



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

Recipe Page for August 27th 2009 Week 12

Lettuce- Full Bloom Farm

Tomatoes- Barking Moon Farm

Onions- L&R Family Farm

Watermelons- L&R Family Farm

Zucchini- Barking Moon Farm

Carrots- Wolf Gulch Farm and Barking Moon Farm

Cucumbers for small shares- Jema Farm and Dancing Bear Farm

Eggplant for small shares- Wolf Gulch Farm and Jena Farm

Potatoes for small shares- White Oak Farm

Garlic for small shares- L&R Family Farm

Beets for small shares- Barking Moon Farm

Peppers for large shares- Wolf Gulch Farm and Dancing Bear Farm

Cherry Tomatoes for large shares- White Oak Farm

Salad Mix for large shares- Jema Farm

Green beans for larges shares- White Oak Farm

Corn for large shares- L&R Family Farm note: organic corn has worms in it.

Kale for large shares- Full Bloom Farm

Baba Ganoush- for small shares

1 large eggplant (about 1 pound)
1/4 teaspoon salt
2 tablespoons lemon juice

1 glove garlic, minced
2 tablespoons tahini

Preheat oven to 450 degrees F.

Prick eggplant with a fork and place on a cookie sheet lined with foil. Bake the eggplant until it is soft inside, about 20 minutes. Alternatively, grill the eggplant over a gas grill, rotating it around until the skin is completely charred, about 10 minutes. Let the eggplant cool. Cut the eggplant in half lengthwise, drain off the liquid, and scoop the pulp into a food processor. Process the eggplant until smooth and transfer to a medium bowl.

On a cutting board, work garlic and 1/4 teaspoon salt together with the flat side of a knife, until it forms a paste. Add the garlic-salt mixture to the eggplant. Stir in the tahini, and lemon juice. Season with more salt, to taste.

Sweet Pepper Pasta Tossed with Kale- for large shares
Siskiyou Sustainable Cooperative CSA phone 541-899-9668
7000 Little Applegate Road Jacksonville, Oregon 97530



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1 (8 ounce) package uncooked pasta
2 medium green, yellow or red bell pepper, chopped
4 cloves garlic, chopped
salt and ground black pepper to taste

1 tablespoon olive oil
1 bunch roughly chopped kale
1 pinch ground cayenne pepper
8 ounces feta cheese, crumbled

Cook pasta for 8 to 10 minutes or until al dente; drain. Heat oil in a skillet over medium heat. Stir in bell pepper, kale and garlic. Season with cayenne pepper, salt and black pepper. Cook until vegetables are tender. In a large bowl, toss cooked pasta with skillet mixture. Sprinkle with feta cheese to serve.

Beet, Potato and Carrot Salad- for small shares

2 fresh beets
2 large carrots, thinly sliced
1 clove garlic, minced
½ tsp salt

2 large potatoes, diced
¼ to ½ cup light mayonnaise
1 Tbs dried dill
⅛ tsp pepper

In a saucepan, cover beets with water and simmer until tender. Remove skin and dice. Set aside in a medium-sized bowl. In a separate saucepan, simmer potatoes and carrots until tender. Drain and add to the beets. Add remaining ingredients and toss to coat. Refrigerate for 1-2 hours until chilled.

Cucumber Raita -for small shares

1 medium cucumber
2 cups plain, whole-milk yogurt
2 tablespoons fresh coriander or mint leaves, chopped

1 teaspoon cumin seeds
1 clove garlic, peeled and minced
cayenne or paprika to garnish

Peel cucumber. Cut lengthwise into 1/4-inch strips, then into thin slices crosswise. Toast cumin seeds for a few seconds in a small, heavy frying pan over high heat. In a bowl, stir yogurt until it is smooth. Mix it with the cumin, garlic and coriander or mint leaves. Combine mixture with cucumber slivers, sprinkle with cayenne or paprika, and chill before serving.

Green Bean Succotash- for large shares

8 ounces green beans, trimmed
1 cup frozen lima beans, thawed (optional)
¾ cup diced bell pepper
1/2 teaspoon Old Bay seasoning

2 tablespoons olive oil
1 cup fresh corn kernels (cut from 2 ears)
2 tablespoons (1/4 stick) butter

Blanch green beans until crisp-tender, about 4 minutes. Transfer to bowl of ice water to cool; drain. Heat oil in large skillet over medium-high heat. Add green beans and sauté 1 minute. Add lima beans, corn, and bell pepper. Sauté until vegetables are crisp-tender, about 4 minutes. Mix in butter and seasonings.

Zucchini, Carrot and Tomato Coconut Curry

2 tsp canola oil
1 cup onion, diced
1 whole, ripe tomatoes, juice reserved
1 tsp cumin seed

1 cup carrots, diced
1 1/2 cups sliced zucchini
1/2 cup coconut milk
1 tsp curry powder

Heat oil in a heavy, large skillet. Sauté the cumin seed for about 30 seconds, then add the onions and carrots. sauteing about 10 minutes. Stir in the curry powder. Add zucchini and tomatoes, bring to a simmer, cover and cook about 10 minutes. Add coconut milk and simmer for another couple of minutes.

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