



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

### **Recipe Page October 8<sup>th</sup> 2009 Week 18**

**Salad Mix- Barking Moon Farm and Jema Farm**

**Onions- Barking Moon Farm and Jema Farm**

**Garlic- L&R Family Farm**

**Winter Squash- Wandering Fields (butternut squash)**

**Kale- White Oak Farm, Full Bloom Farm and Seven Seeds Farm**

**Apples- Seven Seeds Farm**

**Carrots for small shares- White Oak Farm and Wolf Gulch Farm**

**Jalapenos for small shares- Barking Moon Farm**

**Watermelon for large shares- Barking Moon Farm**

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

**Eggplant for large shares- Jema Farm**

**Sweet Peppers for large shares- Wolf Gulch Farm**

**Lettuce for large shares- White Oak Farm**

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

### **Grilled Eggplant and Pepper Sandwiches**

2 medium green, red, and/or yellow sweet peppers  
1 medium eggplant (about 12 ounces), cut into 12 slices  
8 1/2-inch-thick slices French bread

1/4 cup Dijon-style mustard  
1 tablespoon olive oil  
4 ounces soft goat cheese (chevre)

Quarter the sweet peppers lengthwise; remove and discard the stems, seeds, and membranes. Brush eggplant slices with oil. Grill eggplant slices and sweet pepper quarters on the rack of an uncovered grill directly over medium-hot coals for 4 minutes. Turn and grill 3 to 5 minutes more or until eggplant is tender and sweet peppers are slightly charred. Remove vegetables from grill; set aside. Spread 1 side of each French bread slice with goat cheese and mustard. Layer 3 eggplant slices and 2 sweet pepper quarters on 4 of the bread slices. Top with remaining bread slices. Serve warm. Makes 4 servings.



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### Curried Carrot and Apple Soup

1 tablespoon Olive oil  
1 tablespoon Curry powder  
2 apples, peeled and coarsely chopped (3 cups)  
4 1/2 cups Reduced-sodium chicken broth  
Freshly ground pepper to taste

1 Large onion, chopped (2 cups)  
5 carrots, peeled and thinly sliced  
1 Bay leaf  
1/4 teaspoon Salt, or to taste  
2 Tbs plain yogurt for garnish

Heat oil in a large saucepan or medium soup pot over medium heat. Stir in onion and celery; cook until the onion is softened and translucent, 8 to 12 minutes; do not brown. Stir in curry powder, then add carrots, apples and bay leaf. Stir well over medium heat for 2 minutes, then add broth and salt. Bring the mixture to a low boil, then reduce the heat to low. Cover tightly and simmer until the carrots and apples are tender, 20 to 25 minutes. Remove bay leaf. Using a large slotted spoon, transfer the soup solids to a food processor, adding about 1/2 cup of the broth; process to a smooth puree. Pour the puree back into the soup. Reheat and season with pepper. Serve piping hot, garnishing each serving, if you like, with a dab of yogurt and a sprinkle of fresh herbs.

### Radish and Cherry Tomato Salad For large shares

4 cups radishes, washed and sliced  
1 cup diced cherry tomatoes  
1 small clove garlic, minced  
2 tablespoons lemon juice

1/2 cup thinly sliced onion  
1 1/4 teaspoons salt  
1/8 teaspoon pepper  
2 tablespoons vegetable oil

Combine sliced radishes, onion, and tomato. Whisk together the salt, garlic, pepper, lemon juice, and vegetable oil. Toss with salad.

### Jalapeno Sauce- for small shares

1 teaspoon vegetable oil  
2 cloves garlic, minced  
1/4 teaspoon salt  
1/2 cup distilled white vinegar

10 fresh jalapeno peppers, sliced  
1/4 cup minced onion  
1 cups water

In a medium glass or enamel lined sauce pan over high heat, combine oil, peppers, garlic, onion and salt; saute for 4 minutes. Add the water and cook for 20 minutes, stirring often. Remove from heat and allow mixture to cool to room temperature. Transfer the mixture to a food processor and puree until smooth. With the processor running, slowly add the vinegar. Pour into a sterilized jar with a tight lid. This sauce will keep for 6 months when stored in the refrigerator.

### Winter Squash and Kale

2 cups diced winter squash  
1 tsp olive oil  
2 cloves garlic, minced  
1 tbs tamari soy sauce

1 bunch kale  
1/2 cup thinly sliced onion  
1 tsp toasted sesame seeds

Steam the winter squash until it is just tender. Wash the kale, remove the stems, and tear or cut the leaves into small pieces. Heat the oil in a large nonstick skillet and saute the onion and garlic for 5 minutes. Add the kale and cook, stirring frequently, until tender, about 5 minutes. Add the cooked winter squash, sesame seeds, and the soy sauce, and stir gently for 3-4 minutes.