



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

Recipe Page for July 16th 2009 Week 6

Salad Mix- Seven Seeds Farm and Barking Moon Farm

Broccoli- Full Bloom Farm

Garlic

Carrots- Wolf Gulch Farm, White Oak Farm and L&R Family Farm

Potatoes - L&R Family Farm and White Oak Farm

Zucchini - Wolf Gulch Farm

Kale- White Oak Farm

Berries- Wolf Gulch Farm and Pennington Farm

Scallions for small shares

Parsley for small shares

Cabbage for large shares

Kohlrabi for large shares

Tomatoes for large shares- Wandering Fields

Lettuce for large shares- Seven Seeds Farm

Onions for large shares - White Oak Farm and Dancing Bear Farm

Kohlrabi Salad- for large shares

1 kohlrabi, about 2 to 2 1/2" in diameter

1 cup cabbage, chopped

1/4 " piece ginger, peeled and grated

1 T. organic canola oil

Juice of 1/4 lemon

Salt and freshly ground pepper to taste

1 onion, chopped

1 clove garlic, finely minced

1 T. toasted sesame seeds

1 t. sesame oil

Dash of rice vinegar

Combine all ingredients in a large bowl and toss well to distribute flavors. Garnish top with black sesame seeds and minced green onions. Best if made several hours ahead to allow dressing to penetrate vegetables.

Serve as a salad course or a side dish.



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Broccoli Smashed Potatoes

1 pound potatoes, peeled
1 onion, thinly sliced
Salt and freshly ground black pepper
1/2 teaspoon ground mace

4 cups medium broccoli florets
1/2 cup milk
4 teaspoons unsalted butter

Place the potatoes in a deep saucepan and cover with cold water to a depth of 2" Cook uncovered over high heat until the potatoes can be easily pierced with a knife, about 20 minutes. While the potatoes cook, steam the broccoli and onion until the broccoli is very soft, about 15 minutes. Drain in a colander. Drain the potatoes and place them in a deep bowl. Using a sturdy fork, mash the potatoes into roughly 1" chunks. Add the broccoli and onion, mashing until only small lumps of the broccoli remain. Add the milk, 2 tablespoons at a time, mashing until the texture is pleasing to you. Season to taste with salt and pepper. In a small saucepan, melt the butter over medium heat until it is golden brown, 1 to 2 minutes, taking care it does not burn. Stir in the mace. To serve, spoon the smashed potatoes into a serving bowl. With the back of the spoon, smooth the top, leaving several shallow indentations. Drizzle the butter, letting it pool in the hollows. Serve immediately.

Carrot Zucchini Bread Recipe

2 cups sugar
3 eggs
1 teaspoon baking soda
3 teaspoons vanilla
1 teaspoon salt
1 cup coarsely chopped walnuts
1 teaspoon cardamom
3/4 teaspoon baking powder

1 cup vegetable oil
2 cups grated, raw zucchini
1 cup carrot, grated
3 cups flour
1 teaspoon cloves
1 teaspoon nutmeg
3 teaspoons cinnamon

Preheat oven to 350. Butter and flour or spray with cooking spray with flour two loaf pans. In a large bowl, beat the eggs until light and fluffy. Add sugar, oil, zucchini, carrot and vanilla. Mix well. In a small bowl, whisk together dry ingredients. Add to zucchini/carrot mixture. Mix until well combined then fold in walnuts. Pour into prepared pans and bake for 1 hour. Cool on rack for 10 minutes then remove from pan. Delicious warm or at room temperature.

Kale With Raisins & Toasted Pine Nuts

1/4 cup toasted [pine nuts](#)
2 teaspoons [olive oil](#)
4 green [garlic cloves](#), minced
salt & pepper

3/4 lb [kale](#), shredded
2 cups [water](#)
1/3 cup [raisins](#)

To toast the pine nuts place them on a cookie sheet in a 325°F oven for about 5 minutes, be careful they burn easily. Bring water to boil in a skillet with a tight fitting lid, add kale and cook for approximately 5 minutes or until the kale is just tender, drain & set aside. Rinse out the skillet, dry, add olive oil and heat over medium heat, add garlic and saute for 30 seconds, add raisins and stir for about 30 seconds. The raisins should be glossy and slightly puffed. Add kale, stir, season and saute until heated through. Garnish with the pine nuts and serve.