

Gamble Creek Farm

At the Center for Integrated Agriculture

CSA Newsletter Vol 1 No 18

May 27th & 30th

Recipes and Ideas

*In this Share**

Beans
Peppers
Eggplants
Leeks
Tomatoes
Swiss chard

Announcement

Sale of next season's shares

This week we sent out an email detailing next season's shares and what you can expect. Additionally, in that email was a link to sign up - please sign up early. We have a very long waitlist and expect the shares to sell out! You can also look on the website for all the information on next year's shares.

Tracy Chang's Stirry Fry Pork & Beans

Thanks to Jennifer for this wonderful recipe!

Fresh string or wax beans
4 ounces pork tenderloin
3 tbsp sherry or other cooking wine
1 tbsp soy sauce
1 tbsp sesame oil
1 tbsp corn starch
3 tbsp olive oil
1 chopped scallion
1/2 cup chicken stock (or water)



photo by Logan Beal

Some beautiful beans ready for pickup

1 tbsp salt
1 tbsp pepper (or substitute Chinese 5 spice because this much pepper is really peppery)

Wash string beans and trim as necessary. Cut pork into thin slices and again into thin strips.

Put pork in bowl and mix in wine, soy sauce, sesame oil, and corn starch.

Set a pan over stove on med high heat. Add olive oil, scallion and garlic. After 3 minutes add pork. Use a spatula to turn pork over as it browns. After about 5 minutes, add string beans, chicken stock, salt and pepper (or 5 spice). Cook for another 5 - 10 minutes depending on how you like your beans or how long it takes your pork to cook through.

From Member Jennifer Hancock

Visit us online at www.GambleCreekFarm.org

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More Recipes and Ideas

North African Roasted Vegetable Salad/Dip

4 or 5 Asian eggplants or 1 large Italian eggplant
2 bell peppers (use two colors for a prettier dish)
2 firm tomatoes
2 T. extra virgin olive oil
2 T. fresh lemon juice
3 garlic cloves, finely minced
2 T. onion, finely minced
2 T. fresh or 1 T. dried parsley
1 t. fresh or 1/2 t. dried chopped rosemary
Large pinch of salt
Freshly ground black pepper
Pinch of cayenne pepper

Preheat oven to 400 F. Prick the eggplants with a sharp knife and place on a foil-lined baking sheet along with the peppers. Place in oven and roast for 25 minutes, turning vegetables half way through.

After 25 minutes, place tomatoes on baking sheet and continue roasting all the vegetables until the eggplants are deflated and soft, the peppers are browned and peeling slightly, and the tomatoes are soft and starting to juice. This should take about 10 minutes, more or less for some of the vegetables.

While the peppers are still hot, place them in a plastic bag and seal them to let them steam off their skins. Allow the eggplants

and tomatoes to cool. After about 10 minutes, open the pepper bag and slip off the skins. Remove seeds and chop pepper flesh into 1/2 inch pieces and place in a medium bowl. Slice eggplants in half and use a spoon to scrap out the mushy flesh. Give the eggplant a rough chop to cut down on any large pieces and place in the bowl with peppers. Over the sink or a compost bucket, gently squeeze the tomatoes until they release most of their juices and seeds. Chop the flesh into 1/2 inch pieces and add to bowl with eggplant and peppers.

In another small bowl, mix the remaining ingredients to make a dressing/marinade. Once well combined, pour dressing over vegetables and mix.

Allow the vegetable salad to sit for at least an hour to marinate. Can be served warm or chilled as an appetizer, side dish, or sandwich filling. If using as a dip, serve with toasted bread triangles or pita.

Courtesy of StraightFromtheFarm.net



Chicken Thighs with Leeks & Shiitakes

2 boneless, skinless chicken thighs, trimmed of fat
1 tablespoon all-purpose flour

3 teaspoons extra-virgin olive oil, divided
1 large leek, white and light green parts only, diced
4 ounces shiitake mushrooms, stemmed and sliced
1/2 cup reduced-sodium chicken broth
1/4 cup dry white wine
1/8 teaspoon salt
1 teaspoon minced fresh tarragon or 1/2 teaspoon dried

Place chicken on a plate and sprinkle all over with flour. Reserve the excess flour. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.

Add the chicken and cook, turning once, until browned on both sides, 4 to 6 minutes total. Transfer to a plate and cover with foil to keep warm.

Add the remaining 1 teaspoon oil, leek and mushrooms to the pan. Cook over medium-high heat, stirring often, until the vegetables are tender, 6 to 8 minutes. Sprinkle the reserved flour over the vegetables and stir to coat. Add broth, wine and salt and bring to a simmer.

Return the chicken to the pan and simmer, turning the chicken occasionally, until it is cooked through, 4 to 6 minutes. Stir in tarragon.

Courtesy of EatingWell.com