



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

### Recipe Page for September 18th

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

**Onions** (Barking Moon Farm and L&R Family Farm)

**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)

**Peppers** (Wolf Gulch Farm) for small shares

**Potatoes** (White Oak Farm) for small shares

**Cucumbers** (L&R Family Farm and Seven Seeds Farm) for small shares

**Carrots** (L&R Family Farm and Seven Seeds Farm) for large shares

**Summer Squash** (Seven Seeds Farm) for large shares

**Sungolds** for large shares

**Spinach** for large shares

**Parsley** for large shares

### Spinach and Cherry Tomato Egg Dish

2 cups spinach leaves  
2 eggs  
salt and cayenne pepper

butter  
4 cherry tomatoes  
4 cup grated cheese

Preheat oven to 350 F

Blanch baby spinach leaves in boiling water. Squeeze out excess water, then chop coarsely and divide between 4 buttered 1-cup-capacity ramekins.

Crack 2 eggs into each ramekin and top each with 4 cherry tomatoes (halved). Season with sea salt and cayenne pepper and sprinkle with grated gruyere cheese.

Bake for about 15 minutes or until eggs are cooked and cheese is melted and golden.



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### Carrot and Summer Squash Quinoa

1 tablespoon extra-virgin olive oil  
1/2 teaspoon ground turmeric \*optional  
1 carrot, cut into 1/4-inch dice  
1 tomato, cut into 1/2-inch dice  
1 cup quinoa, rinsed and drained several times  
1 bay leaf  
1/4 cup chopped flat-leaf parsley

1 medium onion, finely chopped  
1/2 teaspoon pure chile powder  
1 squash, cut into 1/2-inch dice  
Salt  
1/2 cup water (or chicken stock)  
1/4 cup chopped mint  
Freshly ground pepper

Heat the olive oil in a medium saucepan. Add the onion and cook over moderate heat, stirring, until softened, about 2 minutes. Stir in the turmeric and chile powder, then add the carrot, zucchini, tomato and 1 teaspoon of salt and cook, stirring, for 1 minute. Add the quinoa, stock and bay leaf and bring to a simmer. Reduce the heat to low, cover and cook until the quinoa is al dente, about 12 minutes. Discard the bay leaf. Fold in the mint and parsley, season with salt and pepper and serve.

### Eggplant, Tomato and Potato Casserole

1 large eggplant, sliced and salted  
2 lbs tomatoes, chopped  
2 tablespoons olive oil  
1 teaspoon salt (or more)  
chilies (optional)

4 large potatoes, sliced  
6 minced garlic cloves  
1 tablespoon red wine vinegar  
1/2 teaspoon fresh ground pepper 1/8 teaspoon dried  
1/2 cup parmesan cheese (optional)

Slice and salt eggplant, and allow to sit for an hour. Rinse salt off. Chop tomatoes, and combine with garlic, basil, olive oil, vinegar, salt, pepper, and chilies. Allow to marinate for 30 minutes. Spread some tomatoes in the bottom of a 9 x 13" casserole dish. Layer eggplant, potatoes, tomatoes, eggplant, potatoes, and finish with the last of the tomatoes. Bake at 400 degrees for 45 minutes. Top with Parmesan, and bake for 15 more minutes.

### Cucumber and Bell Pepper Buttermilk Soup

2 cucumbers, peeled and seeded  
1 teaspoon salt  
2 teaspoons English-style dry mustard, or to taste  
1 large red bell pepper, diced fine (about 1 cup)  
2 tablespoons finely chopped fresh mint leaves plus shredded mint

3/4 cup plain yogurt  
1-1/2 teaspoons sugar, or to taste  
2-1/2 cups buttermilk  
1 large yellow bell pepper, diced  
fresh lemon juice to taste

In a blender purée 1 of the cucumbers, chopped, the yogurt, the salt, the sugar, and the mustard, transfer the purée to a large bowl, and stir in the buttermilk, the bell peppers, the remaining cucumber, diced fine, and the 2 tablespoons chopped mint. Chill the soup, covered, for a least 3 hours or overnight and stir in the lemon juice and salt to taste. Divide the soup among 4 bowls and garnish it with the shredded mint.

### Melon in Coconut Milk

1 can well-stirred unsweetened coconut milk  
1 1/2 teaspoons fresh lime juice, or to taste  
Garnish: julienned lime zest Special equipment: a melon-ball cutter

3 tablespoons sugar  
1 melon, chilled

Stir together coconut milk, sugar, and lime juice in a small metal bowl until sugar is dissolved, then quick-chill in a metal bowl set in a larger bowl of ice and cold water, stirring occasionally, about 6 minutes.

Halve melon and discard seeds. Scoop melon into balls with cutter.

Divide melon among 8 serving dishes, then pour coconut milk over top. Serve immediately.