

Fry Family Farm

CSA Newsletter

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Citrus Poppy Seed Vinaigrette *by Bobby Flay*

This dressing is great on our salad greens or chunks of fruit!

3 T. Fresh Lime juice, 3 T. Fresh orange juice, 2 T Grapefruit juice
1 t. Dijon mustard, 1 t. Mayo, 1 t. honey
1/3 cup plus 1 T. Canola Oil
1 1/2 t. poppy seeds, salt & Fresh Pepper

In a bowl, whisk the fruit juices with the mustard, mayo, and honey. Slowly whisk in the oil till the dressing is creamy. Stir in the poppy seeds, season with salt and pepper, and serve.

KALE CHIPS

Talk about easy, and healthy, kale chips are so good, and so versatile. You can make them your own so easily! Chop any kind of kale into bite sized pieces and toss with olive oil and one of the following toppings:

Brewers yeast, parmesan cheese and black pepper, curry, tamari or soy sauce, garlic powder and parmesan. Try anything! Just about any savory topping would enhance the kale. Even try a sweeter version like a cinnamon maple syrup or honey.

Then arrange single layer on a baking sheet and bake at 400 until crispy. Remove, cool, and store in sealed containers. ENJOY!

Baked Broccoli Salad

Chop broccoli into bite sized pieces. Toss with beaten egg and then roll in grated parmesan. Bake in a 350 oven until lightly golden brown. Top your favorite salad with these crunchy goodies, they are DELICIOUS! Also try squeezing a fresh lemon on them after they are baked. So GOOD and so healthy!

IN YOUR BOX:

Partial Share:

Salad Mix
Lettuce
Basil
Red Kale
Broccoli
Leeks
Strawberries
Summer Squash
Savoy Cabbage
Flowers:
Carnations with
Variegated Willow

Full Share

Salad Mix
Lettuce
Red Kale
Basil
Broccoli
Strawberries
Summer Squash
Leeks
Savoy Cabbage
Japanese Eggplant
Flowers:
Carnations with
Variegated Willow

Remember that the life of a cut flower can be greatly extended by applying a few practices:

1. Re-cut the stems every couple days
2. Change the water every couple days.
3. ALWAYS use a CLEAN vase and tepid water!

Spicy Stir Fry with Pesto Pasta

I whipped this up last night in like 20 minutes. Super easy, and according to some pretty discriminating palates we know, also delicious.

- Set water on to boil for pasta.
- Make Pesto in food processor: (Basil, garlic and nuts first, then add olive oil and parmesan, then salt & pepper to taste). Set aside.
- Cut zucchini in quarters lengthwise, then dice into very thin pieces.
- Rough cut several cloves of garlic.
- Heat cast iron skillet with olive oil on medium high heat and stir fry zucchini and garlic with a generous splash of sri racha (rooster sauce). PS-If you don't know what this is, yet you like spicy food, you've got to get some. I use this in everything. It can be found at regular grocery stores in the ethnic section-red bottle, green top.
- When the zucchini seems almost done, turn the heat down to low-medium, add several pats of butter and toss in some diced mushrooms. I used Matsutaki, from the mushroom guy at market, but any shroom will do. Cook this for just a few minutes, and then turn off and set aside.
- Cook pasta. Rinse in cool water, then mix with your fresh pesto until well blended.
- Top with stir fried veggies. Enjoy!
- Variations: Add Leeks in the beginning with zucchini. Add broccoli in the beginning.

Savoy Cabbage

Despite its rugged appearance, Savoy cabbage is actually very tender and sweet. Best of all, it cooks quickly and easily and it doesn't have the sulfur odor so distinctive in other cabbage; just don't over cook it. Savoy cabbage is named for the Savoy region, a medieval duchy on the border of Italy, France and Switzerland.

Savoy cabbage is high in vitamin K, vitamin C and fiber. It's also a very good source of fiber, manganese, Folate, vitamin B6, potassium, and omega-3 fatty acids. Because it is so tender, don't shy away from using it in salads. Just use salt and a vinegar or lemony dressing to help it wilt.

The sweetness of Savoy cabbage makes it a wonderful foil for rich and salty foods like duck confit, bacon or sausages. But because it is naturally mild and sweet, it is equally delicious as a bed for mild white fish or seafood. It can be cooked or used raw. It can be braised, roasted or boiled, and it's very easy to sauté it in butter, olive oil or bacon fat. It can be used in preserved recipes like Kim chi or sauerkraut.

Some ideas:

- Wrap fish in the leaves and steam
- Combine with sugar peas and a creamy dressing for a nice slaw.
- Sauté it with boiled potatoes, garlic and onions.
- Shred it with carrots, onions, garlic and sauté to make egg rolls!
- Stuff the leaves with rice or potatoes and ground meat and bake.