

Contents

About the CSA..... 6
Vegetable Guide..... 8

RECIPES

Breakfast & Brunch 36
Appetizers..... 54
Salads..... 66
Soups & Stews..... 80
Sides & Sauces..... 94
The Main Course..... 112
Desserts 140
Pickles & Preserves..... 152

Conversion Guide..... 164
Cooking Terms..... 165





Vegetables



A COOK'S GUIDE

Arugula **WHAT IS IT?** Arugula is a leaf vegetable that has as many names as it does uses. Owing to its Mediterranean heritage, in Italy, arugula is known as rucola, rugula, rughetta or rucetta; in France, it is called roquette; in Greece, rokka; in Portugal, rucula; and in Spain, oruga. And, when in the UK, you'll hear arugula referred to as "rocket."

Storage: Arugula is best stored wrapped in a paper towel within a plastic bag in your refrigerator's crisper drawer. If eating fresh, use within 3 days, but it will last up to 1 week if being used in a cooked dish.

Prep: Cut off root and stem ends. Dunk leaves in a bowl of clean water, swish gently, drain, and pat dry with a towel. Small leaves can be used as is, but larger leaves should usually be torn or cut before using.



Usage suggestions: Arugula has a bright flavor with a peppery bite. This flavor adds a fresh taste to salads when used either on its own or when mixed with other greens. When lightly wilted in a sauté pan, its flavor mellows, and it makes a delicious addition to pasta dishes or a potato salad dressed with oil and vinegar. And, don't forget about making arugula pesto—a great way to use up arugula that has passed its peak.

Asparagus **WHAT IS IT?** For many of us, nothing signals the onset of spring like the presence of fresh asparagus at the farmer's market. High in fiber, folic acid, and potassium, asparagus has been cultivated and eaten since the time of the ancient Egyptians.

Storage: Wrap the bottom of the asparagus stems in a damp paper towel and place in a plastic bag. It will keep for 2 to 4 days in the crisper drawer of your refrigerator.

Prep: Rinse in clean water and pat dry. Hold each stalk about $\frac{3}{4}$ from the bottom and bend; the woody part that you'll want to discard will snap right off. Asparagus can be prepared whole or cut into smaller pieces, depending on the dish.

Usage suggestions: The easiest and most classic way to prepare asparagus is to steam and serve it with salt and butter. Place in a steamer basket resting over a pot of simmering water. Cover and steam for 3-5 minutes, or until stems have turned bright green. They should still have a snap to them when bitten; if the asparagus feels rubbery, that means it's been overcooked. Other preparations include cutting asparagus into 1-inch pieces and sautéing or grilling whole. And, asparagus also tastes great pickled!

Basil **WHAT IS IT?** Basil is a tender aromatic herb most often used fresh. Native to India, it is used abundantly in Mediterranean and Southeast Asian cooking. Of the nearly 60 varieties of basil, the most common variety available in the United States is sweet basil. This type of basil can be distinguished from the Thai or Holy basil used in the cuisines of Thailand, Laos, and Vietnam by its more mild anise-like flavor.

Storage: Basil is best stored in the refrigerator wrapped in a damp paper towel. It can also be puréed with oil, as in pesto, for longer storage. Freeze basil whole, chopped, or in an ice cube tray with water or stock for use in soups and stews.

Prep: Choose fragrant bunches and pick the leaves from the stems. Reserve stems for use in flavoring soups and stews.



Usage suggestions: Due to its delicate nature, basil is most often used raw or added at the end of the cooking process. It pairs extremely well with tomato, garlic, onion, cheeses, pork, chicken, fish, and seafood. Basil is often puréed with oil, Parmesan cheese, and pine nuts to make pesto. Toss pesto with pasta, swirl it into soups, or use it to flavor grilled meat and fish. Infuse basil in oil and mix with fresh lemon juice for a bright summery salad dressing.

Beets **WHAT ARE THEY?**

Beets (also known as beetroot) are a root vegetable whose greens can also be eaten. Sweet and tender when cooked, beets are high in fiber, vitamin C, and antioxidants, making them a true nutritional powerhouse. You can find beets in many different varieties and colors: traditional red beets, baby beets, golden beets, or Chioggia beets (these have gorgeous striped flesh).



Storage: Beets are rather hardy and will last for many weeks, up to a month. Store them in a cool, dry place, or in the crisper drawer of your refrigerator. Beet greens can be eaten as well, but should be stored separately.



ARUGULA PIZZA WITH
CARMELIZED ONIONS, PAGE 124



The main course

A meal needs a centerpiece, a satiating culmination of taste and texture. Whether it's comfort food you crave, or simply an epicurean escapade you desire, these recipes run the gamut. Many of our chefs have been influenced by different cuisines of the world, infusing local ingredients with the tastes of Korea, Mexico, India, Italy, Thailand, Indonesia, and beyond.

ARUGULA PIZZA

WITH CARAMELIZED ONIONS

I was first introduced to a version of this pizza a few years ago when I worked at Fazio's, an Italian restaurant in Hyannis, Massachusetts. Since then, I've tweaked and refined the recipe a few times until I found my own personal version. This is always a dazzler at dinner parties.

-Anathea Chartrand

Olive oil

- 1 **tablespoon butter**
- 1 **onion, thinly sliced**
- ¼ **cup water**
- 1 **tablespoon brown sugar**
- 1 **tablespoon balsamic vinegar, plus more for dressing the salad**

Salt and pepper

Pizza dough, enough for 1 15-inch pie (about 1 pound)

- 1-2 **tablespoons coarse cornmeal**
- 1 **clove garlic, minced**
- 1 **densely packed cup mixed grated cheese (such as mozzarella, Asiago, and Parmesan)**
- 1 **bunch fresh arugula, stemmed and well rinsed**
- 1 **vine-ripened tomato, chopped**

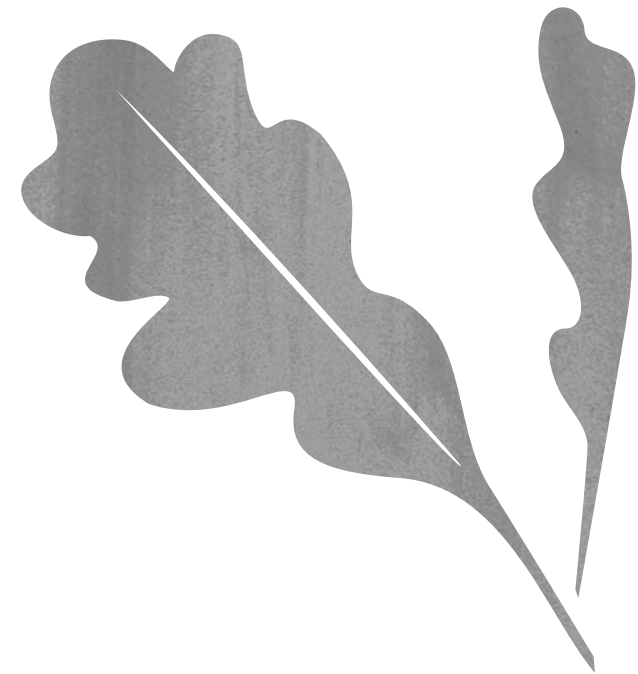
Preheat the oven to 450°.

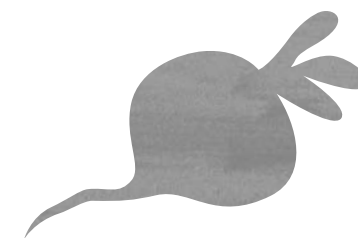
To prepare the caramelized onions: Heat 2 tablespoons of the olive oil and the butter in a large skillet over moderate heat. When the butter melts, place the onion in the skillet, separating the rings from one another and coating evenly. Decrease the heat to low and sauté the onions for 10 minutes, tossing periodically to prevent burning. Sprinkle the brown sugar in the pan, pour in the water, stir to evenly coat the onions, and continue cooking for 3 to 5 minutes, until the liquid is nearly reduced. Add the balsamic, stir to evenly coat, and continue cooking for 3 to 5 more minutes, until the liquid is nearly reduced. Season to taste with salt and pepper.

To prepare the pizza: Sprinkle a thin even layer of cornmeal on a 15-inch pizza pan or stone. Place the dough on the pan, stretching it out so that it reaches just a bit over the sides (or to the edge if using a pizza stone). Brush a layer of olive oil on the dough, sprinkle with the garlic, and then top with the cheese. Scatter the caramelized onions over the cheese in an even layer. Bake in the oven for 10 minutes, until the cheese is melted and bubbling and the dough is golden brown.

Meanwhile, to prepare the salad: In a small bowl, whisk together one-part olive oil with two-parts balsamic vinegar. Then, in a large bowl, toss the arugula and the tomato. Pour the dressing over the salad, tossing to evenly coat.

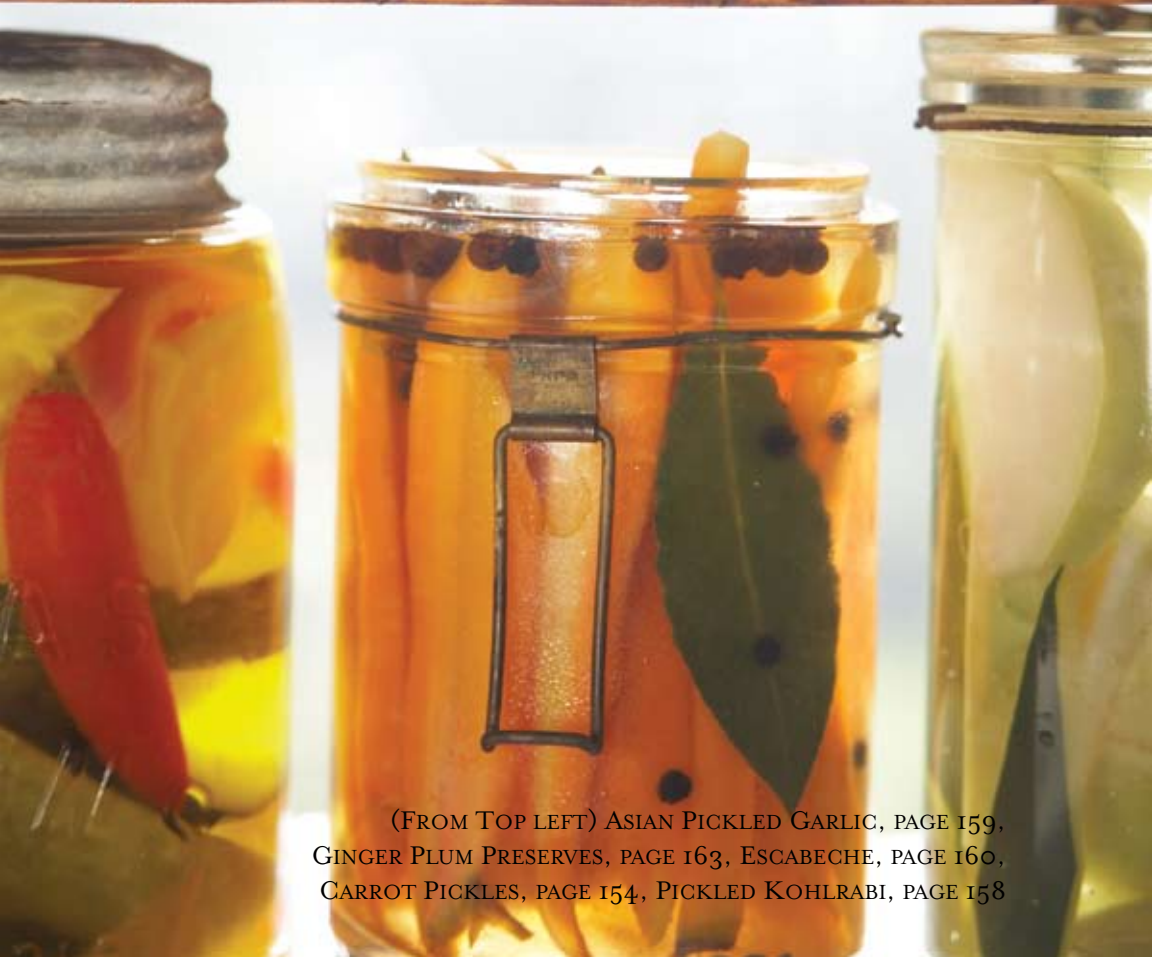
Remove the pizza from the oven, allow to cool for a couple of minutes, slice, and transfer to a serving platter. Top the platter of pizza with the salad and make sure that every bite includes a little bit of all flavors. The combination is a taste sensation.





Sweet and sour

Perhaps you've got more fruits and vegetables than you can possibly eat before they pass their prime. There is no better reason to get out the canning jars and make some pickles or preserves. Before grocery stores became an unwavering source of year-round produce, farmers used home canning as a way to get their vitamins and minerals all year long, even after the growing season had ended.



(FROM TOP LEFT) ASIAN PICKLED GARLIC, PAGE 159,
GINGER PLUM PRESERVES, PAGE 163, ESCABECHE, PAGE 160,
CARROT PICKLES, PAGE 154, PICKLED KOHLRABI, PAGE 158

PICKLED KOHLRABI V

-Natasha Davis

- 2-3 large carrots, peeled and sliced into ¼-inch sticks**
- 2-3 kohlrabi, peeled and sliced into ¼-inch sticks**
- 2 cloves garlic**
- 1 bay leaf**
- 4-5 sprigs fresh dill weed**
- ¾ cup white vinegar**
- 1¼ cups water**
- 3 tablespoons refined sugar**
- 1 teaspoon mustard seed**
- ½ teaspoon dill seed**
- 1 teaspoon salt**
- 1 dried chili pepper**

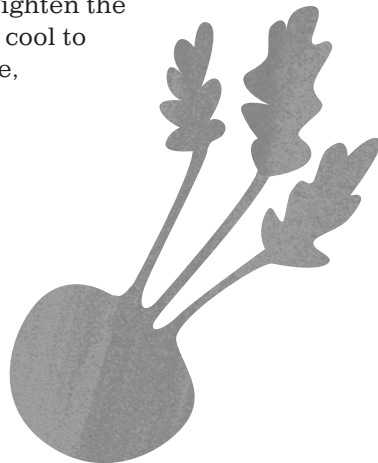
In a large saucepan, parboil the carrots for 3 minutes. Remove the saucepan from the heat, and allow the carrots to cool. Pack the carrots, kohlrabi, garlic, bay leaf, and dill weed into a clean 1-quart mason jar. Set aside

In a large saucepan, combine the vinegar, water, sugar, mustard seed, dill seed, salt, and chili pepper. Bring the mixture to a boil, stirring until the sugar dissolves. Pour the hot liquid over the contents in the mason jar, filling to the top. Make sure the seeds and chili pepper fit into the jar even if you have extra liquid. Tighten the jar and invert to help seal. When the jar is cool to the touch, place it in the refrigerator. Store, undisturbed, for a few days to allow the flavors to combine.

Enjoy!

Yield: 1 quart

Preparation Time: 15 minutes active time, plus several days pickling time



ASIAN PICKLED GARLIC V

Pickling garlic replaces their bite with a subtle sweetness. Serve this crunchy condiment alongside curries, sautéed vegetables, or grilled meats. -Kate Bryant

- 12–15 bulbs garlic**
- White vinegar**
- 2½ cups tamari or soy sauce**
- 2 cups water**
- ½ cup sugar**
- 3 jalapeño peppers, quartered and seeded**
- Toasted sesame seeds, for garnish**

Note that this recipe requires a 1-gallon jar.

Remove only the papery outer layer of the garlic, allowing the bulbs to remain intact. Fill the gallon jar with garlic and top with enough vinegar to completely cover the garlic. Use a weight to ensure that the garlic remains submerged. Store, covered, for 10 days.

After 10 days, prepare the marinade: In a large saucepan, combine the tamari or soy sauce, water, sugar, and jalapeños. Bring to a boil, remove from the heat, and allow the marinade to cool to room temperature.

Meanwhile, completely drain the vinegar from garlic. When the marinade has cooled, pour it into the jar with the garlic. Again, weight garlic and cover. Store the jar, undisturbed, in a cool, dry place for 1 month. Sprinkle with toasted sesame seeds when ready to serve. Pickled garlic can be stored in the refrigerator for up to 1 year.

<i>Appetizers</i>	Apple Pear Pie.....146
Avocado & Baby Chive Appetizer.....56	Basic Shortcake for All Summer Fruit147
Black Rice & Swiss Chard Dolmas58	Carrot Cinnamon Cupcakes145
Irresistible Vegetable Dumplings60	Gingery Rhubarb Bars148
Mexican Tomato & Corn Salad with Jalapeño Crème Fraîche Dressing.....62	Strawberry Rhubarb Ice Cream150
Red Hot Homemade Salsa64	Strawberry Rhubarb Pie.....144
Spicy Bruschetta65	Strawberry Sorbet.....151
Zucchini or Summer Squash Fritters.....63	Summer Fruit Perfect149
Zucchi Rolls.....57	
<i>Breakfast & Brunch</i>	<i>The Main Course</i>
Amazin' Basil Lemonade.....51	Arugula Pizza with Caramelized Onions124
Avante-Garde Breakfast Salad38	Asparagus Gruyère Tart.....128
Baked Eggs in Pita Cups.....42	Asparagus-Leek Quinoasotto with Parmesan & Roasted Red Peppers.....114
Basic Quiche40	Beetroot Fettucini with Roquefort-Beet Sauce120
Blueberry Muffins49	Bibimbap.....138
Butternut Squash Bread.....46	Citrus Beet Quesadilla.....131
Earthy Delight Quiche41	Cheesy Kale, Quinoa, & Black Bean Burritos.....136
Everything But the Worm Smoothie.....39	Chicken Pepiada.....137
My Mom's Rhubarb Coffee Cake.....48	Chickpea & Zucchini Curry.....134
Oatmeal Pancakes with Walnut Butter.....50	Green Khichri.....132
Poached on Toast44	Pasta with Swiss Chard & Mushrooms.....123
Seitan, Zucchini, and Eggs (Oh, My!).....43	Simple Veggie Tagine.....135
Vermont Maple & Apple Oatmeal.....52	Simply Fabulous Tomato Pie.....126
Zucchini Bread45	Spaghetti Squash over Whole-Wheat Spaghetti with Creamy Puttanesca Sauce.....118
	Sweet Beet & Goat Cheese Pita-dilla.....119
<i>Desserts</i>	Vegetarian Summer Vegetable Moussaka.....116
Alex's Favorite Fig Balsamic Strawberry Pie.....142	Zucchini & Caramelized Kohlrabi Quesadillas.....130

<i>Pickles & Preserves</i>	Corn Pudding.....99
Asian Pickled Garlic159	Devilish Eggs103
Carrot Pickles.....154	DIY Mayonnaise137
Divine Brine for Ramps, Scallions, or Onions.....157	Easy Breezy Pesto109
Escabeche (Spicy Pickled Vegetables)160	Easy Red Sauce.....107
Ginger-Plum Preserves163	Easy Summertime Succotash.....97
My Mom's Dilly Beans155	Enid's Sweet & Hot Collard Greens.....104
Pickled Kohlrabi.....158	Pea Shoot, Cilantro, & Pistachio Pesto.....108
Super Easy Refrigerator Rice Vinegar Pickles156	Ratatouille102
Sweet & Sour Tomato Jam162	Roasted Garlic Marinade.....111
	Tahini Eggplant105
<i>Salads</i>	Vegetables with Miso Sauce.....106
Apple Flower Salad69	Whipped Apple-Maple Infused Butternut Squash101
Beet Salad with Walnuts and Goat Cheese.....75	
Chilled Two-Ways Chinese Cabbage Glass Noodle Salad with Shrimp.....70	<i>Soups & Stews</i>
Cool Corn & Black Bean Salad.....74	14 Carrot Soup.....82
Crunchy Kasbah Zucchini Salad73	Dieter's Dream Asian Style Soup with Chinese Greens83
Grilled Corn & Asparagus Salad68	Butternut Squash Soup.....84
Kohlrabi & Fennel Salad.....76	Cool as a Cucumber Soup.....85
Kohlrabi and Red Onion Slaw with Sesame Dressing.....72	Curried Summer Squash & Apple Soup86
Raw Beet Salad.....77	Exquisite Tomato Soup.....93
Simple Summer Harvest Salad....76	Golden Gazpacho89
Spicy Cole Slaw71	I Need To Use Up Last Week's Veggies Before Tomorrow Soup...90
Verdolagas Salad with Chipotle Vinaigrette.....78	Simple Summer Squash Soup.....92
	Spicy Chilled Tomato, Corn, & Herb Soup91
	Sunday Market Soup.....88
<i>Sides & Sauces</i>	
Addictive Zucchini.....96	••• SIDEBARS •••
Baked Stuffed Love98	Chowhounds133
B & B Squash100	Home Composting.....53
Cherry-Strawberry Toasted Peppercorn Sauce110	Preserving Summer's Bounty.....161