



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

Recipe Page September 10th 2009 - Week 14

Lettuce- Full Bloom Farm

Tomatoes- Barking Moon Farm

Onions- Wandering Fields

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

Apples- Seen Seeds Farm

Garlic- L&R Family Farm

Spinach- Barking Moon Farm

Kale for small shares- Seven Seeds Farm and White Oak Farm

Sweet Peppers or Cherry Tomatoes for small shares- Wolf Gulch Farm and White Oak Farm

Broccoli for small shares- Full Bloom Farm

Eggplant for small shares- Jema Farm and Wolf Gulch Farm

Cucumbers for large shares- Jema Farm

Summer Squash for large shares- Barking Moon Farm

Salad Mix for large shares- Jema Farm

Sweet Peppers for large shares- Wolf Gulch Farm

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

Pears for large shares- White Oak Farm note: leave on the counter to ripen for 1-3 days

Tomatillos for large shares- Dancing Bear Farm

Tomatillo Salsa For large shares

2 pounds Fresh tomatillos

1 Or 2 hot peppers, cored Seeded and chopped.

1-2 cloves garlic

1 cup Onion -- chopped

1/4 cup Fresh lime juice

salt to taste

Remove husks from tomatillos, wash thoroughly, dry and halve or quarter. Combine tomatillos, onions, chiles, and garlic in a non-reactive pan. Over med-high heat bring to boil, stirring frequently. Reduce heat to low and simmer, uncovered, for 20 mins. Cool a little or a lot then put into blender with lime juice, blend away, salt to taste.



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Spinach and Corn Quesadilla Recipe

2 teaspoons canola oil
1 jalapeno chile pepper, seeded and cut in thin rounds
2 10-inch whole wheat tortillas
1/4 cup sautéed thinly-sliced onion
1 bunch spinach leaves, cut into 1-inch ribbons
1/2 cup corn kernels
3/4 cup shredded Monterey Jack cheese

Heat the oil in a large, nonstick skillet over medium-high heat. Add the spinach (if using fresh, stir until it wilts). Add the jalapeno and corn. Cook, stirring, until the corn is warmed through, 3 minutes longer. Transfer the spinach and corn mixture to a bowl. Wipe out the pan and return it to the heat. Coat a tortilla on one side with cooking spray and place it sprayed side down in the pan. Sprinkle half the cheese over the tortilla. Spread the spinach mixture over the cheese, leaving a 1/2" border around the edge. Sprinkle with the onions and top with the remaining cheese. Spray the second tortilla with cooking spray and place it coated side up over the filling. Cook until it is crisp and lightly browned on the bottom and the bottom layer of cheese is melted, 2 minutes. Turn the quesadilla by sliding it onto the plate. Invert a second plate over it, press the plates together, and flip them. Slide the quesadilla, uncooked side down, back into the pan and crisp the second side. Place on a plate and cut the quesadilla into 8 wedges. Serve immediately, accompanied by your favorite salsa.

Kale and Broccoli Stirfry For small shares

1/8 cup extra virgin olive oil
1 chile pepper, chopped (optional)
1 bunch kale, stems removed and chopped
juice of 2 lime
7 cloves garlic, sliced
1 head fresh broccoli, chopped
1/4 cup tomatoes, diced
salt

Heat olive oil in a large wok or skillet over high heat. Stir in garlic and chile pepper; cook for 2 minutes, stirring frequently. Stir in broccoli; cook 1 minute. Add kale, and cook 2 minutes, stirring frequently. Stir in sun-dried tomatoes. Pour in lime juice, and season with salt to taste. Toss well.

Roasted Eggplant and Tomato Stacks For small shares

1 large globe eggplant, cut into 1/2-inch slices
Extra-virgin olive oil
Freshly ground black pepper
1 1/2 teaspoons minced garlic
1/8 cup kosher salt, plus more for seasoning
1 tablespoons good-quality balsamic vinegar
8 slices large tomato, each 1/4-inch thick
1 1/2 pounds mozzarella, cut into 1/4-inch slices

In a large bowl toss the eggplant slices with 1/4 cup kosher salt. Using your fingertips, evenly distribute the salt on both sides of each slice. Place the eggplant in a colander set over a large bowl or sheet pan to catch juices. Set aside for 1 to 2 hours. Preheat oven to 450 degrees F. Line two 18 by 13-inch baking sheets with heavy-duty foil. Rinse the eggplant under cold water and dry thoroughly with paper towels. Arrange the eggplant slices in a single layer on one baking sheet. Brush olive oil on 1 side. Brush with balsamic vinegar and sprinkle with freshly ground pepper. Drizzle the other pan with 2 tablespoons olive oil. Arrange the tomato slices in a single layer, season with salt and pepper, then sprinkle with the minced garlic. Roast the tomato slices until they are very soft and just beginning to brown, 10 to 15 minutes, without turning. Bake the eggplant slices until they are tender and well browned, 20 to 30 minutes, without turning. Let the tomato and eggplant slices cool until you can handle them with your fingers.

Make a short stack starting with eggplant on the bottom, 1 slice mozzarella, and then tomato. Top with another piece of eggplant. Warm stacks in the oven until mozzarella lightly melts. Drizzle with olive oil and serve.