



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

Recipe Page for June 18th 2009

Lettuce- Seven Seeds Farm

Salad Greens- Barking Moon Farm

Spinach- Barking Moon and Jena Farm

Garlic Scapes- Seven Seeds Farm: chop these up and use like onions and garlic

Turnips- Barking Moon Farm: these are purple and white or gold

Fennel- Dancing Bear Farm

Berries- L&R Family Farm and White Oak Farm

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

Dill- Barking Moon Farm

Peas for small shares- L&R, Dancing Bear Farm and Full Bloom Farm

Chard/Cabbage for small shares- Dancing Bear Farm and Jema Farm

Cabbage for large shares- Dancing Bear Farm

Sweet Onions for large shares- Seven Seeds Farm

Kale for large shares- White Oak Farm

Carrots for large shares- Wolf Gulch Farm

New Potatoes for large shares- L&R Family Farm

Parsley for large shares - Dancing Bear Farm

Roasted Fennel Recipe

2 fennel bulbs (thick base of stalk), stalks cut off, bulbs sliced Olive oil

Balsamic vinegar

Preheat oven to 400°F. Rub just enough olive oil over the fennel to coat. Sprinkle on some balsamic vinegar, also to coat.

Line baking dish with aluminum foil. Lay out piece of fennel and roast for 15-20 minutes, until the fennel is cooked through and beginning to caramelize.

Mustard and Dill Vinaigrette

1 teaspoon firmly packed brown sugar

1 teaspoon Dijon-style mustard

2 tablespoons white-wine vinegar

1/3 cup vegetable oil

1 tablespoon minced fresh dill

In a bowl whisk together the brown sugar, the mustard, the vinegar, and salt to taste, add the oil in a stream, whisking, and whisk the vinaigrette until it is emulsified. Stir in the dill.

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Turnips and Spinach

1 pound spinach, washed

½ cup cream, boiled

Seasonings to taste

5 turnips, peeled, sliced

2 tablespoons butter

Boil separately the spinach and turnips in salted water for about 20 minutes. Drain off water. Mix together. Add the cream, butter and seasonings. Mix well with a fork, and let cook together for about 2 minutes. Then serve.

Buttered Parsley Potatoes Recipe- for large shares

1 pound small potatoes cut into bite sized chunks

2 tablespoons fresh parsley finely chopped

In medium sized sauté pan place potato chunks and salt then cover with water. Bring potatoes to a soft boil over medium heat. When tender drain water and place back into sauté pan. Place freshly chopped parsley and butter on top of potatoes then cover with lid and cook on low heat for 30 minutes stirring gently several times to mix parsley and butter. When ready to serve season with salt and pepper.

1/4 teaspoon salt

4 tablespoons unsalted butter

Flavorful Snap Peas and Garlic Scapes- for small shares

1 pound fresh sugar snap or snow peas

3 garlic scapes, minced

1/8 teaspoon salt

1 tablespoon vegetable oil

1/2 teaspoon dried thyme

1/8 teaspoon pepper

In a small saucepan, bring 1 in. of water and peas to a boil. Reduce heat; cover and simmer for 3 minutes or until crisp-tender. Meanwhile, heat oil in a large skillet; add garlic and thyme. Cook and stir for 2 minutes. Drain peas; add to skillet and saute for 2 minutes. Season with salt and pepper.

Carrot and Kale Saute

1 Tbsp peanut oil

1 bunch kale

1 Tbsp soy sauce

1 bunch small carrots, sliced thinly

1 Tbsp rice vinegar

2 Tbsp unsalted peanuts, chopped

In a dutch oven, heat oil. Add carrots and saute 1 minute. Add kale, vinegar, and soy sauce. Cover and cook 2 minutes, or until kale just begins to wilt. Stir in chopped nuts and transfer to serving dish. Serve immediately.

Green Smoothie Tip of the Week

Use frozen raspberry juice concentrate, along with a handful or two of spinach, kale, and fruit to make a tasty smoothie that kids can't resist.

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