



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

Recipe Page for September 11th 2008 - Week 14

- Salad Greens (Barking Moon Farm and Jema Farm)
- Onions (Barking Moon Farm and L&R Family Farm)
- Garlic (L&R Family Farm)
- Corn (L&R Family Farm) Warning: Corn will have worms in them!
- Melons or Apples (L&R Family Farm, Wolf Gulch Farm and Seven Seeds Farm)
- Eggplant (Wandering Fields, Jema Farm and Wolf Gulch Farm)
- Tomatoes (L&R Family Farm, Wandering Fields and Dancing Bear Farm)
- Lettuce (Full Bloom Farm)
- Cucumbers (L&R Family Farm and Seven Seeds Farm) for small shares
- Carrots (L&R Family Farm and Seven Seeds Farm) for small shares
- Dill (Barking Moon Farm) for small shares
- Peppers (Wolf Gulch Farm) for large shares
- Basil (Seven Seeds Farm) for large shares
- Summer Squash (Seven Seeds Farm) for large shares
- Potatoes (White Oak Farm) for large shares
- Napa Cabbage (White Oak Farm) for large shares

Carrot and Cucumber Refrigerator Pickles

2 cucumbers, ends trimmed, cut into 1/8-inch-thick rounds 4 carrots, and cut into 1/8-inch-thick pieces
1/2 cup sugar 1 cup white-wine vinegar
1/2 cup water 1 1/2 teaspoons salt
1/2 teaspoon mustard seeds 1/2 teaspoon celery seeds
1/2 teaspoon whole black peppercorns 2 teaspoons dill

In a large glass jar or bowl, arrange alternating layers of cucumbers and carrots. In a small saucepan, combine sugar, vinegar, the water, salt, mustard seeds, celery seeds, and peppercorns. Bring mixture to a boil over medium-high heat; cook, stirring constantly, just until sugar dissolves. Remove from heat; pour mixture over vegetables, and let cool completely. Cover tightly, and refrigerate at least 24 hours before serving. Pickled vegetables can be stored in refrigerator up to 1 week.

Squash and Potato Bake

2 summer squash, quartered and cut into large piece 4 potatoes, peeled and cut into large chunks
1 medium red bell pepper, seeded and chopped 1 clove garlic, sliced
1/2 cup dry bread crumbs 1/4 cup olive oil
paprika to taste salt to taste
ground black pepper to taste

Preheat oven to 400 degrees F (200 degrees C). In a medium baking pan, toss together the squash, potatoes, red bell pepper, garlic, bread crumbs, and olive oil. Season with paprika, salt, and pepper. Bake 1 hour in the preheated oven, stirring occasionally, until potatoes are tender and lightly brown.

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Tomato and Corn Salad

2 1/2 cups diced tomatoes	3/4 cup fresh corn kernels
1/4 cup chopped onion	1/4 cup dill or basil
1 clove garlic	1 teaspoon olive oil
1 tablespoon balsamic vinegar	

In small bowl, combine garlic, olive oil, balsamic vinegar, corn kernels, tomatoes, onion, and cilantro. For a milder onion flavor, a sweet onion can be substituted for the red onion.

Eggplant and Tomato Bake

1 large eggplants	1/2 teaspoons salt
1 onion, chopped	1 clove garlic, crushed
1/2 tablespoon olive oil	1 teaspoon dried oregano
1/8 cup water	1 pinch ground black pepper
4 oz. plain low-fat yogurt	1/8 cup whole wheat breadcrumbs
1 tablespoon grated Parmesan cheese	2 tomatoes, diced

Slice the eggplants into 1/4 inch slices and lightly salt them. Leave them to sweat for 30 minutes. While the eggplant are set aside, saute the onions, garlic, and olive oil in a large skillet over a low heat, covering the pan with a lid to keep them moist. Saute the onions until they are soft and turning gold in color. Mix the, oregano, tomatoes, water, salt and pepper into the pan of onions and simmer for ten minutes. While the mixture is simmering, rinse off the eggplant slices and steam them in a steamer over the stove. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking. Spread 2 to 3 tablespoons of the tomato sauce-mixture over the bottom of the prepared baking dish. Arrange one layer of the eggplants on the bottom of the dish. Pour one third of the tomato sauce over the eggplant. Pour 1/2 yogurt over the tomato sauce. Repeat the eggplant layer, tomato sauce, yogurt, eggplants, and top the dish with the remaining tomato sauce. Cover dish with foil and bake for 30 minutes. Uncover and sprinkle the breadcrumbs over the top of the casserole, followed by the Parmesan cheese. Bake for another 20 to 30 minutes; until topping is golden brown.

Cabbage and Potatoes

5 halved potatoes	1 napa cabbage, cut however you like
1/2 cup cooking Sherry	garlic cloves
salt & freshly ground pepper	

Boil some water in a dutch oven (yeah, I know), you can always add more later as you watch it cook. Add Potatoes and garlic. Let potatoes cook for about 10 minutes then add cabbage, sherry, and garlic. Let it cook until you think it looks like you want to eat it (tasting along the way, of course!), or you can't wait anymore, and then take it off heat.