



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

Recipe Page for July 2nd 2009 Week 4

Lettuce- Seven Seeds Farm

Broccoli- Full Bloom Farm

Spinach - Barking Moon Farm and Jema Farm

Garlic- Dancing Bear Farm

Beets- L&R Family Farm and Barking Moon Farm

Peas - L&R Family Farm, Dancing Bear Farm and Full Bloom Farm

Onions - Seven Seeds Farm, White Oak Farm and Wolf Gulch Farm

Carrots- White Oak Farm and L&R Family Farm

Parsley- Full Bloom Farm and Dancing Bear Farm

New Potatoes - L&R Family Farm and White Oak Farm

Cabbage for large shares- Full Bloom Farm

Zucchini for large shares- Wolf Gulch Farm

Berries for large shares- Wolf Gulch Farm, Full Bloom Farm and White Oak Farm

Broccoli and Carrot Soup

2 medium carrots, chopped

1 tbsp butter

3 cups milk

1/2 tsp dried thyme

3 tbsp unbleached flour

1 medium onion, chopped

3 cups fresh broccoli florets

3/4 tsp salt

1/8 tsp pepper

In a large saucepan oiled (olive oil), fry the carrots and onion for 3 minutes. Add broccoli, cook 3 minutes longer. Stir in 2 3/4 cups milk, salt, thyme, and pepper. Bring to boil. Reduce heat; cover and simmer for 5 10 minutes or until vegetables are tender. Combine the flour and remaining milk until smooth; gradually stir into the soup. Bring to a boil; cook 2 minutes longer or until thickened.

Stir Fried Cabbage and Zucchini

1/4 c. olive oil

6 c. packed sliced cabbage

2 1/4 tsp. salt

1 lg. garlic clove, sliced

2 med. zucchini, thinly sliced

In 5 quart Dutch oven on high heat in hot oil, cook garlic until browned (discard garlic pieces). Add cabbage and zucchini, stir frequently until they are well coated with oil. Add salt. Reduce heat to medium high, continue stir frying 7 to 8 minutes until vegetables are tender.

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Beet and Potato Salad

1 bunch beets, greens trimmed and reserved
Coarse salt, to taste
2 garlic cloves, thinly sliced
Freshly ground pepper, to taste

1 lb potatoes
6 tablespoons extra-virgin olive oil
5 ounces mild blue cheese

Bring a large saucepan of water to a boil. Add beets, reduce heat, and simmer until tender, about 30 minutes. Drain, and let cool. Peel and quarter beets. Meanwhile, put potatoes into another pan, and cover with water by about 1 inch. Add salt, bring to a boil, reduce heat, and simmer until tender, about 30 minutes. Drain, and let cool. Halve lengthwise. Coarsely chop beet greens (you will need about 4 cups). Heat 2 tablespoons oil in a large skillet over medium heat. Add garlic, and cook, stirring, until golden, 2 to 3 minutes. Add beet greens, and cook until wilted, about 3 minutes. Transfer greens to paper towels to drain. Toss together beets, potatoes, beet greens, blue cheese, pepper, and remaining oil. Serve immediately.

Spinach and Potato Frittata

2 tablespoons olive oil
1 cup torn fresh spinach
1 teaspoon crushed garlic
6 eggs
1/2 cup shredded Cheddar cheese

6 small potatoes, sliced
2 tablespoons sliced onions
salt and pepper to taste
1/3 cup milk

Heat olive oil in a medium skillet over medium heat. Place potatoes in the skillet, cover, and cook about 10 minutes, until tender but firm. Mix in spinach, green onions, and garlic. Season with salt and pepper. Continue cooking 1 to 2 minutes, until spinach is wilted.

In a medium bowl, beat together eggs and milk. Pour into the skillet over the vegetables. Sprinkle with Cheddar cheese. Reduce heat to low, cover, and cook 5 to 7 minutes, or until eggs are firm.

Caesar Potato Salad with Sugar Snap Peas

1 1/2 lbs potatoes, cut crosswise into slices
1/2 small onion, thinly sliced
3 tablespoons fresh lemon juice
1 garlic clove, pressed

8 ounces trimmed sugar snap peas
1/4 cup olive oil
1 tablespoon Dijon mustard
1/2 cup freshly grated Parmesan cheese

Steam potatoes on steamer rack set in large pot over boiling water until almost tender, about 10 minutes. Add sugar snap peas and steam until peas are crisp-tender and potatoes are just tender, 1 minute longer. Transfer vegetables to large bowl. Cool slightly. Add onion. Whisk next 4 ingredients in small bowl to blend. Whisk in Parmesan. Season dressing with salt and generous amount of pepper. Add dressing to potato mixture; toss to coat. Season with more salt and pepper, if desired. Serve warm or at room temperature.

Beet and Parsley Recipe

2 medium beets without greens
1/4 teaspoon salt, or to taste
1/8 teaspoon black pepper
2 teaspoons balsamic vinegar

1 cup packed fresh flat-leaf parsley leaves
1/4 teaspoon sugar, or to taste
2 teaspoons extra-virgin olive oil

Trim and peel raw beets, then cut into very thin slices with a sharp knife or slicer. Make small stacks of slices and cut each stack with a sharp knife into very thin strips (1/16 inch thick).

Toss beets with parsley, salt, sugar, and pepper in a serving bowl until sugar is dissolved. Add oil and toss to coat. Sprinkle vinegar on salad and toss again. Serve immediately.