

Recipes for The Farm at Miller's Crossing, Week 21 – 2009

Carol Hargis, The Market Fresh Chef

Potato, Onion & Beet Salad Serves 4

12 small POTATOES, peeled
12 small BEETS
16 small ONIONS, peel
4 tbsp. fine chop CHIVES
8 tbsp. OLIVE OIL
3 tbsp. WHITE VINEGAR
2 tsp. DIJON MUSTARD



Trim beets on both ends, quarter. Quarter potatoes. Halve onions while trying to keep root end intact to keep them together. Or use smaller onions & leave whole. Boil beets in salted water 25-30min til tender. Drain, rinse under cold water, peel, set aside. In salted water, boil potato & onion separately 20min. Potato should be cooked but firm. Same for onion. Drain, let cool. To serve, put beet, potato, & onion in deep salad bowl. Make vinaigrette by whisking vinegar & mustard, then slowly whisking in oil. S&p to taste. Pour on veggies, toss. Garnish w/ chive.

CSA Butternut Squash Spice Cake Serves 8

1 small BUTTERNUT SQUASH
2 cups whole-wheat pastry FLOUR
1 tsp. ALLSPICE
1 tsp. CINNAMON
1 tsp. NUTMEG
1 tsp. BAKING POWDER
3/4 tsp. SALT
1/2 tsp. BAKING SODA
1/4 tsp. PEPPER
1/2 cup BUTTER, room temp
1&1/2 cups packed BROWN SUGAR
2 EGGA
1 tsp. VANILLA



Set oven 350. Cut squash in 1/2 longway, seed. Put halves, cut side up, on baking pan, cover w/ foil, bake tender, 20-30min. Uncover, let cool, scoop out & mash flesh. Measure out 1 cup, save the rest for another use. Set oven 325. Butter 8x8" baking pan. Mix flour, allspice, cinnamon, nutmeg, baking powder, salt, baking soda, pepper. Cream butter, brown sugar til smooth & fluffy. Add eggs 1 at a time, beat 30sec after each. Mix in vanilla. Add 1/2 dry to wet, stir. Stir in squash. Add the rest dry, stir just to combine. Pour into baking pan, bake 50-60min. Serve dusted w/ powdered sugar.

Greens Tips

from *Diamond Organics*

Tatsoi or Baby Bok Choi-

Steam 2–3min (do not overcook), or juice. Tatsoi is very similar to baby bok choi, but more delicate & can be eaten raw in salads. Cook with baby bok choi or in place of it. Add to a stir-fry after all other vegetables are ready. Use a wide shallow pan when cooking stir-fry because baby bok choi/tatsoi should lay on top of the other vegetables and be steamed when you are ready to place on the table. Makes a quick 10 min meal to be served w/ rice, pilaf, udon or soba noodles. Shelf life: 3-5 days. (I use it in place of spinach for savory fillings- in lasagna, quiches, Greek dishes. *Carol*)

Mizuna Mustard Greens-

Steam 3–5 min or juice. The mildest of the mustard greens, these may be added to olive oil & garlic without being steamed first. They can be enjoyed straight without seasoning. Small leaves are commonly used in Mesclun salad mixes. Shelf life: 5-7 days.

Beet Greens

Steam 5–8 min or juice. Tastes a bit like spinach, add butter & salt if desired. Shelf life: 5 days.