



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

Recipe Page for August 7th 2008 - Week 9

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

Peaches (Rolling Hills Farm)

Onions (L&R Family Farm)

Carrots (Seven Seeds Farm and Wolf Gulch Farm)

Summer Squash (L&R Family Farm, Barking Moon Farm, Wolf Gulch Farm, and Seven Seeds Farm)

Broccoli (Full Bloom Farm) for small shares

Eggplant (Wandering Fields and White Oak Farm) for small shares

Chard (Jema Farm and Seven Seeds Farm) for small shares

Cucumbers (Jema Farm) for small shares

Green Beans (White Oak Farm) for large shares

Strawberries (Full Bloom Farm) for large shares

Napa Cabbage (Barking Moon Farm) for large shares

Basil (Barking Moon Farm) for large shares

Beets (Barking Moon Farm) for large shares

Fettuccine with Roasted Eggplant and Broccoli

2 eggplants	½ lb broccoli
1 cup water	olive oil
4 oz. fettuccine	1 clove garlic
1 Tbsp pine nuts	1 tsp lemon zest
2 Tbsp balsamic vinegar	¼ tsp salt
1 oz gruyere cheese	pepper to taste

Cut the eggplant lengthwise and then cut each piece lengthwise again. Cut the quartered eggplant across so that you have "cubes" about 1 inch. □ Cut the broccoli so that each floweret has a long tapered stem. □ □ Preheat the oven to 325° F and place a large sauté pan or grill pan inside. □ □ Fit a medium sauce pan with a steamer basket and place the water in the bottom of the pot. Place the eggplant in the pan and then top with the broccoli flowerets. Place the pot over high heat and steam the vegetables for 7 minutes. □ □ Remove the broccoli and eggplant and set on the eggplant on the counter to cool. Add the broccoli to the large skillet and spray lightly with olive oil. Place the pan in the oven and roast the broccoli for 7 - 10 minutes in the oven. □ □ Remove the broccoli and spray lightly with olive oil. Place the eggplant in the skillet and return the pan to the oven and roast for about 40 minutes. □ □ After the eggplant has been cooking for about 30 minutes place the 3 quarts water in a medium stockpot over high heat. When the water is boiling add the fettuccine. Cook at a slow boil stirring occasionally. □ □ After about 35 minutes heat the olive oil in a large skillet over medium heat. Add the garlic, pinenuts and lemon zest. Cook for about 3 minutes stirring frequently. Remove the cooked fettuccine from the boiling water and add to the pan. Add the vinegar and salt and pepper to taste. Add 1/3 cup of the water that the pasta boiled in and then add the cooked broccoli and eggplant. Toss the fettuccine and vegetables together for about two minutes. □ □ Serve topped with 1/2 ounce of the aged gruyere grated over each serving.



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

Borsch

- 1 onion, chopped
- 1 garlic clove, minced
- 2 cups chopped napa cabbage
- a 6-ounce boiling potato, peeled and grated course
- a 16-ounce jar whole beets, drained, reserving the liquid, and shredded
- 1 tablespoon vegetable oil
- 1/2 teaspoon cumin seed
- 2 cups beef broth or water
- 1 to 2 tablespoons red-wine vinegar
- sour cream for garnish

In a large saucepan cook the onion in the oil over moderately low heat, stirring, until it is softened, add the garlic, the cuminseed, the cabbage, and the potato, and cook the mixture, stirring, for 1 minute. Add the broth, 1/2 cup water, the beets with the reserved liquid, the vinegar, and salt and pepper to taste, bring the liquid to a boil, and simmer the soup, covered partially, for 25 minutes. Divide the soup between 2 bowls and garnish it with the sour cream and the dill.

Warm Green Bean Salad With Pine Nuts And Basil

- 1 1/2 pounds slender green beans, trimmed
- 1/4 cup pine nuts (about 1 1/2 ounces)□
- 18 large fresh basil leaves, chopped
- 2 tablespoons olive oil□
- 2 garlic cloves, minced□

Cook beans in large pot of boiling salted water until crisp-tender, about 5 minutes. Drain. Place beans in bowl of ice water to cool. Drain well. Pat dry with paper towels. (Can be made 1 day ahead. Wrap in paper towels and refrigerate.) Heat oil in heavy large skillet over medium-low heat. Add pine nuts and sauté until light brown, about 6 minutes. Add garlic; stir 1 minute. Add green beans to skillet; sauté until heated through, about 5 minutes. Stir in basil. Season with salt and pepper. Transfer to bowl and serve.

Chard and Cucumber Tzatziki

- 1 cup finely chopped Swiss chard leaves (remove ribs)□
- 1/4 teaspoon salt□
- 1 Tbsp extra virgin olive oil□
- 1 cucumber, peeled and sliced thinly
- 3 (9-inch diameter) pita breads, cut like a pie into triangles□
- Olive oil for drizzling on to the pita bread
- 1 garlic clove□
- 1 cup plain yogurt□
- 1 Tbsp lemon juice□
- A dash of cayenne

Bring a 1 or 2 quart saucepan, half filled with water, to a boil. Add the chopped chard leaves. Cook until tender, about 3-5 minutes. While the chard is cooking, prepare a bowl with ice water for an ice bath. When the chard is cooked, strain through a fine mesh strainer and put into the ice bath to stop the cooking. Drain and set aside. Using mortar and pestle, grind the garlic and salt into a paste. In a medium-sized bowl, stir in the yogurt, chard, cucumbers, garlic, olive oil, lemon juice, and cayenne pepper. Set aside. Cut the pita bread into triangles and layout in one layer in a broiling pan (use a sturdy broiling pan, not a cookie sheet or your cookie sheet will warp). Drizzle olive oil on one side of the pita wedges. Use a pastry brush to spread the olive oil more evenly. Place in a broiler. Broil for 5 minutes or until the pita bread starts to toast. Remove and let cool for a minute.

Carrot and Summer Squash Saute

- 4 large carrots, about 1 1/2 pounds, sliced 3/8-inch thick
- 4 tablespoons butter
- 3/4 teaspoon salt
- 5 squash, halved lengthwise and sliced
- 2 cloves garlic, minced (2 teaspoons)
- 1/4 teaspoon ground pepper

In a pot cook carrots in enough water to cover 10 minutes, or until just tender. Drain and keep warm. In a large skillet over medium-high heat melt butter. Add garlic and cook 1 minute, or until fragrant. Add zucchini, squash, salt and pepper. Cook until just tender. Add reserved carrots and stir to combine.