

Recipes for The Farm at Miller's Crossing, Week 6 – 2009

Carol Hargis, The Market Fresh Chef 

CHINESE GREEN BEAN SALAD 4 Servings

1 lb. GREEN BEANS, trimmed, cut 1"

1 Tbsp. fine chopped GINGER

1 cup slivered RED ONION

Dressing:

4 tsp. MUSTARD POWDER

1 Tbsp. cold WATER

2 Tbsp. SOY SAUCE

3 Tbsp. rice or cider VINEGAR

2 tsp. SESAME OIL

Cook beans in boiling water 5min. til crunchy-tender. Drain, plunge in cold water til cool, drain. Whisk all dressing ingredients. Toss w/ beans, ginger, onion. Chill for best flavor.



CUKES in DILL 4 Servings

2 CUCUMBERS, peel, slice thin

1/4 cup CIDER VINEGAR

1 Tbsp. chopped DILL

1 Tbsp. SUGAR

1/8 tsp. SALT

Dash PEPPER

Mix all. Chill covered 3hrs - overnight.



SIMPLE SUMMER BEET SOUP

Trim, boil & peel BEETS. Whirl in food processor w/ orange or lemon JUICE, MINT & PEPPER. Chill. Check juice amounts & seasonings, start small & add more to your liking. Serve w/ plain YOGURT, CRÈME FRAICHE or SOUR CREAM.

TURNIP SLAW 6 Servings

1/2 cup MAYO

3 Tbsp. SOUR CREAM

2 tsp. Tarragon (or your favorite light) VINEGAR

1 tsp. MUSTARD

1 tsp. SUGAR

Dash SALT

1/4 tsp. CELERY SEED

1/4 tsp. PEPPER

1 tsp. chopped fresh DILL or 1/2 tsp. dried

1 lb. White TURNIPS, shredded (4c)

Mix all & chill.



Blanching & Freezing Summer Squash

Try as we might, we just can't eat all the beautiful baby squash in the share. Here's how to save them for later: **wash, slice** 1/2" thick, drop in a big pot of **boiling** water. Remove with slotted spoon or sieve after **2-3** minutes, let **cool**. Do this in batches. Lay each cooled slice flat on a rimmed cookie tray *that will fit in your freezer*. When the sheet is full, **freeze** it, then put the frozen disks in a gallon freezer zip**bag**, or your preferred container, for storage. The less air in the package, the better. You will be thrilled to find these in December!