

Community Supported Agriculture Meal Preparation Booklet

Table of Contents for 2015 and Example Meal Plans

Prepared by

Harland's Creek Farm

Introduction.....	8
Storing your Vegetables.....	8
General Storage.....	8
Storage of Salad Mix, Arugula, and Other Delicate Greens.....	8
Storage of Herbs.....	8
Weekly Meal Plans and Shopping List.....	9
Efficient Cooking Strategies.....	10
Cooking for Children.....	10
Serving Children Vegetables.....	10
Meal plans for families with young children.....	11
Fruit Salad Favorites.....	12
Organization of Recipes.....	12
Vegetable and Fruit Smoothies.....	13
Simple Fruit Smoothie.....	13
Simple Kale Smoothie.....	13
Fruit and Kohlrabi Smoothie.....	13
Carrot-Apple Smoothie.....	14
Beet Heart Smoothie.....	14
Morning Wake-Up Smoothie.....	14
Fruits.....	14
Blueberries.....	14
Blueberry Sauce:.....	14
Breakfast or Lunch Blueberries:.....	15
Blueberry Melon Salad.....	15
Lemon Blueberry Tart.....	15
Melons.....	15
Simple Melon Soup.....	15
Mango Melon Soup.....	15
Melon and Arugula Salad.....	15
Melon and Feta Salad.....	15
Simple Cantaloupe and Basil Salad:.....	15
Melon Sorbet.....	15
Leafy Greens.....	15
Arugula.....	16
Basics.....	16
Chilled Arugula-Potato Soup.....	16
Arugula, Strawberry, and Caramelized Nut Salad.....	16
Variations: Arugula and Goat Cheese Salad; Arugula, Almonds, and Apple Salad.....	16
Pasta with Olives, Arugula and Prosciutto or Italian Sausage.....	16
Pasta with Arugula, Shitake Mushrooms, and Sun-Dried Tomatoes.....	17
Bacon, Egg and Arugula Sandwiches.....	17
Cabbage.....	17
Southern Coleslaw.....	17

Turkey Cabbage Soup	17
Cabbage, Kohlrabi, and Chicken Salad	18
Cabbage and Onion Marmalade--pizza.....	18
Colcannon (Potato and Kale or Cabbage Casserole)	18
Chard	19
Quick Bean and Green Curry	19
Swiss Chard Pie.....	19
Chard Puree or Fritters	19
Chard Meat Balls	20
Swiss Chard Tzatziki Appetizer	20
Collards.....	20
Collard or Kale Slaw	20
Collards with Pasta and Sesame.....	20
Braised Collards	21
Stuffed Collards.....	21
Escarole.....	22
Italian Escarole and Noodles	22
White Bean and Bacon Escarole Soup	22
Kale	22
Kale Chips.....	22
Kale-Potato Soup.....	22
Bean and Kale Minestrone	23
Waldorf Hotel's Waldorf Salad	23
Kale with Hot Bacon Vinaigrette	23
Lettuce	24
Cesar Salad	24
Vinaigrette Dressing	24
Spinach	24
Salad with Spinach and Bacon	24
Spinach Enchiladas	24
Pasta with Fresh Spinach, Walnuts, and Gorgonzola Cheese	24
Spinach, Onion, and Provolone Pie	25
Tatsoi	25
Tatsoi and Arugula Salad	25
Tatsoi in Mustard Dressing	25
Stir-Fried Shrimp with Tatsoi.....	26
Brookfield Farm Greens and Pasta.....	26
Fresh Chard and Tatsoi Sauté	26
Mixed Greens.....	26
Greens with Sesame Dressing	26
Cooking Greens or Braising Mix:	27
Stir-Fried Greens:.....	27
Roasted Greens.....	27
Tahini Sauce for Greens.....	27
Wilted Greens with Potatoes	27
Potato Curry with Greens.....	28
Greens with Rice.....	28
Basic Greens Soup.....	28
Herbs.....	29
Mixed Herbs	29
Herbed Butter on Pasta	29
Herbed Cheese.....	29
Herb Polenta	29
Whole Grain Pilaf.....	29
Basil	30
Basil – Yogurt Soup.....	30
Pecan Pesto	30
Pesto Chicken with Garlic Sauce	30
Basil Chicken Salad	30

Basil Mimosas.....	31
Classic Pesto	31
Tomato, Basil, and Avocado Salad (Ensalada de Basil e Aguacate con Tomate).....	31
Instant Tomato and Basil Soup.....	31
Caprese Salad.....	32
Cilantro.....	32
Cilantro Cheese Dip.....	32
Cilantro Cheese Cornbread.....	32
Bowties with Basil, Cilantro, Spinach and Goat Cheese Sauce.....	32
Cilantro Cheese Spread/Bagels or Crisps.....	33
Parsley.....	33
Parsley, Lentils, and Rice.....	33
Tabbouleh.....	33
Pasta with Parsley Pesto.....	33
Feathery Fennel-Yogurt Sauce W/ Salmon or Shrimp.....	34
Mint.....	34
Mint Drinks.....	34
Lemonade.....	34
Mint Julep.....	34
Vegetables.....	35
Beans and Lima Beans.....	35
Sichuan Green Beans.....	35
Mildred Schulz’s Green Beans and Potatoes.....	35
Risotto with Green Beans.....	35
Beets.....	36
Quick Beet Greens.....	36
Ida Galinsky’s Beets.....	36
Beet and Apple Puree.....	36
Carrot, Ginger, and Beet Soup.....	36
Amazing Beet Salad.....	37
Sautéed Beets, Greens, and Pasta.....	37
Carrots.....	37
Carrot Soup.....	37
Carrot Salad.....	37
Shredded Carrot and Peanut Butter Sandwich.....	37
Cucumbers.....	38
Cucumber, Onion, and Tomato Salad.....	38
Cold Cucumber and Yogurt Soup.....	38
Chopped Salad.....	38
Raita.....	38
Edamame.....	38
Basic Edamame.....	38
Asian-Style Edamame and Corn.....	38
Pasta and Edamame Salad.....	39
Edamame Salsa.....	39
Spicy Edamame Dip.....	39
Edamame Humus.....	40
Eggplant.....	40
Smoky Eggplant Soup.....	40
Roasted Eggplant and Red Bell Pepper Soup.....	40
Eggplant Puree.....	41
Chicken and Eggplant.....	41
Baked Eggplant with Feta Cheese.....	42
Curried Eggplant.....	42
Simple Eggplant Skillet Dinner.....	42
Fennel bulbs.....	42
Pasta with Fennel.....	42
Fennel with Rice and Herbs.....	43
Kohlrabi.....	43

Simple Kohlrabi-Simple Kohlrabi and Carrots	43
Simple Kohlrabi Greens	43
Kohlrabi, Kale or Cabbage, and Chicken Salad	43
Sautéed Kohlrabi Leaves and Shreds	44
Raw Kohlrabi Bulbs with Curried Mayo Dip	44
Okra	44
Optimist's Salad	44
Limping Susan.....	45
Indian Chicken and Okra Curry	45
Spicy Roasted Okra	45
Simple Roasted Okra.....	46
Stewed Okra and Tomatoes	46
Okra Croutons	46
Onions	46
Vidalia Onion Pie	46
Scallion Herb Frittata	47
Green Onions with Brown Rice and Mushrooms	47
Sweet Onion Casserole.....	47
Vidalia Sweet Onion Chicken Breast Casserole.....	48
Pak Choy (Bok Choy)	48
Grilled Pak Choy--Escarole or Raddicchio.....	48
Simplest Pak Choy	48
Asian Bok Choy Salad.....	48
Pak Choy Soup.....	48
Stir-Fried Pak Choy W/Peanuts and Hot-And-Sour Sauce	49
Peppers, sweet.....	49
Roasted Peppers	49
Caramelized Peppers.....	49
Beef-Stuffed Peppers.....	50
Sautéed Bell Peppers w/ olives and capers	50
Roasted Eggplant and Red Bell Pepper Soup: See Eggplant	50
Potatoes.....	50
Zorba's Potato Salad.....	50
Oven Roasted Potatoes.....	51
Cold Potato Soup	51
Potatoes, Zucchini, and Pesto	51
Oven Roasted Potatoes with Fresh Herbs	51
Mashed Potatoes with Sautéed Leeks (or onions).....	51
Potatoes with Capers and Dill.....	52
Beet and Potato Salad.....	52
WW II California Dressing	52
Radishes.....	52
Radish, Scallion & Swiss Cheese Salad	52
Radish Dip	53
Mediterranean Tuna and Radish Salad.....	53
Sautéed Radishes with Dill.....	53
Radish Butter for Radish Sandwiches	53
Radish Salad with Parmigiano-Reggiano Cheese	54
Radish Top Soup.....	54
Radish, Diakon	54
Tom Kha Gai: Thai Coconut Radish Soup	54
Buttery Asian Radishes with Their Greens.....	54
Squash, summer.....	55
Herbed Chicken with Summer Vegetables	55
Grilled or Baked Squash	55
Cream of Squash Soup	55
Chicken & Squash Dinner	55
Summer Squash Patties.....	56
Salsa Recipes	56

Salsa Cruda.....	56
Salsa Verde	56
Sweet Potatoes	56
Maple Pecan Sweet Potato Quick Bread.....	56
Garlicky Mashed Sweet Potatoes	57
Sweet Potato Burritos	57
Sweet Potato Custard.....	57
Sweet Potato Curry/with Beef- 4 serving	58
Sweet Potato Soup.....	58
Tomatillos	58
Taco Supreme Casserole	58
Tomatillo Pie.....	58
Chicken, Tomatillo, and Tomato Salad.....	59
Tomatoes.....	59
Fresh Tomato Sauce	59
Fried Green Tomatoes.....	59
Italian Ricotta and Cherry Tomato Pizza	59
Cherry Tomato Salad	60
Tomato and Basil Pasta Sauce	60
Roasted Roma Tomatoes and Garlic	60
Egg Noodles with Roma Tomatoes, Cheese, and Pesto.....	60
Gazpacho.....	61
Tomato Pie	61
Panzanella Salad.....	61
Turnips.....	61
Turnip Greens with Olives, Orange, and Cumin	61
Basic Turnip Greens.....	62
Roasted Root Vegetables with Herbs	62
Potato and Turnip Soup.....	62
Turnip Salad	62
Turnip Curry (Shelghum Korma).....	63
Braised Turnip Greens: See Collards, substitute Turnip Greens for Collards	63
Lamb, Kale, and Turnip Stew: See Kale.....	63
Meat, Poultry, Eggs, and Cheese	64
Generic Recipes	64
Stir-Fry (Pork, Chicken, or Beef) and Vegetables – Generic Recipe	64
Pizza--Generic Recipe.....	64
Chicken Recipes	65
Stewed Chicken	65
Baked Chicken.....	65
Grilled Boneless Chicken	66
Balsamic Boneless Chicken Breast	66
Chicken and Edamame Salad.....	66
Ken Lessler’s Grilled Chicken Pieces.....	67
Rheba Thomasson’s Fried Chicken	67
Chicken with Rosemary and Garlic	67
Chicken in a Pot	67
Roasted Chicken with Vegetables	68
Curried Chicken with Spinach	68
Pork Recipes	68
Eggplant with Ground Pork and Garlic Sauce.....	69
Chorizo quesadillas	69
Sausage, Grits, Salsa, and Eggs.....	69
Beef Recipes.....	70
Pot Roast	70
Picadillo, with olives.....	71
Beef stew—Generic recipe	71
Lamb Recipes	72
Curried Lamb Burgers	72

Kubideh Kabab	72
Lamb Shanks with Eggplant and Thyme	72
Poached Eggs	73
Omelets, Scrambled Eggs, or Frittata	73
Scrambled Eggs	73
Frittata Variation	74
Scrambled or Poached Eggs with Greens	74
Classic Cheese Soufflé (Bon Appétit May 2008)	74
Curried Egg Salad Recipe	75
Tunisian Eggs	75
Pan Grilled Catfish (or Salmon)	75
Chapel Hill Creamery Cheeses	75
Carolina Moon	75
New Moon	75
Fresh Mozzarella	75
Dairyland Farmers Cheese	75
Hickory Grove	76
Calvander	76
Pheta	76

Introduction

This booklet contains recipes, cooking instructions, and suggested meal plans for the produce, meats, cheese, and eggs that are available through our CSAs. CSA customers also receive with each delivery a list of the share contents, meal plans, and a shopping list for the additional ingredients that one would need to follow a particular meal plan. We include suggestions for light meals (breakfast or lunch) and larger meals (dinner), numbered M1, M2, and so on. The shopping list is similarly numbered to link it to the corresponding meal plans. We assume that you have certain ingredients on hand at all times, such as, flour, sugar, salt, pepper, butter, salad oil, cooking oil, and salad vinegars, and we do not list these ingredients on the shopping lists.

Storing your Vegetables

General Storage

Store vegetables dry in plastic bags or in plastic or glass bowls. When putting the vegetable in a plastic bag, do not close it tightly. Leave some room for air. ***Evertfresh*** bags, which can be purchased at Whole Foods and other markets, will extend the refrigerator life of your vegetables for many days.

Storage of Salad Mix, Arugula, and Other Delicate Greens

Rinse the greens and drain in a colander or spin them dry in a salad spinner. If using a colander, let stand in the sink until most of the water has drained off. Then put the colander containing the greens on a saucer, cover loosely with a plastic bag that is tucked under the saucer, and store in the refrigerator. If using a salad spinner, after spinning pour water out of bowl of the spinner, leave the greens in the rotation basket, reassemble the spinner, and store the salad mix in the spinner in the refrigerator. If you are short on space in your refrigerator, put a plate or plastic bag over the spinner bowl so that you can stack things on top of it.

The greens will last over a week with these methods. Your goal is to store clean greens with a little humid air around them and to protect them from the ambient air.

Storage of Herbs

You may want to dry some of the herbs. Put them in a clear glass and set in a sunny window to dry. They can also be stored in the freezer either in whole pieces or chopped. Frozen herbs are easy to chop. Basil will often root in water. Fill a small glass half full of water. Trim the stems and remove any leaves that would be below the water line. Set in a sunny window. It should begin to root within a week if it is going to do so. The first thing you will see is a small cloud of root hairs around the stems.

Weekly Meal Plans and Shopping Lists

Below are examples of the weekly handouts. We list the share contents and provide meal plans. On the meal plans, some items are bolded. Recipes for bolded items are either in this booklet or provided online. Shopping lists are keyed to the meals and assume that you have staples like flour, salad oil, vinegar, etc on hand. The items in *italics* are included in the meat and dairy options that some members have subscribed for. Thus, they are listed in the shopping lists in italics because some members will have them already.

CSA Share Contents, Meal Plans, and Shopping List: May Example	
Dinners	
M1. Tatsoi and Arugula Salad (this is a meal) and crusty bread.	
M2. Roast Chicken and Vegetables and mixed green salad.	
M3. Basic Turnip Greens , baked sweet potatoes, pinto beans topped with raw onions and raw garlic chives, and cornbread.	
M4. Stir-fried Shrimp and Tatsoi (use garlic chives for garlic) served over rice or bowtie pasta. Green salad with lettuce, arugula, and tender turnip tops.	
Light Meals	
M5. Omelet with chopped garlic chives, onion tops, and cheese. Orange juice and coffee.	
M6. Chicken sandwich with arugula, mayo, and garlic chives,	
Share Contents	Shopping List for Meal Plans: Items not in share
Arugula	M1. 3 oz smoked salmon (or smoked mackerel), 3 oz strong cheese (goat or gorgonzola, or Farmer's cheese). Crusty bread.
Garlic chives	M2. <i>1 3-4 lb chicken</i>
Green onions	M3. 2 cans pinto beans, 1 package cornbread mix.
Lettuce, heads	M4. 12 oz bowtie pasta (or 1 cup rice), 1 lb shrimp, small fresh ginger.
Sweet potatoes	M5. 6 eggs and 3 oz cheddar cheese. OJ.
Tatsoi	M6. Bread and 3 oz cheddar cheese.
Turnips, white salad	
<i>Whole chicken, eggs</i>	

The shares vary according to what is growing at the particular time of the year. One of the best things about being in a CSA is that you get a feel for the pace of the seasons. Green leafy things thrive in the cool spring and fall. Onions, beans, tomatoes, cucumbers, eggplant—more dense vegetables—are the stars of the summer. One customer refers to these as the “real vegetables.”

MCFA CSA June 2, 2015	
Dinners	
M1. Rheba Thomasson's Fried Chicken , rice with gravy, and Southern Coleslaw .	
M2. Classic Cheese Soufflé (74) , Ida Galinsky's Beets (36) , and sautéed beet greens with braising mix.	
M3. Classic Pesto (31) served with bowtie or other pasta and Southern Coleslaw .	
M4. Sweet Potato Curry/With Beef (58) served over rice and sautéed braising mix.	
M5. Maple Pecan Sweet Potato Quick Bread (56) , and sautéed greens with poached eggs.	
Share Contents	Shopping List for Meal Plans: Items not in share
Basil, large	M1. 1 whole chicken, cut up, butter. 1 cup rice, 1 carrot, mayo, cider or wine vinegar.
Beets	M2. 1 cup milk, 4-6 oz gruyere cheese, 5 eggs.
Braising mix	M3. Garlic, 0.5 cups pignoli or walnuts, 4 oz. parmesan cheese. 12 oz pasta.
Cabbage	M4. Garlic, 1 can diced tomatoes, 1 lb. ground beef.
Green onions	M5. Butter and brown sugar, 2 eggs, 6 oz chopped pecans
Sweet potatoes	
<i>Eggs, Chicken</i>	

An alternate to the above would be to stew a whole chicken and make **Creamed Chicken and Rice (66)** and save some of the chicken to make **Basil Chicken Salad (30)** as well. You have enough basil to make both the pesto and this salad. A good picnic type lunch: the **Basil Chicken Salad**, deviled eggs, and **Southern Coleslaw**.