



**Winnipесаaukee
Woods Farm**

Summer CSA 2017: Week 11

In your share this week:

Veggie Rachel (Reuben-esque)

Rye Bread	1 t sugar
1000 island dressing	Dill, scallions, parsley or other herbs, minced
Swiss cheese	Roasted Vegetables:
Homemade Slaw:	Zucchini/sauash
1 small head cabbage	Eggplant
1 c carrots, shredded	Onion
1/4c Mayonnaise	Bell pepper
1T cider vinegar	

Toss all vegetables in olive oil, salt, and pepper. Place in a single layer on a baking sheet or in a cast iron pan. Place in oven heated to 425 and cook for 15 mins or until you see the vegetables begin to brown, but not burn. You will need to toss midway to cook evenly. While the vegetables are roasting, prepare the 1000 Island Dressing, combining 1/4c Mayo, 1T ketchup, 1T relish, 1/2t vinegar, 1 clove garlic minced, and salt to taste. Cook sandwich in a pan or open faced in the oven to melt the cheese.

Roasted Broccoli Pasta

1 head broccoli, cut into florets	3 cloves garlic, minced
olive oil	1 onion, caramelized
salt and pepper	1 lb pasta of your choice
red pepper flakes to taste	1 tomato, diced
1c half and half	1/2 c basil, minced
1/2 c white wine	

Place broccoli in a single layer on a baking sheet or in a cast iron pan. Place in oven heated to 425 and cook for 15 mins or until you see the broccoli begin to brown. In a large pan, heat oil and add in onion to caramelized on low heat, covered. Once onions are caramelized, add in garlic. After 1 minute, pour in white wine. Allow wine to simmer and reduce. Add in half and half, salt, pepper, and red pepper flakes. Stir to combine. Simmer on medium low until sauce thickens. Toss in pasta, broccoli, tomato and basil. Serve!

Blistered Banh Mi Green Beans

Taken from The Farm on Public Television	1 jalapeno thinly sliced
1 small onion, thinly sliced	2 slices bacon chopped
1/4 c apple cider vinegar	2 T olive oil
1/8 c water	1 lb green beans
1 t sugar	3 cloves garlic, thinly sliced
salt and pepper to taste	1/4 c cilantro

Place onion, vinegar, water, sugar, and 1/2 t of salt in a pan and bring to a simmer. Remove from heat and let stand until cool. Cook the bacon in a large heavy skillet over medium heat until crisp, about 8 minutes. Transfer the bacon to paper towels to drain. Add the oil to the skillet and increase the heat to high. Stir in the green beans, 1/2 teaspoon salt, and 1/4 teaspoon pepper, and cook, stirring frequently, until tender and blistered in places, about 6 minutes. Stir in the garlic and cook, stirring until the garlic is golden, about 2 minutes. Transfer the beans to a serving platter. Sprinkle the onion, chile, cilantro, and the reserved bacon over the beans and serve.

Beef Broccoli and Crisp Garlic Saute

Adapted from Cooking From the Farmer's Market	1/4 t red pepper flakes
1 lb flank steak	2c broccoli
1 t cornstarch or tapioca starch	1 c thinly sliced carrots
1/4 t sugar	1/2 onion, sliced
1/4 t salt	3 T white wine
1/8 t baking soda	2 T soy sauce
2 T olive oil	Cooked white rice

Cut the beef across the grain into 3 inch strips. In a bowl, stir together cornstarch, salt, sugar, baking soda, and 2 T water. Add beef and stir until well mixed. Let stand at room temperature for 30 mins. In a pan over high heat, add oil. When hot, add garlic and red pepper flakes and saute until crisp, but not burned (about 1 minute). Add beef, broccoli, and oil to pan and cook until the beef is cooked through, but not overdone (about 5 mins). Add soy sauce and wine and stir for one minute. Serve with cooked white rice.

Killer Kale Salad

Taken from The Pioneer Woman	
4 slices bacon cut into bits	4 oz goat cheese
1 red onion, sliced	3/4 c olive oil
8 oz white mushrooms sliced	1/4 c Balsamic vinegar

1/2 c white wine	1/2 t thyme
salt and pepper to taste	1 bunch kale
Fry bacon pieces. Remove majority of oil and add in red onion. Cook until soft. Remove from pan and add mushrooms, wine, salt, and pepper. Cook until softened. Remove from heat. Make dressing - olive oil, vinegar, thyme, salt, and pepper. Mix well. Thinly slice kale. Add half dressing and toss. Add in mushrooms, onions, and bacon and toss. Add in goat cheese and more dressing if needed. Serve.	