



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

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Salad Greens (Barking Moon Farm and Jema Farm)

Onions (Barking Moon Farm and Dancing Bear Farm)

Tomatoes (L&R Family Farm, Barking Moon Farm, Wandering Fields and Dancing Bear Farm)

Garlic (L&R Family Farm)

Kale (Seven Seeds Farm) for small shares

Winter Squash (White Oak Farm and Bloom Full Farm)-delicata, sweet dumpling buttercup or acorn

Lettuce (White Oak Farm) for small shares

Apples (Seven Seeds Farm) for small shares

Peppers (Wolf Gulch Farm, Dancing Bear Farm, Wandering Fields and Luna Farm) for small shares

Sungolds (Seven Seeds Farm) for large shares

Strawberries (Full Bloom Farm) for large shares

Carrots (L&R Family Farm) for large shares

Chard (Jema Farm) for large shares

Summer Squash (Seven Seeds Farm) for large shares

Bok Choi (Jema Farm) or large shares

Eggplant (Jema Farm) for large shares

Baked Winter Squash with Pine Nuts and Garlic

2 small winter squash, about 2 pounds total weight

1/4 teaspoon salt

1 tablespoon pine nuts

3 teaspoons extra-virgin olive oil

8 cloves garlic, halved

1/4 teaspoon fresh black pepper

Preheat the oven to 400 F. Coat a shallow baking dish with cooking spray. Cut the squash crosswise into rings 1/2-inch thick, leaving the peel intact. Scrape the seeds out of the center of each ring and discard. Place the rings in the prepared baking dish in a single layer, allowing them to overlap slightly. Brush with 1 1/2 teaspoons of the olive oil, and sprinkle with 1/8 teaspoon of the salt. Bake for 15 minutes. Meanwhile, in a small bowl, mix the garlic and pine nuts with the remaining 1 1/2 teaspoons olive oil. Sprinkle the garlic and pine nuts evenly over the squash rings and continue baking until the squash is tender and the pine nuts are lightly browned, about 10 to 15 minutes longer. Season the squash rings with the remaining 1/8 teaspoon salt and the pepper. Serve immediately.



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Stir-fry Rice

2 ¼ cups water	1 ½ cups long-grain white rice
2 ½ tbsp vegetable oil	4 eggs, beaten to blend
3 carrots, peeled, thinly sliced on diagonal, then slivered	3 cups thinly sliced bok choy
1 ½ tsp sesame oil	½ onion, sliced
black pepper, to taste	

Bring 2 ¼ cups water to boil in medium saucepan. Add rice and bring to boil. Reduce heat to low, cover and cook until water is absorbed, about 20 minutes. Fluff with fork. Transfer to bowl and cool completely. (Can be prepared 1 day ahead. Cover and refrigerate.)

Heat 1 ½ tablespoons vegetable oil in wok or heavy large skillet over high heat until hot but not smoking. Add eggs and cook until puffed around edge. Using spatula, push cooked egg toward back of pan while tipping pan forward, allowing uncooked egg to flow forward. Continue cooking until eggs are no longer runny but still soft and fluffy. Cut eggs into pieces with edge of spatula and transfer eggs to plate.

Heat remaining 1 tablespoon vegetable oil in wok over high heat. Add slivered carrots and stir-fry 1 minute. Add sliced bok choy, sliced shiitake mushroom caps and slivered snow peas. Sprinkle with salt and pepper and stir-fry until vegetables just begin to soften, about 4 minutes. Add oriental sesame oil and heat mixture, then add cooked rice and stir-fry until heated through. Stir in eggs and sliced green onions. Season rice to taste with Szechuan Salt-Pepper and serve immediately.

Tomato and Sweet Pepper Pasta

4 red sweet peppers	4 medium-sized tomatoes, halved
2 tablespoons olive oil or butter	½ onion, thinly sliced
1/4 teaspoon salt	1/2 teaspoon crushed red pepper
1 tablespoon chopped fresh oregano	1 tablespoon tomato paste
1 lb. pasta	1 bunch kale, thinly sliced

Place the red bell peppers and the tomato halves (cut side up) on a cookie sheet and broil for 15-20 minutes, until peppers are blackened (check periodically to turn peppers, so that they blacken on all sides). Remove cookie sheet from broiler, transfer tomato halves to the blender and place peppers in a paper bag to steam for about 15 minutes. When the peppers have cooled down, peel off the charred skins, discard cores and seeds and chop roughly. Add the chopped peppers to the blender and pulverize with the tomatoes until well blended. In a large saucepan, heat the oil or butter over medium-high heat and add the shallots, salt and crushed red pepper. Fry for a few minutes, until shallots start to color, then remove from heat. Add the tomato-pepper mixture, tomato paste and fresh oregano and return to a very low flame. Simmer and stir for 5 minutes, just to blend the flavors. Cook your pasta according to package directions (unless you made your own pasta, in which case: feel superior! We're jealous). Just before the pasta is ready, add the kale, count to six, and drain. Mix in the sauce and serve.

Chard and Tomato Dish

1 bunch chard	3 tablespoons extra-virgin olive oil
1/2 cup soft fresh breadcrumb	1 clove garlic, minced
2 small tomatoes,	1/4 teaspoon salt
crushed red pepper flakes	

Trim coarse leaves and thick center ribs from chard; cut tender stems and leaves into 1/2-inch slices. Heat 1 tablespoon of the oil in a large skillet; add bread crumbs; cook, stirring often, until crisp and golden; remove from skillet and set aside. Cool skillet slightly; add remaining oil and garlic; cook, stirring, 2 minutes; add chard and cook until wilted, 1-2 minutes; add tomatoes, salt, and red pepper flakes to taste. Remove from heat and sprinkle bread crumbs over the top.