

SLFarms CSA Week Three, 2022 Recipes

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Garlic Scape Dressing

Adapted from The Spruce Eats (www.thespruceeats.com)

Total time ~10 minutes

Serves 8

Originally posted by Tara in the group this week! This looks so good!

Ingredients:

2 garlic scapes, finely chopped
2 green onions (you've got plenty)
1 tsp honey
2 tsp Dijon mustard
¼ cup red wine vinegar
1 Tbs lemon juice
Dash of salt
1/8 tsp black pepper
½ cup EVOO

Directions:

Gather the ingredients. In a blender, combine the garlic scapes, onions, honey, mustard, red wine vinegar, lemon juice, salt, and pepper.

Blend until smooth. With the blender on low, slowly add the olive oil until well blended.

Enjoy! Store in the refrigerator for 5-7 days.

Homemade Ranch Dressing

Adapted from Cookie and Kate (www.cookieandkate.com)

Total time ~10 minutes

Makes 1 cup

Thank you Danielle for sharing! So many options with fresh herbs and garlic scapes!

Ingredients:

½ cup sour cream

¼ to ½ cup buttermilk, depending on your desired consistency

2 Tbs mayonnaise

1 Tbs minced fresh parsley

1 Tbs minced fresh cilantro or dill, or a combination of the two

1 Tbs minced fresh chives

1 garlic clove, pressed or minced

1 to 2 tsp fresh lemon juice, to taste

½ tsp fine salt

Freshly ground black pepper, to taste

Directions:

In a bowl, combine the sour cream, ¼ cup buttermilk, mayonnaise, fresh herbs, garlic, 1 teaspoon lemon juice, salt, and about 5 twists of black pepper. Whisk to combine.

Taste, and add up to ¼ cup more buttermilk if you desire a thinner, more drizzly consistency. Add up to 1 teaspoon more lemon juice if you would like more zing, and/or more pepper to kick it up a notch.

This dressing tastes great immediately and even better after a 10-minute rest. Use as desired, and store leftovers in the refrigerator, covered, for 5 to 7 days.

Cilantro Dressing

Adapted from Two Peas and Their Pod (www.twopeasandtheirpod.com)

This is a great dressing or a topping for tacos! Use up that fresh cilantro!

Ingredients:

1 bunch cilantro
½ cup plain whole milk yogurt
1 garlic clove
juice of 2 limes
1 tsp honey
½ tsp salt
¼ cup EVOO

Directions:

Add the cilantro, yogurt, garlic, lime juice, honey and salt into a food processor or blender. Put the lid on and blend.

With the motor running, slowly pour in the olive oil and blend until smooth. Stop and taste, adjust with a little more salt or honey as needed.

Pour the dressing into a glass jar with a tight fitting lid. The dressing will keep in the fridge for up to one week.

Avocado Mango Kale Salad

Adapted from Life and Health (www.lifeandhealth.org)

Total time ~15 minutes

Serves 4

Mango and kale are best friends! One of my favorite combos, just make sure you massage the kale.

Ingredients:

1 bunch kale

1 T EVOO

½ lemon, juiced

¼ tsp salt

2 T EVOO

1 T honey

1 large mango, peeled and diced into ½ inch cubes

1 large avocado, diced into ½ inch cubes

¼ cup roasted almonds, chopped

Directions:

Rinse and dry the kale leaves. Trim out the inner stems and discard. Slice the kale leaves into 1/4-inch thick ribbons and place in a large mixing bowl.

Add 1 tablespoon of the olive oil to the bowl with the kale, along with the lemon juicer and salt. Using your hands, squeeze and massage the kale for three minutes, until it has wilted considerably.

Stir in the remaining olive oil, lemon juice, and honey.

Gently fold in the diced mango, avocado, and chopped nuts.

Grilled Garlic Scapes with Sea Salt

Adapted from With Food and Love (www.withfoodandlove.com)

Total time ~15 minutes

Such an easy addition to your grilled dinner!

Ingredients:

1 pound garlic scapes

1 Tbs EVOO

sea salt to taste

black pepper to taste

Directions:

Heat the grill to a medium flame.

Wash and dry the garlic scapes. Trim the ends and leave whole. Massage the scapes with oil and sprinkle them with salt and pepper.

Toss them on the grill and brown both sides. They're done with they are soft on the inside and golden brown and bright green on the outside.

Serve the garlic scapes hot off the grill with salt if desired.

Kohlrabi Slaw

Adapted from Bon Appetit (www.bonappetit.com)

Total time ~ 25 minutes

Serves 4-6

Kohlrabi slaw is a favorite in our CSA group! It's such a great way to enjoy this crispy veggie! Make this ahead and let the flavors marinate overnight.

Ingredients:

6 cups kohlrabi -cut into matchsticks or grated in a food processor -about three x 4 inch bulbs (or you could substitute sliced fennel, apple, jicama, cucumber, or cabbage for part of the kohlrabi for more diversity)

½ cup chopped cilantro (one small bunch)

half of a jalapeno –minced

¼ cup chopped scallion

orange zest from one orange, and juice

lime zest from one lime, and juice

Dressing:

¼ cup olive oil

¼ cup fresh orange juice (juice from one orange)

1/8 cup lime juice plus 1 Tbs (juice from one large lime), more to taste

¼ cup honey

½ tsp kosher salt

1 Tbs rice wine vinegar

Directions:

Trim and peel kohlrabi. (I normally have to peel twice to get thru the thick skin). Cut off two ends. Cut in half from top to bottom. Thinly slice, rotate and slice again, making 1/4 inch matchsticks.

Place in large bowl with chopped cilantro, scallions, finely chopped jalapeño (1/2), lime zest and orange zest.

Whisk dressing together in a small bowl. Toss with salad. Refrigerate until serving. Garnish with zest and cilantro. This tastes good the next day too

Oven Roasted Carrots and Kale

Total time ~30 minutes

Serves 2-4

Ingredients:

½ lb carrots, sliced lengthwise, then cut on diagonal

5 ounces kale, washed, thick stems removed

1 Tbs EVOO

½ yellow or white onion (could use your tropea onions)

4 cloves garlic, crushed or minced

Salt and (optional) parmesan cheese to taste

Directions:

Preheat oven to 400 degrees.

Chop kale finely. Chop the onion.

Combine kale, carrots, onion, garlic and olive oil in a large bowl and use your hands to mix it well. Make sure all the kale gets massaged with oil.

Spread in a 13 x 9 baking dish and cook 20-25 minutes, stirring once halfway through. (The carrots should be tender and the kale wilted and brown in spots.) Sprinkle lightly with salt and parmesan if using, and enjoy.

Roasted Potato and Kohlrabi Salad

Adapted from Sweet Phi (www.sweetphi.com)

Prep time 10 minutes, Cook time 45 minutes

Serves 4

If you're new to kohlrabi and nervous about it, I would add some potatoes in. Introducing a new veggie with a common one sometimes makes it less scary! You can also sub in your scapes for the garlic!

Ingredients:

2 kohlrabi, peeled and cut into 1 inch pieces

2 lbs rainbow potatoes, halved

3 garlic cloves, thinly sliced

1 lemon (zested)

3 Tbs extra virgin olive oil

1 Tbs fresh parsley, minced

3 sprigs of fresh thyme, minced

1 sprig of fresh rosemary, minced

1 Tbs salt

½ tsp fresh ground pepper

Directions:

Preheat oven to 375.

In a large baking dish put cut kohlrabi and potatoes (if the potato halves are too big, simply cut them in half again.)

Sliver the garlic cloves (or you could press them) and distribute them over the potatoes and kohlrabi, then zest the lemon.

Now take the olive oil and pour it over the potatoes and kohlrabi (I like to do about three turns of the wrist - each turn is about a tablespoon.)

Sprinkle fresh herbs and salt and pepper over the content of the baking dish and then stir it around once or twice so that herbs and seasoning are evenly distributed throughout.

Bake for 25 minutes, remove from oven and stir the potatoes and kohlrabi, then bake again for another 20 minutes. Check for doneness - a fork should go into the potatoes easily.

Remove from oven and allow to cool for a few minutes before serving.

Ginger Garlic Soup with Bok Choy

Adapted from The Forked Spoon (www.theforkedspoon.com)

Total Time ~ 30 minutes

Serves 2-3

Normally I wouldn't have too many soups this time of year, but this year calls for some vegetable soups!

Ingredients:

1 Tbs olive oil
3 shallots, diced
1 bunch green onions, chopped, green and white divided
4 cloves garlic, minced
2 Tbs ginger fresh, minced
5 ½ cups chicken or vegetable broth
2 whole star anise
2 Tbs soy sauce (or coconut aminos)
10 oz crimini mushrooms, sliced
6 oz rice noodles
1 ½ heads bok choy, roughly chopped
sesame seeds for garnish
red pepper flakes for garnish

Directions:

Heat 1-2 tablespoons olive oil in a medium-sized stockpot over medium heat.

To the oil add the diced shallots and mix well. Cook over medium heat for 4-5 minutes, or until the shallots turn translucent and start to soften. Stir often.

Chop the end off of each green onion- dividing the white part from the green part. Chop and set aside the green part for topping. Meanwhile, finely chop the white part of each green onion.

Add the white part of the green onions, minced garlic, and ginger to the shallots and mix. Cook, stirring occasionally, for 1-2 minutes or until garlic and ginger is fragrant.

Carefully pour the chicken stock into the pot and bring to a simmer. To the pot add the star anise and soy sauce. Cover and continue to simmer for 10 minutes.

Remove lid from the pot and carefully remove and discard each star anise from the soup.

Add the sliced mushrooms, uncooked noodles, and bok choy to the pot and simmer for 5-8 minutes, or until noodles and bok choy are tender. Season to taste.

Divide soup between bowls and garnish with sesame seeds, the green parts of green onions and red pepper flakes (if desired).

Microwave Kale Chips

Adapted from All Recipes (www.allrecipes.com)

Total time ~20 minutes

Our farmers LOVE to enjoy kale this way!

Ingredients:

1 bunch kale, ribs trimmed away and discarded, leaves trimmed into two-inch pieces

1 Tbs EVOO

sea salt to taste

Directions:

Arrange kale pieces on microwave-safe plates so they do not overlap. Drizzle olive oil over the kale pieces; season with sea salt.

Cook each plateful of kale in microwave oven until crispy, 2 to 2 1/2 minutes per batch.

Kale, Potato and Carrot Curry

Adapted from Meatless Monday (www.meatlessmonday.com)

Serves 2-4

Great way to use a lot of veggies in a filling dish! It also uses a large of variety of spices, great for your palate and your health!

Ingredients:

1 Tbs coconut oil or EVOO
2 tsp ground coriander
1 tsp ground cumin
1 tsp ground turmeric
1 small onion, peeled and finely chopped
1 medium green chili pepper, deseeded, finely chopped (use less if you prefer less hot curry)
2 large garlic cloves, peeled and crushed
2 tsp finely chopped fresh ginger roots
4 carrots, peeled and diced (1 ½ cups of diced carrots)
2 cups peeled and diced potatoes
2 cups chopped kale (stems removed, leaves chopped)
1 cup coconut milk
2 cups water
salt and pepper

Directions:

In a wok or cooking pot over high heat, heat 1 tablespoon of coconut oil or olive oil. Stir in the ground coriander, cumin and turmeric, and cook for a few seconds, until fragrant.

Add the onion, chili pepper, garlic and ginger, and cook stirring often for 1-2 minutes.

Add the carrot, potato and kale, and cook for about 6-7 minutes stirring frequently, until the kale has wilted.

Cover with coconut milk and water, add salt and pepper, and stir well. Bring to a boil, reduce the heat to medium-high heat, and simmer covered for 30 minutes, until the potato is cooked through and tender.

Taste, and add more salt and pepper if needed. Remove from the heat, and let it stand for 5 minutes before serving.

Serve with naan bread or rice.

Bok Choy Salad with Sesame Soy Sauce

Adapted from Running to the Kitchen (www.runningtothekitchen.com)

Total time ~10 minutes

Serves 3-4

Don't feel like cooking? Try this great, easy salad!

Ingredients:

4 baby bok choy, washed and thinly sliced

1 carrot, thinly sliced or peeled

2 stalks of celery, thinly sliced

1 red pepper, thinly sliced

2 ½ Tbs EVOO

1 Tbs sesame oil

1 Tbs rice wine vinegar

1 tsp soy sauce

1 tsp agave (or honey)

salt & pepper

sesame seeds

Directions:

Combine all vegetables in a large bowl.

Whisk together dressing ingredients (olive oil through salt & pepper) and pour over vegetables.

Toss well to fully dress the salad.

Garnish with sesame seeds.

Fresh Red Currant Yogurt Cakes

Adapted from Crumb Blog (www.crumbblog.com)

Total time ~40 minutes

Serves 8

Let's have fun experimenting with red currants!

Ingredients:

½ cup plain whole-milk yogurt

1 cup sugar

3 large eggs

½ cup oil

1 ½ cups all-purpose flour

2 tsp baking powder

¼ tsp salt

1 Tbs grated lemon zest

1 cup fresh red currants

Directions:

Preheat oven to 350F. Lightly grease and flour the cups of a mini-loaf pan (or a jumbo muffin tin, if you prefer).

In a large bowl, whisk together yogurt, sugar, eggs and oil until smooth and well blended.

Add flour, baking powder, salt and lemon zest, and stir until the batter is smooth and silky. Pour into the prepared mini-loaf tin, dividing evenly between the cups. Scatter berries on top of the batter, using around 2 Tbs per loaf.

Bake in preheated oven for 25-30 minutes, or until the edges are pale gold and a toothpick comes out clean when inserted into the center of one loaf. (If using a muffin tin, you may need to add another 5 minutes of cooking time.)

Let cool on a rack for 20 minutes in the pan, then turn out and let cool completely before serving.

Red Currant Clafoutis

Adapted from A Cozy Kitchen (www.acozykitchen.com)

Total time ~55 minutes

Let's have fun experimenting with red currants! You could use ANY combination of berries for this.

Ingredients:

Cooking spray

½ cup all-purpose flour

1/3 cup white granulated sugar

2 Tbs brown sugar

¼ tsp salt

3 large eggs

¾ cup plus 1 Tbs, Milk of choice

½ cup fresh currants removed from their vines, plus more for garnish

Powdered Sugar for garnish

Directions:

Preheat the oven to 350F. Liberally grease a 9-inch round baking dish with cooking spray. Set aside.

In a large bowl, mix together the flour, white sugar, brown sugar and salt. Mix in the eggs and almond milk. Whisk until completely combined. The batter will have a few small lumps and be very thin. Allow to rest on the counter while pick off the currants from their vines.

Pour the batter into the baking dish. Sprinkle the currants on top, being sure to spread them out evenly. Bake for 40 to 45 minutes or until the edges are golden brown and the center is set and firm. The clafoutis will puff up slightly in the oven, but will deflate as it sits--not a big deal.

Garnish with a few more vines of fresh currants and dust the clafoutis with powdered sugar. Serve with whipped cream, ice cream or enjoy it all by itself.

Cherry Basil Lemonade Spritzers

Adapted from Cooking Light (www.cookinglight.com)

Serves 8

Love this one! So refreshing, make without vodka for an amazing mocktail!

Ingredients:

2 cups fresh sweet cherries, pitted and halved, divided

½ cup sugar

4 cups water, divided

6 basil sprigs

1 (1/2-in.) piece peeled fresh ginger, thinly sliced

2/3 cup fresh lemon juice

1 ½ cups vodka

3 cups chilled seltzer water

8 basil sprigs (for garnish)

Directions:

Combine 1 ½ cups cherries and sugar in a small saucepan; let stand 10 minutes or until juices have released, stirring occasionally. Place pan over medium-high. Add 1 cup water, 6 basil sprigs, and ginger to pan; bring to a boil.

Cook 10 minutes or until sugar dissolves and cherries have broken down. Remove pan from heat. Gently mash cherry mixture with a potato masher or a fork. Let stand 30 minutes at room temperature

Strain cherry mixture through a mesh sieve over a large pitcher; discard solids. Add remaining 3 cups water, lemon juice, and vodka to pitcher; stir gently to combine. Stir in remaining ½ cup fresh cherries.

Add seltzer water to pitcher just before serving. Pour about 1 cup cherry mixture into each of 8 ice-filled glasses.

Garnish each glass with a small basil sprig.