



Winter Green Community Farm

Week of September 18th

2009

This Week's Harvest

(Subject to last minute variations)

Eggplant
Lettuce
Kale
Tomatoes
Broccoli
Carrots
Onions
~ Some Sites Only ~
Peppers
Spinach
Cherry Tomatoes

On Vacation!!

Greetings Members!

This week your box note will be full of recipes because I took a mini vacation! Hope you all enjoy your veggies and creating delicious meals out of the recipes below!

Gigi's Tomatoes

"Here's what I do with my bounty of tomatoes":

Cut tomatoes in half, across the width. Put a little olive oil in the bottom of a glass pan, covering it. Pack tomatoes in a single layer. Dribble a little more olive oil over the top of them. Roast at 350 F until they begin to give off a delicious aroma, about an hour. Let cool & pack in containers or freezer bags and freeze!

Submitted by CSA member Gigi DeRoin~2009

Favorite hot sauce	1 1/2 tsp. salt & lots of pepper
Twelve tortillas	1 C mild, white cheese, grated and packed
6 C eggplant, cubed	1 C toasted almonds, chopped
1 C onion, chopped	veggie oil for frying tortillas
2 Med cloves garlic, crushed	2-3 Tbsp olive oil for sautéing veggies
1 C green pepper, chopped	

Eggplant Almond Enchiladas

In LG skillet, sauté onions & garlic. Add salt. Cook, stir occasionally, over Med heat about 5 min. Add eggplant. Mix, cover & cook 10 min or until soft. Add peppers, almonds & black pepper. Cook 5 min, stirring frequently. Remove from heat & add cheese. Mix. Heat about 1/2" of veggie oil in heavy skillet (cast iron is best). Fry each tortilla on both sides - only 10 seconds each side. Drain on paper towels. Fill each tortilla by placing a hunk of filling on one side & roll up. Situate filled "enchiladas" gently in baking pan. Pour your favorite hot sauce recipe over top. Heat in 350 F oven about 20 min.

Makes 6 servings

from "Moosewood Cookbook"

Fried Beets 'n' Carrots

2 Tbsp olive oil	2 med carrots, sliced 1/4" thick
2 tsp cumin seeds	tamari sauce
2 med beets, quartered & sliced 1/4" thick	fresh spinach or beet greens

Heat olive oil in skillet. Add cumin: cook about 1 min. Add beets & carrots: fry until tender. Remove from heat, sprinkle on a little tamari, and serve. Variation: If using beet greens or spinach, when beets and carrots are tender, add chopped greens, cover, & cook until soft. Toss mixture, sprinkle w/tamari, & serve.

Makes 2-4 servings

from "Asparagus to Zucchini" cookbook

Fresh Sweet Corn Bread

Butter & flour for preparing pan	1 C buttermilk
1 C cornmeal	2/3 C pepperjack cheese, grated
1 C flour	1 C fresh corn kernels
2 Tbsp brown sugar	1/4 C unsalted butter, melted
1 Tsp sea salt	1 tsp fresh rosemary, chopped
1 tsp baking soda	
1 tsp baking powder	
3 eggs, beaten	

Preheat oven to 400 F Butter & flour a 9" square baking dish. Combine cornmeal, flour, brown sugar, salt, baking soda, & baking powder in LG bowl. In another bowl, combine eggs, buttermilk, & cheese. Mix well. Make a well in center of dry ingred. & pour in liquid mix: beat together lightly. Fold in corn, butter & rosemary. Pour mix into baking pan & bake until toothpick inserted in center comes out clean, 35-40 min. Serves 4-6 from "Real Dirt on Vegetables" cookbook

**See yogurt sauce on back page!!



- 1 loaf cornbread
- 2 Tbsp olive oil or butter
- 2 C onions, thinly sliced
- 1/2 tsp salt
- 3 med Bell peppers, stems & seeds removed, thinly sliced
- 1/2 tsp grd. cumin
- fresh ground pepper
- cayenne pepper
- 3 cloves garlic, minced
- 1/2-3/4 C yogurt

Spicy Onions & Bell Peppers in Yogurt Sauce

Heat oil or butter in LG skillet over Med heat. Add onion & salt: cook, stirring frequently, until onion is very soft & just beginning to brown, 10-15 min. Add bell peppers, cumin, & black pepper & cayenne to taste. Cook until bell peppers are tender, about 10 min. Add garlic & cook til fragrant, 1 min. more. Remove skillet from heat. Stir in 1/2 C yogurt, more for creamier sauce. Divide warm cornbread into portions and spoon sauce over it. Serve immediately.

Serves 4 from "Real Dirt on Vegetables" Cookbook

Savory Broccoli

- 1 LG bunch broccoli
- 2 Tbsp butter
- 1/4 tsp rubbed sage
- seasoned salt, to taste

Steam broccoli until just tender and still bright green. Melt butter, add seasonings, and stir together. Add the Broccoli, stir to coat pieces, and serve.
Makes 5-6 servings from "The Green Thumb Cookbook"



Salsa Verde

- 1/2 C olive oil
- 1 C fresh parsley, packed
- 3 garlic cloves
- 1/3 C lemon juice

- 2 Tbsp capers, rinsed & drained
- 1/4 C onions, chopped
- 1/4 tsp salt
- black pepper to taste

Combine oil, parsley, garlic, lemon juice, capers, onions, & salt in a blender of food processor and whirl until smooth. Add black pepper to taste. Tightly covered & refrigerated, Salsa Verde will keep for about 5 days. This sauce can be used on steamed or raw veggies, broiled tofu, frittatas, and fish dishes.

Makes 1 Cup from "Moosewood Restaurant Cooks at Home"

Cream of Tomato Soup

- 4 C tomatoes, chopped
- 1 onion, chopped
- 4 whole cloves
- 6 peppercorns
- 1 tsp brown sugar

- 1 tsp salt
- 4 sprigs parsley
- 1 1/2 C chicken broth
- 1 C heavy cream
- 3 Tbsp butter
- 3 Tbsp flour

Simmer the tomatoes, onion, cloves, peppercorns, sugar, parsley, and salt together for 10 min. Blend in blender or food processor. Melt butter, add flour, and stir until golden. Pour in chicken broth & stir until thickened. Add tomato mixture & the cream and heat thoroughly.

Submitted by CSA member Duane Marble ~ their favorite family recipe from "Home Gardeners Cookbook"

Pizza with Garlic, Eggplant & Onion

- Your favorite Pizza dough recipe
- 1 med eggplant
- 1 Tbsp olive oil
- 3 cloves garlic, chopped
- 3 med tomatoes, peeled, seeded, & chopped (1 C puree)
- 3/4 tsp salt
- 1 LG red onion, sliced thinly into rings
- 4 ozs. grated fontina, provolone, and/or mozzarella cheese
- grated Parmesan cheese

Prepare pizza crust. Preheat oven to 450 F. Slice eggplant into rounds. In a skillet, cook eggplant, stirring, in 2 tsp oil in 2-3 batches until tender, about 5-10 min. per batch. Set aside. Cook the garlic, stirring, briefly in the remaining tsp of olive oil. Add tomatoes & salt, and cook 1-2 min. Spread tomato-garlic mixture on the crust, then arrange the eggplant slices on top. Place onion rings on top. Sprinkle with grated cheese. Bake until crust begins to brown, about 10 min. Sprinkle with Parmesan & serve at once.

Serves 4

from "Vegetarian Times Complete Cookbook"

Gazpacho

- 5 tomatoes, coarsely chopped
- 1 med red bell pepper, coarsely chopped
- 1 med green bell pepper, coarsely chopped
- 1-2 cloves garlic, cut into quarters
- 1 jalapeno, chopped
- 1 LG cucumber, peeled, seeded, & chopped
- 1 med red onion, coarsely chopped
- 1/2 C red wine vinegar
- 1/2 C olive oil
- salt & pepper to taste

For garnish, save out 1 Tbsp of each veggie & finely chop. Put tomatoes, peppers, garlic, jalapeno, cucumber, & onion into food processor. Process until smooth. Put half into LG bowl & pour other half through a fine strainer (in batches) into smaller bowl & reserve juice. Discard pulp. Add juice to processed vegetable mix & mix together. Add salt & pepper to taste. Chill for at least 1 hour. Garnish when serving w/reserved veggies.

