



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

Recipe Page October 1st 2009 - Week 17

Salad Mix- Barking Moon Farm and Jema Farm

Leeks- Wandering Fields

Potatoes- White Oak Farm

Watermelon- Barking Moon Farm

Broccoli - Full Bloom Farm

Onions- Wandering Fields

Winter Squash- Dancing Bear Farm: delicata squash, one of my favorites

Collards for small shares- Barking Moon Farm

Apples for small shares- Seven Seeds Farm

Carrots for small shares- White Oak Farm and Wolf Gulch Farm

Eggplant for large shares- Jema Farm

Sweet Peppers for large shares- Wolf Gulch Farm

Chard for large shares- Seven Seeds Farm

Cream of Broccoli Soup- perfect for this cool weather

8 cups broccoli florets

1 cup plus 4 teaspoons whipping cream

Ground white pepper

2 cups chicken broth (or water)

3 tablespoons unsalted butter

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.

Combine broth and 1 cup cream in heavy large saucepan and bring to boil. Working in batches, puree broccoli, broth mixture, 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.

Delicata Squash Puree

1 Delicata squash

1 cup heavy cream or half and half

1/4 c. finely chopped fresh chives

1 lb. potatoes, peeled and quartered

2 tbsp. butter or olive oil

salt and fresh ground black pepper to taste

Split the squash in half and scoop out the seeds. Peel the outer skin and cut the squash into 3-inch pieces. Place squash and potatoes in a large saucepan and fill with water and 1/2 tsp. salt. Bring to a boil and cook until both the squash and potatoes are fork-tender (30-40 minutes). Drain liquid (reserving about 1 cup) and add in cream and butter. Using a potato masher, mix well. Add chives and season to taste with salt and pepper. Add cooking liquid if you want it a bit thinner consistency.

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Sauteed Collards and Onion For small shares

1 bunch collard greens
1 cup minced onion
½ teaspoon salt

1 tablespoon vegetable oil
2 garlic cloves, minced

Remove stems from collard greens. Wash leaves thoroughly; pat dry, and coarsely chop. Bring 4 quarts water to a boil in a large stockpot; add half of the chopped greens, and cook for 4 minutes. Remove the greens with a slotted spoon, draining them well. Repeat the procedure with remaining chopped greens, and discard the water. Heat oil in stockpot over medium heat. Add onion and garlic; sauté 3 minutes or until tender. Add greens and salt; sauté 3 minutes or until tender.

Easy Braised Leeks

6 leeks
1 cup vegetable broth

1 Tbsp. olive oil
kosher salt and pepper to taste

Preheat the oven to 425 degrees F. To prepare the leeks, trim off the dark green stalks and the roots. Next, slice the leeks in half lengthwise. Place the leeks in a large bowl of cold water, cut side down, and allow them to sit there about 10 minutes. Most of the grit will fall to the bottom of the bowl. Rinse the leeks again, checking between the folds to make sure all the grit is gone. Dry the leeks with a paper towel.

Chard & Sweet Pepper Stir-Fry For large shares

1 tablespoon canola oil
3 sweet peppers, seeds and ribs removed, thinly sliced
1 1/2 teaspoons hoisin sauce
Salt, to taste

1 onion, halved and thinly sliced
3 tablespoons vegetable broth, or water
1 bunch chard, stems diced, shredded

Heat oil in a wok or large deep skillet over high heat. Stir-fry onion until they are translucent and slightly soft, about 2 minutes. Add bell pepper, broth (or water) and hoisin sauce; bring to a boil. Reduce heat to medium-low and simmer, covered, for 2 to 3 minutes. Add chard stems and leaves, tossing to combine. Simmer, covered, just until the chard is tender, 3 to 5 minutes. Season with salt.

Broccoli and Potato Casserole

2 pounds potatoes, halved
1/2 cup diced onion
1/2 teaspoon dried dill
1/8 teaspoon ground red pepper
Cooking spray

1 cup chopped broccoli
1/2 cup part-skim ricotta cheese
1/2 teaspoon salt
1 (8-ounce) container sour cream
3/4 cup shredded sharp cheddar cheese

Preheat oven to 375°.

Place potatoes in a saucepan; cover with water. Bring to a boil. Reduce heat; simmer 20 minutes or until tender. Drain potatoes in a colander over a bowl, reserving 1 cup cooking liquid. Return potatoes and liquid to pan; mash with a potato masher until slightly chunky. Add chopped broccoli and next 6 ingredients (broccoli through sour cream) to pan, and stir well. Spoon potato mixture into an 11- x 7-inch baking dish coated with cooking spray; bake at 375° for 35 minutes. Sprinkle with cheddar cheese; bake an additional 5 minutes or until cheese melts.