

# Annie's Gardens and Greens—What's in the bag!

11/03/2010

Volume 2, Issue 51

This week's share consists of items from Grown Locally, Annie's Gardens and Greens, & Stone Creek Farms a division of Plant Peddler.

## Estimated produce for Nov. 3rd and Nov. 5th

Full Share: Sweet Potatoes, Squash, Spinach, Parsley or Cilantro, Mediterranean Cucumbers, Radishes, Beets, Summer Squash

1/2 Share: Sweet Potatoes, Squash, Parsley or Cilantro, Mediterranean Cucumbers

You may find substitutes and/or varying amounts of produce in your share. It depends on what vegetables we have at Annie's gardens. Weather plays a major role in what produce is available.

### In this issue

Garlic & Herb Grilled Sweet Potato Fries	1
Lemon, Garlic, and Cilantro Baked Stuffed Tomatoes	1
Summer Squash Bread	2
Spinach, Mushroom, and Four Cheese Lasagna	2
Sweet Potato and Beet Chips with Garlic Rosemary Salt	2

## Garlic & Herb Grilled Sweet Potato Fries

### Ingredients

- 6 large sweet potatoes
- Salt
- 5 tablespoons olive oil
- 6 cloves garlic, finely chopped
- 2 teaspoons finely chopped fresh thyme leaves
- 1/4 teaspoon red chili flakes
- 2 tablespoons finely chopped fresh flat-leaf parsley

### Directions

1. Place the potatoes in a large pot of cold water, add 2 tablespoons of salt and cook until potatoes are tender, but still firm, about 15 minutes. Drain and let cool slightly.
2. Heat the grill to high.



3. While the potatoes are cooling, heat 2 tablespoons of the oil in a small saute pan on the grates of the grill. Add the garlic, thyme and chili flakes and cook until the garlic is just soft, about 45 seconds. Remove from the heat.

4. Slice each potato in half lengthwise then slice each half into 3 or 4 wedges, depending on the size. Brush the wedges with the remaining 3 tablespoons of oil and season with salt. Grill until lightly golden brown and just cooked through, about 6 minutes.

Remove to a platter and immediately toss with the garlic mixture and chopped parsley.

<http://www.foodnetwork.com/recipes/bobby-flay/garlic-and-herb-grilled-sweet-potato-fries-recipe/index.html>

### Reminders!

- Next CSA delivery will be Nov 10th & Nov 12th.
- 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 site to be picked up for the next delivery.



## Lemon, Garlic, and Cilantro Baked Stuffed Tomatoes

### Ingredients

- 2 beefsteak tomatoes
- Salt and freshly ground black pepper
- 1 cup whole milk ricotta cheese
- 1 large lemon, zested, about 2 tablespoons
- 1/4 cup chopped fresh cilantro leaves
- 3/4 cup flat-leaf parsley, chopped
- 2 cloves garlic, chopped
- 2 scallions, finely chopped
- 1/3 cup grated Parmigiano-Reggiano
- 1 egg yolk
- Extra-virgin olive oil, for drizzling

### Directions

1. Preheat oven 450 degrees F.
2. For the baked stuffed tomatoes you need to make 4 tomato cups out of your 2 tomatoes. To do so, cut a very

thin slice off both ends of each of the 2 tomatoes, this is to create 4 flat bottoms. Then cut each tomato in half across its circumference. You should have 4 cup shapes, using the thinly sliced side as the bottom of the cups. To create a cavity, use a melon ball scoop to remove the seeds and pulp from the wide, fleshy side of each tomato cup. You don't have to be too fussy about this. You are just trying to create enough room to hold the filling. When scooping take some care not to puncture through the bottoms of the cups. If you do puncture it, don't worry, it is not the end of the world, just keep moving forward. Season the inside of the tomato cavities with salt and pepper. Reserve the seasoned tomato cups while you make the filling.

3. In a small mixing bowl combine the

ricotta cheese, lemon zest, cilantro, parsley, garlic, scallions, Parmigiano and season with salt and pepper. Taste the mixture. This is your last chance to adjust the seasoning. Once you're happy with the flavor, add the egg yolk and mix thoroughly. Divide the filling between the 4 tomato cup cavities, pushing it into the cavity with a rubber spatula or spoon. Drizzle some extra-virgin olive oil into a baking dish. Arrange your stuffed tomatoes in the dish, transfer to the hot oven, and bake for 15 to 17 minutes. The stuffing and the tomatoes should be fully cooked and the top should be lightly brown.

<http://www.foodnetwork.com/recipes/rachael-ray/lemon-garlic-and-cilantro-baked-stuffed-tomatoes-recipe/index.html>

## Summer Squash Bread

### Ingredients

- 3 eggs, beaten
- 2 cups white sugar
- 1 cup vegetable oil
- 2 teaspoons vanilla extract
- 3 cups all-purpose flour
- 3 teaspoons baking powder
- 2 teaspoons ground cinnamon



squash

- 2 teaspoons ground nutmeg
- 2 cups shredded summer

### Directions

1. Preheat oven to 325 degrees F (165 degrees C). Grease a 9x13 inch baking dish.
2. In a large bowl, use an electric mixer to beat the eggs until fluffy. Beat in the sugar, oil, and vanilla. Gradually mix in the flour, baking

powder, cinnamon, and nutmeg. Fold in the squash. Transfer to the prepared baking dish. Bake 45 minutes in the preheated oven, until a knife inserted in the center comes out clean.  
<http://allrecipes.com/Recipe/Summer-Squash-Bread/Detail.aspx>

## Spinach, Mushroom and Four Cheese Lasagna

### Ingredients:

- 1 (20-ounce) package fresh spinach, tough stems removed and washed
- 5 tablespoons unsalted butter
- 1/4 cup minced shallots
- 2 teaspoons minced garlic
- 3/4 pound portobello mushrooms, stems removed and sliced (about 3 large)
- 3/4 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup all-purpose flour
- 4 cups whole milk
- 1/8 teaspoon freshly grated nutmeg
- 2 1/2 cups grated Parmesan
- 15 ounces fresh ricotta
- 1 1/2 cups grated Fontina or provolone
- 1 1/2 cups grated mozzarella
- 1 pound lasagna noodles, cooked to al dente



and set aside.

3. In a large skillet, melt 1 tablespoon of the butter over medium-high heat. Add the shallots and garlic and cook, stirring, for 1 minute. Add the mushrooms, 1/4 teaspoon each of the salt and black pepper, and cook, stirring, until the mushrooms are tender and have given off their liquid, about 5 minutes. Remove from the heat and let cool.

4. To make the bechamel sauce, in a large saucepan, melt the remaining 4 tablespoons butter over medium heat. Add the flour and cook, stirring with a wooden spoon, to make a light roux, about 2 minutes. Whisking constantly, slowly add the milk and continue to cook, stirring occasionally until thickened, 2 to 3 minutes. Add the remain-

ing 1/2 teaspoon salt, 1/4 teaspoon black pepper, the nutmeg, and 1 cup of the Parmesan and cook, stirring, until thickened, about 2 minutes. Remove from the heat.

5. In a bowl, combine the ricotta, fontina, and mozzarella cheeses. Fold in 1/4 cup of the bechamel sauce.

6. Across the bottom of a deep-dish lasagna pan (13 by 9-inches), spoon enough bechamel sauce to cover (about 1/2 cup). Then add 1/4 of the mushrooms and sprinkle 1/4 of the spinach across. Arrange a layer of cooked noodles side-by-side across the sauce. Spread another layer of bechamel over the noodles and top with more spinach, mushrooms, and cheese. Repeat layering with sauce, noodles, spinach, and cheese 2 more times, ending with noodles on top. Sprinkle the remaining 1 1/2 cups of Parmesan over the top, cover tightly with aluminum foil, and bake until the noodles are tender and the lasagna is hot and bubbly, about 30 minutes. Uncover and continue baking until golden brown on top, about 10 minutes.

7. Let rest for 10 to 15 minutes before serving. Serve hot.

<http://www.foodnetwork.com/recipes/emergil-lagasse/spinach-mushroom-and-four-cheese-lasagna-recipe/index.html>

## Sweet Potato and Beet Chips with Garlic Rosemary Salt

### Ingredients:

- 2 sweet potatoes
- 2 beets
- 1 garlic clove, minced
- 1 teaspoon very finely minced fresh rosemary leaves
- 2 tablespoons salt
- 10 cups vegetable oil



2. In a small bowl combine the garlic, rosemary and salt. Set aside.

3. Warm the oil in a large pot over high heat to 350 degrees F.

4. Meanwhile, trim 1-inch off the end of each sweet potato. Using the V-slicer or mandoline, slice the sweet potatoes into very thin slices, about 1/8-inch thick. Trim 1-inch off the root end of the beets. Using the V-slicer or mandoline slice the beets into very thin slices, about 1/8-inch thick.

5. When the oil is hot add about a quarter of the sweet potato slices. Let fry until golden and the bubbling has almost completely subsided, about 2 to 3 minutes. Using a

mesh sieve or slotted spoon remove the chips to a paper-towel-lined baking sheet. Sprinkle with some of the garlic, rosemary, and salt mixture. Continue with the remaining sweet potatoes.

6. Transfer to a serving plate.

7. Next, fry 1/4 of the beets. Let fry until curled at the edges and most of the bubbling has subsided, about 3 to 4 minutes. Transfer the beets to another paper-towel-lined baking sheet and sprinkle with salt mixture. Continue with the remaining beets. Let cool and transfer to a serving plate.

<http://www.foodnetwork.com/recipes/giada-de-laurentiis/sweet-potato-and-beet-chips-with-garlic-rosemary-salt-recipe/index.html>

### Directions:

Special Equipment: V-slicer or mandoline, deep-fry thermometer (don't think this is really needed)

1. Wash the vegetables and dry very well. Set aside.