



**Small CSA Contents:**

- 1 lb chorizo sausage
- 1 candy onion
- 1 bunch curly kale
- 1 bunch carrots
- 1 pint cherry tomatoes
- 1 piece havarti cheese
- 1 dozen eggs
- 1 quarter peck red haven peaches

**Large Add-Ons**

- 1 pint blackberries
- 1 "personal sized" cantaloupe
- A handful of medium hot block peppers
- 6 ears sweet corn
- 2 green bell peppers
- 2 ct cucumbers

**Vegetarian Subs**

- 2# bag pinto beans
- 1 personal sized cantaloupe

**Vegan Subs**

- (in place of eggs and cheese)
- 1 pint blackberries
- 1 canary melon

**Grilling Sweet Corn**

Grilling sweet corn is a simple task that is worth it! First, soak your corn in some water for an hour or so. This will keep your husks from drying up immediately on the grill. At Taste of Tremont, we don't even take out the silk, but you will likely want to at home. Peel back some of the husk and strip out the silk as far down as you can. Wrap the husk back up the cob and place on a heated grill. Grill until tender. For a nice variation, you can smear a little olive oil or butter on your corn under the husk. Pair that with your favorite spices: curry powder, crushed red pepper, garlic salt, onion powder... all are good, and don't hesitate to try your favorite.

**Pinto Beans with Chorizo**

*While the pinto beans are going into the larges, there are plenty for you to buy. This makes a great side dish or would be hearty enough for a main course. Adapted from Taste.com Australia*

- 6 tomatoes
- 2 cup pinto beans, soaked overnight
- 1 tablespoon vegetable oil
- 1 lb chorizo sausages, casings removed, or bulk- meat crumbled
- 1 onion, finely chopped

- 3 cloves garlic, finely chopped
- 2 long green chillies, thinly
- 1 1/2 teaspoons ground cumin
- 3/4 cup tomato paste
- 1 dried bay leaf

Quarter tomatoes. Remove seeds and juice, and reserve. Finely chop flesh.

Place drained beans in a large pan with plenty of water to cover. Bring to the boil over medium heat and cook for 55 minutes or until tender. Drain. Heat oil in a large saucepan over medium heat, add chorizo and cook for 5 minutes, then add onion, garlic, chillies, cumin and tomato paste and stir for 5 minutes. Add beans and bay leaf, then strain tomato seeds and juices over. Add 1 1/2 cups water and simmer for 10 minutes or until reduced. Add tomatoes and cook until heated through. Season with 2 teaspoons sea salt.

**Huevos Rancheros**

*This is my favorite egg dish for brunch. I could eat it every Saturday. Tons of variations, but this is the basic one I use.*

- 6 tablespoons olive oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 2 chiles, finely chopped
- 1 teaspoon smoked paprika
- 2 cups or so chopped tomatoes
- 1 tablespoon chopped flat-leaf parsley
- Sea salt and freshly ground black pepper
- 3/4 cup potatoes, cut into 3/4-inch cubes
- 7 ounces spicy Mexican chorizo, peeled if necessary, cut into 3/4-inch cubes
- 4 large eggs
- 2 tablespoons chopped cilantro

Heat 4 tablespoons of the oil in a small, heavy saucepan. Add the onion and cook over medium heat for 5 minutes until softened. Add the garlic, chillies, and paprika, and cook gently for 1 minute. Add the tomatoes and parsley, and bring to a boil. Season, reduce the heat, and simmer for 30 minutes. When the salsa has reduced to a thick, dark sauce, remove from the heat and mash it with a potato masher or run through the Vitamix. Set aside.

In a large, heavy frying pan, heat the remaining oil. Cook the potatoes and the chorizo over medium heat,

until potatoes are tender and everything is well browned. Take the pan from the heat and stir in the tomato salsa. Make 4 large holes in the mixture and crack the eggs into the holes. Return the pan to the heat and cook the eggs for 5 minutes, or until cooked as you prefer. Sprinkle with the cilantro and serve from the pan, with tortillas or crusty bread.

**Baked Kale and Egg Cups**

*Perfect for a light supper, and easy breakfast or lunch. This is from a site called [Baked Bree](#), so check out her site.*

- 2 cups chopped kale
- 4 teaspoons olive oil
- Salt and pepper
- 8 eggs
- 4 Tablespoons heavy cream (or milk or none if you want to make it Paleo)
- 4 Tablespoons cheese, shredded

Preheat oven to 400 degrees. Spray 4 (1-cup) ramekins with cooking spray and place on a baking sheet. Add 1/2 cup kale to each ramekin. Drizzle the kale with olive oil and season with salt and pepper. Crack two eggs into each ramekin. Top each egg with one Tablespoon heavy cream. Sprinkle with one Tablespoon Parmesan cheese. Bake for 20 to 25 minutes, depending on how runny you like your eggs. Season with salt and pepper.

**Easy Skillet Meals**

Many days at the office or at night at midnight, I make what I eat in a skillet. You can cook multiple items into a single dish. I usually put the meat at the bottom (like chopped or crumbled chorizo). On top of that, I add the things that take the most time to cook and would benefit from any fat released by the meat. Potatoes from last week would be a good choice, or carrots. On top of this I add softer items, like tomatoes. Top with some seasonings and cook. Stir once the meat on the bottom has browned, and if you add really soft items, put them in after stirring. Once everything is cooked through, dish up and serve with bread. Combos I like:

- Chorizo, potatoes, apple, peaches
- Italian sausage, peppers, onion, tomato
- Andouille, kale, peppers, tomatoes