



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

Recipe Page for July 23rd 2009 Week 8

Salad Mix- Barking Moon Farm and Seven Seeds Farm

Tomatoes- Wandering Fields

Onions- White Oak Farm

Zucchini – L&R Family Farm and Barking Moon Farm

Cucumbers- Jema Farm and Dancing Bear Farm

Garlic- L&R Family Farm

Broccoli - Full Bloom Farm

Green beans –Barking Moon Farm

Peaches- Rolling Hills Farm

Carrots for large shares- Wolf Gulch Farm

Potatoes for large shares- L&R Family Farm

Green Bean Salad with Pine Nuts and Feta This recipe comes from CSA member Lara McCormick

1 pound green beans, trimmed
7 oz feta cheese, crumbled
bunch of flat leaf parsley, finely chopped
juice of 1 lemon
freshly ground black pepper, to taste

1/3 cup pine nuts
4 oz black olives, pitted
5 T extra-virgin olive oil
sea salt, to taste

Plunge the beans into a pan of lightly salted boiling water, cook for 2 minutes, then drain and refresh in cold water until the beans are cold. Drain and dry them and place in a large salad bowl. Cook the pine nuts in a skillet over medium heat until golden all over. Add the pine nuts to the beans along with the feta, olives and parsley. Add the olive oil, lemon juice, salt and pepper; mix well and serve at once.

Tomato, Cucumber and Onion

3 tomatoes, halved lengthwise, seeded, and thinly sliced
1 cucumber, halved lengthwise and thinly sliced
2 splashes red wine vinegar

1/4 onion, halved lengthwise, and sliced
A generous drizzle of olive oil
Coarse salt and black pepper

Dress the tomatoes, onions, and cucumber with olive oil, red wine vinegar, salt, and pepper. Let stand while you prepare dinner, about 20 minutes. Re-toss and serve salad with crusty bread for mopping up juices and oil.



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Baked Potato and Carrot Mash- for large shares

1/3 cup water
3 large potatoes (about 2 1/2 to 2 3/4 pounds total)
3/4 cup sour cream
2 tablespoons chopped fresh chives
6 tablespoons butter, divided
1 bunch carrots, cut into 1-inch pieces
1/2 cup half and half, warmed

Preheat oven to 350°F. Place carrots and 1/3 cup water in baking dish. Dot carrots with 2 tablespoons butter; sprinkle with salt and pepper. Place carrots and potatoes in oven; bake 30 minutes. Stir carrots and pierce potatoes with fork in several places. Bake until carrots and potatoes are tender, about 50 minutes longer. Using ricer, press carrots into large bowl, scraping in any juices from baking dish. Halve potatoes. Working in batches, scoop potato flesh into ricer, then rice potatoes into bowl with carrots. Using electric mixer, beat in 4 tablespoons butter, then sour cream, warm half and half, and chives. Season with salt and pepper. Butter oval baking dish. Spread potato mixture in dish, swirling mixture to create peaks. DO AHEAD: Can be made 1 day ahead. Cover; chill. Bake in 350°F oven until heated through and brown in spots, about 25 minutes (35 minutes if chilled).

Broccoli Gratin with Tomatoes and Feta

2-3 tablespoons olive oil
2 garlic cloves, chopped
1/8 teaspoon ground cinnamon
1 teaspoon honey
salt & pepper
lemon juice
opt: finely chopped parsley
1 onion, thinly sliced
1.5 teaspoons dried oregano
5 fresh tomatoes, peeled, seeded & diced
1 tablespoon capers, rinsed
1 pound steamed broccoli
2-4 ounces crumbled feta (or more!)

Preheat the boiler & lightly oil a 2-quart gratin dish. In a medium skillet, heat the olive oil. Saute the onion, garlic, oregano and cinnamon until onion is wilted (~5 minutes). Add tomatoes and cook until they're warmed through (~7 minutes). Add honey, capers, salt and pepper. Pour the tomato-onion mixture into the bottom of the gratin dish. Place the steamed broccoli over the tomato layer. Sprinkle the lemon juice evenly over the layers and then add the crumbled feta over the top. Place the gratin dish 5-6 inches under the broiler and cook until the feta is browned, but not burned. (Warning: this happens in about 10 minutes, but its easy to overshoot brown.) Garnish with parsley if desired and serve.

Stewed Green Beans and Zucchini

1 pound of fresh green beans
1 medium onion, diced
1/3 cup of olive oil
1 1/2 cups of water
3/4 pound of small zucchini
1 large tomato, puréed
1 teaspoon of salt

Snip the ends off the beans. With a sharp knife, cut off the string that runs down the bean (on one or both sides). Trim the ends of the zucchini and cut in half, crosswise. Slice part way through each piece, lengthwise. In a large saucepan, sauté the tomato and onion in the oil over medium heat. When the onion softens, add beans, zucchini, and salt. Bring to a boil, reduce heat, and simmer covered for one hour.