

Gamble Creek Farm

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Curried Kohlrabi and Bok Choy

2 tablespoons oil
 2 kohlrabi, topped, peeled and chopped fine or grated
 1 cup bok choy, chopped
 1 bunch scallions
 1 tart apple (such as a MacIntosh), cored and chopped
 2-3 teaspoons curry powder
 1 teaspoon salt
 lemon wedges

Heat oil in a large skillet. Add kohlrabi and onions. After 4 minutes, add bok choy, apple, curry powder and salt. Cook until tender, roughly 3 minutes. Squeeze a fresh lemon wedge over dish before serving. Serve hot with additional wedges.

adapted from Curried Turnips recipe in Vegetarian Times Complete Cookbook.

Spinach and Leek White Bean Soup

2 teaspoons olive oil
 4 leeks, bulb only, chopped
 2 cloves garlic, chopped
 2 (16 ounce) cans fat-free chicken

broth
 2 (16 ounce) cans cannellini beans, rinsed and drained
 2 bay leaves
 2 teaspoons ground cumin
 1/2 cup whole wheat couscous
 2 cups packed fresh spinach
 salt and pepper to taste

Heat olive oil in a large saucepan or soup pot over medium heat. Add the leeks and garlic; sauté until tender, about 5 minutes. Stir in the chicken broth, cannellini beans, bay leaves and cumin. Bring to a boil, then reduce the heat to low, and stir in the couscous. Cover, and simmer for 5 minutes. Stir in spinach and season with salt and pepper. Serve immediately.

Courtesy of allrecipes.com

Tomato Sauce and Eggplant and Spinach

2 Tbsp olive oil
 1/2 onion- chopped
 4 cloves of Garlic-minced
 1 tsp dried oregano
 1 tsp red pepper flakes (optional)
 1 tsp sugar
 Sea salt and cracked black pepper to taste
 1/2 of a medium to large eggplant (@ two cups)
 1 cup of frozen spinach- thawed and drained
 1/2 cup red wine
 1-15 oz can of diced tomatoes
 @ 3 Tbsp chopped fresh basil
 grated parmesan cheese to taste

Cooked Pasta (gluten-free)
 Wash the eggplant, discard the top and bottom. Lay it on it's side and slice it in about 1/2 inch round pieces
 Sprinkle all of the pieces liberally with salt on both sides, and drain for about 1/2 hour standing up, leaning against the sides of a colander

Using a paper towel, dab away the moisture and salt from the eggplant slices

Chop the eggplant into bite-sized (@1/2") cubes

Heat a frying pan with the olive oil to medium high

Add the onion, saute until translucent, then add the garlic, cook for another minute or two

Next add the oregano, salt and pepper, and red pepper flakes (optional), mixing all together well

Add in the chopped eggplant, stirring frequently to coat the pieces with the spices and olive oil

Next add the spinach, mixing it in well
 Add the red wine, tomatoes and sugar, stir and bring to a boil

Once boiling reduce heat to simmer and cook, uncovered for 20 minutes, stirring occasionally

Serve over cooked pasta, sprinkle with the fresh basil and grated parmesan cheese, and enjoy!

Courtesy of goodwithoutgluten.blogspot.com

In This Share*

Bok Choy	Eggplant
Strawberries	Lettuce
Kohlrabi	Poblano Peppers
Spinach	Herbs or Scallions
Leeks	

Visit us online at www.GambleCreekFarm.org

*Produce in the share may change according to the availability that day