



**Winnepesaukee  
Woods Farm**

**Summer CSA 2017: Week 8**

*In your share this week:*

## Zucchini Noodles with Garlic Shrimp

Taken from [aseasyasapplepie.com](http://aseasyasapplepie.com) (Shared by CSA member Danielle!)

6 zucchini	1/2 t red chili flakes
1 lb shrimp, peeled and deveined	juice of a lemon
2 cloves garlic, minced	2 T olive oil
1 t paprika	salt and pepper to taste
	2 T parsley, chopped

using a spiral slicer, cut the zucchini into noodles and place them into a colander over a bowl or in the sink. Sprinkle the zucchini with salt and toss to combine. Let the zucchini sit for 15 minutes while the salt extracts the moisture. Meanwhile, combine garlic, paprika, chili flakes, lemon juice, and shrimp in a bowl and mix well. Heat the olive oil in a large skillet over medium high heat. When the pan is hot, add the shrimp and season with salt and pepper. Saute until the shrimp change color. Rinse the zucchini under running water to remove the salt and dry on paper towels. Add the zucchini noodles and parsley to the garlic shrimp, toss to coat and serve.

## Baked Fennel with Parmesan and Thyme

Adapted from Martha's Stewart

1 fennel bulb
1/2 T softened butter
1/8 c grated Parmesan
2 sprigs thyme

Preheat oven to 450 degrees. Trim the top and bottom from the fennel bulb and remove the cores. Boil fennel bulb, trimmed and split lengthwise, until tender, about 15 minutes. Drain fennel, cut side down, on paper towels, 5 minutes. Place fennel, cut side up, in a buttered 8-inch square baking dish and brush with 1 tablespoon softened butter. Season with coarse salt and ground pepper and top with 1/8 cup grated Parmesan and 2 sprigs thyme. Bake until cheese is golden brown, about 20 minutes. Serve with roasted chicken, pork, or fish

## 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
Sauté 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.	

## 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.	

## Beef Broccoli and Crisp Garlic Sauté

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
2T 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 sauté 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.	

## Tomato, Fennel, Caramelized Onion, and Parsley Pizza

Adapted from the Herb Lovers Recipe Book	For sauce:
1 fennel bulb	1T olive oil
1 onion, caramelized	1 onion finely chopped
3T olive oil	2 cloves garlic, minced

pizza dough of choice	1 pound chopped tomatoes, drained
2T fresh chopped parsley	1T tomato paste
1/3 c shredded mozzarella	1T mixed herbs (oregano, basil, thyme)
2/3 c Parmesan cheese	pinch of sugar
<p>To make sauce, heat oil in pan and fry garlic until softened. Add in tomatoes, paste, herbs, sugar, and seasoning. Simmer, stirring occasionally until the tomatoes have reduced and thickened. Preheat oven to 425. Trim and quarter the fennel bulb lengthwise. Remove the core and slice thinly. Heat oil in pan and saute for 4-5 minutes or until just tender. Brush sauce over dough. Spoon fennel and caramelized onion on top and scatter the parsley. Mix mozzarella and Parmesan and sprinkle on top. Bake 15-20 minutes or until crisp and golden.</p>	