



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

### Recipe Page for July 9<sup>th</sup> 2009 Week 5

**Lettuce- Seven Seeds Farm**

**Salad Mix- Seven Seeds Farm and Barking Moon Farm**

**Broccoli- Full Bloom Farm**

**Beets- L&R Family Farm and Barking Moon Farm**

**Onions - White Oak Farm and Dancing Bear Farm**

**Carrots- Wolf Gulch Farm, White Oak Farm and L&R Family Farm**

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

**Zucchini - Wolf Gulch Farm**

**Chard for small shares- Seven Seeds Farm and Jema Farm**

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

**Peas for large shares - L&R Family Farm**

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

**Berries for large shares- Wolf Gulch Farm and Pennington Farm**

#### **Caramelized Broccoli with Onion**

3 tablespoons olive oil  
1/2 cup water  
Pinch of crushed red pepper  
2 tablespoons fresh lemon juice

2 heads of broccoli, halved lengthwise  
1/2 onion, thinly sliced  
Salt and freshly ground black pepper

In a large, deep skillet, heat 2 tablespoons of the olive oil. Add the broccoli, cut side down, cover and cook over moderate heat until richly browned on the bottom, about 8 minutes. Add the water, cover and cook until the broccoli is just tender and the water has evaporated, about 7 minutes. Add the remaining tablespoon of olive oil along with the onion and the crushed red pepper and cook uncovered until the onion is golden brown, about 3 minutes. Season with salt and pepper, drizzle with the lemon juice and serve.

#### **Zucchini, Basil and Pea Pasta- for large shares**

1/4 cup olive oil  
1 small onion, thinly sliced  
2 zucchini cut crosswise into 1/3 inch slices  
1 cup packed fresh basil leaves

12 ounces linguine or other pasta  
4 cloves garlic, chopped  
1 cup snap peas  
1 cup Parmesan cheese, grated

Cook pasta in boiling salted water until al dente. Make sure to reserve 1 cup of the cooking liquid.. While the pasta is cooking, heat the olive oil in a large skillet over medium-high heat. Add onion and garlic, sautéing until soft, about 3 minutes. Add zucchini and snap peas and sauté until tender about 3 minutes. Season with salt and pepper. Add drained pasta, the cooking liquid (salted boiled water), basil and grated Parmesan cheese to the skillet. Toss until the basil is wilted and the pasta is coated. Season with salt and pepper. Top with extra cheese.



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

### Roasted Beets and Sauteed Beet Greens

1 bunch beets with greens  
2 tablespoons chopped onion (optional)  
1 tablespoon red wine vinegar (optional)

1/4 cup olive oil, divided  
salt and pepper to taste

Preheat the oven to 350 degrees. Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. If you wish to peel the beets, it is easier to do so once they have been roasted. Cover, and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet. When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper.

### Zucchini and Chard/Kale Tart

Your favorite pie crust (homemade or store bought)  
Salt to taste  
1 medium onion, finely chopped  
2 to 3 large garlic cloves (to taste), minced  
1 to 2 teaspoons chopped rosemary (to taste)  
2 ounces Gruyère cheese, grated (1/2 cup, tightly packed)

1 bunch chard or kale  
2 tablespoons extra virgin olive oil  
2 pounds zucchini, cut in small dice  
1 teaspoon thyme leaves, chopped  
3 large eggs, beaten  
Freshly ground pepper

Bring a large pot of water to a boil while you stem the greens, and wash them thoroughly in several rinses of water. If the ribs are wide, wash and dice them, then set aside. Fill a bowl with ice water. When the water reaches a rolling boil, add a generous amount of salt and the chard or kale leaves. Blanch for one minute, until just tender. Using a slotted spoon or deep-fry skimmer, transfer to the ice water, then drain. Squeeze out excess water and chop. Set aside. Heat the oil over medium heat in a large nonstick skillet, and add the onion and diced chard stems, if using. Cook, stirring, until tender, about five minutes. Stir in the zucchini. Season to taste with salt, and cook, stirring, until just tender and still bright green, about 10 minutes. Stir in the garlic, thyme and rosemary, and cook with the zucchini and onion until the garlic is fragrant, about one or two minutes. Stir in the greens, toss everything together, and remove from the heat. Taste and season with salt and pepper. Beat the eggs in a large bowl. Stir in 1/4 to 1/2 teaspoon salt (to taste), the zucchini mixture, and the Gruyère. Mix everything together, add pepper, taste once more and adjust seasoning. Preheat the oven to 375 degrees. Fill the pie crust with the zucchini mixture. Place in the oven and bake 50 minutes, until set and beginning to color. Allow to rest for at least 15 minutes before serving (preferably longer). This can also be served at room temperature.

### Potato, Carrot and Zucchini Kugel

3 eggs  
3-5 potatoes, peeled, cut into 1-inch cubes  
1 zucchini, trimmed, cut into 1-inch pieces  
salt and pepper to taste

1 onion, coarsely chopped  
2 medium carrots, peeled, cut into 1-inch pieces  
1/2 cup flour  
4 tablespoons vegetable oil

**Preheat oven to 400°F. Combine 2 eggs and half of onions in processor. Blend until mixture is almost smooth and fluffy. Add half of potatoes, half of carrots, and half of zucchini. Blend until vegetables are finely chopped (bits of carrots and zucchini will remain). Transfer mixture to large bowl. Repeat with remaining egg and onions, then potatoes, carrots, and zucchini. Add to mixture in bowl. Whisk in flour, salt and oil, Oil glass baking dish. Pour batter into hot dish. Bake until top is brown and crisp, about 1 hour.**