



What's in the bag!

This week's share consists of items from Stone Creek Farms (Plantpeddler), GROWN Locally and Annie's Gardens and Greens.

Week of March 29th

Full Share: 1 bag lettuce, 1 bag parsnips, 1/2 bag cucumbers, 1 bundle radishes, 1 bag tomatoes, 1 oz majorom, 1 oz basil, 1 bag onions, & 3#'s potatoes.

Week of March 29th

1/2 Share: 1 bag lettuce, 1 bag parsnips, 1/2 bag cucumbers, 1 bag tomatoes, & 1 oz sage.

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Lettuce With Hot Bacon Dressing

Ingredients:

- 1 egg
- 6 slices bacon
- 1/2 cup sliced onion
- 1/4 cup white wine vinegar
- 1/4 cup water
- 4 teaspoons white sugar
- 1/2 teaspoon salt
- 8 cups leaf lettuce - rinsed, dried and torn into bite-size pieces
- 8 radishes, thinly sliced



Directions:

1. Place egg in a saucepan and cover with cold

water. Bring water to a boil; cover, remove from heat, and let egg stand in hot water for 10-12 minutes. Remove from hot water, cool, peel and chop.

2. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. Reserve excess grease.
3. Add onions to skillet with reserved grease and cook until tender. Add bacon, vinegar, water, sugar and salt. Stir and bring to boil.
4. Place lettuce in a large bowl. Pour hot dressing over and toss well. Garnish with egg and radishes.

<http://allrecipes.com/Recipe/Lettuce-with-Hot-Bacon-Dressing/Detail.aspx>

TUNA ZUCCHINI CAKES

Ingredients:

- 1/2 cup finely chopped onion
- 1 tablespoon butter
- 1 can (6-1/2 ounces) light water-packed tuna, drained and flaked
- 1 cup shredded zucchini
- 2 eggs, lightly beaten
- 1/3 cup minced fresh parsley
- 1 teaspoon lemon juice
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup seasoned bread crumbs, *divided*
- 2 tablespoons canola oil



Directions:

In a small saucepan, sauté onion in butter until tender. Remove from the heat. Add the tuna, zucchini, eggs, parsley, lemon juice, seasonings and 1/2 cup bread crumbs. Stir until well combined. Shape into six 1/2-in.-thick patties; coat with remaining bread crumbs.

In a large skillet, heat oil. Cook the patties for 3 minutes on each side or until golden brown. **Yield:** 3 servings. <http://www.tasteofhome.com/Recipes/Tuna-Zucchini-Cakes>

Mark Your Calendars!

- Next CSA delivery will be April 7th & April 9th.
- Weekly recipe letters and monthly newsletters are now on the web.
- Please send in your payments by mailing them to Annie's Gardens & Greens 30975 Lincoln Rd, Fort Atkinson, IA 52144



NOW OPEN!

Check Out Annie's Green Grocery in Calmar for Wine, Frozen Meats, Cheese, Fresh Bread, Locally Grown Vegetables, Milk, Butter, Eggs, Honey and Homemade Baked Goods. More items will be coming keep checking with us.

Thursday 12-6, Friday 9-6, & Saturdays 9-2.

Check us out on the web www.anniesgardensandgreens.com



*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-diagnose 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 .

Lentil and Buckwheat Salad

Ingredients:

- 4 cups vegetable broth
- 1 cup green lentils, rinsed and drained
- 2 tablespoons extra virgin olive oil
- 2 medium onions, chopped
- 2 stalks celery, chopped
- 3 carrots, chopped
- 2 cloves garlic, minced
- 2 tablespoons salt-free seasoning blend
- 1 teaspoon chopped fresh marjoram leaves
- 1 teaspoon chopped fresh thyme
- 1 teaspoon chopped fresh lemon thyme
- 1 tablespoon ground cumin
- 1/2 teaspoon crushed red pepper flakes
- 1/8 teaspoon ground cardamom
- 1 egg
- 1 cup uncooked roasted buckwheat
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar



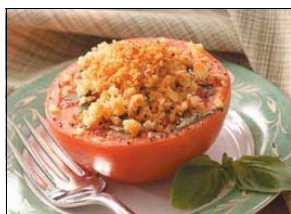
Directions:

1. Bring broth to a boil in a large pot over high heat. Stir in lentils, reduce heat to low and simmer until lentils are tender but firm, 15-20 minutes. Drain, but reserve liquid. Transfer lentils to a large bowl.
2. Heat olive oil over medium heat in a skillet. Cook onions until they are soft and translucent about 10 minutes, stirring occasionally. Add celery, carrots, and garlic and continue cooking until carrots are just tender, about 10 minutes. Stir vegetables into lentils. Mix in the seasoning blend, marjoram, thyme, lemon thyme, cumin, crushed red pepper, and cardamom. Set aside.
3. Whisk egg in a bowl; add the buckwheat and stir until well coated with egg.
4. Heat 1 tablespoon of olive oil in a skillet over medium heat. Add buckwheat and egg mixture. Cook, stirring constantly, until buckwheat has absorbed the egg and appears dry, about 10 minutes. Stir in 2 cups of the reserved lentil liquid and bring to a boil over medium-high heat; reduce heat to low and simmer until liquid is absorbed and buckwheat is soft but maintains its shape and texture, 15-25 minutes.
5. Mix buckwheat into lentil mixture. Season with salt, pepper, 1 tablespoon olive oil, and vinegar. Stir and adjust seasonings. Serve warm, at room temperature, or chilled. <http://allrecipes.com/Recipe/Lentil-and-Buckwheat-Salad/Detail.aspx>

Basil Baked Tomatoes

Ingredients:

- 1 garlic clove, minced
- 1 tablespoon Crisco® Light Olive Oil or Canola Oil
- 1/2 cup soft bread crumbs
- 2 large tomatoes
- 4 fresh basil leaves, chopped
- 1/8 teaspoon coarsely ground pepper



Directions:

1. In a small skillet, sauté garlic in oil for 1 minute. Add bread crumbs; cook and stir until lightly browned. Remove from the heat.
2. Cut tomatoes in half widthwise. Place cut side up in an 8-in. square baking dish. Sprinkle with basil and pepper; top with bread crumb mixture. Bake at 325° for 15-20 minutes or until tomatoes are slightly softened. **Yield:** 4 servings. <http://www.tasteofhome.com/recipes/Basil-Baked-Tomatoes>

Parsnip Patties

Ingredients:

- 3 cups shredded peeled parsnips (about 1 pound)
- 1 egg, lightly beaten
- 1/2 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 cup honey, warmed



Directions:

In a bowl, combine parsnips, egg, flour and salt. Drop batter by 1/2 cupfuls onto a lightly greased hot griddle. Fry over medium heat for 4-5 minutes per side or until vegetables are tender. Serve with honey. **Yield:** 6 servings. <http://www.tasteofhome.com/recipes/Parsnip-Patties>