



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

Recipe Page for June 25th 2009

Lettuce- Seven Seeds Farm

Salad Greens- Barking Moon Farm and Seven Seeds Farm

Berries- Full Bloom Farm and White Oak Farm

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

Onions - Seven Seeds Farm

Kale - White Oak Farm and Seven Seeds Farm

Carrots- Wolf Gulch Farm and L&R Family Farm

New Potatoes - L&R Family Farm and White Oak Farm

Cabbage for small shares- Dancing Bear Farm

Zucchini for large shares- Wolf Gulch Farm

Spinach for large shares- Barking Moon Farm and Jema Farm

Chard for large shares- Jema Farm

Carrot and Ginger Soup

6 tbsp. (3/4 stick) unsalted butter	1 onion, chopped
1/4 up. finely chopped ginger root	7 cup water or stock
1 cup dry white wine	Salt & ground pepper
1 bunch carrots, peeled, cut into 1/2" pieces	2 tbsp. fresh lemon juice
Pinch curry powder	

Melt butter in large stock pot over medium heat. Add onion and ginger; saute for 15-20 minutes. Add the stock or water, wine and carrots. Heat to boiling. Reduce heat and simmer uncovered over medium heat until the carrots are very tender, about 45 minutes. Puree the soup in a blender or processor (fitted with steel blade). Season with lemon juice, curry powder, salt and pepper to taste. Serve hot or cold.

Potato and Kale Casserole

6 new potatoes, very thinly sliced	4 tablespoons melted salted butter
1 bunch kale washed, stemmed and finely chopped	freshly ground black pepper
5 tablespoons grated parmesan cheese	

Preheat oven to 375. In a large bowl, drizzle melted butter over the potatoes and mix well with your hands, making sure each slice is coated. Grease a large cast-iron skillet and arrange a layer of potatoes on the bottom. Top with kale, black pepper and 1/3 of the parmesan cheese. Repeat until you run out of kale, then top with a final layer of potatoes and a sprinkling of parmesan. Cover skillet with aluminum foil and bake for 30 minutes, then remove foil and bake for another 15-30 minutes, until potatoes are cooked through.

**Siskiyou Sustainable Cooperative CSA phone 541-899-9668
7000 Little Applegate Road Jacksonville, Oregon 97530**



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Pea and Cabbage Slaw

1/2 pound peas
2 carrots, shredded
1 tablespoon lemon juice
3 tablespoons olive oil

1 head shredded cabbage
1/2 onion, chopped
1 tablespoon rice wine vinegar

In a large pot of boiling water, blanch peas 15 seconds, strain and transfer to a bowl of cold water to chill. Drain and slice thin. In a large bowl, combine the peas, cabbage, carrots, onion, lemon juice, vinegar and olive oil. Add salt and pepper to taste; toss and serve chilled.

Bubble and Squeak

6-8 Potatoes, peeled, cooked and mashed roughly
Salt and pepper to taste
1 onion, chopped

1 head cabbage, cooked and chopped
3-4 Tbsp butter, oil or bacon fat

Bubble and squeak gets its name from the sound it makes as it is cooking. It is a popular breakfast or supper dish in England, made from the leftovers of a roast beef dinner, and often served with bacon and eggs.

Mix the potatoes and cabbage together in a bowl and season with salt and pepper. Heat the butter or oil in a heavy skillet over medium-high flame. Sauté the onion until translucent. Stir in the potato-cabbage mixture and press down into the skillet. Reduce heat to medium and cook undisturbed until the bottom is browned, about 10 minutes. Then turn potatoes to brown on the other side.

Chard, Zucchini and Sliced Almonds- for large shares

1/3 cup sliced almonds
1 heaping tablespoon finely minced fresh ginger
1/4 teaspoon red pepper flakes
2 teaspoons soy sauce

1 tablespoon olive oil
2 small or 1 large green zucchini
1/2 cup water or veggie broth
1 bunch chard

Heat a skillet over medium heat, add almonds and gently toast in dry pan, stirring frequently, for 5 or so minutes; do not allow them to scorch. Remove almonds from pan and set aside. Add oil to hot skillet, and when melted, add ginger and red pepper flakes and saute over medium heat for 2 or so minutes, stirring frequently. Add water or veggie broth, soy sauce, and chard and cook, uncovered, for about 8-10 minutes, stirring and turning several times so it cooks evenly. Broth will condense and evaporate during cooking time. (Add 1-2 tablespoons of water to the pan if the liquid dries up before the chard is tender enough.) When chard is cooked, add almonds and cook and stir to heat through, 1 more minute.

Mixed Green Salad with Carrots and Peas

3 carrots, shredded
3 tablespoons cold water
1/2-inch piece fresh ginger, peeled and cut into small pieces
6 tablespoons vegetable oil
1 cup sugar snap peas

2 tablespoons rice vinegar
2 tablespoons miso
Freshly ground black pepper
5 cups salad mix, lettuce or spinach
1/2 cup roasted, salted peanuts, chopped

To make the vinaigrette, place carrots, rice vinegar, water, miso, ginger and pepper in a blender or food processor. Blend until a thick paste is achieved, scraping down sides of bowl often. Add oil in a thin steady stream, blending to combine. Taste and adjust seasoning, adding more miso or pepper to taste. Water can be added if a thinner consistency is desired. Add the sugar snap peas to boiling water and cook until just crisp-tender, 1 to 2 minutes. Transfer peas to a bowl of ice cold water to stop the cooking. Drain peas, then toss with greens in a large bowl. Drizzle with the vinaigrette. Sprinkle with crushed roasted peanuts.

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