



Small CSA Contents:

- 1 whole chicken
- 1 pint blueberries
- 1 head leaf lettuce
- 2 ct cucumbers
- 2-3 zucchini/squash
- 1 head red cabbage
- About 3 tomatoes, depending on size
- 1 lb apricots
- 1 bunch beets or 1 bunch carrots (rotating for the next two weeks, everyone will get each)

Large Add-Ons

- 2 lbs peaches
- 1 bunch green onions
- 1 lb green beans
- 1 package of ravioli
- 1 bunch swiss chard

Vegetarian Subs

Small contents minus meat, add:

- 1 bunch mustard greens
- 2-3 patty pan squash (depending on size)
- 1 pint cherry tomatoes
- 1.5 lbs plums (red or yellow plums, depending on what they pick)
- 1 bunch kale
- 1 bunch swiss chard
- Choice of yogurt or eggs

Vegan

Vegetarian share minus dairy add:

- 1 pack Luna burgers

Chicken and Apples in Honey Mustard Sauce

This came form All Recipes.com and would make a wonderful meal. Try changing out the apples for fresh Ohio peache or apricots, adding them in a little later, so they don't get too mushy.

Ingredients

- 1/2 cup apple cider
- 1 1/2 teaspoons cornstarch
- Salt
- Freshly ground black pepper
- 1 Tbsp honey
- 2 Tbsp Dijon mustard
- 1/2 cup flour, for dredging
- 1 pound chicken pieces
- 2 Tbsp olive oil
- 2 small unpeeled apples, cored and cut into eighths

- 1/2 cup chicken broth
- Fresh parsley for garnish

Method

- 1 Whisk cider, cornstarch, mustard, honey, salt and pepper (to taste) in a bowl. Set aside.
- 2 Salt the chicken well and dust in flour. Shake off the excess.
- 3 In a large non-stick skillet, heat the oil on medium to medium high heat. Once the oil is hot add the chicken breasts to the pan. Cook until golden brown on one side, about 3-4 minutes. Turn chicken, add apples, and cook until the chicken has browned on the other side.

- 4 Add chicken broth and cider mixture to the pan and bring to a boil. Turn the heat down to low, cover the pot and simmer until chicken is tender, about 15 minutes.

- 5 With slotted spoon, remove chicken and apples to serving plates. Spoon sauce over chicken and apples and sprinkle with parsley. Serve with rice or noodles.

Shredded Red Cabbage and Carrot Salad

From the NY Times



Ingredients

- 3/4 pound red cabbage, cored and finely shredded
- 1/4 pound carrots, peeled and finely grated
- 1 tablespoon finely chopped flat-leaf parsley
- 1 teaspoon minced fresh chives
- 1 teaspoon minced fresh dill
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon sherry vinegar or white wine vinegar
- Salt and freshly ground pepper to taste
- 1 small garlic clove, finely minced

- 1 teaspoon Dijon mustard
- 6 tablespoons extra virgin olive oil or canola oil (or a mix of the two), or use 2 tablespoons plain low-fat yogurt or buttermilk and 4 tablespoons oil

1. Cover the shredded cabbage with cold water, and let sit for 15 minutes while you prepare the remaining ingredients. Drain.
2. Toss together the cabbage, carrots, parsley, chives and dill.
3. Whisk together the lemon juice, vinegar, salt, pepper, garlic and Dijon mustard. Whisk in the oil. Toss with the vegetables and herbs. Taste, adjust seasonings and serve. Alternately, allow to sit for 30 minutes to an hour in the refrigerator, then serve.

Braised Red Cabbage

From epicurious

Ingredients:

- 3-4 lbs red cabbage (1 head), quartered, cored and thinly sliced crosswise
- 4 bacon slices, chopped
- 1 tablespoon unsalted butter
- 2 large sweet onions thinly sliced
- 1/2 cup white wine vinegar
- 3 tablespoons packed brown sugar
- 1 tablespoon salt
- 1 teaspoon black pepper

Directions:

Rinse the cabbage under cold water and drain. Do not pat dry. Cook bacon in 8 quart or larger heavy pot over moderately low heat, stirring until crisp. Remove bacon with slotted spoon and reserve it for use later. Add butter to bacon fat, then increase heat to moderate and cook onions until golden brown, about 12-15 minutes. Stir in cabbage, vinegar, brown sugar, salt, and pepper and simmer, covered, stirrign occasionally, until tender. About 1.25 hours.

American Cucumber Salad

Try a classic American preparation. Slice the cucumbers pealed or unpeeled. Add a little vinegar to a bowl with the slices and add some very thin slices of onion. Add salt and pepper. After an hour fold in some sour cream or yogurt.