

Shared Legacy Farms CSA, Week One 2023

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Garlic Scape Hummus

Adapted from Abundant Harvest Kitchen (www.abundantharvestkitchen.com)

Total time ~10 minutes

Do this! It's an amazing dip for vegetables or crackers, it can also be used as a sandwich spread. You can also freeze hummus if you're using this as an exit strategy.

Ingredients:

-5-7 garlic scapes, cut into large pieces (~1 inch)

-2 cups cooked garbanzo beans, drained if using canned (can also substitute white cannellini beans)

-juice from one lemon

-½ olive oil

-sea salt and pepper to taste

Directions:

Combine garlic scapes, beans and lemon juice in a food processor. Blend well.

Add olive oil and continue to blend. Add salt and pepper to taste.

Store in refrigerator for 1 week, or in the freezer for several months.

White Bean & Garlic Scape Dip

Adapted from Just a little bit of Bacon (www.justalittlebitofbacon.com)

Total Time ~10 minutes

Garlic scapes have quickly gained popularity in the CSA community. Try them out in a dip to use on top of your other veggies this week. Very similar to the hummus above!

Ingredients:

1 cup garlic scapes
2 15-ounce cans white cannellini beans, drained and rinsed
¼ cup EVOO
¼ cup water
¼ cup parsley, chopped
salt and pepper to taste

Directions:

Bring a large pot of water to a boil and set out a bowl of ice water. Add the garlic scapes to the pot and boil for 30 seconds. Drain and plunge the scapes into the ice water.

Roughly chop most of the scapes and finely chop a few for topping the dip.

Add the garlic scapes, white beans, olive oil, water, and parsley to a food processor (or blender) and process until smooth.

Add more water if it's too thick. Taste the dip and add salt and pepper to taste. Serve topped with some garlic scapes, chopped parsley, and a drizzle of extra virgin olive oil.

Garlic Scape Pesto

Adapted from A Dish of Daily Life (www.adishofdailylife.com)

Pesto is not just for pasta! Use it on other salads, roasted vegetables, sandwiches and more. You can freeze for use all year long! Throw some carrot tops in!

Ingredients:

2 cups basil, packed
1 cup garlic scapes, chopped
1 cup slivered almonds
¾ cup EVOO
juice from one lemon
1 cup Parmesan cheese
salt and pepper to taste

Directions:

Process garlic scapes in food processor.

After they are broken down, add in the slivered almond and basil and continue to process.

Add olive oil and lemon juice in a steady stream, as you continue to blend.

Add parmesan and pulse a couple times to process.

Season to taste with salt

Scallion Vinaigrette

Adapted from The Domesticated Wolf (www.thedomesticatedwolf.com)

Homemade dressings are the best! Especially when you have that great lettuce to pair them with!

Ingredients:

½ cup EVOO
½ cup apple cider vinegar
1 cup sliced scallions
2 Tbs grainy mustard (or any mustard of your choosing)
½ tsp kosher salt
¼ tsp freshly cracked black pepper
1 tsp honey
red pepper flakes to taste

Directions:

In a mason jar, combine all ingredients and shake very well to combine, or blend for a creamier texture

Refrigerate or use immediately, will last about 1 week

Veggie Cream Cheese

Adapted from Shared Legacy Farms Facebook Group

Total time ~10 minutes

Originally posted by Susan in our group, this has become such a hit! There are so many options with your veggies and herbs. Basically all these ingredients are optional, make your own mix up!

Ingredients:

1 garlic scape, finely chopped

1 scallion, finely chopped

1 carrot, shredded

1 radish, shredded

Dill or any fresh herb of your choice, finely chopped

1 8 ounce package cream cheese

Directions:

Combine all ingredients and mix by hand or in the food processor. Store in the fridge for up to 5 days. Enjoy on a bagel, as a dip or on toast.

Simple Roasted Carrots & Radishes

Total Time ~ 40 minutes

Roasting is one of our favorite strategies, its super easy and a great way to prepare most vegetables. Radishes have a much milder flavor when roasted; try combining them with carrots or potatoes for great side dish!

Ingredients:

1 bunch radishes (greens removed, cut in halves)

3-4 carrots (cut up, about the same size as the radishes); you could also add some turnips into this mix

2-3 Tbs EVOO

salt and pepper

Directions:

Preheat the oven to 400 degrees.

Toss radishes and carrots in a bowl, add olive oil and stir so all vegetables are lightly coated.

Add salt and pepper, toss well. Place on sheet pan, making sure they are not too crowded.

Roast in oven for about 30 minutes or until tender. Enjoy!

Seared Scallions with Poached Eggs

Adapted from New Entry Sustainable Food Project (www.nesfp.org)

Yes, I want people eating eggs and fresh produce for breakfast! Leave that cereal at the store. This recipe originally called for microwaving your eggs, but I included some super simple poaching instructions below. I would recommend using them and not the microwave.

Ingredients:

2 bunches scallions
3 Tbs EVOO, divided
1 tsp fresh lemon juice
Kosher salt and freshly ground black pepper
2 large eggs

Directions:

Mince 1 whole scallion, transfer to a bowl, and whisk in 2 tablespoons oil and lemon juice. Season to taste with salt and pepper and set scallion sauce aside.

Put the remaining scallions on a plate. Drizzle with remaining oil and toss to coat. Season to taste with salt and pepper. Heat a large cast-iron grill pan or skillet over medium-high heat. Cook scallions, turning occasionally, until tender and slightly charred, about 5 minutes. Divide scallions between plates.

Pour ½ cup water into each of two 8-ounce microwave-safe coffee cups. Crack 1 egg into each cup, making sure it's completely submerged. Cover each with a saucer. Microwave 1 egg on high until white is set but yolk is runny, about 1 minute (cooking time will vary depending on microwave).

Uncover; using a slotted spoon, transfer egg to top of 1 serving of scallions.

Dress with half of the scallion sauce. Repeat with remaining egg and sauce; serve.

How to poach an egg:

Crack your egg into a bowl or onto a saucer, this makes it easier to slide into the pan. If there is any very runny white surrounding the thicker white then tip this away.

Add a drop of vinegar (you can add this to the water in the pan if you prefer).

Bring a pan of water filled at least 5cm deep to a simmer. Don't add any salt as this may break up the egg white. Stir the water to create a gentle whirlpool to help the egg white wrap around the yolk.

Slowly tip the egg into the center. Make sure the heat is low enough not to throw the egg around – there should only be small bubbles rising.

Cook for 3-4 minutes or until the white is set.

Lift the egg out with a slotted spoon and drain it on kitchen paper. Trim off any straggly bits of white. If you need to cook more than one poached egg, keep it at the right temperature in warm water, but make sure the water isn't hot enough to overcook the egg.

Roasted Radishes with Brown Butter, Lemon and Radish Tops

Adapted from Epicurious (www.epicurious.com)

Total Time ~35 minutes

Serves 4

If your're nervous about radishes, roast them! This is a great recipe that also incorporates the GREENS!

Ingredients:

1-2 bunches radishes

1 ½ Tb EVOO

Coarse Salt

2 Tbs unsalted butter

1 tsp fresh lemon juice

Directions:

Preheat oven to 450 degrees.

Brush large heavy-duty rimmed baking sheet with olive oil.

Cut off all but 1/2 inch of green radish tops; reserve trimmed tops and rinse them well, checking for grit.

Coarsely chop radish tops and set aside. Cut radishes lengthwise in half and place in medium bowl. Add 1 1/2 tablespoons olive oil and toss thoroughly to coat.

Place radishes, cut side down, on prepared baking sheet; sprinkle lightly with coarse salt. Roast until radishes are crisp-tender, stirring occasionally, about 18 minutes.

Season to taste with more coarse kosher salt, if desired.

Melt butter in heavy small skillet over medium-high heat. Add pinch of coarse kosher salt to skillet and cook until butter browns, swirling skillet frequently to keep butter solids from burning, about 3 minutes.

Remove skillet from heat and stir in fresh lemon juice.

Transfer roasted radishes to warmed shallow serving bowl and drizzle brown butter over. Sprinkle with chopped radish tops and serve.

Roasted Carrots with Carrot Top Pesto

-You can just make the pesto!

Adapted from Bon Appetit (www.bonappetit.com)

Total time ~40 minutes

Serves 4

Don't want to waste those tops? Make them into pesto and freeze for later use!

Ingredients:

3 pounds small carrots with tops

2 Tbs oil

Kosher salt, freshly ground pepper

1 garlic clove

3 Tbs macadamia nuts or pine nuts

½ cup (packed) fresh basil leaves

¼ cup finely grated Parmesan

½ cup EVOO

Directions:

Preheat oven to 400°. Trim carrot tops, leaving some stem attached. Measure out 2 cups carrot tops and set aside; reserve any remaining carrot tops for another use.

Toss carrots and oil on a rimmed baking sheet; season with salt and pepper. Roast, tossing occasionally, until carrots are golden brown and tender, 25–35 minutes. Let cool.

Pulse garlic and nuts in a food processor until a coarse paste forms. Add basil, Parmesan, and reserved carrot tops; process until a coarse purée forms. Add olive oil and pulse until combined; season with salt and pepper. Serve carrots with pesto.

DO AHEAD: Pesto can be made ahead. Press plastic wrap directly onto surface; chill. Carrots can be roasted 4 hours ahead. Let stand at room temperature.

Strawberry Rhubarb Crumble Bars

Adapted from The Minimalist Baker (www.minimalistbaker.com)

Total Time ~2 hours

Serves 9

Freezer Friendly

A great summer treat, these come from a gluten free baker but there are many ingredients you can substitute as needed.

Ingredients:

Crust:

1 cup rolled oats

1 cup raw almonds

¼ tsp sea salt

3 Tbs coconut sugar (or sugar of choice)

4 ½ Tbs coconut oil (melted, or butter)

Filling:

2 heaping cups rhubarb (stems removed // chopped into 1/2 inch pieces)

1 heaping cup berries (such as strawberries or raspberries // large pieces chopped)

¼ cup orange juice

2 Tbs coconut sugar (plus more to taste, or sugar of choice)

1 Tbs cornstarch

Crumble Topping:

3 Tbs coconut sugar (or sugar of choice)

2 Tbs gluten-free flour (DIY blend or Bob's Red Mill 1:1 Gluten Free Blend, regular flour)

¼ cup rolled oats

1 ¼ Tbs coconut oil (or butter)

Directions:

Preheat oven to 350 degrees F (176 C) and line an 8x8-inch baking dish with parchment paper.

Add oats, almonds, sea salt, and coconut sugar to a food processor or high-speed blender and pulse into a fine meal, making sure no large pieces remain.

Add melted coconut oil and pulse to incorporate. It should form a loose dough that forms when squeezed between two fingers. Add more melted oil if too dry.

Spread the mixture into the lined baking dish and press down into an even layer with your fingers or a flat object (such as a drinking glass).

Bake for 15 minutes, then increase heat to 375 degrees F (190 C) and bake for 5 minutes more, or until the crust is fragrant and the edges are slightly golden brown. Set aside.

In the meantime, add rhubarb, strawberries, orange juice, coconut sugar, and cornstarch to a medium saucepan and warm over medium-low heat until slightly softened and bubbly - about 5-7 minutes. Stir frequently to prevent sticking. Then remove from heat and set aside.

Next prepare crumble by adding all ingredients to a small mixing bowl and using a fork or your fingers to mix ingredients into a crumble. Set aside.

Add strawberry-rhubarb mixture to the pre-baked crust and spread into an even layer. Then top with **crumble** topping and spread evenly to cover fruit.

Reduce oven heat back to 350 degrees F (176 C) and bake for another 15-20 minutes or until the strawberry topping is warm and bubbly and the crumble is golden brown.

Remove squares from oven and let cool completely - 1-2 hours. Once cooled, gently lift bars from pan and slice into 9 even squares or 10 bars (amounts as original recipe is written // adjust if altering batch size).

These should be firm enough to pick up and eat with your hands, but are best enjoyed with a fork and plenty of coconut whipped cream or Vanilla Bean Coconut Ice Cream!

Store leftovers in a well-sealed container at room temperature for 2 days, in the refrigerator for 3-4 days, or the freezer up to 1 month.

Rhubarb Liqueur

Adapted from Cooking Light (www.cookinglight.com)

Really not sure what to do with that rhubarb? Make some cocktails later this summer!

Ingredients:

6 Tbs sugar

¼ cup water

1 ½ pounds rhubarb, coarsely chopped

3 cups vodka

½ cup Grand Marnier or other orange flavored liqueur

Directions:

Bring sugar and water to a boil in a small saucepan, stirring just until sugar dissolves; remove from heat. Cool. Place coarsely chopped rhubarb in a wide-mouth jar. Add vodka, Grand Marnier, and cooled sugar syrup; stir.

Screw lid on tightly; let stand at room temperature for 2 to 3 weeks or until all the color leaches out of rhubarb.

Strain mixture through a sieve over a bowl; discard solids.

