



**Winnepesaukee
Woods Farm**

Summer CSA 2017: Week 15

In your share this week:

Broccoli Bars

Taken from fullbellyfarm.com

1 c flour

1 t salt

1 lb grated cheese of choice

1 head broccoli, cut into bite sized pieces and steamed

1 c milk

3 eggs, beaten

1 t baking powder

1 onion, chopped

1/3 c chopped mushrooms

Mix all ingredients together. Pour into greased 9x13 baking pan. Bake at 350 for 35 minutes. Cut into squares. Serve hot or cold.

Cous Cous with Tomato and Onion

Taken from fullbellyfarm.com

3 T olive oil

1 onion, chopped

1 T tomato paste

1/2 t sugar

2 ripe tomatoes cut into 1/4 in dice

1 c cous cous

1 c chicken or vegetable stock

2 1/2 T butter

salt and pepper to taste

Pour 2 tablespoons olive oil in a saute pan (ideally 9 inches) over medium heat. Add the onion and cook for five minutes, stirring often until softened but not colored. Stir in the tomato paste and sugar and cook for 1 minute. Then add the tomatoes, 1/2 teaspoon salt and some black pepper and cook for 3 minutes. Put the cous cous in a shallow bowl and pour over the boiling stock. Cover with plastic wrap and let side for 10 minutes. Remove the cover and fluff with a fork, then add the tomato sauce and stir well. Wipe the pan clean and heat the butter and the remaining 1 tablespoon olive oil. When the butter is melted, spoon the cous cous into the pan and use the back of the spoon to pat it down gently so that it is all packed in snugly. Cover the pan, reduce the heat to the lowest setting and allow the cous cous to steam for 10 - 12 minutes until you can see a light brown color around the edges. Use an offset spatula or a knife to help you peep between the edge of the cous cous and the side of the pan. You are looking for a crisp edge all over the bottom of the pan. Invert a large plate on top of the pan and quickly invert the pan and plate together, releasing the cous cous onto the plate. Serve warm. Consider topping with some lovely, first of fall sautéed chard and/or some roasted or grilled last-of-summer peppers.

Vegetable Ramen

Adapted from Early Morning Farm	
8-10 c vegetable or chicken stock	1/2 lb tofu or meat of choice (cooked and sliced)
1/3 lb shiitake mushrooms	8 oz of ramen, lo mein noodles, or noodles of choice
3 c napa cabbage, cabbage, kale, carrots, chard, or other veggies	2 T soy sauce
2 cloves garlic, minced	1/8 c chopped fresh cilantro
1 inch ginger root, sliced	1 T toasted sesame oil

Bring stock to a simmer, add mushroom stems, ginger, and garlic. Simmer for about 20 minutes, then remove the stems, garlic, and ginger with a slotted spoon. While the stock is simmering slice shitake mushrooms and tofu. Add vegetables, noodles, tofu or meat, and mushrooms to the stock. Cook for about 5 minutes or until noodles and veggies are softened. *Adjust cooking time based on the directions for your noodles. Finish the soup with the tamari and toasted sesame oil. Top with fresh cilantro.

Napa Cabbage Salad

Taken from Farm Flavor	
1/4 c butter	1 pepper, julienned.
2 packages of ramen noodles (don't use spice pack)	Asian Vinaigrette
1/2c slivered almonds	6T rice vinegar
1/4c sesame seeds	4 T sugar
1 medium head bok choy (white part included)	1 t salt
1 medium head Napa cabbage	1 t pepper
4 scallions, thinly sliced or cilantro chopped	1.2 olive oil
2 carrots, julienned	1 T soy sauce

Melt butter in a skillet. Add ramen noodles, almonds and sesame, and saute until toasted. Remove from heat and set aside. In separate bowl, combine vinaigrette ingredients. Trim the bok choy 3 inches from the bottom and chop remaining in one-inch ribbons. Chop Napa cabbage in one-inch ribbons. Add remaining vegetables to cabbage mix. Before serving, toss with noodle mixture and vinaigrette.

Carrot Chips

Taken from Farm, Fresh to You	
2-3 medium sized carrots	Other desired seasoning: rosemary, oregano, curry powder, red pepper flakes, whatever!
1/2-1 t olive oi;	
salt	
pepper	

Preheat oven to 350 degrees F. Try to choose similarly sized carrots so that the carrot ribbons are fairly uniform in size. Simply give the carrots a gentle scrub under water; there's no need to pre-peel. Holding the carrot by the stem, shave off a long thin ribbon of carrot using a vegetable peeler. Gently toss with olive oil, taking care to not break the strips. Start with a teaspoon of oil and increase if needed. Place the carrots on a lightly-oiled baking sheet in a single layer. While the edges can slightly touch, they should not overlap. Before placing in the oven, season with freshly-ground pepper and your favorite salt or seasonings. Bake for 6 minutes before swapping your baking pans from the top to bottom racks. Bake an additional 6-8 minutes until the carrot edges barely start to turn a golden brown. While toasty edges can be delicious, the thin, delicate carrot ribbons can quickly turn from just-right to burnt, so don't stray too far from the oven in the final minutes. Leave the baking sheets in the oven, turn off the heat and leave the oven door ajar for about 2 minutes. To finish crisping the carrot chips, remove from the oven and place on the counter/wire rack to cool.