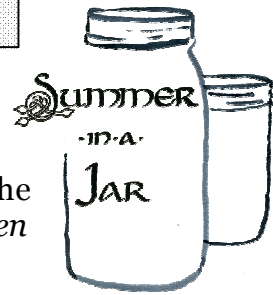


Jubilee Farm Summer Session Week 2

Never fear, even in cold weather the NW produces tasty, nutritious greens. Be patient, the weather will warm and you'll soon be awash in green! Your body awaits in eager anticipation. Some weeks you might wonder what to do with the bounty. Using different cooking methods gives breadth to *green* possibilities; roasted, braised, eaten fresh, macerated in lemon juice, cooked in soup or baked in a casserole.



Terrie from **Summer in a Jar**
www.summerinajar.com

CSA Success Tips

- Involve other family members in preparation and cooking.
- Sort through your box as soon as you receive it.
- Prioritize the veggies by perishability and your calendar.
- Wash & prep the greens and other veggies so they're ready for quick use.

The time you spend unpacking and sorting your CSA box replaces trips to the grocery store, reduces the temptation to serve processed, ready-made grocery store food and lowers your carbon footprint. Plan on using the tender leafy radish tops first.

Real food-fast: Put on a pot of rice or lentils, braise greens and cut up some fruit for dessert. Top the lentils/rice with braised greens, a bit of left over chicken or meat, a crumble of feta cheese and a drizzle of *balsamic syrup*.

Braising Greens

This recipe is based on 2 lbs of greens

Chop the washed greens in a chiffonade style.

Place this pile of greens in a big bowl until ready to cook.

In a large pan sauté:

- 1/4 cup olive oil
 - 4 toes of garlic-minced
 - 1 onion finely diced
- Sauté until the onions are soft.

Radish Salad from Deborah Madison's wonderful cookbook, Local Flavors (A great resource for new members of the Jubilee Farm CSA family)

2 bunches of radishes-thinly sliced
Chiffonade 1 cup tender radish tops
2 Tbs chives-thinly sliced
Toss with:
2 Tbs good olive oil
Top with
4 oz shaved Reggiano or your favorite cheese & salt & pepper to taste.

- Add the pile of greens on top of the sautéed onion mixture.
- Place a cover over the greens. These will cook down quite a bit so the lid might not fit at first.
- After 3 minutes uncover the greens and use two cooking spoons gently turn the greens and mix them up with the onion-olive oil mixture.
- Cover for 4 more minutes and check to see if done. (This will depend on the type of greens in the braising mix)
- You might need to add 1/4 cup of water to finish cooking.

Enjoy your braised greens with a splash of your favorite vinegar or stir into a nearly finished risotto. They're also a key ingredient in the egg dish listed on the back.

So many greens, so little time...once the sun shows up!

Some weeks can just get away from you. Here are a couple of thoughts to relieve a bit of the pressure:

- Share your extra veggies with a friend or neighbor.
- Quickly start a soup, either with homemade stock or from the store. Bring stock to a boil, add chopped greens and other appropriate veggies. Cook 5 minutes, cool and freeze.
- When life slows down a bit you can pull out your soup starter.

Balsamic Syrup

Buy a large bottle of medium grade balsamic vinegar. (Check the ingredient list: If it has added sugar it's flavored vinegar not real balsamic and this method won't work.) I use a bottle of Costco Kirkland brand balsamic vinegar.

- Pour the entire bottle into a non-reactive heavy bottomed pot.
- Bring to a boil, turn down and simmer until it resembles a thin syrup. Be careful not to cook it too long or the syrup won't pour.
- Drizzle over home baked pizza, focaccia, greens of any kind and soups.

Ecumenical Eggs

Preheat oven to 350 degrees

First: Braise 2 bunches of greens. (see braising instructions)

In a large bowl:

Crack open 1 dozen eggs

Use a wire whip to mix the eggs

Add:

1 pint of cottage cheese-We like Nancy's Cultured Cottage Cheese.

2 cups of shredded cheese. (In our home gruyere is a favorite but pepper jack adds spice.)

1 pinch of nutmeg

1/2 tsp black pepper

1/4 cup white flour (If you're gluten intolerant, use gluten free flour.)

Stir the mixture together.

When the *braised greens* are cooled add them to the egg-cheese mixture.

Pour into a greased 9x13 pan

Bake for 45 minutes at 350 degrees, or until done. Check with a toothpick.

If it comes out clean in the center of the casserole it's done.

Let it rest for 5-10 minutes before serving.

Perfect for a summer supper with a green salad and a piece of good bread.

Need lunch on the go? Cook the night before and store in the refrigerator overnight.

The next morning cut it into squares, just the right size for lunch. You can eat it with your fingers when it's cold. Remember it includes eggs, so keep it cool.

Note: We use this recipe at KidsCook, a newly formed non-profit, and the 5th graders love it. For some, this is their first encounter with cooked greens.

KidsCook—Developing young leadership to change the way America eats.

For information about KidsCook: www.summerinajar.com