

CSA 2016
Week Five Recipes

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Creamy Zucchini Soup with Dill

1 onion, diced
3-4 cloves garlic
4 T. butter (can substitute olive oil)
4-5 zucchini and/or summer squash
2 quarts broth (bone broth or vegetable broth)
1 cup milk (or cream!)
1 Tablespoon chopped dill
salt and pepper, to taste

Melt butter in a large stockpot. Add onions and garlic and sauté until they are soft. Add zucchini and continue to sauté just until the zucchini is slightly cooked and has a bit of color.

Add broth. Eat through.

Using an immersion blender puree until smooth(ish). You can also do this by batches in the blender. (DO NOT OVERFILL A BLENDER WITH HOT LIQUIDS!)

Return to the pot. Add milk, dill, salt and pepper. Heat until boiling, stirring frequently.

Lavender Pudding

2-3 sprigs lavender

2 3/4 cups whole milk

1/2 cup sugar

1/4 cup cornstarch (organic, non-gmo cornstarch can be found at most health food stores)

pinch salt

2 Tablespoons butter

1 teaspoon real vanilla extract

1. Place milk in a saucepan. Add the sprigs of lavender (whole). Gently heat milk to scalding, stirring frequently. Set aside and allow to cool with the lavender. When cool enough to easily handle, remove the lavender and give it a good squeeze into the milk. This process infuses the milk with the lavender flavor, but you won't have the content with chewing the flowers or leaves.

2. In a saucepan combine dry ingredients. Slowly add the lavender milk while whisking. Heat it gently over medium-low heat, stirring constantly. It will soon start to thicken. Remove from heat when it is thick enough to coat the back of a metal spoon.

3. Stir in the butter and vanilla extract. Transfer to a bowl. Place a piece of plastic wrap over the pudding, letting the plastic wrap lay flat against the pudding. Place in refrigerator until cold. Garnish with fresh lavender flowers.

Campfire Pocket Stew

2 Potatoes, thinly sliced

2 Carrots, thinly sliced

1 Onion, chopped

1 Red Bell Pepper, thinly sliced

1-2 cups fresh Green Beans, broken into 1-inch pieces

1 cup Gruyere Cheese, optional (Cheddar or Parmesan would also work well) 2 large Sausage links, precooked and thinly sliced

8 Cabbage leaves (red or green) 4 T Olive Oil

Preheat gas grill to medium-high or prepare a good bed of coals.

Wrap 1/4 of the potatoes, carrots, onions, bell peppers, green beans, cheese, and sausage slices with 2 leaves of cabbage. Before closing the leaves, drizzle each stuffed pocket with 1T of olive oil. Wrap the cabbage pockets in aluminum foil shiny side in, and cook on hot grill for approximately 10-15 minutes each side.