



KEEWAYDIN NEWS

We tickle her with a hoe and she laughs with a harvest !

June 29 / Week 5

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- This Weeks Box**
- Romaine**
 - Kale**
 - Escarole**
 - Onion, young**
 - Radish mild and hot**
 - Asparagus**
 - Strawberries**
 - Zucchini**
 - Dill**

Callaloo Soup

- 2 teaspoons vegetable oil
- 1 1/2 cups chopped onion
- 3 cloves garlic, pressed
- 2 teaspoons grated fresh ginger root
- 1/4 teaspoon ground allspice
- 1 teaspoon ground turmeric
- 2 teaspoons ground coriander
- 1/2 teaspoon ground dried thyme
- 5 cups vegetable stock
- 2 cups diced peeled sweet potatoes
- 3 cups chopped kale
- 1 cup chopped zucchini
- 1 cup coconut milk

1 cup diced tomato

1 cup canned black-eye peas, rinsed and drained

2 tablespoons lime juice, or to taste.

Heat the vegetable oil in a large pot over medium heat. Stir in the onion, garlic, and ginger; cook and stir until the onion has softened and turned translucent, about 5 minutes. Sprinkle in the allspice, turmeric, coriander, and thyme; cook 1 minute longer.

Pour in the vegetable stock and sweet potatoes and bring to a boil; reduce heat to medium-low; cover and simmer 5 minutes. Add the kale and zucchini ; simmer 5 minutes. Stir in the coconut milk, tomato, black-eye peas, and lime juice. Simmer about 5 minutes longer until the vegetables are tender.

Grilled Asparagus and Zucchini Spears

- 1 tbsp fresh basil, chopped
- 1 tbsp fresh parsley, chopped
- 2 cloves of garlic, minced
- 2 tbsp olive oil
- 5-6 tbsp red wine vinegar
- Sea salt and fresh cracked pepper to taste
- 1-2 large zucchini, cut into spears
- 1 bunch of asparagus, cleaned and trimmed of ends
- 1-2 tbsp fresh Parmesan, shredded

Combine all ingredients together and mix thoroughly. Add the vegetables and marinate for at least 30 minutes prior to grilling. Grill until tender yet still a bit crisp. I served them with a sprinkling of Parmesan cheese on top. Enjoy!

Wondering how to store some of those fresh veggies? Use this vegetable guide www.angelicorganics.com/Vegetables/vegetablescontent.php?contentfile=vegstorage

We want to hear from you. Send questions, comments and recipes to our email listed above.

Braised Escarole with Lemon

- 1 head escarole, about 1 pound
- 1/4 cup extra-virgin olive oil
- 1 tablespoon unsalted butter
- 4 garlic cloves, sliced
- 1/2 teaspoon red pepper flakes
- 2 bay leaves
- 1/2 lemon, cut in thin slices

- 2 cups water or chicken broth
- Pinch sugar
- Kosher salt and freshly ground black pepper

Break off the leaves of the escarole and wash them individually, taking care to remove any soil at the base of the stems. Shake the leaves dry, stack them up, and slice the escarole crosswise into ribbons about 1 1/2-inches wide.

Place a large deep skillet over medium heat and add the olive oil and butter. Toss in the garlic, red pepper flakes, bay leaves, and lemon slices; cook and stir for a couple of minutes, tossing to combine. Nestle the escarole into the pan and sauté until it begins to wilt and shrink down, about 2 minutes. Sprinkle the escarole with a pinch of sugar and season with salt and pepper. Pour in the water and cover the pan. Simmer for 20 minutes until the escarole is tender.