

Young Root-Vegetable Braise

12 small turnips, peeled, stems trimmed to one-half inch (*sub rutabagas*)
1 bunch radishes, stems trimmed to one-half inch
6 small carrots (3 to 4 inches long), peeled, stems trimmed to one-half inch
1 pound fava beans, shucked
2 tablespoons unsalted butter, divided
1 bunch green onions, trimmed and sliced (use 2 to 3 inches of white and pale green part only)
2 tablespoons finely chopped parsley
1 tablespoon finely chopped tarragon
1 tablespoon lemon juice
Sea or Kosher salt
Freshly ground pepper

1. Bring a large pot of water to a boil over medium-high heat, adding 1 tablespoon of salt per quart of water. Slice the turnips and radishes in half if large; leave the smaller ones whole.
2. Blanch the turnips, radishes and carrots for 5 minutes, less if smaller, then lift them out of the simmering water and plunge them into an ice water bath. Drain, pat dry and set aside.
3. Bring the water back to a boil and add the fava beans; blanch 1 minute. Remove with a slotted spoon and place in the ice water bath. Reserve the cooking water. Pop the fava beans out of their skins and reserve the beans.
4. Melt 1 tablespoon of the butter in a 10-inch sauté pan. Add the green onions and cook over medium heat for about 2 minutes, stirring frequently. Add one-half cup of the vegetable cooking water, the blanched vegetables, half of the parsley and tarragon and one-fourth teaspoon salt. Simmer until the vegetables are fully tender, about 10 minutes or until done. Add one-fourth cup cooking water as needed to maintain a small amount of sauce in the pan.
5. Add the fava beans, remaining butter and lemon juice. Increase the heat and swirl the pan back and forth until the butter has melted. Remove from the heat, add the rest of the parsley and tarragon, season with salt and pepper to taste and serve.

Find more recipes at:

WWW.THEPRODUCEBOX.COM

Get Fresh Eat Local NC

Laurie Rosenfeld, Area Manager
getfresheatlocalnc.blogspot.com

Meals with the McRackans

Jessica McRackan, Member
jessica.mcrackan.com

Fresh Cooking

Heidi Sico, Member
hsico-freshcooking.blogspot.com

Feeding Four

Christa Hogan, Member
feedingfourfood.blogspot.com

Meal Planning

Enter your **PRODUCE BOX** items on this site for recipes and meal planning!
mealplanner.eatrealgood.com

Strawberry dumplings

strawberries (whole/capped- fresh or frozen)
1. put in pot and add just enough water to cover
2. add up to 1/2 cup sugar as needed to sweeten berries
3. cook to a boil allow berries to boil down until soupy
4. when boiling drop in dumplings- boil until dumplings are cooked
5. can then set to simmer until ready for dessert

dumplings :

1-1 1/2 cups all-purpose flour
2 T. oil
2-3 T. sugar
add milk - maybe about 1/4 cup- until dough is easy to drop- not runny

Trish Stutts, Raleigh Member

Freezing Berries

Wash, dry well and hull. Spread out in single layer on baking sheet. Freeze 1-2 hours; transfer to freezer bag and store in coldest part of freezer. Enjoy any time in smoothies, cereal, pancakes, or to top ice cream. Yum!

Sautéed Garlic Asparagus

INGREDIENTS:

3 tablespoons butter or margarine
1 bunch fresh asparagus
3 cloves garlic, chopped

DIRECTIONS:

1. Melt the butter or margarine in a large skillet over high heat. Add the garlic and asparagus spears; cover and cook for 10 minutes, stirring occasionally, or until asparagus is tender. If you like your asparagus well done, reduce heat and cook an additional 10 minutes.



Baked Sweet Potatoes and Yams, Thai-style

Ingredients:

SERVES 4-6 as a side dish

- 2 sweet potatoes, peeled and cubed
- 3-4 purple yams OR substitute 1 medium-sized regular yam, peeled and cubed
- 1 large carrot, chopped or sliced thickly
- 3 Tbsp. coconut oil OR olive oil
- 1/4 to 1/2 tsp cayenne pepper (adjust according to how spicy you want it)
- 1/4 tsp. cumin
- 1 tsp. cumin seeds (whole)
- 2 Tbsp. brown rice syrup OR maple syrup
- Salt (to taste)
- Black pepper (to taste)
- Handful of chopped fresh coriander (leaves and stems)
- Optional: 1 red chili, seeded and minced for garnish
- Optional: 1 tsp. butter

Preparation:

- Preheat oven to 350 degrees.
- Place chopped vegetables in a flat casserole dish, such as you would use for lasagna. Pour oil over, then sprinkle with the cumin seeds, ground cumin, and cayenne pepper. Toss well to mix.
- Add 3 Tbsp. water and place dish in the oven to bake for 45 minutes.
- When vegetables are soft, remove from oven. Leaving them in the baking dish, add the butter (if using) and drizzle over the syrup. Top with salt and pepper and toss well.
- Do a taste-test, adding more salt if desired. Add more syrup if you prefer them sweeter. If too sweet or too salty, add a squeeze of lemon juice.
- Garnish with the coriander and chili (if using), and ENJOY!

Strawberry Vinegar

- Press 10 ounces of strawberries or raspberries through strainer to measure 3/4 cup.
- Heat juice, 3 cups white or cider vinegar and 1 cup of sugar to boiling, stirring frequently.
- Boil and stir 1 minute.
- Cool, pour into bottles and cover tightly.

Fruit Vinegar Dressing

- 2 TBSP sugar
- 1/2 cup oil
- 1/4 cup Strawberry vinegar
- 1/2 tsp salt
- 1/2 paprika
- 1/2 tsp mustard
- 1 green onion, chopped
- In small bowl or jar mix ingredients until well blended.



Bethany Stempien, Raleigh Area Manager

Baked Asparagus with Balsamic Butter Sauce

INGREDIENTS:

- 1 bunch fresh asparagus, trimmed
- Cooking spray
- Salt and pepper to taste
- 2 tablespoons butter
- 1 tablespoon soy sauce
- 1 teaspoon balsamic vinegar



DIRECTIONS:

1. Preheat oven to 400 degrees F
2. Arrange the asparagus on a baking sheet. Coat with cooking spray, and season with salt and pepper.
3. Bake asparagus 12 minutes in the preheated oven, or until tender.
4. Melt the butter in a saucepan over medium heat. Remove from heat, and stir in soy sauce and balsamic vinegar. Pour over the baked asparagus to serve.

"We LOVE this pairing (Box A)! It's perfect for those of who may be a little less daring but want to eat fresh!

I'm going to find my mom's recipe for poppy seed dressing and make strawberry salad! I'll even add some of the beautiful giant blueberries I still have in my chest freezer."

~ Tamara B, Raleigh Member

Strawberry and Feta Salad

INGREDIENTS:

- 1 cup slivered almonds
- 2 cloves garlic, minced
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- 1/4 cup strawberry vinegar
- 2 tablespoons balsamic vinegar
- 2 tablespoons brown sugar
- 1 cup vegetable oil
- 1 head romaine lettuce, torn
- 1 pint fresh strawberries, sliced
- 1 cup crumbled feta cheese



DIRECTIONS:

1. In a skillet over medium-high heat, cook the almonds, stirring frequently, until lightly toasted. Remove from heat, and set aside.
2. In a bowl, prepare the dressing by whisking together the garlic, honey, Dijon mustard, raspberry vinegar, balsamic vinegar, brown sugar, and vegetable oil.
3. In a large bowl, toss together the toasted almonds, romaine lettuce, strawberries, and feta cheese. Cover with the dressing mixture, and toss to serve.