



Winnipесаaukee
Woods Farm

Summer CSA 2017: Week 1

In your share this week:

Ginger Scallion Noodles

Adapted from Asian Noodles

3 c finely chopped scallions

3/4 c finely shredded fresh ginger

1/3 c Chinese rice wine or sake (check Asian food section)

3 c bean sprouts

2 c julienned carrots

2 c finely chopped kale or Asian green

1/2 lb angel hair or other thin noodles

Sesame Sauce:

1 1/2 T sesame oil

1/2 c chicken stock

1 T Chinese rice wine or sake

salt to taste

1/2 t white pepper

1 t tapioca or cornstarch

Heat a pan over high heat. Add oil and heat until very hot, but not smoking. Add in the scallions and ginger. Stir fry until fragrant, careful not to burn (about 30 seconds). Add in rice wine and bean sprouts, carrots, and greens and toss for 1 minute. Add in sesame sauce and noodles and stir fry until the sauce thickens (about 2 minutes)

Garden Greens and Goat Cheese Pasta

Adapted from The Art of Simple Food II

1 bunch chard

Splash of cider vinegar

1 lb spaghetti

2T olive oil

2 cloves garlic, minced

1/3 c goat cheese crumbled

red pepper flakes to taste

drizzle olive oil

1/4c half and half, if desired

salt and pepper to taste

Cut of stems from chard and cook until softened. Add in leaves and cook until just wilted. Add a splash of cider vinegar and stir. Remove from heat. While pasta is cooking, add oil to larger pan and saute the garlic. Add in red pepper flakes and cook one minute. After draining pasta, add into pan with garlic and red pepper. Drizzle with olive oil and toss. Mix in greens, salt, pepper, goat cheese, and half and half (if desired).

Strawberry and Feta Salad with Strawberry Vinaigrette

3/4 c olive oil	5 Strawberries or substitute 1/8c jam and reduce honey)
1/4 c apple cider vinegar	1 garlic clove, mashed
2 T honey	salt and pepper to taste
1T dried oregano	Salad ingredients: Salad greens, sliced strawberries, sliced cucumbers, Feta, Carrots, candied walnuts/pecans
1T dried mustard	

Add all dressing ingredients (including strawberries/jam) in food processor. Blend until all oil is fully mixed (the color will change from translucent to opaque). Toss salad greens in vinaigrette. Slice strawberries for the top. Add in all other ingredients.

All Kale Caesar

Serves 4	Dressing
1 bunch kale, chopped	3 cloves garlic
1/4 c raisins	3/4 mayonnaise
1/4 c pumpkin seeds	4 canned anchovies
croutons	2 T Parmesan cheese
3/4 t salt	1 t Worcestershire sauce
3 T olive oil	Red Pepper flakes
Slice strawberries, if desired	1 t Dijon mustard

Place all dressing items in a bowl and blend using a food processor, immersion blender, or blender. Keeps in a jar in refrigerator for two weeks.

Garlic scapes are the flower bud of the garlic plant. The bud is removed in late June to encourage the bulbs to thicken up. Scapes taste just like garlic. They can be used in exactly the same way as garlic in any recipe. Store in the refrigerator and use within a week, as the stalks will eventually soften and lose their punch. Trim the end that was formerly attached to the bulb and discard the flowery blossom, as it tends to be stringy. You could also blanch (quick boil) for 60 seconds, followed by an ice bath, then freeze.

Garlic Scape Pesto

Adapted from NY Times Cooking

1/4 c Parmesan cheese

1 c garlic scapes

1/2 c basil leaves

1/4 c raw sunflower seeds, walnuts, pecans or other nut

Juice of one lemon

1/2 c extra virgin olive oil

Place scapes in food processor and pulse 30 seconds. Add nuts and pulse for 30 seconds. Scrape down sides of bowl. Add olive oil and process on high for 15 seconds. Add cheese and pulse until combined. Add in basil and lemon juice and process until you have the desired consistency.

Roasted or Grilled Garlic Scapes

Taken from Cedar Circle Farm

1 bunch garlic scapes

Garlic lovers can roast or grill entire scapes to serve as a side dish. To do so, lay the scapes (you may have to cut them up just to get them to lay flat on the cookie sheet) on an oiled cookie sheet and roast at 350 degrees for about twenty minutes, or toss the scapes in olive oil, season with salt and pepper and place on a med-hot grill, turn occasionally until they are slightly browned in areas.