

What's in the bag!

This week's share consists of items from, GROWN Locally, J & J Produce and Annie's Gardens and Greens.

June 18th 2010

Full Share: 1 bundle radishes, 1 bundle green onions, 1 green pepper, 1 cucumber, 1 pint cherry tomatoes, 1 bundle rhubarb, 1 bundle Swiss chard, 1 bundle carrots & 1 oz. sage.

June 18th 2010

1/2 Share: 1 bundle radishes, 1 pint cherry tomatoes, 1 green pepper, 1 tomato, & 1 oz. chives.

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Salmon and Swiss Chard Quiche

Ingredients:

- 2 tablespoons butter, divided
- 1/4 cup plain dried bread crumbs
- 2 cups 2% milk
- 8 ounces salmon fillets, skin removed
- 1/3 cup chopped onion
- 1/2 bunch Swiss chard, chopped
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 teaspoon dried marjoram
- 1/8 teaspoon ground nutmeg
- 3 eggs

Directions:

1. Preheat the oven to 350 degrees F (175 degrees C). Butter a 10 inch pie plate using about 1 tablespoon of butter. Sprinkle bread crumbs into the pie dish and shake to coat evenly, discarding excess.
2. Pour the milk into a large saucepan and warm over medium heat. Add the salmon fillets and bring



to a simmer. Cover and cook for about 10 minutes, or until salmon can be flaked with a fork.

3. Melt the remaining butter in a large skillet over medium heat. Add the onion and Swiss chard; cook and stir until tender and most of the liquid has evaporated. Season with salt, pepper, marjoram and nutmeg. Set aside to cool; you should have about one cup of chard and onion.

4. Spread the chard mixture and flake the salmon into the prepared pie plate. In a medium bowl, whisk together the eggs and one cup of cooled milk from poaching the salmon. Pour into the pie dish.

5. Bake for 35 minutes in the preheated oven, or until the center is set. **Cool slightly before serving.**
<http://allrecipes.com/Recipe/Salmon-and-Swiss-Chard-Quiche/Detail.aspx>

Mark Your Calendars!

- Next CSA delivery will be June 23rd & June 25th.
- Please send in your payments by mailing them to Annie's Gardens & Greens 30975 Lincoln Rd, Fort Atkinson, IA 52144
- Please return CSA bags at your drop cite to be picked up for the next delivery.



Czech Stuffed Green Peppers

Ingredients:

- 8 green bell peppers
- 1 onion, chopped
- 2 pounds lean ground beef
- 1 cup cooked rice
- 1 eggs
- 1 tablespoon chopped fresh parsley
- salt and pepper to taste
- 1/3 cup vegetable oil
- 2 large onions, chopped
- 2 (28 ounce) cans whole peeled tomatoes
- 3 whole peppercorns



- 3 whole allspice berries
- 1/2 teaspoon ground allspice
- 1 teaspoon dried oregano
- 1 teaspoon dried marjoram
- salt and pepper to taste
- 1 cup sour cream

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Cut tops off of peppers, and remove seeds and membranes from inside.
2. In a skillet over medium heat, sauté 1 chopped onion until tender. In a large bowl, combine ground beef, sautéed onion, cooked rice and eggs. Season with parsley, salt and pepper. Mix well, and stuff into peppers. Place in a large roasting pan.
3. Heat oil in a large saucepan over medium heat, Sauté 2 chopped onions until soft and translucent. Stir in tomatoes. Season with peppercorns, allspice berries, ground allspice, oregano, marjoram, salt and pepper. Cook on medium heat for 15 to 20 minutes. Pour over peppers in roasting pan.
4. Cover, and bake in preheated oven for 1 1/2 hours. Remove peppers, and transfer sauce to a blender, or use a hand blender. Puree sauce until smooth. Pour sauce back into pan, and reheat. Whisk in sour cream just before serving. <http://allrecipes.com/Recipe/Czech-Stuffed-Green-Peppers/Detail.aspx>

*This newsletter and all of Annie's packaging is intended as a guide and reference ONLY. It is not a medical guide to self-treatment. You are cautioned to not self-diagnosis or embark upon self-treatment of serious illness without competent professional assistance. The information here is not intended to substitute for any treatment that may have been prescribed by your .

SAGE POLENTA

Ingredients:

- 1/2 cup chopped onion
- 1/2 cup chopped sweet red pepper
- 1 garlic clove, minced
- 1 teaspoon butter
- 3 cups water
- 1 cup fat-free milk
- 1 cup cornmeal
- 1/4 cup grated Parmesan cheese
- 2 tablespoons minced fresh sage
- 3/4 teaspoon salt
- 1/4 teaspoon pepper



- 2 teaspoons canola oil

Directions:

1. In a large nonstick saucepan, sauté the onion, red pepper and garlic in butter until tender. Stir in water and milk; bring to a boil over medium heat. Gradually whisk in cornmeal, whisking constantly to prevent lumping. Reduce heat; cover and simmer for 8-10 minutes or until cornmeal is tender.

2. Stir in the Parmesan cheese, sage, salt and pepper. Spread into a 13-in. x 9-in. x 2-in. pan coated with nonstick cooking spray. Cover and refrigerate for 30-45 minutes or until firm.

3. Cut into 12 squares. In a large nonstick skillet, cook polenta in batches in oil over medium-high heat for 3-4 minutes on each side or until lightly browned. Serve warm. <http://allrecipes.com/Recipe/Sage-Polenta/Detail.aspx>

Green Pepper Tomato Salad



Ingredients:

- 3 medium tomatoes, seeded and chopped
- 1 medium green pepper, chopped
- 1 celery rib, thinly sliced
- 1/2 cup chopped red onion
- 2 tablespoons cider vinegar
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Directions:

In a large bowl, combine the tomatoes, green pepper, celery and onion. In a small bowl, combine the vinegar, sugar, salt and pepper. Stir into tomato mixture. Cover and refrigerate for at least 2 hours, stirring several times. Serve with a slotted spoon.

<http://allrecipes.com/Recipe/Green-Pepper-Tomato-Salad/Detail.aspx>

Baked Tomatoes with Oregano

Ingredients:

- 4 large ripe tomatoes, sliced 1/4 inch thick
- 1/8 cup grated Romano cheese
- 1/2 cup fresh bread crumbs
- 1 clove garlic, minced
- 2 sprigs fresh parsley, chopped
- salt and pepper to taste
- 1/2 teaspoon dried oregano



- 1 tablespoon olive oil

Directions:

1. Preheat oven to 400 degrees F (200 degrees C). Coat a shallow baking dish with cooking spray.

2. Place tomato slices close together in prepared baking dish. Sprinkle with cheese,

bread crumbs, garlic, parsley, salt, pepper, and oregano. Drizzle with olive oil.

3. Bake for 20 minutes in the preheated oven, or until cheese is lightly toasted. <http://allrecipes.com/Recipe/Baked-Tomatoes-Oregano/Detail.aspx>

You can use fresh oregano in this recipe.

SOUR CREAM AND CHIVE ROLLS

Ingredients:

- 1 cup sour cream
- 1 teaspoon salt
- 1/2 cup white sugar
- 1/2 cup butter, melted
- 2 (.25 ounce) packages active dry yeast
- 2 eggs
- 4 cups all-purpose flour
- 1/4 cup chopped fresh chives
- 1/2 cup warm water (110 degrees F/45 degrees C)

Directions:

1. In a small saucepan, heat sour cream until very hot. Add salt, sugar, and melted butter or

margarine. Cool until lukewarm.

2. In a large bowl, dissolve yeast in warm water. Mix in sour cream mixture, eggs, flour, and chives. Cover, and refrigerate overnight.

3. Divide dough into 4 parts. Knead and roll each part into a 10 inch circle. Cut into thin pie-shaped pieces. Roll each piece from flat end to point. Place on greased baking sheets. Allow to rise until doubled in size.

4. Bake at 375 degrees F (190 degrees C) for 12 to 15 minutes. <http://allrecipes.com/Recipe/Sour-Cream-and-Chive-Rolls/Detail.aspx>

