#### CSA Newsletter–Week 7, July, 20th, 2021

### Fresh, Cool, and Laid Back Recipes

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Carrots\*

Cabbage, Green

Cilantro\*

Cilantro is the leaves of the coriander plant. Do not be afraid to use the stems, they are edible, as well as the root.

Cucumbers\*

Bell Pepper, Green\*

Technically a fruit as they grow from the flower of the pepper plant. Great raw, roasted, or stuffed.

Garlic\*

Jalapeño\*

Lettuce

Onion \*

**Potatoes** 

Tomatillo\*

If you keep the husks on, you can store in the fridge for up to 3 weeks. Can be eaten raw; cooked they will sweeten your dish.

Tomato\* - (2) Siletz

Zucchini\*

\*Look for these veggies in included recipes.



# Pico de Gallo

#### **Ingredients**

- **Tomatoes and/or** tomatillos
- Onion
- Jalapeño
- Cilantro

- **Bell peppers** (optional)
- Garlic (optional)
- o Lime
- o Salt
- Your favorite chips to dip

#### **Directions**

Begin by chopping tomatoes first to get an idea of how much of your base ingredient you have. This way you can add the remaining ingredients to preference. Chop onions (a mini hand food processor works great for this), chop cilantro, jalapeños, and your optional bell peppers and garlic, all to taste. Then add a little salt and lime. Sample to adjust to your liking.

#### **Cool Cucumber Drink**

Recipe adapted from: Martha Stewart https://www.marthastewart.com/355822/cucumber-cooler

- 3 cucumbers (peeled and chopped: 6 cups)
- ¼ cup water
- ½ cup fresh mint leaves
- 1 lime, thinly sliced
- 24 oz club soda
- 2 Tbsp honey (Makes 4 servings)

Puree chopped cucumbers and water in blender. Strain through a sieve, squeezing enough to get 2 cups worth of juice. If time allows, refrigerate overnight. In a pitcher, bruise mint leaves with a wooden spoon. Next, add in cucumber juice, club soda, lime and honey to pitcher. When ready to serve pour over ice and add garnish if you are so inspired.

We'd love to see what you're doing with your CSA box! Tag us on social media @gatheringtogetherfarm!



## **Hippie Carrot Cake**

Recipe adapted from:
<u>Simple Recipes for Joy</u> by Sharon Gannon

#### **Ingredients**

#### Cake

- $\circ$  2 \(^{1}\)4 c flour
- 2 tsp baking soda
- o 2 tsp cinnamon
- 1 tsp pumpkin pie spice or allspice
- o 1 tsp salt
- o 3 eggs
- o 3/4 cup firmly packed dark brown sugar
- o ¾ granulated sugar
- o 1 tsp vanilla extract
- 1 c coconut oil or equal alternative
- o 2 c grated carrots
- $\circ$  1 14oz can crushed pineapple, drained
- 1 c shredded dried coconut
- o ½ c chopped walnuts (optional)
- o ¼ c raisins (optional)

#### **Icing**

- o 1 c confectioners' sugar
- 8 oz softened cream cheese
- 1 tsp vanilla extract

#### **Directions**

Preheat oven to 350°F. Grease two 9-inch cake pans with oil and set aside.

In a large bowl place flour, baking soda, cinnamon, pumpkin pie spice, and salt. Mix well.

In a medium bowl, place eggs, brown sugar, granulated sugar, and mix with an electric mixer until creamy. Stir in vanilla extract and then stir in your oil.

Pour wet ingredients into the dry and mix well. Stir in grated carrots, crushed pineapple, dried coconut, walnuts, and raisins.

Pour the batter into the cake pans and bake 40-45 minutes or until a knife inserted in the center comes out clean.

For the icing, mix confectioners' sugar with softened cream cheese and vanilla extract until smooth.

Wait for cake to cool, then apply icing.

## Pad Thai Noodles

Recipe adapted from: www.pinchofyum.com

#### **Ingredients**

- o 4 oz brown rice pad-Thai uncooked noodles
- o 1 **zucchini**
- o 1 bell pepper
- o ½ onion
- o 2 carrots
- o 3 Tbsp fish sauce
- o 3 Tbsp brown sugar
- o 3 Tbsp vegetable broth
- o 2 Tbsp white vinegar
- o 1 Tbsp soy sauce
- o 1 tsp chili sauce
- 2 Tbsp cooking oil, divided
- o 1 egg (beaten)
- o ½ c chopped peanuts
- o ½ c chopped **cilantro** or other herbs of choice

#### **Directions**

Place noodles in a bowl of cold water to soak. Spiralize (or cut into thin strips) zucchini, bell pepper, onion, and carrots. In a pint jar with lid, add fish sauce, brown sugar, vegetable broth, and white vinegar. Shake to combine.

Heat oil over med-high. Add the veggies and with tongs, stir fry for 2 – 3 minutes until tendercrisp. Be careful not to overcook them or they will get soggy and heavy. Set aside.

Add your last tablespoon of oil to the pan. Drain noodles, making sure they are softened. Add noodles to the hot pan and stir fry for a minute using tongs to toss.

Add the sauce and stir fry for another minute, until the sauce starts to thicken and stick to the noodles. Push the noodles to the side to make a room for an egg – pour egg into the pan and let it sit for 30 seconds or so. Toss everything around. The egg mixture will stick to the noodles.

Add in the vegetables, toss together, and remove from heat. Stir in peanuts and cilantro, or herbs of choice.