

Gamble Creek Farm

At the Center for Integrated Agriculture

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Recipes and Ideas

Rigatoni with Goat Cheese, Sun-Dried Tomatoes, and Kale

1/2 cup sun-dried tomato sprinkles
2 cups boiling water
1/2 teaspoon chili oil (or vegetable oil)
1/4 cup minced shallots
6 garlic cloves, minced
4 cups coarsely chopped kale
1/2 teaspoon dried oregano
1/8 teaspoon salt
1/8 teaspoon freshly ground pepper
6 cups cooked rigatoni (about 12 ounces uncooked pasta)
1/2 cup (2 ounces) crumbled goat cheese

Combine tomato sprinkles and boiling water in a bowl; let stand 30 minutes.

Drain tomatoes in a sieve over a bowl, reserving 1/2 cup liquid.

Heat oil in a large nonstick skillet over medium-high heat. Add shallots and garlic; sauté 1 minute.

Add kale; sauté 3 minutes or until wilted. Add tomatoes; sauté 2 minutes.

Add reserved 1/2 cup liquid, oregano, salt, and pepper.

Reduce heat; simmer 3 minutes or until kale is tender.

Combine the pasta, kale mixture, and goat cheese in a large bowl, and toss well.



*In this Share**

Kale
Lettuce
Carrots OR Beets
Onions
Radishes
Parsley OR Cilantro



Broccoli in the fields.

photo by Logan Beal

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

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More Recipes and Ideas

Thai Beef and Radish Salad

- 1 tablespoon chile paste with garlic
- 2 teaspoons minced peeled fresh ginger
- 1 garlic clove, minced
- 1 pound (1/2-inch-thick) boneless sirloin steak, cut diagonally across grain into thin slices
- 1 1/2 tablespoons fresh lime juice
- 1 tablespoon fish sauce
- 2 teaspoons sugar
- Cooking spray
- 2 cups sliced radishes
- 1/4 cup chopped fresh cilantro
- 2 tablespoons chopped fresh mint
- 1 serrano chile, seeded and finely chopped
- 8 lettuce leaves

Combine chile paste, ginger, and garlic in a large zip-top plastic bag; add steak, tossing to coat. Marinate in refrigerator 30 minutes, turning once. Combine lime juice, fish sauce, and sugar, stirring with a whisk; set dressing aside.

Heat a large nonstick skillet coated with cooking spray over medium-high heat. Remove steak from bag; discard marinade. Add steak to pan; cook 2 minutes or until desired degree of doneness, turning once.

Cut steak into 1-inch pieces; place in a medium bowl. Add radishes, cilantro, mint, and serrano. Pour lime juice mixture over beef mixture, tossing to coat. Spoon about 1/3 cup salad into each lettuce leaf, and serve immediately.

Courtesy of Cooking Light



Pear, Beet, and Gorgonzola Green Salad

- 2 peeled beets
- 4 cups thinly sliced, firm Bosc pears
- 1 tablespoon lemon juice
- 4 ounces crumbled Gorgonzola or blue cheese
- 1/4 cup extra-virgin olive oil
- 1/4 cup balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 teaspoons Dijon mustard
- 1 large shallot, peeled and chopped
- 1 head lettuce

Preheat oven to 350°.

Wash beets, leaving wet, and wrap individually in foil. Arrange beets in roasting pan or on baking sheet; bake 90 minutes or until tender (poke a thin-bladed knife through foil to test). Cool in foil. (To cook on stovetop, place beets in saucepan and cover with water; bring to a boil and cook over medium heat until tender. Cool. This takes less time than baking--45 minutes to an hour.) Dice beets.

Toss pears with lemon juice in a small bowl; cover, and refrigerate up to 2 hours. Place diced roasted beets and cheese in 2 separate bowls; cover, and refrigerate up to 2 hours.

Combine oil and next 5 ingredients in a bowl, stirring with whisk.

Remove pears, beets, and cheese from refrigerator 15 minutes before serving; bring to room temperature. Place greens in a bowl; top with pears, beets, and cheese, and drizzle with vinaigrette. Serve.

Courtesy of Health magazine



Pickled Carrot Sticks

- 1 lb carrots, cut into 3 1/2- by 1/3-inch sticks
- 1 1/4 cups water
- 1 cup cider or plain vinegar (the former makes a sweeter, milder brine)
- 1/4 cup sugar
- 2 garlic cloves, lightly crushed
- 1 1/2 tablespoons dill seeds*
- 1 1/2 tablespoons salt

Place carrots in a heatproof bowl. Bring remaining ingredients to a boil in saucepan, then reduce heat and simmer 2 minutes. Pour pickling liquid over carrots and cool, uncovered. Chill carrots, covered, at least 1 day for flavors to develop. Carrots keep, chilled in an airtight container, 1 month.

** From the my experience, I've learned that dill seeds aren't always the easiest thing to find. Mine are from McCormick, but they were also the only bottle I could find in the two different stores I went to. If you can't find them, use fresh or dried dill instead. You can put the dried dill in with the brine as you boil it. If fresh dill, I would drop it in the container your are storing the carrots in, just before you put them in the fridge.*

Courtesy of SmittenKitchen.com

Visit us online at www.GambleCreekFarm.org. Can't pickup your share next week? Send a friend or family member!

Questions? Email Jacob at leech@fwcrd.org or call him at 812-3594.