

CSA 2016
WEEK TWO RECIPES

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Fermented Dill Beans

What you need:

- String Beans
- Clean canning jar with top
- Pure water (well water is OK, municipal water is not. If you have municipal water, use purified water.)
- Sea Salt
- Fresh Dill
- Fresh Garlic
- Whey

Snap bean so that they fit in the jar with about 1/2 inch headspace. Add a sprig of dill and fresh garlic, sliced. Sprinkle with a pinch or two of salt, depending on your taste. Add approximately 2 teaspoons whey per pint of beans. Fill with water, leaving headspace. Cap tightly. Shake gently to distribute the salt. Leave on your counter for 3-5 days depending on desired level of tartness. This may have to be burped once daily.

Yogurt Herb Bread

a little butter for the pan

1 cup unbleached flour

1 cup whole wheat flour

1 tsp. baking powder

1/2 tsp. baking soda

3/4 tsp. salt

1 cup plain yogurt

5 T. melted butter

2 eggs

1/3 cup honey (can substitute sugar)

3 Tablespoons minced fresh herbs (use whatever combination you like: dill, basil, rosemary, mint, thyme, etc.)

Preheat oven to 350F. Butter a loaf pan.

Sift together the dry ingredients. Gently make a well in the center.

In separate bowl beat together yogurt, butter, eggs and honey. Pour into the well of dry ingredients. Add herbs. And stir everything together.

Spread in the prepared pan. Bake 40-45 minutes or until knife inserted in the center comes out clean. Cool slightly (about 10 minutes) before you remove from pan.

Cool slightly before slicing.

Bacon, Egg, and Spinach Breakfast Salad



For the salad:

1 bunch shredded (or torn into small pieces) spinach
6 eggs, boiled and roughly chopped
8 oz. cheddar, cubed (or substitute whatever cheese you like)
8 oz. bacon crumbled and fried crisp

Dressing:

6 oz. sour cream or plain yogurt
Salsa to taste (I used about 1/4 cup hot salsa)
Avocado slices to garnish (optional)

Directions:

Start with the dressing. Stir together the sour cream and salsa. Set aside to allow the flavors to come together.

Mix together all the ingredients for the salad. Place salad on the plate and top with a generous dollop of dressing.

Stuffed Squash Flowers

Squash flowers

Cheese of your choice (cheddar, Parmesan, goat cheese, etc.)

Herbs of your choice, minced

Sausage (cooked and crumbled), optional

Egg

Bread crumbs or panicle

Oil for frying (coconut oil works great)

Rinse squash flowers and check inside for any critters that like to hide. Set aside and drain well.

Shred the cheese and toss with the sausage if you are using it.

In a bowl beat egg well.

Place bread crumbs and herbs in a bowl.

Heat about 1/2 inch of oil in a heavy pan.

Carefully open each flower and stuff with cheese and sausage. Close it up (just do the best you can. It may not stay closed well). Dip in egg and then roll in the bread crumbs. Place in hot oil. Fry until golden brown, turning once. Place on a towel to drain off extra oil. Eat these hot and gooey!!!