

Here are two simple recipes that are appropriate for this time of year. Since I lived overseas for 8 years, there's a bit of a foreign feel to these.

*Ranald Totten, Neighborhood Coordinator, Wilmington
Publisher, WhatsOnWilmington.com*

Turkish Corban Salad (pronounced "chor-bahn")

3 T Fresh Lemon Juice
1 Small Garlic Clove, Minced
3 T Olive Oil
1/4 Cup Parsley, Minced
1 Small Onion, Finely Chopped
1 Large Tomato, Seeded and Chopped
1 Large Cucumber, Peeled, Seeded and Chopped
Salt & Pepper to Taste

Stir together lemon juice, garlic, salt and pepper until salt dissolves. Stir in oil, parsley and onion. Add remaining ingredients and toss gently to combine. Also good with green pepper or hot green pepper (my preference).

Curry-Ginger Sweet Potato Fries

2 Large Sweet Potatoes, Scrubbed and Unpeeled
Olive Oil Flavored w/ Curry and Ginger
1 Bunch of Scallions, Thinly Sliced
Salt & Pepper to Taste

Trim 1/4 inch from the ends of the sweet potatoes, then shave the sides to make a kind of rectangle. Cut the potatoes lengthwise into half-inch wide slices. Stack the slices and cut into half-inch wide slices. Dry well.

In a large bowl, combine oil, curry, ginger and scallions. Add potatoes, season with S&P and toss well.

Place heavy sheet or pan in oven set at 400 degrees. Remove pan, dump fries into it and separate. There should be an audible sizzle when you add the fries. If not, start over. Bake till golden brown, 10 to 15 minutes.

Turn fries with a spatula, and bake another 10 to 15 minutes. Arrange fries on serving platter and toss with more scallions.

Hi Courtney! 2 stories about last week's produce box (Robin S, Raleigh member)

There was a super large cucumber in the box when I got it. It was so large that it didn't fit into my stuffed refrigerator, so I set it aside to make room. Of course I got side tracked, and 4 days later, I sought out the cuke for a salad and couldn't find it! The only possibility (aside from me tossing it accidentally) is that my Golden Retriever found it, and devoured it while I was out of the room. I think this is how the cuke met its finale.

2) The sweet potatoes are delicious. I made-up a lovely mashed sweet potato dish that was soooo easy. I peeled all the sweet potatoes and cut them in half (or so) and placed them in my crock pot. No water or anything. I turned on the crock pot to low for 7 hours. The house smelled great about hour 4. After the 7 hours, I took a hand masher and mashed in about 2 Tbsp of butter. Boy was it yummy!

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

MIXED GREENS WITH STRAWBERRY VINAIGRETTE AND EDIBLE FLOWERS

Ingredients

6 tablespoons extra virgin olive oil
1/4 cup roughly chopped strawberries
2 tablespoons raspberry vinegar
1 tablespoon yogurt
Pepper to taste
12 cups mesclun mix
1/2 cup toasted pecans
Edible flowers (such as pansies, nasturtiums and geraniums) to taste
1/2 cup feta cheese crumbles

Method

Put oil, strawberries, vinegar, yogurt, and pepper into a food processor and purée to make a dressing. Toss together mesclun mix, pecans, flowers and feta with the dressing and serve, garnished with a few more flowers, if you like.

Fish Tacos with Homemade Salsa Verde

Sonia Johnson, Raleigh Member

1 bunch cilantro (roots and thick stems removed)
4 tbsp fresh lime juice
3 tbsp olive oil
radishes (4 oz), thinly sliced
3 scallions, thinly sliced
1/2 jalapeno, minced
1.5 lb skinless tilapia filets
12- 6" corn tortillas (CORN, not flour)

1. Heat broiler, with rack set 4" from heat.
2. In blender combine cilantro, 2 tbsp lime juice, 2 tbsp oil, and 2 tbsp water. Season with salt and pepper and 1 tbsp raw sugar. Blend until pureed and set aside.
3. In small bowl mix 2 tbsp lime juice, 1 tbsp oil, radishes, scallions and jalapeno, season with salt and pepper and set aside.
4. Place tilapia on rimmed baking sheet, season with salt, pepper, broil until opaque (4-5 minutes), break into chunks to serve inside tacos.
5. Heat tortillas on stove top (I use Pam spray) on medium high until lightly toasted each side. (Doesn't take long!)

To serve, fill tortillas with fish and radish salad and top with Salsa Verde and fold.

~~~~~  
Sonia also offers this cool site with info on storing

### Radishes:

[www.foodinjars.com/2009/05/fresh-radish-storage/](http://www.foodinjars.com/2009/05/fresh-radish-storage/)

"For those who got **Asparagus** (yum) just wanted to share our super simple and delicious way of fixing it. A little olive oil, a bit of salt and pepper, little garlic powder (or just use garlic salt and leave out the regular salt), and Italian seasoning. Roast at 450 degrees for about 15-20mins. Goes great with grilled chicken marinated in Italian dressing!"

*Stephanie Shattuck, Raleigh Member (via Facebook)*

## HOW TO COOK COLLARDS (from our resident CHEF:

Kevin, O'Connell).

Note: Be sure to wash the greens in the sink three times, and add a bit of baking soda to the water as you do it. It will reduce bitterness. Variations on this recipe include not using oil and adding a splash of cider vinegar.

One piece of seasoning meat (ham hock or fat back: 1 lb or so)

One bunch collards

½ cup apple cider vinegar

½ cup sugar

2 tbsp salt

1 tsp black pepper

1 gallon water

Place ham hock in large soup pot with dry seasonings, meat and water. Simmer (not boil) for thirty minutes to begin cooking seasoning meat and to flavor the cooking liquid. Thoroughly wash collards in cold water and drain three times to remove fine sand. Add collards to pot, making sure they are completely covered by water...add more if needed. Allow collards to simmer forty five minutes to one hour (not boiling) until desired tenderness. Remove from liquid and drain. Lightly chop. Pull seasoning meat from liquid. Check/Taste collards for seasonings and add if necessary. Remove good pieces of meat from ham hock and place atop collards when serving for garnish.

## Massaged Kale Salad

### Ingredients:

1 bunch kale, stalks removed and discarded. leaves thinly sliced

1 lemon, juiced

1/4 cup extra virgin olive oil, plus extra for drizzling

kosher salt

2 teaspoons honey

freshly ground black pepper

1 mango, diced small (about 1 cup)

Small handful toasted pepitas (pumpkin seeds), about 2 rounded tablespoons

### Directions:

1. In large serving bowl, add the kale and half of lemon juice, a drizzle of oil and a little kosher salt. Massage until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make the dressing.
2. In a small bowl, whisk remaining lemon juice with the honey and lots of freshly ground black pepper. Stream in the 1/4 cup of oil while whisking until a dressing forms, and you like how it tastes.
3. Pour the dressing over the kale, and add the mango and pepitas. Toss and serve.