



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

Recipe Page for August 13th 2009 - Week 10

Salad Mix- Barking Moon Farm and Seven Seeds Farm

Tomatoes- Wandering Fields and White Oak Farm

Parsley- Full Bloom Farm and L&R Family Farm

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

Kale- Full Bloom Farm and Seven Seeds Farm

Potatoes- Dancing Bear Farm, White Oak Farm and L&R Family Farm

Garlic- L&R Family Farm

Leeks- Wolf Gulch Farm and Barking Moon Farm

Carrots- Wolf Gulch Farm and L&R Family Farm

Cucumbers for small shares- Jema Farm L&R Family Farm, and Dancing Bear Farm

Strawberries for large shares- Full Bloom Farm

Zucchini for large shares Barking Moon Farm

Eggplant for large shares- Wolf Gulch Farm

Onions for large shares- L&R Family Farm

Mashed Potatoes with Kale

1/2 cup milk

1 carrot, peeled, diced

1/2 onion, chopped

2 pounds potatoes, peeled, cut into 1-inch pieces

4 tablespoons (1 stick) butter

1 large bay leaf

1 large bunch kale, rinsed, chopped (about 8 cups)

Combine milk, 2 tablespoons butter, carrot and bay leaf in medium saucepan; bring to simmer. Remove from heat; let steep while preparing kale and potatoes.

Melt 1 tablespoon butter in large Dutch oven over medium heat. Add onion; sauté until light brown, about 8 minutes. Add kale; cover and cook until tender, stirring often, about 25 minutes.

Meanwhile, cook potatoes in large pot of boiling salted water until tender, about 25 minutes. Drain well. Return to same pot; mash with hand masher. Add kale mixture to potatoes. Strain in enough milk to produce moist, fluffy potatoes. Season with salt and pepper.

Melt 5 tablespoons butter in small saucepan. Mound potatoes in large bowl. Using spoon, make well in top of potatoes. Pour butter into well. Serve hot.



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

Leek and Potato Soup

3 tablespoons butter
4 1/2 cups stock or canned low-salt broth
3 large leeks (white and pale green parts only), halved lengthwise, thinly sliced (about 4 1/2 cups)

3-5 potatoes, peeled, diced
parsley

Melt butter in heavy large saucepan over medium heat. Add leeks; stir to coat with butter. Cover saucepan; cook until leeks are tender, stirring often, about 10 minutes. Add potatoes. Cover and cook until potatoes begin to soften but do not brown, stirring often, about 10 minutes. Add 4 1/2 cups stock. Bring to boil. Reduce heat, cover and simmer until vegetables are very tender, about 30 minutes.

Puree soup in batches in processor until smooth. Return to saucepan. Thin with additional stock if soup is too thick. Season with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate.) Bring soup to simmer. Ladle into bowls. Garnish with parsley.

Rice with Kale and Tomatoes

1/2 cup long-grain rice
1 tablespoon olive oil
2 cups finely chopped rinsed kale leaves

1 small garlic clove, minced
5-6 tomatoes, chopped

In a small heavy saucepan bring 1 cup water to a boil, add the rice and salt to taste, and cook the rice, covered, over low heat for 20 minutes, or until the liquid is absorbed and the rice is tender. In a heavy skillet cook the garlic in the oil over moderately low heat, stirring, until it is golden, add the tomatoes and the kale, and cook the mixture, stirring occasionally, for 3 to 5 minutes, or until the kale is tender. Fluff the rice with a fork and in a bowl combine well the rice, the kale mixture, and salt and pepper to taste.

Ratatouille- for large shares

2 1/2 lb tomatoes (4 large)
1 cup chopped fresh flat-leaf parsley
2 lb eggplant, cut into 1-inch cubes
1 large onion, quartered and thinly sliced
1/2 teaspoon black pepper

8 large garlic cloves, thinly sliced
1 cup plus 2 tablespoons extra-virgin olive oil
2 1/4 teaspoons salt
4 medium zucchini, cut crosswise into pieces
Garnish: Parmigiano-Reggiano shavings

Cut an X in bottom of each tomato with a sharp paring knife and blanch together in a 4-quart pot of boiling water 1 minute. Transfer tomatoes with a slotted spoon to a cutting board and, when cool enough to handle, peel off skin, beginning from scored end, with paring knife.

Coarsely chop tomatoes and transfer to a 5-quart heavy pot with garlic, parsley, and 1/3 cup oil. Simmer, partially covered, stirring occasionally, until tomatoes break down and sauce is slightly thickened, about 30 minutes. While sauce is simmering, toss eggplant with 1/2 teaspoon salt in a large colander and let stand in sink 30 minutes. Meanwhile, cook onions in 3 tablespoons oil with 1/4 teaspoon salt in a 12-inch heavy skillet over moderate heat, stirring occasionally, until softened, 10 to 12 minutes. Transfer onions with a slotted spoon to a large bowl, then add 3 tablespoons oil to skillet and cook with 1/4 teaspoon salt over moderate heat, stirring occasionally, until softened, about 10 minutes.

Add 3 tablespoons oil to skillet and cook zucchini with 1/4 teaspoon salt over moderate heat, stirring occasionally, until just tender, 6 to 8 minutes. Transfer zucchini with slotted spoon to bowl with other vegetables. While zucchini are cooking, pat eggplant dry with paper towels. Add remaining oil (about 1/4 cup) to skillet and cook eggplant over moderate heat, stirring occasionally, until softened, 10 to 12 minutes. Add vegetables, remaining teaspoon salt, and black pepper to tomato sauce and simmer, covered, stirring occasionally, until vegetables are very tender, about 1 hour. Cool, uncovered, and serve warm or at room temperature.