

Recipes



from

Local Harvest CSA's Farmshare Members

This booklet is the result of our first recipe exchange that took place in the late summer of 2010. These recipes are from farmshare members and CSA farmers, and they feature our locally grown delicious vegetables. We hope this will inspire you to continue cooking fresh meals from local, and organic, seasonal veggies!

This booklet is loosely formatted. The majority of the greens recipes come first, but there is another one in the farmer's recipe section.

GREENS

Green Rolls: From Ruth, Hopkinton, NH -
“adapted from a dish I had at a macrobiotic restaurant in Philadelphia. It took me years to reverse engineer it!”

This is a process recipe. It has only two ingredients. It's how you make it that counts, not what you put in. Children seem to love it as well as veggie phobic adults. You will see an entire head of collards disappear in no time.

Ingredients:

- 1 bunch collard greens
- Some umeboshi paste (or sharp cheese if umeboshi is not for you). *Umeboshi paste is made from pureed, pickled umeboshi plums. It imparts a tangy, salty, sour flavor. It is found in natural foods stores.

Directions:

1. Cut the thick center stem out of each leaf, leaving the leaves otherwise connected if possible. There may be pieces that cannot be kept whole, that's OK.
2. Stack the pieces one on the other to make a neat pile about an inch high. Put a particularly nice large leaf on the bottom, as this will be the outside of the roll.
3. Lay the stack in boiling water, push it down gently to submerge it, and leave it in there with the heat on, for about 5 minutes, depending on how crunchy you want the leaves to be. After 7 minutes they are very soft. Don't let them get mushy.
4. Take the stack out of the water with a spatula, keeping the stack intact as much as possible.
5. If your sink has a central divider, let the stack flop over the two sides to drain. Otherwise devise something to let most of the water drain out while the leaves cool a little.

6. Before the leaves get cold, lay the stack on the counter and make a very tight roll from the wide side of the leaves; the tighter the better.

7. Now hold the roll vertically like a baseball bat, then hand over hand, several times, squeeze out as much water as possible.

8. Lay the roll down and cut slices, either straight or diagonal as you would a jelly roll.

9. Spread a dollop of umeboshi paste on each slice. Serve room temperature or cold.

Greens Gumbo with Black-eyed Peas

Makes 6 servings

This recipe is offered by Hope, Concord, NH

Creole gumbo z' herbs calls for at least seven greens. This version includes four. They look like a mountain of raw greens but cook down to just handfuls.

FOOD FACT Black-eyed peas are rich in magnesium, a mineral needed for strong bones and an active metabolism.

ANOTHER WAY Andouille sausage is a popular addition to this traditionally vegetarian dish. I like this gumbo served over cooked long-grain rice.

Ingredients:

- 1 bunch collard greens, stems removed
- 1 bunch kale, stems removed
- 1 bunch Swiss chard, stems removed
- 1 (10-ounce) bag of spinach, thick stems removed
- 3 tablespoons canola oil
- 1 large onion, chopped

- 1 cup chopped scallions, green and white parts
- 1 rib celery, chopped
- 1 medium bell pepper, diced
- 2 tablespoons long-grain white rice
- 1 cup drained canned tomatoes
- 2 bay leaves
- 2 whole cloves
- 2 teaspoons dried thyme
- ½ teaspoon ground allspice
- Cayenne pepper, to taste
- ½ teaspoon freshly ground pepper
- 1 cup fresh or frozen corn kernels
- 1 (15-oz) can black-eyed peas, drained
- 2 teaspoons cider vinegar
- Salt

Directions:

1. In a large pot of boiling water, cook the collards and kale 5 minutes. Add the chard and spinach and cook 3 minutes longer. Drain, reserving 6 cups of the cooking liquid. When cool enough to handle, squeeze most of the moisture from the greens, chop them, and set aside.

2. In a large Dutch oven, heat the oil over medium-high heat. Add the onion, scallions, celery, and green pepper. Sauté until the onion is soft, 6 minutes. Add the greens, reserved cooking water, rice, tomatoes, bay leaves, cloves, thyme, allspice, cayenne, and pepper. Bring the liquid to a boil, reduce the heat, cover, and simmer for 30 minutes.

3. Add the corn and black-eyed peas. Cook, uncovered, until the greens are very tender, about 20 minutes. Mix in the vinegar and season to taste with salt.

“Here are two of my favorite recipes that use CSA products” Meredith, Manchester, NH

Hortopita (Greek mixed greens savory pie)

Ingredients:

- 2 lbs mixed greens (Kale, Chard, Beet greens, spinach, dandelion greens.....)
- 1 bunch leeks (3 small leeks) or one bunch scallions, white parts only, finely chopped.
- 1 T minced fresh herb - mint, dill and/or parsley (can also use 1T each, if you like more herbal flavor, or even more if you really like herbs!)
- pinch of sugar, especially good if greens are bitter
- 1 1/2 cups grated Parmesan or Pecorino cheese (can use less if you prefer)
- 6 oz fresh mozzarella, grated
- 1 1/2 cups cottage cheese, farmer's cheese, or ricotta (can use less, if you prefer)
- 1-2 eggs
- salt and pepper to taste
- Phyllo dough, defrosted
- *olive oil

Directions:

1. Preheat oven to 375. After cleaning and removing hard stems from greens, wilt them. You can either steam or blanch them. If they are very different types of greens, you might do them in separate batches as some might not need as much time to wilt as others. Put greens in a colander to drain. When they are cool enough to touch, squeeze out as much excess liquid as possible.
2. Heat about 1 T olive oil in a sauté pan over medium heat. Sauté scallions or leeks until soft. Add wilted, drained greens. Cook off any moisture that might be there. Set aside and let cool.
3. In a bowl beat egg(s), add cheeses, herb(s), sugar, salt and pepper and mix. When greens

are cool enough (don't have to be completely cool, just cool enough they won't cook the eggs) add them. Mix well.

4. This next step is best with a partner to help, but can be done alone. Unroll phyllo dough. Place a piece of plastic wrap or parchment paper on top, and top that with a lightly damp cloth (you don't want it to dry out, or get soggy).
5. Oil the bottom of an 8" or 9" square pan. Place one sheet of phyllo across the bottom (be sure to-cover the stack of phyllo), draping it over the edge (I find most phyllo will fit up one side of the pan, across the bottom, and drape over the other side, so rotate how you lay sheets so that all edges have dough draping over.) Spray (or brush) with olive oil.
6. Place another sheet of phyllo at a quarter turn. Spray or brush well with olive oil.
7. Continue laying the phyllo in the pan like this, spraying or brushing olive oil in between each layer, until you have 8 sheets down. Add mixture of cheese and greens. Add 8 more layers of phyllo on top as you did on the bottom. When you are done roll the edges up, spray well with oil, spray top sheet as well. Lightly score the top of the dough in a diamond pattern.
8. Bake in the 375 degree oven for 15 minutes. Turn heat down to 350 degrees and continue to bake for about 45 minutes longer- until golden brown on top.
9. Remove from oven and let cool ten minutes.
10. This goes really well with a salad made of cucumbers, tomatoes, olives and herbs (oregano or dill are my favorites.) dressed lightly with white wine vinegar and olive oil.

* I put my olive oil in a pump spray bottle I got at Things Are Cooking (Concord, NH) - it is much easier to use, and you don't use as much of it.

Here are two recipes for Kale, from Kathleen, Exeter, NH

How to make kale taste good

- Remove the entire spine and stem which can be fibrous
- "Flash" steam or sauté (2 mins), until it goes a deep green shade and then stop! You're just past "raw", but only just. If you keep going it will turn a muddy green/brown and lose its flavor and cancer fighting properties.
- Sweeten if needed. (Some kale can be a bit bitter but this is not a good enough reason to not eat it! If you need to, drop in a touch of honey or agave or a few dried cranberries.)
- Add other things to tame its greenness. (Sautéed onion or sautéed fennel get very sweet when cooked hence a perfect partner); nuts (pine, sunflower seeds or sliced almonds); dried fruit (cranberry, apricots, or small bits of fresh plum or fig)

Sautéed Kale with Sweet Bits

"I use a variation of this simple recipe 80% of the time I cook kale. It's a perfect side with meat or fish or dished over rice or quinoa." Kathleen

Ingredients:

- 1 T olive oil
- 1 onion sliced (or 1 head of fennel sliced or both)
- 1 bunch of kale (cut into edible sized strips)
- 1 T dried cranberries
- 1 T sunflower seeds (can use roasted pine nuts, or slivered almonds)
- Salt & pepper (don't skimp on the salt)

Directions:

Heat oil in pan until very hot! Add onion/fennel and cook until nicely browned and soft. Add kale and sauté for about 2 mins or until kale is bright green and slightly tender. Add nuts and fruit and salt & pepper. Remove from burner and let sit for 2 minutes to allow the ingredients to infuse their flavors into the kale.

Wilted Kale Salad

Ingredients

- one bunch raw Kale or other green
- 2 tbs of walnuts or pine nuts lightly toasted
- 2 tbs of dried cranberries
- 2tbs of balsamic vinegar
- 1 tbs of honey
- 1 tsp salt
- Parmesan cheese shavings

Directions

1. Remove center ribs and stems from kale and thinly slice lengthwise.
2. Whisk together vinegar, honey and salt in a large bowl.
3. Add Kale, cranberries and nuts. Toss well to coat.
4. Let marinate at room temp for at least 20 minutes. Tossing occasionally. I have let it sit for a few hours and it was fine.
5. Season with salt and pepper if you desire.
6. Sprinkle with cheese shavings over salad and serve.

Chickpea and Spinach Curry

serves 6-8

“My chickpea and spinach curry is somewhat adapted (i.e. I make it differently each time) for this recipe from *Vegan with a Vengeance* by Isa Chandra Moskowitz.” - Mary Kate, Concord, NH

Ingredients:

- 12 oz whole tomatoes in juice
- 2 T vegetable oil
- 2 t mustard seeds

- 1 large onion, cut into 1/4 inch dice (about 2 cups)
- 4 cloves garlic, minced
- 2 T fresh ginger, minced
- 3 t curry powder
- 2 t ground cumin
- 1 t ground coriander
- 1/8 t ground cloves
- 1/2 t ground cinnamon
- 3 cardamom pods
- 1 t salt
- 10 c fresh spinach, well rinsed and chopped
- 4 c chickpeas, cooked and drained, or 2 15 oz cans, drained and rinsed

Directions:

1. Prepare tomatoes by removed them from the can, squeezing the juice out, and tearing them in bite-size pieces. Reserve juice in can.
2. Preheat medium saucepan over moderate heat; pour in vegetable oil and add mustard seeds. Let seeds pop for about a minute (put cover on to prevent escape). Then add onion, turn up heat to medium-high and sauté for 7-10 minutes until beginning to brown.
3. Add garlic and ginger. Cook for about 2 minutes.
4. Add spices, salt, and 1/4 c of reserved tomato juice. Sauté 1 minute more.
5. Add tomatoes and heat through.
6. Add handfuls of spinach, mixing each addition until wilted. When all spinach has wilted and mixture is liquid-y, add chickpeas.
7. Lower the heat, cover, and simmer for 10 more minutes, stirring occasionally.
8. Taste and adjust seasonings if necessary. Simmer uncovered for about 10 more minutes or until a thick, stew-like consistency is achieved.

Coconut-milk Curry with Vegetables

“This recipe is from a new blog that I love called thesweetbeet.com. I love a coconut and chicken recipe that is similar to this so I thought I would share this one. I have not tried it yet, but it is so close to the one I have that I am sure it will be excellent. The recipe that I have is just with curry paste, no powder. You may want to put a foot note to try it that way; if you are not a big fan of curry the paste is milder.” - Kathleen, Exeter, NH

Ingredients:

- 1/2 large onion(or more)
- Veggies (quantity up to you; I usually use mushrooms, zucchini, broccoli, red peppers and carrots)
- 1 tablespoon curry paste
- 1 tablespoon curry powder
- 1/3 cup coconut milk (if use unsweetened, add some honey or sugar to sweeten)
- 1 cup broth (beef, chicken or veg)
- Salt & pepper (don't skimp on either of these!)

Directions:

1. Sauté onion in oil (coconut if you have it). Add chopped veg.
2. Add a little bit of broth just so veg don't burn. Simmer over low flame until veg are somewhat cooked but don't overcook at this stage!
3. Spread curry paste around and add powder. Add rest of broth and milk.
4. Mix well and let it simmer until veg are nearly done.
5. Taste it to see if it needs a touch more sweet or salt or curry paste.
6. You might want to add a little more broth or milk as well, depending on consistency as well how much sauce you want.
7. Once veg are done, remove from heat and let it sit covered 20 minutes. This is critical as it allows the flavors to blend.
8. Serve with brown rice or soba noodles.

Uncharted Parent's Beet Chocolate Cake

“Here's my beet chocolate cake recipe I posted on my blog last summer: (In case you want to see the whole post, where I talk about making chocolate cake out of beets because I actually really don't like them, it's here: <http://unchartedparent.com/?p=711>) “ – Tracy, Bow, NH

Ingredients:

- 1 ¾ cups sifted flour
- ½ tsp salt
- 1 ½ tsp baking soda
- 1 ½ cups sugar
- 3 eggs
- ½ cup unsweetened applesauce
- ½ cup vegetable oil
- Approx. 1 cup pureed beets*
- 3 ozs. semisweet or unsweetened chocolate (I prefer semisweet)
- 1 tsp vanilla extract

Directions:

1. Preheat oven to 350 degrees F.
2. Spray a 13 x 9 x 2-inch baking pan with cooking spray.
3. Melt chocolate on stove over low heat. Set aside.
4. Sift together first three ingredients. Set aside.
5. Combine sugar, eggs, applesauce and oil in a large bowl. Beat with electric mixer on medium for approximately two minutes.
6. Add pureed beets, chocolate and vanilla. Beat until blended.
7. Add dry ingredients to beet mixture in 3 increments, beating well after each addition.
8. Pour batter into pan.
9. Bake for 25-30 minutes, or until tester comes out clean.
10. Cool in pan on rack.
11. Make sure to keep the cake covered after it has cooled so that it doesn't dry out. If you want to make it

even richer, gently mix a handful of regular-sized or miniature chocolate chips into the batter before pouring it into the pan. Enjoy!

***To puree beets**, immerse in a pot of boiling water until you can easily plunge a fork all the way through them. (This can take a while, so plan to be doing something else while the beets boil.) Remove tender beets from boiling water with a slotted spoon and place in a bowl to cool. Once you can comfortably handle them, simply peel off the skins with your fingers. (Watch your clothes; beet juice stains.) Place peeled beets in a blender and puree, or mash with a potato masher.

Brussels sprouts

“I saw on some cooking show, a recipe for Brussels sprouts. I think they are great, even if no one else in my family will eat them” –Patricia, Concord, NH

Ingredients:

- Brussels sprouts
- Butter or olive oil
- Garlic or caraway seeds
- Salt and pepper

Directions:

1. Have ready pot of boiling water and a skillet with olive oil or butter, melted with a little garlic.
2. To prepare the vegetable, cut out the base, leaving much more green than yellow (I was told the yellower parts are what make these gaseous to most of our intestines). The leaves will fall off the bases and that is OK.
3. Plunge them into the boiling water and just let them cook about a minute. Drain well and then quickly stir them into the hot oil.

4. Serve with a dash of salt and pepper.
5. Another variation is to use caraway seeds instead of the garlic.

Golden Butternut Squash Casserole

Serves 8- 10

Joan, our site manager, says that this is her “favorite squash casserole.” This recipe came out of the Magazine “Organic Style” and the recipe was developed by Dan Goldberg (www.curmudgeon.com).

Ingredients:

- 1 large onion, diced
- 4 tablespoons butter
- 1 teasp. ground cumin
- 1 tablespoon chopped fresh thyme
- 2 tablespoons brown sugar
- 1 large or two medium butternut squash
- Salt and pepper
- ½ cup heavy cream

Directions:

1. Preheat oven to 350 degrees F.
2. In a large nonstick skillet, sauté the onion in 2 tablespoons of the butter over medium-high heat until soft, about 10 to 12 minutes. Add the cumin and cook for another minute.
3. Using a rubber spatula, scrape the contents of the skillet into a 12-inch baking dish. Sprinkle the onions with the thyme and brown sugar.

Beets and Onions Vinaigrette

Elizabeth Obelenus of Serenity Garden says: “I have found that locally grown organic beets taste sweet like candy, only with substance. I use much less vinegar and olive oil when I make this - adjust to your taste.”

Ingredients:

- 3 medium or 6 small beets
- 2 medium onions
- 1/4 cup brown rice or apple cider vinegar
- 2 Tablespoons umeboshi vinegar
- 1/2 cup extra-virgin olive oil
- 1 to 2 bunches watercress

Directions:

1. Boil the whole, unpeeled beets for 1 hour in water to cover.
2. Meanwhile, slice the onions into thin crescents. Bring water to boil in a 2-quart saucepan, drop in the sliced onions, and then drain immediately in a strainer. Place the onions in a salad bowl. Combine the vinegars and oil and pour over the onions. Set aside to marinate while you prepare the beets.
3. When the beets are finished cooking, drain and set aside to cool. Working with wet hands, peel by slipping off their skins and stem end (it will come off easily) and running under cold water.
4. Slice the beets and add to the onions. Toss gently and let stand for 30 minutes more. Serve on a bed of your favorite leafy green, or a la carte.