

CSA Farm Box Workshop

Recipes:

Seasonal Salad with Herb Vinaigrette

Basic Vegetable or Pureed Soup

Basic Pesto

Grain or Pasta Salad

Fruit Compote

Seasonal Fruit Crisp



Seasonal Salad with Herb Vinaigrette

serves 6-8 people

For the salad:

6 cups salad greens

2 cups chopped veggies (tomatoes, cucumber, avocado, squash)

For the herb vinaigrette:

2 tablespoons chopped herbs (basil, thyme, oregano, mint)

1 clove minced garlic and/or 1 tablespoon minced shallot

6 tablespoons vinegar and/or lemon or lime juice

1 tablespoon honey

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

1 teaspoon Dijon mustard

2/3 cup oil—extra virgin olive oil, grapeseed, or canola

— preparation —

For the salad:

Clean and dry the salad greens. Chop if necessary.

Toss greens with vegetables.

For the vinaigrette:

Place all ingredients in a blender. Blend until smooth.

Or Whisk together herbs, garlic or shallot, vinegar or citrus juice, honey, salt, pepper and Dijon until salt is dissolved. Whisk in olive oil in a stream

Toss the salad with the dressing. Taste and season with salt and pepper as needed.



Basic Vegetable Soup

Serves 8-10

2 tablespoons olive oil or butter

1 cup diced onion and/or 3 minced shallots and/or 3 sliced garlic cloves

½ teaspoon dried or 1 teaspoon fresh herbs (pick one: thyme, rosemary, dill, oregano, tarragon)

3 tablespoons chopped parsley (optional)

Approximately 3 cups diced hard vegetables (carrots, celery, potatoes, parsnips, celery root)

Approximately 3 cups diced soft vegetables or chopped greens (tomatoes, corn, green beans, spinach, kale)

Approximately 8 cups chicken or vegetable stock

Salt and freshly ground pepper

— preparation —

Heat a large pot over medium-high heat. Add the oil or butter to the pot. Add the onion, shallot, or garlic and the fresh or dried herbs. Add the hard vegetables and sauté for 5 minutes. Add the stock, bring to a boil and simmer for 10 minutes. Add the soft vegetables to the pot and continue simmering until all vegetables are tender. Season with salt and pepper.

Basic Pureed Soup

Serves 8 -10

2 tablespoons oil or butter

1 cup diced onion and/or 3 minced shallots and/or 3 sliced garlic cloves

1 teaspoon chopped fresh herbs (pick one: thyme, rosemary, dill, oregano, tarragon)

3 tablespoons chopped parsley (optional)

8 cups (peeled if necessary) diced vegetables (such as potatoes, carrots, celery, parsnips, celery root, broccoli, cauliflower)

Approximately 8 cups chicken or vegetable stock

½ cup cream (optional)

Salt and freshly ground black pepper

— preparation —

Heat a large pot over medium-high heat. Add the oil or butter. Add the onion, shallot, or garlic and the fresh herbs. Cook, stirring often, until the onions or shallots are tender. Add the vegetables and enough stock to just cover the vegetables by no more than 1 inch. Cover and bring to a boil. Reduce heat and simmer, covered, until vegetables are very tender. Remove from the heat and puree using a stick blender OR by pureeing small batches in a blender. Place the pureed soup over medium heat and add the cream. Stir and taste--season with salt and pepper as needed. Remove from heat and serve.



Basic Pesto

Makes 1 ½ cups

2 cups fresh leafy herbs (such as parsley, basil, arugula, spinach - can also use blanched, heartier greens such as kale, collard greens, chard)

2 garlic cloves

1 lemon or orange, zested (optional)

1/2 cup toasted nuts (such as almonds, pine nuts, walnuts, pecans, hazelnuts – Optional)

1/2 cup grated Parmesan (optional)

red chili flakes (optional)

salt and pepper

olive oil, as needed

— preparation —

In a food processor, combine the herbs/greens, garlic, zest, nuts, Parmesan and red chili flakes, as desired. Process until well-chopped.

Add olive oil while the machine is running until the mixture forms a smooth paste.

Add salt and pepper to taste.

Toss with grains or pasta to serve, or as a sauce for grilled vegetables, meats, or fish.



Grain or Pasta Salad

serves 6

5 cups cooked grains (such as couscous, barley, rice) or pasta (any size/type), cooled slightly
5 tablespoons Vinaigrette or Pesto
1 – 1 ½ cups roasted or blanched vegetables (peppers, zucchini, green beans, winter squash)
½ cup chopped leafy herbs (such as basil, parsley, or spinach - optional)
1 cup crumbled or grated cheese (such as feta, parmesan, blue - optional)
½ cup toasted nuts (such as almonds, pine nuts, walnuts, pecans, hazelnuts - optional)
Salt and freshly ground black pepper

— preparation —

Toss room-temperature grains or pasta with vinaigrette or pesto and roasted or blanched vegetables.

Add herbs, cheese, and nuts as desired. Taste and season with salt and pepper.

Let salad sit at least 15 minutes before serving.



Fruit Compote

Makes 3 cups

4 cups diced, peeled fruit (such as apples, pears, pineapple)

2 tablespoons citrus juice or vinegar

1/2 teaspoon spice (optional)

1/4 – 1/2 cup white or brown sugar, or honey, to taste

pinch salt

— preparation —

Combine all of the ingredients in a medium pot with $\frac{1}{4}$ cup water. Place over medium-high heat. Once bubbling, reduce heat and cook for 20 minutes or until fruit is very soft--add more water while cooking as needed to keep a little moisture in the pan and avoid burning. Check for desired sweetness, remove from heat and let cool slightly.

Serving suggestions:

- On yogurt for breakfast
- Serve over ice cream
- As a dessert sauce over pound cake



Fruit Crisp

makes 1 – 9x13 pan (8 – 12 servings)

For the filling:

8 cups peeled, diced or sliced fruit or berries

½ cup flour

½ cup brown or white sugar

juice of 1 lemon or 1 orange

zest of 1 lemon or 1 orange

1 teaspoon vanilla and/or cinnamon and/or 1/4 teaspoon almond extract

For the topping:

1 cup chopped walnuts, pecans, almonds, or hazelnuts

½ cup flour

1 cup brown or white sugar

½ teaspoon cinnamon (optional)

1 ½ cup rolled oats

1 stick unsalted butter, cold, cut into small pieces

½ teaspoon salt

— preparation —

Preheat oven to 400 degrees.

For the filling:

Toss together the filling ingredients until fruit is evenly coated. Place into a buttered 9x13 baking dish.

For the topping:

In a medium bowl, combine the topping ingredients – use your fingers to work in the cold butter, creating a crumbly mixture. Be sure all ingredients are well combined. Sprinkle topping all over fruit mixture and bake for 30 – 45 minutes or until top is golden brown and fruit is bubbling (if topping begins to brown too soon, cover with foil and lower heat to 375 degrees). Remove from oven and let rest for at least 20 minutes.

Serve warm crumble with whipped cream, ice cream, or crème fraiche.