



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

Recipe Page for July 3rd – Week 5

Lettuce (Seven Seeds Farm)

Salad Greens (Jema Farm, Barking Moon Farm, Seven Seeds Farm and Luna Farm)

Strawberries or Boysenberries (Wolf Gulch Farm and Pennington Farm)

Potatoes (Dancing Bear Farm and White Oak Farm) small shares will receive fingerling and new red potatoes; large shares will receive Yukon gold and new red potatoes. Fingerling potatoes are not good for mashing.

Broccoli (Seven Seeds Farm and Full Bloom Farm)

Onions (White Oak Farm and Dancing Bear Farm)

Carrots (Seven Seeds Farm) for small shares

Kale or Cabbage (Dancing Bear Farm and Seven Seeds Farm) for small shares

Beets (Barking Moon Farm) for large shares

Peas (White Oak Farm) for large shares

Fennel (Dancing Bear Farm) for large shares

Dandelion greens (Barking moon Farm) for large shares

Radishes (Dancing Bear Farm) for large shares

Roasted Fingerling Potatoes

2 cups potatoes, fingerling variety, scrubbed

1/2 cup vegetable broth

1/4 teaspoon black pepper

1 medium garlic clove, minced

1 1/2 teaspoon rosemary

Preheat oven to 400 degrees. Combine potatoes, garlic and 1/4 cup of broth in a metal pie pan or small roasting pan; sprinkle with dried rosemary or if using fresh sprigs, arrange sprigs between potatoes. Roast for 15 minutes (the broth will evaporate); add remaining broth, slip potatoes and roast for 15 minutes more. Remove from oven and a sprinkle with pepper. If using rosemary sprigs, discard sprigs and serve.

Cream of Broccoli Soup

8 cups broccoli florets (about 1 1/4 pounds)

1 cup plus 4 teaspoons whipping cream

Ground pepper

2 cups low-salt chicken broth

3 tablespoons unsalted butter

1 small onion

Cook broccoli in large pot of boiling salted water until tender but still bright green, about 5 minutes. Drain broccoli. Set aside 4 small florets for garnish. Chop onion and fry in butter for 10 minutes. Combine broth and 1 cup cream in heavy large saucepan and bring to boil. Working in batches, puree broccoli, broth mixture, onion and butter in blender until smooth, about 45 seconds per batch. Return puree to same pan. Season soup to taste with salt and white pepper. (Soup can be made up to 8 hours ahead. Cool slightly, cover, and refrigerate.) Bring soup to simmer, thinning with water if desired. Ladle soup into 4 bowls. Drizzle 1 teaspoon cream over each; garnish with reserved florets.



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

Warm Dandelion Greens Salad

- | | |
|--|----------------------------------|
| 3/4 pound dandelion leaves | 2 Tablespoons olive oil |
| 1 Tablespoon red wine vinegar | 1/2 teaspoon salt |
| freshly ground pepper to taste | 4 ounces smoked bacon (optional) |
| 1 slice French or Italian bread, cubed | 2 Tablespoons red wine vinegar |
| 1 hard boiled egg, crumbled | |

Wash the greens and tear into small pieces. Put into a warmed salad bowl with the oil and vinegar. Sprinkle with salt and pepper. Toss lightly. Fry bacon until half cooked. Add bread cubes and fry until cubes are golden and the bacon is completely cooked. Tip contents of the pan (fat and all if you want to be completely French about it) onto the greens. Toss quickly. Put the vinegar into the pan and heat rapidly. When it is bubbling fiercely, pour onto the greens and toss. Serve immediately with a sprinkling of the crumbled egg on top.

Potato, Carrot and Broccoli Curry

- | | |
|-------------------------------|-----------------------------|
| 1 tablespoon olive oil | 1 clove garlic |
| 1/2 teaspoon ground coriander | 1/2 teaspoon ground tumeric |
| 1/4 teaspoon cumin | 1/4 teaspoon ground ginger |
| 1/8 teaspoon dry mustard | dash of red pepper |
| 1 cup water | 3 new potatoes, diced |
| 1 cup broccoli | 3 small carrots |
| 1/4 teaspoon salt | 1/2 tablespoon curry powder |

Fry, stirring often to coat potatoes with seasonings. When potatoes are almost tender, add last 4 ingredients. Cover and simmer until broccoli and carrots are tender. Serve with rice or pasta.

Beets, Snap Peas Stir fry with Fennel

- | | |
|--------------------------------|-----------------------------------|
| 2 red or golden beets, trimmed | 2 Tbs. oil |
| 1 cup sliced onions | 1/2 lb. sugar snap peas, stringed |
| 2 1/2 tsp. mustard seeds | 1 1/2 tsp. dried thyme |
| 3/4 tsp. Sugar | 1 1/2 cups thinly sliced fennel |
| 2 Tbs. balsamic vinegar | |

Bring medium pot of salted water to a boil. Add beets and cook, until tender, about 15 minutes; drain. When cool enough to handle, peel beets and cut each in slices. In large wok or large nonstick skillet, heat oil over high heat. Stir-fry onions for 3 minutes. Add sugar snap peas and stir-fry 2 minutes. Mix in mustard seeds, thyme and sugar. Add, fennel and stir-fry 4 minutes. Add vinegar and beets; toss to blend. Season to taste with salt and pepper and serve hot.