



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

### Recipe Page for August 6<sup>th</sup> 2009 Week 9

**Salad Mix- Barking Moon Farm and Seven Seeds Farm**

**Tomatoes- Wandering Fields and White Oak Farm**

**Onions- White Oak Farm and Dancing Bear Farm**

**Basil- Barking Moon Farm (time to make pesto!)**

**Beets- Barking Moon Farm**

**Cherry Tomatoes or Strawberries- White Oak Farm and Full Bloom Farm**

**Peaches- Rolling Hills Farm**

**Melons- L&R Family Farm (cantaloupe or honeydew)**

**Carrots for small shares- Wolf Gulch Farm**

**Cabbage for large shares- Full Bloom Farm**

**Green beans for large shares- Wandering Fields**

**Cucumbers for large shares- Jema Farm**

#### **Beet and Basil Pancakes**

About 1/2 cup sour cream	1/2 tsp salt
1/2 cup plus 2 tbsps sliced fresh basil leaves	1 large egg
1 carrot, peeled	1 tbsp all-purpose flour
About 3 tbsps olive oil	1/4 tsp pepper
4 beets, scrubbed	

In a large bowl, beat egg, salt, & pepper to mix. Using a food processor/blender or the large holes on a hand grater, carrot and beets. Add shredded vegetables, 1/2 c basil, & flour to egg mixture; stir just to mix. Pour 1 tbsp oil into a 10- to 12-inch nonstick frying pan over medium-high heat; when hot, drop batter in 1/4-c portions into pan, three or four at a time, & flatten with bottom of measuring cup or the back of a spoon into about 3 1/2-inch rounds. Cook, until browned & crisp on both sides, turning as needed, 6 to 8 mins total. Transfer pancakes as cooked to an ovenproof platter & keep warm in a 200° oven. Repeat to cook remaining pancakes, adding more oil to pan as necessary. In a small bowl, mix sour cream with remaining 2 tbsps basil. Serve pancakes warm, topped with sour cream mixture.

#### **Tomato, Beet and Avocado Salad**

1/2 cup Cherry or regular tomatoes, cut in half	3 roasted beets, peeled and medium diced
1 avocado, cut in wedges	1 cucumber, sliced 1/8-inch thick (optional)
Your favorite vinaigrette	handful of basil, chopped
2 cups salad mix	

Mix all ingredients and enjoy!



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### Fresh Basil Pesto Recipe

2 cups fresh basil leaves, packed  
1/2 cup extra virgin olive oil  
3 medium sized garlic cloves, minced

1/2 cup freshly grated Parmesan cheese  
1/3 cup pine nuts or walnuts  
Salt and freshly ground black pepper to taste

Combine the basil in with the pine nuts, pulse a few times in a food processor. (If you are using walnuts instead of pine nuts and they are not already chopped, pulse them a few times first, before adding the basil.) Add the garlic, pulse a few times more. Slowly add the olive oil in a constant stream while the food processor is on. Stop to scrape down the sides of the food processor with a rubber spatula. Add the grated cheese and pulse again until blended. Add a pinch of salt and freshly ground black pepper to taste. Serve with pasta, or over baked potatoes, or spread over toasted baguette slices.

### Cabbage and Green Bean Salad For large shares

1 1/2 pounds green beans, split lengthwise  
4 small garlic cloves, minced  
1 tablespoon finely grated fresh ginger  
3/4 teaspoon salt  
One head green cabbage, finely shredded

1/3 cup white wine vinegar  
3 tablespoons light olive oil  
1 tablespoon chopped thyme  
1/4 teaspoon freshly ground pepper  
2 medium tomatoes, cut into 1-inch dice

In a large saucepan of boiling salted water, cook the green beans until al dente, about 4 minutes. Drain and refresh the beans under cold running water, then pat dry. In a small bowl, combine the vinegar, garlic, olive oil, ginger, thyme, salt and pepper. In a large bowl, toss the cabbage with the tomatoes and green beans. Add the dressing, toss to coat and serve.

### Cream of Tomato Soup

5 tablespoons butter  
4 tablespoons flour  
1/2 bay leaf  
1 1/2 teaspoons salt  
3 cups tomatoes, chopped

1/2 cup chopped onion  
4 cups milk  
1 1/2 teaspoons sugar  
1/2 teaspoon baking soda

Melt the butter in a soup pot. Add the onion and cook over medium heat, stirring, until the onion is softened but not browned. Sprinkle the flour over the butter mixture and continue to stir and cook for 1 to 2 minutes. Slowly add the milk, bay leaf, sugar, and salt and continue to cook and stir until slightly thickened. Stir the baking soda into the tomatoes. Add the tomatoes to the milk, and bring just to a simmer. Remove from the heat and put through a strainer. Taste and correct seasonings. Reheat before serving.

### Melon and Peach Salsa

2 cups peaches, chopped into 1/4 inch cubes  
1/4 cup onion, chopped  
1 tablespoon fresh mint, chopped (optional)

1 cup melon, chopped into 1/4 inch cubes  
2 Tablespoons lime or lemon juice

**Chop peaches and place in a large bowl. Stir in melon, onion, lime juice and mint, if using. Refrigerate 30 minutes to blend flavors. Serve chilled.**