

ATTENTION CSA SHARE/FARM BOX CONSUMERS

YOUR MUST-HAVE

6 SECRET RECIPES

THE INDISPENSABLE COOKBOOK FOR CREATING
DELICIOUS DISHES FROM NEARLY ANY ITEM
IN YOUR BEAUTIFUL BOUNTY OF
LOCALLY GROWN PRODUCE



Introduction

Hi there! If you've downloaded this PDF of ***Your Must-Have 6 Secret Recipes*** for using your locally sourced food, then I'm guessing you have had occasion to feel a tiny bit overwhelmed by the quantity of the foods you receive. On the one hand you feel great about the good things you are doing to nourish yourself and your family, and to support local farmers and economy. Choosing to eat locally grown food also helps preserve the health of planet Earth.

On the other hand, you could maybe use a little help with ideas on how to best use your abundant bounty so that you thoroughly enjoy it and don't run the risk of sending it to the compost or waste bin. That's where these 6 secret recipes come in. They can quickly help you tackle some of the bulkiest produce and turn it into delicious meals or side dishes that you will turn to again and again.

The Must-Have 6 Secret Recipes for Surviving Your CSA Share

This cookbook gives you six recipes that will help you conquer your CSA share with delicious that you can change up based on your ingredients. As many times as I've made these, they have been different every time—in a good way. Easy, forgiving, versatile—just what you need when you working with a farm box. Go ahead and give them a try. Don't be afraid to experiment. You may just come up with a new favorite that becomes your specialty!

Tips

1. Recommend produce items accompany each recipe. Use what you have. Feel free to adjust the quantities based on the amounts you have. These recipes are designed to account for the unpredictable quantities of food you get each week.
2. These recipes mainly incorporate fruits and veggies. One of them suggests sausage—if you don't at meat try a vegetarian sausage or leave it out altogether—it will still be delicious.
3. Follow <https://facebook.com/thekiripage> where I go live every week to talk about my share and give pointers on how to manage everything that comes in it.
4. Join CSA Meals at <https://thekiri.com/csameals> and get exclusive access to even more recipes, tips for using your share and tools to help you plan ahead.
5. Questions: email me at jean@csameals.com



10-20
Minutes
PREP TIME

Veggie Chips

Kale. It comes in week after week after week after...well, you get the point. Kale is profoundly nutritious, but frankly, can be a bit tricky to get the kids to eat. The fastest, most delicious way you can be reasonable assured kale will disappear in short order is to make Kale Chips. This recipe was developed for Kale Chips, and it also works great for other tough, broad-leaved veggies like Kohlrabi Greens, Collard Greens, and Broccoli Leaves. They are so easy. Make them right away after you bring your box home and you will have one less bunch of greens to store! Don't be surprised if your kids ask for them over and over again!



Ingredients

Choice of Veggies

1 bunch or as much as you want to make

- Kale (any variety)
- Broccoli leaves
- Collard greens
- Kohlrabi leaves

2-4 tbsp Choice of Oil

- Organic Extra Virgin Olive Oil
- Coconut Oil
- Avocado

Optional Additions

- ¼-½ tsp salt
- ¼-½ Smoked paprika
- ¼-½ Garlic powder



Directions

1. Preheat oven to 300°F
2. Cut greens from the stem
3. Thoroughly wash and dry greens
4. Spread greens on 1 or 2 baking sheets
5. Pour about 3 tbsp EVOO per sheet over greens. Sprinkle with salt, paprika & garlic powder
6. Rub the oil and spices thoroughly into greens. Place in oven for about 30-45 minutes.

Quick Pickles



Quick pickles can be used to liven up just about any dish, from rice, to sandwiches, to salads, grilled meats and more. Pickling isn't just for cucumbers. You can pickle carrots, onions, turnips, radishes, scallions, summer squash, winter squash, and more. Sliced, julienned, quartered, sticks, spiralized—whatever way you want to cut them, once you start quick pickling your veggies, I think you'll want to begin experimenting with different brines. Until then, this basic quick pickle brine will get you started. Don't be afraid to experiment. They will keep in your refrigerator for at least a month and probably longer.



Ingredients

Choice of Veggies

1 pound of 1 or a combination of

- Cucumbers
- Carrots
- Onions
- Turnips
- Radishes
- Cabbage
- Peppers
- Cauliflower
- Scallions
- Summer squash
- Beets
- Kohlrabi

Basic Brine

- 1 cup vinegar of choice
- 2 TBS - ½ cup sugar
- 1 clove garlic

Optional Additions

- ¼ tsp turmeric
- ¼ tsp yellow mustard seeds
- ¼ black peppercorns
- bay leaf
- dried chili pepper or pepper flakes
- Juniper berries



Directions

1. Cut veggies into slices, matchsticks, wedges or other shape of choice and place in a quart-size mason jar or medium bowl.
2. Combine brine ingredients and and your choice of optional additions in a small saucepan and heat until just boiling.
3. Slowly pour brining liquid over veggies and allow to come to room temperature.
4. Refrigerate for up to one month, maybe even longer.



Super Salad

20-30
Minutes
PREP TIME

This salad is just waiting for your imagination. It's super flexible, an easy and delicious way to use your fresh tasty greens, fruits, pickles, nuts, seeds and more. Add a protein for a complete meal. Once you make this, it will become a part of your regular rotation as more than a way to use up a bunch of salad greens and fruits, but because it'll be on the top of your favorite meals.



Ingredients

1 Pound Salad Greens

Any combination of

- Romaine
- Spinach
- Red Leaf Lettuce
- Frisee
- Arugula
- Baby Greens
- Microgreens
- Butter, etc.

2-4 tbsp Nuts &/or Seeds

- Sliced Almonds
- Sunflower Seeds
- Walnuts
- Pecans
- Chia Seeds

1 Pound Fruit

- Strawberries
- Blueberries
- Peaches
- Nectarines
- Dried Fruits
- Cherry Tomatoes

½ Cup Pickle

- Pickled Onions
- Basic Quick Pickle
- Chef's Choice

½-1 Cup Dressing

- Poppy Seed
- Creamy Blue Cheese
- Chef's Choice



Directions

1. Thoroughly wash & dry greens and place in a large bowl.
2. Top with nuts, seeds, fruit, & dressing. Toss to combine.
3. Serve with a grilled meat or fish.



Sizzling Greens

I stumbled on this recipe quite by accident and found it was an excellent way to use a variety of tender greens, is easy to prepare, and tasted so good that the adults at the table can't get enough and the kids eat them without complaint. The flavors are Asian-inspired. Braising the veggies cooks 2 pounds of space-hogging greens into a serving platter for 4 in virtually no time and there won't be any leftovers.



Ingredients

20-30
Minutes
PREP TIME

1-2 Pounds Tender Greens

Any combination of

- Swiss Chard
- Spinach
- Tatsoi
- Komatsuna
- Dandelion Greens
- Mustard Greens
- Radish Greens
- Turnip Greens

Aromatics

- 2 scallions thinly sliced
- 1 tbsp ginger, fresh grated
- 1 jalapeno, deseeded, sliced thin

Oils

- 2-4 tbsp avocado oil
- 1 tbsp toasted sesame oil

Sauce

- 1 tbsp unseasoned rice vinegar
- 1 tbsp tamari or soy sauce

Optional

- Toasted sesame seeds



Directions

1. Cut greens into 3 inch pieces and wash and dry thoroughly.
2. Bring $\frac{1}{4}$ cup water and $\frac{1}{4}$ tsp salt to a boil in a large skillet. Add greens and cover. Cook until wilted.
3. Uncover and cook until most of the water has evaporated. Remove to serving platter.
4. Heat oil until shimmering in dry skillet.
5. Sprinkle greens with aromatics.
6. Pour oil over greens—they will sizzle.
7. Pour sauce on and mix together. Add sesame seeds if using.

Store-bought salad dressings are often filled with additives, fillers and excess sugar. A few minutes time gives you fresh, flavorful salad accompaniments you can feel good about!

Poppy Seed Dressing



This poppy seed dressing is sweet and tangy. If you have an especially large salad or want to have some at-the-ready for any other salad during the week, you can double or even triple the recipe. It will keep in the refrigerator for a couple of weeks. This is great on the Super Salad!



Ingredients

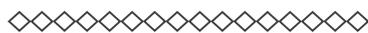
- ¼ cup red wine vinegar
- ¼ cup avocado oil
- 3 tbsp raw honey
- 1 tbsp toasted poppy seeds
- 1 tsp dry mustard



Directions

1. Whisk all of the ingredients together in a small bowl.
2. Distribute over salad and toss to combine.
3. Extra can be put into a small jar with a tight-fitting lid to be used later.

Blue Cheese Dressing



Savory, creamy, full of flavor—if you're a fan of blue cheese, you will love this dressing! It's also excellent for dipping homemade buffalo wings!



Ingredients

- 6 ounces blue cheese
- ¾ cup mayonnaise
- 6 sour cream
- 6 buttermilk
- 1 ½ tbsp white wine vinegar
- 1 clove garlic pressed



Directions

1. Pulse all ingredients in a blender or food processor scraping down sides as necessary until it's a slightly lumpy, creamy texture.
2. Add salt and pepper to taste.

Sauteed Greens

15-30
Minutes
PREP TIME

Depending on how you decide to make them, these sauteed greens can be a side to a main course, *the* main course, combined with eggs for a scramble, a quiche or frittata. They are amazing mixed with ricotta and mozzarella for a calzone or a lasagna. And they top a pizza or a flatbread quite nicely. Once you give this a try, I bet you'll come up with some other ideas! Tip: If you use dandelion greens or broccoli rabe, blanching before sauteing will greatly reduce the bitterness.



Ingredients

Tender Greens

Any combination & any amount of

- Swiss Chard
- Spinach
- Tatsoi
- Komatsuna
- Dandelion Greens
- Mustard Greens
- Radish Greens
- Turnip Greens
- Broccoli Rabe

Aromatics

Any combination of

- Onions
- Garlic
- Green garlic
- Scallions
- Shallots
- Leeks

Additional

- Oil
- Salt
- Pepper
- Hot Sauce
- Lemon

Optional (& Recommended)

- Any Kind of Sausage



Directions

1. Cut greens into 3 inch pieces and wash and dry thoroughly.
2. Heat oil over medium heat in large saute pan or skillet.
3. If using sausage, add to skillet and brown. Remove and set aside, leaving rendered fat in pan.
4. Add aromatics and cook until soft and turning yellow. Further caramelization is especially tasty, but takes a bit longer. Your choice.
5. Add greens a couple handfuls at a time, making sure they've begun to wilt before adding more.
6. Cook until pan is mostly dry. Add sausage back to skillet if you are using it.
7. Salt and pepper to taste. You can also add a squeeze of lemon and/or hot sauce.

Just one example of the amount of types of food that we use every week from our CSA share.

