dish. Combine the remaining ingredients; pour them over the cabbage & bake for 20 minutes.