

Week 7
A Week

Volume 4, Issue 7

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**TUESDAY
SHARES**

Lettuce Mix or
Mesclun Green Mix

Carrots with Edible Greens

Cucumber

Kale OR Swiss Chard

Beets with Edible Greens

OR Beans

Cabbage OR Potatoes

A little bit of this: As the first harvests starts and the last harvest ends of certain crops, we may not have enough of any one thing to go around, so some goodies may not make this list before they are tucked into your bag!

Herb Bouquet: Parsley and Basil

HOPES FOR NEXT WEEK

**NO GUARANTEES, BUT WE HOPE TO HAVE
CUCUMBERS, BEANS, AND BEETS IN
YOUR SHARE NEXT WEEK.**

Farmer's Field Notes

~Dayna

Sweet Cabbage Salad

6 cups shredded cabbage
(about 1/2 head)
1 cup shredded carrot
(about 1 medium)
1 cup chopped green bell
pepper (about 1 medium)
1/2 c. chopped red onion
1/2 cup sugar
1/2 cup white wine vinegar
2 tablespoons olive oil
1 teaspoon dry mustard
1/2 teaspoon celery seeds
1/2 teaspoon salt

Combine first 4 ingredients in a large bowl; toss well. Combine sugar and remaining ingredients in a small bowl, stirring with a whisk. Pour vinegar mixture over cabbage mixture, tossing gently to combine. Cover; chill 1 hour.

Taken From: <http://www.health.com/health/recipe/0,,10000001197207,00.html>

Smoked Salmon Cucumber Boats

2 cucumbers, peeled
1/2 cup plain Greek yogurt
1/2 cup chopped smoked
salmon (about 4 ounces)
1/4 cup chopped red onion

Trim ends off cucumbers. Split each cucumber in half lengthwise. Scoop out center of cucumbers, leaving a 1/4- to 1/2-inch-thick shell. Cut into 24 (1 1/2-inch-long) pieces. Reserve any remaining cucumber for another use.

1/4 cup chopped red onion

Combine yogurt, salmon, and onion in a food processor; process until almost smooth, scraping sides of bowl as needed. Spoon 2 teaspoons salmon mixture into each cucumber piece.

Asian Kale Chips

A bunch of Kale, washed and dried thoroughly
 About 1 tbsp. sesame oil or olive oil
 1 to 2 tsp. soy sauce
 About 1 tbsp. sesame seeds

Preheat your oven to 350F. Tear the kale into large pieces and place them in a bowl. (NOTE: If kale is not dry, the chips will turn out soggy.) Next, add the oil, soy sauce, and sesame seeds, and toss it all together with your hands. You want each piece to be glistening, but not so much that any of the oil or seasoning pools at the bottom of the bowl.

On 1 or 2 baking sheets (with or without parchment paper), lay the pieces out flat.

Bake 6 to 7 minutes. Keep a close eye on the chips. You want to take them out before they're completely crisped—they'll still be a little soft in the middle.) You may need to experiment a little with the timing to get it right.

Taken From: <http://joannagoddard.blogspot.com/2013/07/the-best-kale-chips-with-secret.html>

Honey Balsamic Glazed Roasted Carrots and Green Beans

FREEZING BEANS: Wash and trim both ends of the green beans. Blanch in boiling water for 3 minutes or so, then dunk in ice water to stop the cooking. Drain and pat dry. Pop them in the bag and vacuum seal, if you have one, if not, put in freezer bags with as much air squeezed out as possible. Can be stored about a year in the freezer.

Two cups of carrots, peeled and cut into 1 inch chunks
 Two cups of fresh green beans, ends snipped off
 Olive oil
 6 tablespoons balsamic vinegar
 4 tablespoons honey or maple syrup
 Salt and pepper to taste

Toss the carrots and green beans with a drizzle of olive oil and sprinkle of salt and pepper. Place in a single layer on a roasting pan and roast at 350 degrees for 30 minutes, turning once, until soft and the carrots start to turn golden. Combine the balsamic vinegar and honey in a large skillet. Add the vegetables to the skillet along with any oil that has accumulated in the pan. Heat the vegetables over medium-high heat and cook until the glaze bubbles and thickens. Coat the carrots and beans with the glaze. Season to taste with salt and pepper. Serve immediately or allow to cool and serve over a salad.

Adapted from: <http://ashleyscookingadventures.blogspot.jp/2012/04/honey-balsamic-glazed-roasted-carrots.html>

Goat Cheese and Lemon Pasta with Kale or Chard

12 oz pasta (Whole Wheat Farfalle)
 1 tablespoon olive oil
 1/2 bunch scallions, diced
 2 cloves garlic, minced
 Dash of crushed red pepper flakes
 Zest of 1 large lemon
 Juice of 1 large lemon
 1 small bunch kale or chard (about 5 cups), coarsely chopped, stems removed
 5 ounces goat cheese
 Salt and black pepper, to taste

Bring a large pot of water to boil. Salt the water and cook pasta according to package directions.

In a large skillet, heat the olive oil over medium-high heat. Add the scallions and garlic. Cook until tender, about 4-5 minutes. Add a dash of crushed red pepper flakes. Stir in the chopped kale/chard. Stir and add the lemon zest and lemon juice. Cook until kale/chard leaves are wilted and tender.

Carefully drain the pasta. Return to pot. Crumble the goat cheese over the hot pasta and stir until creamy. Add the kale or chard/lemon mixture. Season with salt and black pepper, to taste. Serve immediately.

Adapted From: http://www.twopeasandtheirpod.com/goat-cheese-lemon-pasta-with-kale/#_a5y_p=1439869