



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

Recipe Page September 16th 2009 Week 16

Salad Mix- Barking Moon Farm

Onions- Wandering Fields

Garlic- L&R Family Farm

Radishes- Barking Moon Farm

Apples- Seven Seeds Farm

Cherry tomatoes - Barking Moon Farm

Sweet Peppers for small shares- Wolf Gulch Farm and Dancing Bear Farm

Hot peppers for small shares- Wolf Gulch Farm and Dancing Bear Farm

Broccoli for small shares- Full Bloom Farm

Kale for small shares- Full Bloom Farm

Eggplant for large shares- Jema Farm

Beets for large shares- Wolf Gulch Farm and Barking Moon Farm

Summer squash for large shares- Barking Moon Farm

Carrots for large shares- Barking Farm Moon

Potatoes for large shares- L&R Family Farm

Parsley for large shares- Full Bloom Farm

Radish, Apple and Onion Salad

4 radishes, thinly sliced

1/2 onion, thinly sliced

2 apples, sliced and tossed with 2 tsp lemon juice

1/2 lb salad mix, chopped

Dill and Poppy Dressing:

3 tablespoons red wine vinegar

1 teaspoon salt

1/2 cup sour cream

2 teaspoons dried dill

1 teaspoon honey

1/4 cup extra-virgin olive oil

1 teaspoon poppy seeds

Combine radish, apple (coated in lemon to retard browning) and onion with chopped salad mix. In a small bowl, combine vinegar with sugar and salt. Whisk in oil, stir in sour cream, poppy and dill. Drizzle dressing evenly over salad and serve.

**Siskiyou Sustainable Cooperative CSA phone 541-899-9668
7000 Little Applegate Road Jacksonville, Oregon 97530**



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

Broccoli and Colored Bell Pepper Frittata For small shares

3-4 Tablespoons olive oil	2 colored sweet peppers, thinly sliced
1 onion, chopped	3/4 pound, cut into florets
4 cloves of garlic, thinly sliced	8-10 eggs
2-3 tablespoons chopped parsley or oregano	Salt and pepper to taste
dash cayenne pepper or red chili flakes	1 cup shredded sharp cheese

Preheat broiler. Heat oil in large ovenproof skillet over high heat. Sauté peppers and onions until soft, about 5 minutes. Add broccoli pieces and garlic, stirring to coat with oil. Reduce heat to medium, cover, and cook until vegetables are crisp-tender, about 4 minutes. Meanwhile, whisk together eggs and next 4 ingredients in large bowl. Arrange vegetables evenly in skillet, then pour in egg mixture. Cover and cook over medium-low heat until eggs are set around edges and almost set in center, about 8 minutes. Sprinkle evenly with cheese. Transfer skillet to broiler and heat until eggs are completely set and cheese is melted and bubbling, about 2 minutes. Run spatula around skillet edges to loosen frittata. Cut into wedges and serve hot or at room temperature.

Braised Kale with Cherry Tomatoes For small shares

2 teaspoons extra-virgin olive oil	4 garlic cloves, thinly sliced
1 bunch kale, tough stems removed and chopped	1/2 cup vegetable stock or broth
1 cup cherry tomatoes, halved	1 tablespoon fresh lemon juice
1/4 teaspoon salt	1/8 teaspoon freshly ground black pepper

In a large frying pan, heat the olive oil over medium heat. Add the garlic and sauté until lightly golden, 1 to 2 minutes. Stir in the kale and vegetable stock. Cover, reduce the heat to medium-low, and cook until the kale is wilted and some of the liquid has evaporated, about 5 minutes.

Stir in the tomatoes and cook uncovered until the kale is tender, 5 to 7 minutes longer. Remove from the heat and stir in the lemon juice, salt and pepper. Serve immediately.

Baked Eggplant, Tomatoes and Beet Greens with Parmesan Crumb Topping For large shares

1 bunch Beet Greens	B	1 eggplant, peeled and cut into 1/2-inch slices
1 cup cherry tomatoes, sliced		1 large onion, sliced and separated into rings
1/4 cup butter, melted (divided use)		3 tablespoons olive oil
1/2 teaspoon garlic powder		8-ounce shredded mozzarella cheese
3/4-1 cup cracker crumbs		3-4 tablespoons freshly grated Parmesan cheese
3 tablespoons toasted pine nuts		

Heat oven to 450 degrees. Heat a large nonstick skillet over medium-high heat. Add half the beet greens straight to the hot skillet, and stir and turn for a total of 3 minutes, until they are wilted. Add 1-2 tablespoons of water during cooking time if you think they are dry and sticking to the pan. Set aside. (Save remaining uncooked beet greens for another use, or wilt them all and save whatever portion you don't use in the eggplant dish for another use.) Arrange eggplant slices in bottom of pan and sprinkle lightly with salt. Drain beet greens if they are watery, and top eggplant with wilted beet greens and sprinkle with salt. Top with tomato and onion slices and sprinkle lightly with salt. Drizzle 2 tablespoons melted butter (save rest for use in topping) and 3 tablespoons olive oil over the entire casserole. Sprinkle with garlic. Cover pan with foil and bake for 25 minutes. Remove from oven and sprinkle top with mozzarella cheese. Toss crumbs with remaining 2 tablespoons melted butter and sprinkle over casserole. Top with Parmesan cheese and bake, uncovered, for 10 more minutes. Remove from oven, sprinkle with pine nuts, and allow to cool for 5 minutes before cutting to serve. Serves 6-8.