



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

Recipe Page September 3rd 2009 Week 13

Lettuce- Full Bloom Farm

Tomatoes- Barking Moon Farm

Onions- L&R Family Farm

Corn- L&R Family Farm note: organic corn has worms in it.

Apples- Seen Seeds Farm

Peaches- Rolling Hills Farm

Cucumbers – L&R Family Farm, Jema Farm and Dancing Bear Farm

Chard- Seven Seeds Farm

Parsley for small shares- Full Bloom Farm

Peppers for small shares- Wolf Gulch Farm and Dancing Bear Farm

Broccoli for large shares- Full Bloom Farm

Eggplant for large shares- Jena Farm

Swiss Chard and Tomato Frittata

1 bunch chard
1 cup chopped onions
6 eggs
1/4 tsp. Salt
1 medium tomato, sliced

4 garlic cloves, minced or pressed
2 tsp. Olive oil
3 Tbs. chopped parsley (optional)
1/4 tsp. Ground black pepper
grated Parmesan cheese (optional)

Wash the chard, remove and discard the large stems, and finely chop the leaves. In a 10 to 12 inch nonstick skillet, sauté the garlic and onions in 1 teaspoon of the oil for 3 minutes on medium heat. Add the chard, stir, cover, lower the heat, and cook for about 10 minutes. Remove the skillet from the heat and drain the chard if juicy. In a large bowl, beat the eggs, parsley, salt, and pepper until blended. Stir in the sauted chard. Coat the bottom of the skillet with the remaining tsp. of oil and return it to medium heat. When the skillet is hot, pour in the chard-egg mixture and arrange the tomato slices on top. Cover and cook for 5 to 8 minutes, until the edges are firm and the bottom is golden and beginning to brown. Place a large, flat plate or pizza pan over the skillet and flip the skillet over so that the frittata falls onto the plate. Slide the frittata back into the skillet and cook for about 5 minutes, until the eggs are fully cooked. Serve immediately or at room temperature, topped with grated Parmesan.



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Apple and Peach Cobbler

- 1 stick [Butter](#) melted
- 1 cup [Sugar](#)
- 2 teaspoon [Baking powder](#)
- 1 medium Apples peeled, sliced, chopped w/[brown sugar](#), cinnamon
- 1 cup [Flour](#)
- 1 cup [Milk](#)
- 4 cup [Peaches](#) sweetened

Melt Butter in pyrex 8 x 8 dish. Mix flour, sugar,, baking powder, milk together and pour on top of butter. Do not stir. Add fruit of your choice; do not stir. Bake 40 minutes at 350 degrees or until good and brown.

Warm Corn and Tomato Salad

- 2 tablespoons olive oil
- 1 small green or orange bell pepper, chopped
- 3 cloves chopped garlic cloves
- 3 tomatoes, seeded and chopped
- 1/2 teaspoon ground cumin
- 1 tablespoon cayenne pepper sauce
- 2 tablespoons chopped parsley leaves, to garnish
- 1 small red bell pepper, chopped
- 1/2 onion, chopped
- 4 cups corn kernels
- 1 ripe lime, juiced
- 1 teaspoon sweet paprika
- Coarse salt and pepper

Heat a large nonstick skillet over medium high heat. Add oil, peppers, onion and garlic. Cook 5 minutes, stirring frequently. Add corn to the pan and allow the liquids from corn to cook out, about 3 minutes. Add tomatoes to the pan and the juice of 1 lime. Throw the lime halves right into the pan with the veggies, it will really punch up the flavor. Season with cumin, cayenne sauce, paprika, salt and pepper. Top with parsley and transfer the warm salad to a serving dish.

Grilled Eggplant

- 1 large eggplant
- 2 tablespoons balsamic vinegar
- 1 pinch each thyme, basil, dill, and oregano
- 3 tablespoons olive oil
- 2 cloves garlic, very finely minced
- salt and freshly grated black pepper

Heat grill. When grill is hot, slice eggplant about 1/2-inch thick. In a small bowl, whisk together the olive oil, balsamic vinegar, garlic, herbs, salt, and pepper. Brush both sides of the eggplant slices with the oil and vinegar mixture. Place eggplant on the hot preheated grill. Grill about 15 to 20 minutes, turning once.

Gazpacho Soup

- 2 pounds large tomatoes, halved
- 1/2 pound country-style bread, crust removed, cut into 1/2-inch pieces
- 1 cup chopped onion
- 1/4 cup olive oil
- 1/2 teaspoon ground cumin
- 1 cup water
- 1 red bell pepper, seeded, diced\
- 1 cup chopped peeled cucumber
- 1/4 cup Sherry wine vinegar
- 1 garlic clove, minced
- 1/2 teaspoon paprika

Working over bowl, gently squeeze tomato halves to release seeds and juices. Strain juices, pressing on solids to extract as much juice as possible (about 1/2 cup). Discard seeds. Chop tomatoes. Transfer chopped tomatoes and tomato juices to large glass bowl. Add next 9 ingredients. Let stand at room temperature 1 hour. Working in batches, puree gazpacho with 1 cup water in blender until smooth. Pour gazpacho into coarse strainer set over large bowl. Press on solids to extract as much soup as possible. Season with salt and pepper. Chill at least 2 hours and up to 1 day. Serve cold.