

# Spinach

## Spinach Marie

2 medium onions---1 or 2 bags spinach, cooked & drained---4 eggs--1/4 tsp salt--1/8 tsp pepper --2 3/4 cup whole milk or cream--2 cups cheddar cheese--1/2 cup fine dry bread crumbs--Paprika--2 TB butter. Grease a 9 in. dish well. Chop onions, sauté in a little oil. Beat the eggs well; add salt pepper, and milk. Stir in spinach, onion, and cheese. Pour into dish. Top with bread crumbs and sprinkle generously with paprika. Dot with butter. Bake for 35 to 50 min at 375. Don't overbake; it's done as soon as the center is set.

## My Grandma's Creamed Spinach

Optional: fry a little bacon till almost crispy, use the fat from the bacon to fry the onions, or use butter instead.

Add cut up onions or shallots and fry with the bacon. Add 1-2 TB. flour, stir and set aside.

In a pot, cook 1-2 potatoes (peeled & cut up) in water to cover till soft. Add some chopped spinach and cook. Add bacon and onions and stir together. Add a little cream or milk, salt and pepper to taste.

## Spinach & Sausage Quiche

1 ¼ c. shr. Mozz. or Swiss cheese

½ c. chopped onion

1 – 10" unbaked pie crust

1 sliced green garlic

5 eggs

1 lb. bulk sausage, fried

¾ c. milk

2 tsp Worcestershire sauce

½ tsp pepper  
drained

2 bags fresh spinach, chopped, steamed, &

Parsley

Parmesan cheese

Sprinkle cheese into pie crust, then onion, garlic, & sausage. Beat eggs, add milk, seasonings, and spinach. Pour into crust. Sprinkle with parsley and parmesan cheese. Bake at 350 for 40-45 min or until knife comes out clean. Let stand 5 min before serving.

# Kohlrabi

Kohlrabi is a member of the cabbage family. It can be eaten raw or cooked, including the leaves. It is low in calories and high in fiber and potassium as well as other vitamins. We grow a giant variety that does not get woody. Normally, smaller is better, but not with the variety we grow. It can get up to 8 in. in diameter without getting woody. Peel the outside layer off before using.

Make a lovely salad with shredded **Kohlrabi** (or Napa Cabbage-coming soon) with shredded **Watermelon Radish** and a light vinegar and oil dressing. Add shallots and other small bits of darker greens for color & flavor.

## **Kohlrabi & Watermelon Radish cooked**

This weekend, we had company, so for one meal, I peeled 1 large Kohlrabi and 1 large Watermelon Radish. I chopped them in ½ in. chunks, & boiled till tender. Drained and added some butter, cream cheese, herbs and salt. It was gone in no time with rave reviews. Try it if you have Watermelon Radish left from last week or just use the Kohlrabi.

Use the **turnip greens** as a stir-fried veggie. The **turnips** are very good peeled and sliced and eaten raw, but I'm sure they would be good cooked as well. This variety is sweet and mild.

If you get **golden beets instead of red** in your box this week, they are cooked the same way as red ones are. I tried roasting some beets and carrots together. They turned out well, except next time, I may add the carrots halfway through since they don't take as long to cook as beets do.

# Fennel

Fennel has an unusual taste, somewhat like anise. You can use the tops and the bulb. Best used within a week. It is used in stir-fries, Italian foods, and Asian foods.

## **Fennel Gratin**

2 tsp. fennel seeds, opt., 1-2 bulbs fennel, 1 small onion,

1 russet potato, peeled and sliced paper thin, 2 cloves garlic, minced,

olive oil, salt and pepper, 3 Tbs. minced fennel fronds,

1/2 c. milk, 1/4 c. grated parmesan or cheese

Preheat oven to 350. Toast fennel seeds in small skillet until fragrant. Once they cool, chop finely and set aside. Cut fennel bulbs in half lengthwise, and remove the core. Slice the halves into paper thin slices and place in a large bowl. Cut onion in half and cut halves into thin half-moons. Add to bowl with fennel, along with fennel seeds, garlic, potato slices, and fennel fronds. Drizzle with olive oil and season with salt and pepper. Add cream or half and half and toss to coat. Line bottom of small gratin dish with potato

slices, then pack remaining ingredients on top. Pour milk left in bowl over potato-fennel mixture, adding more as necessary to come about halfway up sides of gratin dish. Top with grated cheese. Bake until potatoes are tender and top is brown.

## Eggplant

### Eggplant Parmesan

*Sauce: 2-3 garlic cloves, minced, ¼ c. olive oil, approx. 4 c. crushed tomatoes or tomato sauce. ½ cup ripe olives, chopped, fresh or dried basil to taste, 1/2 tsp. crushed red pepper, 1/8 tsp. pepper,*

Mix all together and simmer till thickened, 45-60 min.

**Eggplant:** ½ c. flour, 2 eggs, 1 ½ c. dry bread crumbs, ½ tb. Garlic powder, ½ tsp. dried oregano, 2 or more med. Eggplants peeled and cut lengthwise into ½ in. slices, 1/2 cup olive oil—place flour and eggs in separate bowls, stir eggs. In another bowl, combine crumbs and spices. Dip eggplant in the flour, eggs, then bread crumbs. Fry in oil in batches for 5 min. per side, or till tender. Drain.

**Cheese:** 1 egg, beaten, 2 c. ricotta cheese, ¼ c. Parmesan cheese, basil to taste, ¼ tsp. pepper, mix together.

4 cup white cheese, shredded. Monterey Jack or Mozzarella

In greased 13 X 9 pan, put 1 ½ c. tomato sauce, a layer of eggplant slices, 1 cup ricotta mixture, 2 cups cheese, repeat layers. Sprinkle with parmesan cheese. Bake uncovered at 350 for 35-40 minutes or until bubbly. Let stand for 10 min. before cutting.

## Cucumber

### Cucumber Salad

Sliced cucumbers, thin, sliced onions, toss with balsamic and/or wine vinegar, honey, oil, fresh garlic, salt, pepper, and shredded parmesan cheese, herbs of your choice. Can add fresh basil and tomatoes too.

## Chicken

### Cooking a stewing hen

We cook them on high in the crockpot in water with salt (and herbs if you like) for 9 hours, then use the meat for chicken salad and casseroles. We save the rich broth for making casserole sauces and gravy or soup stock. You can also roast them in plenty of water in the oven, if you are baking in your oven anyway. Cook till they are almost falling apart.

**My Favorite Chicken and Broccoli Casserole** makes 5 servings

1/2 lb. fresh broccoli, *chopped and cooked, layer in a greased casserole dish*

2-3 c. cooked chicken, diced, *layer on top of broccoli (use our stewing hens)*

Melt 3 TB. butter, add 3 TB. flour, 1 tsp. salt,

1/8 tsp. pepper, and 1.5 c. milk.

Add to sauce 1/4 c. mayonaise & 1/2 tsp. lemon juice

pour sauce over chicken, sprinkle on 1/2 c. cheddar cheese

combine 1 TB. melted butter with 1/4 c. bread crumbs and sprinkle on casserole

Bake at 350 for 30 min. till bubbly

## Garlic

**Green garlic** can be used just like green onions, but it tastes like garlic. Use in place of garlic in your recipe! Basically, it is garlic that is harvested young.

## Endive

### Wilted Endive

6 bacon strips, diced

1 large head curly endive

4 qts water

2 1/4 tsp salt, divided

2-3 tbsp cider vinegar

3 tbsp finely chopped onion

1/4 tsp pepper

Cook bacon until crisp; remove with a slotted spoon to paper towels to drain. Reserve 3 tbsp drippings. Cut or tear endive from center stalk; discard stalks.

In large saucepan, bring water and 1 1/2 tsp salt to a boil. Add endive; cover and cook for 3 min or until wilted. Drain. Stir in the bacon, vinegar, onion, pepper, reserved drippings and remaining salt. Yield: 6 servings.

## Bok Choy

**Beef and Bok Choy Fried Rice from Megan**

2 T canola oil, divided----3 large eggs, lightly beaten----1 1/2 pounds steak, cut into small chunks

1 T low-sodium soy sauce---2 scallions, sliced (I used shallots from our box)---2 garlic cloves, minced

1 T minced fresh ginger---1 (1 1/2 pound) head bok choy, chopped (I used half of the bok choy in our box)

2 cups cooked brown rice (I used more)---salt and pepper

Heat 1 T of the oil in large skillet or wok over med-high heat. Add eggs and swirl to cover bottom of pan, cooking till set (I just kind of scramble them). Remove, slice, and set aside. Season steak with salt and pepper, add to same skillet, and cook over med-high heat, stirring frequently until done. Transfer to bowl, add soy sauce, and stir to combine. Heat remaining oil over med-high heat. Add scallions, garlic, and ginger and cook for 1 minute. Add bok choy and cook till crisp tender, about 4 min. Add beef, egg, and rice. Cook about 2 minutes more.

## Squash, Winter

**Squash and Apples:** Slice and peel 1 large butternut squash. Slice 3 apples and place in a pan with the squash. Mix ¼ c. butter, ½ cup brown sugar, 1 TB. Flour, and 1 tsp. salt. Sprinkle on top of squash. Cover pan, bake 1 hour at 350. You can use ¼ c. honey instead of sugar, but increase flour to 2 TB.

## Okra

**Our favorite broiled okra:** Wash and dry okra, toss in a bowl with a little olive oil, spread on a baking sheet, salt or seasonings of your choice (sometimes we use Tony's Cajun, and sometimes plain salt) Broil a few minutes till tender. This is so easy!

## Lettuce

Our Favorite Poppy Seed **Salad Dressing** uses honey instead of sugar: 1/3 cup honey, 1/3 cup cider vinegar, 4 1/2 teaspoons grated onion (or onion powder), 3 teaspoons ground mustard, 1 teaspoon poppy seeds, 1/2 teaspoon salt. Mix in blender and slowly add 1 cup salad oil such as safflower or sunflower.

If you don't care for **radishes**, try shredding them to put on salads. Watermelon Radishes add a very pretty color to salads when you shred them.

## Swiss Chard

**Swiss Chard with Lemon and Parmesan:** Melt 2 TB. Butter and 2 TB. Olive oil in large skillet. Stir in some chopped green garlic and some sliced shallots, cook for 30 seconds over med. Heat. 1 bunch Swiss chard, remove ribs and chop. Add to skillet with ½ cup chicken broth. Simmer until the ribs begin to

