



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

Recipe Page for June 11th 2009

Lettuce- Seven Seeds Farm

Salad Greens- Seven Seeds Farm

Parsley- Dancing Bear Farm

Garlic Scapes- Seven Seeds Farm and White Oak Farm (The curly tops of garlic stalks)

Herb Bunches- White Oak Farm and Full Bloom Farm- rosemary, oregano sage or sage, thyme and oregano

Note: Hang these in your kitchen

Scarlet Turnips- Barking Moon Farm

Radishes- Seven Seeds Farm and Dancing Bear Farm

Kale- White Oak Farm and Seven Seeds Farm

Strawberries for small shares- L&R Family Farm, White Oak Farm and Full Bloom Farm

Note: Strawberries have not been washed as moisture causes fruit to deteriorate more quickly.

Chard/Spinach/Kale- Dancing Bear Farm, Seven Seeds Farm and Jema Farm

Cilantro for large shares- Barking Moon Farm

Peas for large shares- Dancing Bear Farm and Full Bloom Farm

Spinach for large shares- Jema Farm

Cabbage for large shares- Dancing Bear Farm

Braised Kale and Turnips

1 bunch kale	1 tsp chopped thyme
salt and pepper to taste	½ cup raisins
1 bunch turnips, peeled, halved, cut into ¼ inch wedges	3 Tbsp butter
1 Tbsp minced garlic scapes	2 cups vegetable stock

Melt butter in braising pan on medium; add turnips. Cook 10 min, stirring occasionally, until golden brown. Add scapes; cook 2 min. Add stock and 1/2 bunch of kale; increase heat to MEDIUM-HIGH, cover and cook 3 min, until kale is wilted. Uncover; add thyme and remaining kale; season to taste with salt and pepper. Cover; cook 5-7 min, until turnips and kale are tender. Stir in raisins. Serve warm.

Green Smoothie

5-10 leaves kale, lettuce, spinach, or salad mix	½ banana
Any seasonal fruit	1/2 cup water
3 ice cubes	sweeten to taste

Blend together in a blender and enjoy. This is a fantastic way to use up extra greens.



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Garlic Scape Pesto

1 cup grated Parmesan cheese

3 Tbsp. fresh lime or lemon juice

1/4 lb. scapes

1/2 cup olive oil

Salt to taste

Puree scapes and olive oil in a food processor until smooth. Stir in Parmesan and lime or lemon juice and season to taste. Serve on bread, crackers or pasta.

Basic Vinaigrette

CSA member Nell Geisslinger sent in her favorite dressing recipe from the cookbook *Saving Dinner*

1 Tbsp. Dijon mustard

4 Tbsp. balsamic vinegar

1 tsp. sugar

3/4 cup olive oil

1-2 garlic gloves, pressed

salt and pepper to taste

Put all ingredients in a jar, screw on the lid, and shake it up! I'm going to make it this week and add some herbs from the herb bunches in my share.

Baked Radish Chips

10 radishes

1 tsp chili powder

1/2 tsp garlic salt

1/2 tsp paprika

Thinly slice radishes. Steam for 5 minutes. Put in bowl with spices; stir. Bake at 350 degrees for 10 minutes, flip the chips, and bake for another 10 minutes.

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Parmesan Parsley Salad Dressing

1/2 cup of shredded parmesan cheese

1/2 cup of fresh chopped parsley

1/2 cup of chopped garlic scapes

1/4 cup of rice vinegar

1 tablespoon of Dijon mustard

2 teaspoons of sugar

1 tablespoon of olive oil

1/2 teaspoon of salt

Combine parmesan cheese, parsley, green onions, vinegar, mustard, sugar, olive oil, salt and garlic cloves in a blender. Puree until smooth. Use as a dressing for salad.

Cabbage, Pea and Cilantro Salad

4 cups shredded cabbage

1 cup peas, blanched and sliced thinly

1/4 cup finely chopped cilantro

2 tablespoons sesame oil

2 tablespoons rice vinegar

1/4 cup soy sauce

1 teaspoon minced fresh ginger

2 tablespoons thinly sliced garlic scapes

Toss together cabbage, peas and cilantro. Mix dressing ingredients well and pour over cabbage. Toss well to coat. Refrigerate for at least half an hour before serving.