



**Winnepesaukee
Woods Farm**

Summer CSA 2017: Week 5

In your share this week:

Quick Kimchi

Taken from KoreaTown: A Cookbook

Kimchi Marinade

1/2 c peeled, cored and chopped Asian pear

2 T sugar

1/2 c gochugaru or substitute with red chili flakes

2 t miced ginger

1/4 c fish sauce

Cure Mix:

2 cloves garlic, minced

3 T sugar

3 T salt

For marinade, add pear, chili, fish sauce, garlic, sugar, and ginger to a food processor and blend until smooth. Make cure mix. In a small bowl, combine all cure ingredients. In a mason or other jar, add 1 T of the cure mix and the vegetable you are making kimchi with and let sit for 15 minutes. Drain excess liquid and add 1 cup of the kimchi liquid, stirring to coat. Refrigerate at least 2 hours. Keeps up to 1 week refrigerated. Can be used with cucumbers, radishes, chives, cbbage, bok choy, whatever!

Honey Roasted Raspberry Salad

Check out Butternut Farm in Farmington for fresh raspberry picking now! <http://www.butternutfarm.net/>

1 1/2 T red wine vinegar

1/4 c olive oil

1 T honey

Salt and pepper to taste

1/3 c fresh raspberries

Raspberries to top

1 T freshly squeezed orange juice

Sunflower Seeds

1 T fresh tarragon

Sliced onion

Salt and pepper to taste

Radish slices

Lettuce "Egg Rolls"

Adapted from peaceandlowcarb.com

1 lb ground pork or chicken, if desired (or substitute shiitake mushrooms...or have both!)

2 T sesame oil

5 c chopped cabbage

3 cloves garlic, minced

1/2 t ground ginger

1/2 c onion, diced

salt and pepper to taste

5 scallions, sliced	3 T soy sauce
1 c carrots, julienned	1 T rice wine vinegar
1 c water chestnuts, diced	1 T hot mustard or ground mustard
Sriracha or other hot sauce, if desired	Lettuce leaves
	Rice stick noodles to crisp, if desired

Heat oil (not sasame oil - save that for the end) over medium high heat. Add in garlic, onion, and white parts of scallions. Saute until translucent. Add in pork, if using, ginger, salt, pepper, and any hot sauce (Sriracha if using). Saute until pork/chicken/mushrooms are cooked. Add in cabbage, carrots, water chestnuts soy, mustard, and rice wine vinegar. Saute for 2 minutes. Turn off heat and toss in sesame oil. Top with green onions and serve in lettuce leaves. Add in crispy rice stick noodles that have been flash fried if you like!

Roasted Radishes with Brown Butter

Taken from blog.farmfresh2you.com

1 bunch radishes

2 t olive oil

1 T butter

salt to taste

Preheat the oven to 450 degrees Fahrenheit. Thoroughly rinse the radishes and their green tops. Chop the green part and set aside. Cut off the bottom of the radishes and discard. Slice the radishes vertically in half (from top to bottom instead of around the middle). Place the sliced radishes in a baking pan and pour the tablespoon olive oil over the top. Mix the radishes so the olive oil gets distributed. Season with salt. Roast for 20 minutes or until radishes are golden brown, stirring occasionally. Melt butter over medium heat in a small saucepan. Swirl the pan so the butter browns, but doesn't burn. Once beginning to brown, remove from heat. Drizzle over the roasted radishes and garnish with the chopped radish greens. Season with salt to taste.

Kale and Feta Pizza

Dough	Toppings:
3/4 c warm water	Chopped kale tossed in olive oil and salt (let sit)
1 envelope yeast	Minced garlic
2 c flour	olive oil as a base
1 t sugar	Fresh mozzarella
3/4 t salt	Feta
3 T olive oil	Red Pepper flakes
	Cooked bacon bits if desired

Pour warm water into a bowl and stir in yeast. Let stand 5 mins. Brush bowl with oil. Mix flour, sugar and salt in mixer. Add yeast mix and 3 T oil (can also be done by hand). Process until it forms a sticky ball. Transfer to a lightly floured surface. Knead until smooth. Add more flour if very sticky. Transfer to oiled bowl and cover with plastic. Let rise until doubled in size. Punch down dough. Roll out. Top pizza with everything but kale. Bake at 450 for about 15 mins. In final minutes of cooking, pull out of oven and top with kale. Put back in oven for a couple minutes on broil or bake longer instead, if desired.

Grilled Cabbage

Adapted from Amber Lee

1 head cabbage	salt and pepper to taste
2 t butter or olive oil	1 T parmesan cheese
2 slices bacon (if desired)	Blend of herbs/spices you like (such as oregano, basil, paprika, chili powder, rosemary, dried mustard, etc)
1/4 t garlic powder	

Cut cabbage into quarters. Place each wedge on a piece of foil. Spread cut sides with butter or olive oil. Rub/sprinkle herb mix on cabbage. Take a quarter of a piece of bacon and place on top of cabbage. Fold foil around cabbage, sealing tightly. Grill covered over medium heat for 40 minutes, or until the cabbage is tender, turning twice. Note: this can also be made roasted in the oven