



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

### Recipe Page September 17<sup>th</sup> 2009 Week 15

**Lettuce- Full Bloom Farm**

**Tomatoes- Dancing Bear Farm and Barking Moon Farm**

**Onions- Wandering Fields**

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

**Apples- Seven Seeds Farm**

**Leeks- Barking Moon Farm and Wolf Gulch Farm**

**Potatoes- White Oak Farm: 1 lb fingerlings, 1 lb regular**

**Sweet Peppers - Wolf Gulch Farm and Dancing Bear Farm**

**Carrots- Barking Farm Moon**

**Parsley for small shares- Full Bloom Farm**

**Eggplant or cherry tomatoes for small shares- Wolf Gulch Farm and Barking Moon Farm**

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

**Eggplant for large shares- Jema Farm**

**Turnips for large shares- Dancing Bear Farm**

**Salad Mix for large shares- Jema Farm**

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

#### **Leek and Potato Soup**

the white and pale green part of 2 large leeks, split lengthwise, washed well, and chopped

1 tablespoon unsalted butter

1 1/2 cups water

1 cup chicken broth or water

1 pound boiling, potatoes

2 tablespoons minced fresh parsley leaves (optional)

In a large heavy saucepan cook the leeks in the butter with salt and pepper to taste, covered, over moderately low heat, stirring occasionally, for 8 to 10 minutes, or until they are softened but not browned. Add the water, the broth, and the potatoes, peeled and cut into 1/2-inch dice, and simmer the mixture, covered, for 20 minutes, or until the potatoes are tender. In a blender purée 1 cup of the soup, stir the puré into the remaining soup with the parsley, and season the soup with salt and pepper.

#### **Carrot- Sweet Pepper Salad**

5 [carrots](#), juliene, matchstick, or coarsely shredded

1 sweet pepper, in matchstick-size pieces

3 tablespoons orange juice

1 tablespoon [lime juice](#)

1 teaspoon toasted sesame oil

1/4 cup chopped dry roasted peanuts

In a large serving bowl, gently toss together carrots and sweet pepper. Stir in orange juice, lime juice, and sesame oil. Sprinkle with Peanuts.

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### Eggplant Moussaka

- |                                                            |                                            |
|------------------------------------------------------------|--------------------------------------------|
| 1 eggplant, cut crosswise into 1/4-inch thick slices       | 1 3/4 teaspoons salt, divided              |
| 1 (32-ounce) carton plain low-fat yogurt                   | Cooking spray                              |
| 3 bell peppers                                             | 1 pound potatoes, in 1/4-inch-thick slices |
| 1 pound lean ground lamb or beef                           | 1 1/2 cups chopped onion                   |
| 2 cups chopped peeled tomato                               | 1/3 cup dry red wine                       |
| 1/2 cup dried currants                                     | dash of crushed red pepper                 |
| 1/4 teaspoon ground nutmeg                                 | 1 (3-inch) cinnamon stick                  |
| 1/4 teaspoon black pepper, divided                         | 1/4 cup all-purpose flour                  |
| 3 tablespoons olive oil                                    | 1 1/2 cups milk                            |
| 3/4 cup grated extra-sharp cheddar cheese or Romano cheese | Dash of nutmeg                             |
| 2 large egg yolks                                          |                                            |

Place eggplant in a large bowl; sprinkle with 1 teaspoon salt. Let stand 30 minutes. Rinse and drain; pat dry with paper towels. Spoon yogurt onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand 10 minutes. Scrape into a bowl using a rubber spatula; cover and refrigerate. Preheat broiler. Place half the eggplant slices on a broiler pan coated with cooking spray; broil 6 minutes on each side or until lightly browned. Repeat procedure with the remaining eggplant. Cut bell peppers in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a broiler pan; flatten with hand. Broil 15 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand 15 minutes; peel. Place the potato slices on a broiler pan coated with cooking spray; broil 7 minutes per side or until golden on both sides.

Arrange potato slices in the bottom of a 13 x 9-inch baking dish coated with cooking spray. Top with eggplant slices.

Arrange bell pepper halves over eggplant.

Heat a large nonstick skillet over medium-high heat. Add lamb; sauté 5 minutes or until browned, stirring to crumble. Drain well; return to pan. Add onion; sauté 5 minutes. Stir in tomato and next 5 ingredients (tomato through cinnamon stick); bring to a boil. Reduce heat, and simmer 8 minutes. Sprinkle with 1/2 teaspoon salt and 1/8 teaspoon black pepper; discard cinnamon stick. Spoon over bell pepper halves.

Preheat oven to 400°. Lightly spoon the flour into a dry measuring cup, and level with a knife. Combine the olive oil and flour in a large saucepan over medium heat, stirring with a whisk. Cook for 3 minutes, stirring frequently.

Combine the drained yogurt and milk. Add the yogurt mixture to flour mixture, stirring continuously; cook until thick (do not boil). Remove from heat; stir in 3/4 cup cheese, 1/4 teaspoon salt, 1/8 teaspoon black pepper, dash of nutmeg, and egg yolks. Spoon the sauce over the lamb mixture; spreading carefully, run a knife around outside edge to allow sauce to run into dish (dish will be very full). Place on a foil-lined baking sheet. Bake at 400° for 45 minutes or until golden brown and bubbly. Let stand 20 minutes.

### Braised Kale and Turnips-for large shares

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|------------------------------|--------------------------------------------------------|
| 3 Tbsp Butter                | 1 lb turnips, trimmed, peeled, halved, cut into wedges |
| 1 Tbsp Peeled Garlic, minced | 2 cups Vegetable Culinary Stock or water               |
| 1 bunch Kale Greens          | Salt and pepper to taste                               |
| 1/2 Raisins                  |                                                        |

Melt butter in braising pan on medium; add turnips. Cook 10 min, stirring occasionally, until golden brown. Add garlic; cook 2 min. Add stock and 1/2 bag of kale; increase heat to medium-high, cover and cook 3 min, until kale is wilted. Uncover; add remaining kale; season to taste with salt and pepper. Cover; cook 5-7 min, until turnips and kale are tender. Stir in raisins. Serve warm.