



Winnepesaukee
Woods Farm

Summer CSA 2017: Week 1

In your share this week:

Cole Slaw with Fennel

Taken from Simply in Season

1/4 c mayonnaise

1/4 large head cabbage, shredded

1 1/1 T apple cide vinegar

1 bulb fennel, cut in quarters, cored, and thinly sliced

1 1/2 T honey

1/4 onion thinly sliced

1/8 c fresh parsley, chopped

2 carrots shredded

1/2 T Dijon mustard

1/2 t fennel seed

Whisk all ingredients starting with mayonnaise in a bowl. Pour over vegetables. Toss until well coated. Refrigerate until ready to serve.

Au Gratin Cabbage

Taken from Simply in Season

2 c shredded cabbage

1/2 c milk

1/2 c shredded carrots

1 egg

1/3 c chopped green onions

1/8 c shredded cheese of choice

2 T fresh parsley, chopped

2T Parmesan cheese

Saute all veggies except parsley until crisp, but tender. Transfer to a 1 quart baking dish. Combine milk, egg, and cheese in bowl and pour over vegetables. Garnish with parsley and 2 T Parmesan cheese. Bake at 350 for 30-35 minutes.

Crustless Tomato Zucchini Quiche

Adapted from thekitchn

8 eggs

1 onion chopped

1 c milk

3-4 c of vegetables: zucchini, corn, kale, chard, tomatoes, etc

1 c cheddar cheese

Preheat oven to 400. Melt the butter in a cast iron or ovenproof skillet over medium heat. (If your skillet isn't ovenproof, transfer everything to a deep dish pie plate to bake it.) Add the onion slices and sprinkle a bit of salt and pepper over them. Cook the onions until they are golden-brown and starting to caramelize, about 10 minutes. Remove the pan from the heat and spread the onions evenly across the bottom. Spread the vegetables evenly over the onions. The dish or pan should look fairly full. Remove the pan from the heat and spread the onions evenly across the bottom. Spread the vegetables evenly over the onions. The dish or pan should look fairly full. In a bowl, use a fork to beat the eggs lightly with the milk, cheese, 1 teaspoon of salt, and 1/2 teaspoon of pepper, just enough to break up the yolks and whites. This is a savory custard mixture. Pour the custard over the vegetables and onions. Transfer the quiche to the oven and bake for 45 minutes to 1 hour. Once the surface is lightly brown all the way across, it's fully cooked. Let the quiche cool for about 20 minutes, then slice into wedges.

Meyer Lemon, Ripe Garden Raspberry, and Fresh Sage Vinaigrette

Adapted from Seventy-Five Homemade Salad Dressings

1/3 c lemon juice

2 T honey

Finely grated zest of 1/2 lemon

1 c olive oil

1/2 pint raspberries (or 1/8 c raspberry jam and cut honey)

salt and pepper to taste

1 T finely chopped sage leaves

Blend lemon juice, zest, raspberries, sage and honey. Add salt and pepper as needed. Whisk or blend in olive oil. Stays fresh in refrigerator for a week or more. Serve over a bed of salad greens, raspberries, goat cheese, toasted slivered almonds, and cucumber slices.

Lamb Chops with Tsatsiki

4 lamb chops

Tsatsiki Sauce:

4 cloves garlic

32 oz plain yogurt strained or Greek yogurt

2T fresh chopped rosemary

1 small cucumber

1/2c white wine

2 cloves garlic, minced

Salt and pepper to taste

2t fresh mint, finely chopped

Salt and pepper to taste

If using yogurt, line colander with cheesecloth and drain off as much liquid as possible. Weigh down with plate to help release liquid. Place lamb in dish with cover. Add minced garlic, rosemary, wine, salt, and pepper. Place small cuts in meat to allow flavors to saturate meat. Refrigerate for at least 3-4 hours or overnight. After the yogurt is drained or immediately if using Greek-style yogurt, peel seed and grate the cucumber. Strain cucumber so as much liquid is removed as possible. Add cucumbers, mint, salt, pepper, and garlic to yogurt and mix. Refrigerate. Heat olive oil in cast iron pan. Remove lamb and sear, browning each side. Broil to approximately 5-6 minutes on each side or until desired doneness.

Herb Roasted Corn with Honey Lime Butter

Adapted from In Season	Honey Lime Butter
4-6 ears of corn with silk removed, keep husks on	1/2 c butter, melted
3T of mixed fresh herbs chopped (rosemary, thyme, sage, oregano, etc)	1/4 t lime zest
Salt and pepper to taste	2 T honey
	1/2 t chili powder
Combine herbs, salt, and pepper. Stir honey, chili powder, and lime zest into butter. Brush on corn. Sprinkle with herb mix. Roast in oven at 350 for 30 minutes in foil or grill.	