



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

Recipe Page for August 20th 2009 - Week 11

Salad Mix- Barking Moon Farm and Jema Farm

Lettuce- Full Bloom Farm

Tomatoes- Dancing Bear Farm and L&R Family Farm

Onions- L&R Family Farm

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

Cherry Tomatoes or Strawberries for small shares- White Oak Farm and Full Bloom Farm

Green beans for small shares- Barking Moon Farm

Zucchini for small shares- L&R Family Farm

Broccoli for small shares- Full Bloom Farm

Cucumbers for large shares- L&R Family Farm

Basil for large shares- Dancing Bear Farm

Beets for large shares- Barking Moon Farm

Watermelon for large shares- L&R Family Farm

Peppers for large shares- Wolf Gulch Farm

Summer Green Bean Salad- for small shares From 101cookbooks.com

3/4 pound green beans, stems pinched off
1 teaspoon finely chopped chives
1 tablespoon minced onion
2 tablespoons heavy cream
tiny pinch of freshly ground pepper
1 teaspoon honey (optional)
½ lettuce head

1/2 cup hazelnuts, smashed and toasted
1/4 teaspoon finely chopped fresh thyme
2 tablespoons lemon juice
scant 1/4 teaspoon salt
1/3 cup olive oil
a few cherry tomatoes, each cut in half

Start by making the dressing. Whisk together the chives, thyme, onions, lemon juice, heavy cream, salt and pepper. Whisk in the olive oil with a fork, stirring until everything comes together. Taste and adjust for seasoning. Sometimes my lemon dressings have a puckery edge to them, and when that happens I just whisk in just a touch of honey to counterbalance the sour. Set aside. In the meantime, bring two quarts of water to a boil. Salt generously and stir in the green beans. Cook for about 1 1/2 minutes. Just until the beans brighten up and soften a touch, I go a bit beyond "al dente" here for this salad. Quickly drain them and run under cold water to stop the cooking. In a large bowl toss the green beans with the lettuce, about 1/2 of the hazelnuts, with a big splash of the dressing. Toss well. Taste, and add more dressing, salt or pepper at this point. Toss again if needed. Add the tomatoes and toss very gently. You can turn this out onto a platter or plate individually topped with the remaining hazelnuts.



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Chilled Beet and Cucumber Soup

1 bunch cooked beets – peeled	2 large cucumbers -- peeled, halved lengthwise
½ onion	4 oranges
2 Tbsp. red wine vinegar	handful of basil
3 cups or more chicken stock or water	salt and freshly ground black pepper to taste
sour cream	

Steam or gently boil the beets about 15 minutes. When done, grate them on the coarse side of a grater. Remove the seeds from the cucumbers. Grate on the coarse side of the grater. Chop the onion. Juice the oranges and grate the rind of 3 oranges. Put the beets, cucumbers, orange rind and juice and 2 cups water or chicken stock into a large mixing bowl. Puree in a blender, in batches, until smooth. Chill for at least 3 hours before serving. Add more water or chicken stock to correct the consistency after chilling. To serve, ladle into chilled soup bowls. Garnish with sour cream and basil.

Tomato and Zucchini Fettucine

10 ounces fettucine	1 onion, medium
4 zucchini	3-5 tomatoes, cubed
1 tsp. dried Italian seasoning	1 large clove garlic, minced
1 tbsp. olive oil	1/4 cup water
1/2 cup Parmesan cheese	

Prepare fettucine per directions, cooking until al dente. Drain and set aside. Chop onion into a large dice. Slice zucchini into 1/4 inch medallions (may have to cut some of the squash medallions in half on larger end). In large skillet over medium heat, saute onion in olive oil. When almost translucent, add zucchini and water, cover and cook approximately. 5 minutes. Add garlic, and dried Italian seasoning. Cook until zucchini are desired tenderness. Add tomatoes and continue cooking until heated through. Add cooked fettucine and toss to blend. Sprinkle with Parmesan before serving.

Basic Tomato Sauce Recipe This is great to can or freeze

2 Tbsp olive oil	1/2 medium onion, finely chopped
1 clove garlic, minced	2 Tbsp chopped fresh basil
2 pounds of fresh tomatoes, peeled, seeded, and chopped	Salt and freshly ground black pepper to taste

Heat olive oil in a large wide skillet on medium heat. Add the chopped onion. Stir to coat. Reduce the heat to low, cover the skillet and cook for 15 to 20 minutes, stirring occasionally until the onions are softened and cooked through. Remove cover and add the minced garlic. Increase the heat to medium high. Cook for garlic for 30 seconds. Add the tomatoes and basil. Season with salt and pepper to taste. Bring to a low simmer, reduce the heat to low and cook, uncovered until thickened, about 15 minutes. If you want you can push the sauce through a food mill to give it a smooth consistency.

Broccoli and Cherry Tomato Salad

4 cups broccoli florets	1 1-pint basket cherry tomatoes, halved
2 teaspoons Dijon mustard	3 tablespoons seasoned rice vinegar
1 tablespoon olive oil	2 tablespoons teaspoons dried oregano

Steam broccoli until just crisp-tender, about 3 minutes. Transfer to large bowl and cool. Add tomatoes. Place mustard in small bowl. Gradually whisk in vinegar, then oil. Mix in oregano. Add to salad and toss to coat. Season with salt and pepper. (Can be made 6 hours ahead. Cover, chill.)

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