

Crème de la Crop

What do I get?

Epicureans: Arugula Whole with Flowers, Salad Greens, Shelling Peas, Purple Potatoes*, Scallions*, Cauliflower first come first serve (everyone will get a head as the weeks progress, we will keep track how it gets distributed)

Standard: Arugula Whole with Flowers, Salad Greens, Shelling Peas, Scallions*, Cauliflower first come first serve (everyone will get a head as the weeks progress, we will keep track how it gets distributed)

We are not a typical CSA Program

From our 2009 Good Food Brochure

With the unpredictability of Northwest Indiana's climate and Global Warming, we have found it tricky to forecast when we can get the crops planted. On occasion at the end of June when we first start harvesting produce, what comes out of our fields are mostly leafy greens, radishes and peas. Knowing that this will not satisfy the needs of our members we will outsource vegetables that are Certified Organic to supplement the weeks offering*. Some crops are very labor intensive to harvest and maintain by hand. For example most root vegetables and beans are typically mechanically harvested. In order to continue farming and to pay our staff fair wages we will farm out organic produce that is too costly for us to grow/harvest. Our goal is to provide our members with ample produce at a fair price so that you can provide your family with wholesome nutritious meals.

In the next couple of weeks we will be harvesting snap beans, cucumbers, broccoli & summer squash...

Braised Peas and Scallions

Gourmet May 1993

yield: Serves 2

Can be prepared in 45 minutes or less.

- 1 tablespoon unsalted butter
- 1/2 teaspoon sugar
- 6 scallions, halved lengthwise and cut crosswise into 1-inch-thick pieces
- 1 cup shelled fresh peas
- 1/3 cup chicken broth

In a saucepan melt the butter over moderate heat, add the sugar, the scallions, the peas, and salt and pepper to taste, and cook the mixture, stirring, for 1 minute. Add the broth and simmer the mixture, covered partially, for 2 minutes, or until the peas are barely tender. Boil the mixture, uncovered, for 1 to 2 minutes, or until the peas are tender and the liquid is almost evaporated.

Oven-Roasted Fries

Bon Appétit January 2008
by Suzanne Tracht



photo by: Antonis Achilleos

yield: Makes 4 to 6 servings

Thick-cut oven fries are delicious—and so easy, especially if you don't have time to make the deep-fried version. Use russet or purple potatoes, or a mixture of both.

Nonstick vegetable oil spray
2 pounds unpeeled russet potatoes or purple potatoes, scrubbed, cut lengthwise into 1/2- to 1/3-inch wedges
2 tablespoons canola oil

Preheat oven to 450°F. Spray large rimmed baking sheet with nonstick spray. Toss potato wedges with canola oil in large bowl. Sprinkle potato wedges generously with salt and pepper; spread in single layer on prepared baking sheet. Roast potato wedges until tender and brown in spots, turning occasionally, about 45 minutes. Sprinkle with salt and pepper and serve.

Farfalline Pasta Carbonara

Gourmet October 2007

by Duskie Estes and John Stewart
Zazu Restaurant & Farm, Santa Rosa

yield: Makes 6 (main course) servings

active time: 20 min

total time: 30 min

6 slices good-quality bacon (5 ounces)

1 pound farfalline (small bow-tie pasta)

1 (10-ounce) package frozen peas (not thawed; 2 cups)

4 large eggs (preferably organic)

1 cup grated Parmigiano-Reggiano plus additional for sprinkling

1/2 teaspoon kosher salt

Cut bacon crosswise into 1/4-inch-wide strips and cook in a large heavy skillet over medium heat, stirring occasionally, until crisp. Remove from heat.

Cook farfalline in a pasta pot of boiling salted water (2 tablespoons salt for 6 quarts water) according to package directions, stirring in peas 4 minutes before pasta is al dente.

Meanwhile, whisk together eggs, cheese, kosher salt, and 1 teaspoon pepper in a large bowl.

Reserve 1 cup pasta-cooking water, then drain. Add pasta to eggs along with 1/2 cup reserved cooking water and bacon with drippings, tossing to combine. Add more cooking water to moisten if necessary. Season with salt and pepper.

Cooks' note: The eggs in this recipe will not be fully cooked, which may be of concern if salmonella is a problem in your area.

Cauliflower Steaks with Cauliflower Purée

Bon Appétit February 2008, By Dan Barber
yield: Makes 2 servings



photo by: Lisa Hubbard

Few ingredients, big payoff: Large "steaks" are cut from a head of cauliflower, sautéed until golden, then baked until tender. They're served over a simple puree made from the cauliflower florets. An impressive first course, this can also be a lovely side. Just sear two mahi-mahi fillets in butter and place them alongside the cauliflower.

1 1 1/2-pound head of cauliflower
1 1/2 cups water
1 cup whole milk
2 tablespoons vegetable oil plus additional for brushing

Preheat oven to 250°F. Using sharp heavy knife and starting at top center of cauliflower head, cut two 1-inch-thick slices of cauliflower, cutting through stem end. Set cauliflower steaks aside.

Cut enough florets from remaining cauliflower head to measure 3 cups. Combine florets, 1 1/2 cups water, and milk in medium saucepan, and sprinkle with salt and pepper. Bring to boil and cook until cauliflower florets are very tender, about 10 minutes. Strain, reserving 1 cup cooking liquid. Spread florets on large rimmed baking sheet, and bake 10 minutes until slightly dry.

Transfer florets to blender. Add reserved 1 cup cooking liquid and puree until smooth. Return puree to same saucepan and increase oven temperature to 350°F.

Heat 2 tablespoons vegetable oil in heavy large ovenproof skillet over medium-high heat. Brush cauliflower steaks with additional oil and sprinkle with salt and pepper. Add cauliflower steaks to skillet and cook until golden brown, about 2 minutes per side.

Transfer skillet to oven and bake cauliflower steaks until tender, about 10 minutes.

Rewarm cauliflower puree over medium heat. Divide puree between 2 plates; top each with cauliflower steak.

Poached Chicken Breasts with Arugula Pesto Sauce

Gourmet June 1995

yield: Serves 6

Can be prepared in 45 minutes or less.

For arugula pesto sauce

3 cups packed arugula (about 3/4 pound), washed well and spun dry
1/3 cup pine nuts, toasted golden and cooled

1/2 cup freshly grated Parmesan cheese

1/2 teaspoon salt

1 large garlic clove, chopped

3 tablespoons olive oil

1/4 cup hot water plus additional if desired

3 cups chicken broth

2 cups water

3 whole boneless skinless chicken breasts (about 2 1/4 pounds), halved

Make arugula pesto sauce:

In a food processor pulse together all sauce ingredients except oil and water until arugula is chopped fine. With motor running add oil in a stream, blending mixture until smooth. Sauce may be made up to this point 1 week ahead and chilled, its surface covered with plastic wrap. Bring sauce to room temperature to continue. Stir in 1/4 cup hot water plus additional for thinner consistency if desired.

In a 6-quart saucepan bring broth and water to a boil. Add chicken and simmer, covered, 9 minutes. Remove pan from heat and let chicken stand in cooking liquid, covered, until cooked through, about 20 minutes. Chicken may be poached 1 day ahead, cooled completely, uncovered, in cooking liquid, and chilled, covered. Bring chicken to room temperature to continue. Drain chicken and slice 1/4 inch thick. Serve chicken with sauce.

