

Example Meal Plans and Shopping Lists

It is easy to know how to use the box with these meal plans. There are recipes provided for each item that is listed in bold either in the cook book or below the meal plan. The shopping list indicates those items that are needed for following the meal plan and that are not in the box. We do not list things like flour, salt, pepper, salad oil, etc.

CSA Meal Plan for Early May	
Dinners	
M1. Quick Bean and Green Curry (19) served over white rice; sliced turnips with green garlic, Greek yogurt, and mint. M2. Baked Chicken (70); Whole Grain Pilaf (31) made with bulgur, green onion tops (last week), green garlic, and radish slivers; sautéed pak choy with pinch of ginger and allspice. M3. Spinach Quesadilla (recipe below) and green salad. M4. Radish Top Soup (58), green salad, and Turnip Salad (68).	
Light Meals:	
M5. Sausage, Grits, Salsa, and Eggs(74), OJ, and coffee. M1. Chicken salad sandwich made with left over chicken and chopped radishes.	
Share Contents	Shopping List for Meal Plans: Items not in share
Chard	M1. 1 can chick peas or white beans, 2 tablespoons prepared curry paste, small can diced tomatoes or tomato sauce. 1 cup white rice. 0.5-1 cup Greek yogurt.
Green garlic	M2. <i>1 whole chicken.</i> 1 cup bulgur.
Lettuce, mixed leaf	M3. 8 corn tortillas, hard cheese. 1 jar salsa.
Pak Choy	M4. Onion (if you used all from last week), 2 medium potatoes, 4 cups chicken stock. Use some of the mint in the turnip salad.
Radishes	M5. <i>4 oz sausage, 1 cup yellow corn grits, 2 oz hard cheese, salsa.</i>
Spinach	M6. Leftover chicken from M2, mayo, and bread
Turnips	
Mint	
<i>Farmers Cheese, eggs, whole broiler or bratwurst and maple finger link sausage</i>	

Note from Chapel Hill Creamery re Farmers Cheese: Farmers cheese is great in Mexican foods - it goes really well with beans, salsa, and other Mexican foods. It can be cubed or crumbled into salads. Makes a great addition to a tomato sandwich. Kids (of all ages) really like it - it has a clean, refreshing, milky flavor that is very appealing.

Spinach Quesadillas

4 servings

2 cups spinach, chopped	2 Tablespoons olive oil,
6oz shredded cheese	Jalapeno pepper, chopped (optional)
2 12-inch flour tortillas or 8 6-inch corn tortillas	Salsa, sour cream (optional)

Quickly sauté spinach in a little oil or butter. Top tortillas with cheese and spinach. Add chopped jalapeño peppers if desired. Cover with second tortillas and brown in a skillet with a little olive oil until cheese is melted. Serve with salsa or sour cream as desired.

CSA Meal Plan Mid Summer

Dinners

- M1.** Black beans with **Pork Stew(76)** cooked with peppers and onions and served over rice. **Salsa Crude (62).**
- M2.** **Pesto (32)** with bowtie pasta. **Kohlrabi and Cucumber Salad** (chopped kohlrabi and cucumber marinated in red wine vinegar and salt).
- M3.** Grilled steak or hamburgers, grilled squash, and corn
- M4.** **Kohlrabi Slaw (recipe below)** and tomato sandwiches.

Light Meals:

- M5.** Scrambled eggs with sautéed onions, peppers, and a bit of grated cheese. Sliced tomatoes and toast.
- M6.** **Kohlrabi Pancakes (recipe below)** with sour cream. Sliced peaches or melon

Share Contents	Shopping List for Meal Plans: Items not in share
Basil	M1 1 lb pork pieces. 1 cup rice. 1 can black beans. Cilantro or substitute basil
Corn	M2. Garlic, 3 -4 oz walnuts, parmesan or Calvander cheese. 12 oz bowtie pasta
Cucumbers	M3. Meat for grilling
Green onions	M4. 2 carrots and bread for sandwiches.
Kohlrabi	M5. 6 eggs, cheese, and bread for toast. A bit of grated Calvander Cheese
Pepper, green, jalapeno	M6. 3 eggs. Sour cream and fruit.
Squash, mixed	
Tomatoes, slicers	
Tomatoes, cherry	
Meat CSA: Gourmet – beef steak; Family: 1 lb ground beef, 1 lb pork stew meat. Cheese CSA: Calvander	

Calvander Cheese is an award winning Asiago style. It is aged 8 months; good for pasta, grated on veggies, for pesto, Caesar salad. It is shaper than parmesan.