



COOKING WITH CSA FARM SHARES



The
Carriage House
Cooking School



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Strategies for Managing CSA Shares

Sort

divide by food type

Inspect

touch, taste, smell, look

Process

trim, wash, dry, store, pre prep

Plan

figure what to use first based on durability, flavor, storage time, personal desire

Cook

enjoy, this is your moment, make your csa share shine like a diamond

Let's Take A look At A Share!



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Storage Tips For Your Share

Leafy Greens

Wash leafy greens just before cooking in a generous amount of cold water. Gently shake or stir the greens and allow them to float to the top. Scoop the greens out and spin them dry in a salad spinner. Place the greens on a paper towel and gently wrap them before placing in a large ziplock bag. Gently remove as much air as possible to reduce oxidation.

Hearty Greens

Wash hearty greens under running cold water. Remove fibers stems and non edible cores before spinning them dry in a salad spinner. Place the hearty greens on a paper towel and gently wrap them before placing in a large ziplock bag. Gently remove as much air as possible to reduce oxidation.

Tomatoes

Gently wipe tomatoes with a damp paper towel to remove any dirt. Store tomatoes at room temperature in a well ventilated container.

Herbs

Wash herbs in a generous amount of cold water. Gently shake or stir the herbs to remove as much bound dirt as possible. Scoop the herbs out of the water and spin them dry in a salad spinner. Place the herbs on a paper towel and gently wrap them before placing in a large ziplock bag. Gently remove as much air as possible to reduce oxidation.

Summer Squashes

Gently wipe squashes with a damp paper towel to remove any dirt. Store squashes in a well ventilated container in the refrigerator.

Root Vegetables

Wash root vegetables under running cold water to remove all dirt. Younger vegetables with thin skins can be stored in a well ventilated container in the refrigerator. Older, thicker skinned vegetables should be peeled and prepped for later use before storing in a ziplock page with a damp paper towel.

* The goal of all pre prep and storage is to preserve the character of the food, from a culinary standpoint and a nutritional standpoint, while easing your efforts later in the week.



MEAL PLANNER

CHEZ VOUS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

LET'S GET COOKING!

Fresh Herb Vinaigrette

This vinaigrette can wear many hats, from dressing a bowl of greens to adding vibrancy and layers of flavor to pasta, grilled meats, cooked seafood and so much more. Feel free to change the herbs and oils up for different flavor profiles.



1	cup	mixed fresh herbs
1/4	cup	extra virgin olive oil
1	tablespoon	fresh lemon juice
1/2	cup	extra virgin olive oil
1	pinch	kosher salt
1	pinch	ground black pepper

1. Combine all of the ingredients in a bowl of a blender and puree until smooth.

Fresh Tomato Sauce

with basil and garlic



Basically this is a raw marinara sauce, in that the oil and garlic are heated and poured over the fresh tomatoes. This method allows for an incredible flavor presentation by the tomatoes, especially those freshly picked from the garden or at the market. The heated oil and garlic add the hints of familiar flavor but won't over power in the least bit. The sauce can be used over cold pasta,

2 large tomatoes, cored, seeded, coarsely pureed
2 large basil leaves, chopped
1 pinch kosher salt
1 pinch black pepper

1/4 cup extra virgin olive oil
1 clove garlic, sliced paper thin

1. Combine the tomatoes, basil, salt and pepper in the bowl of a food processor. Pulse three or four times until the mixture is a coarse puree, with tomato pieces about a 1/4 inch in size. Place the mixture in a mixing bowl.
2. In a sauce pot combine the olive oil and garlic. Heat gently until the garlic begins to become translucent and aromatic. Remove the oil from the heat and pour directly over the tomato mixture. Mix well to combine.

Insalata Di Zuchchine

Zucchini and arugula with mixed herbs



Notes

2 medium	zucchini
2 tablespoons	extra virgin olive oil
1 teaspoon	salt
1 teaspoon	black pepper
2 cups	arugula
2 cups	mixed herbs (mint, basil, rosemary)
2 tablespoon	lemon juice
1/4 cup	grated parmesan
1/2 cup	ricotta cheese

1. Over a large platter slice the zucchini into thin coins, allow them to fall randomly, eventually covering the platter. Over the top of the zucchini drizzle the extra virgin olive oil and season with salt and pepper.
2. Chop the arugula and herbs and spread them over the top of the zucchini. Drizzle with the fresh lemon juice and parmesan cheese. Dollop the ricotta around the platter. Season with a pinch of salt and pepper if you wish.

Carrot & Mint Salad

with lime juice and brown sugar

This salad is quick, easy and vibrantly fresh; making it the perfect companion to grilled fish or chicken. The fresher the carrots the better, so go visit the farm stand down the road.

4 medium carrot, peeled, sliced into matchsticks or grated
¼ cup red onion, cut into matchsticks
½ cup mint leaves, sliced into a chiffonade or rough chopped
3 tsp. brown sugar
1 medium lime, cut in half

1. Combine the carrots, red onion and mint in a large mixing bowl. Squeeze the lime juice over top and then sprinkle the sugar over the mixture. Mix well to combine.
2. Serve as is or along side grilled fish or chicken.

Chilled Pea Soup

with yogurt

I have been making this soup for over three decades, It was always a hit at the Westport Yacht Club when the weather turned warmer. It is almost a no cook soup but the peas do need to be blanched and chilled.



4 cups greek style yogurt
1/4 cup extra virgin olive oil
2 cups blanched and shocked frozen peas
1 medium peeled, seeded, chopped cucumber
2 small cloves garlic, peeled & smashed
1 pinch kosher salt
1 pinch black pepper
2 tablespoons lemon juice

1 cup green herb leaves
1/2 to 1 cup cold water

1. In the body of a blender puree the yogurt, olive oil, peas, cucumber, garlic, salt, pepper and lemon juice until smooth (you can go rustic if you wish by pulsing the blender until the soup has a coarse and chopped consistency). Add the herbs and 1/2 cup of water then puree again. The soup should be thick but pourable. If not add the remaining half cup of water and puree.
2. Check the seasoning and adjust with salt and pepper as needed.
3. Chill the soup for an hour or overnight.

*If you are serving the soup right away use ice instead of water.

Salmorejo

andalusian style

Salmorejo is a super simple, healthy and delicious soup for summer. The tomatoes and garlic add amazing superfood powers as well.



8 medium	tomatoes, cored and quartered
1 clove	garlic
1/4 cup	red wine Vinegar
1 teaspoon	kosher salt
3 cups	stale bread
1 cup	extra virgin olive oil
4 slices	crisped ham
4 teaspoons	extra virgin olive oil

1. Combine the tomatoes, garlic, vinegar and salt in the body of a blender and puree.
2. Add the bread to the blender and puree, while slowly drizzling in the olive oil. When the oil is fully added stop the machine and check the seasoning, adjusting with salt and vinegar as needed.
3. Pour the soup into bowls and crumble a piece of ham over the top of each. Garnish with a drizzle of olive oil.



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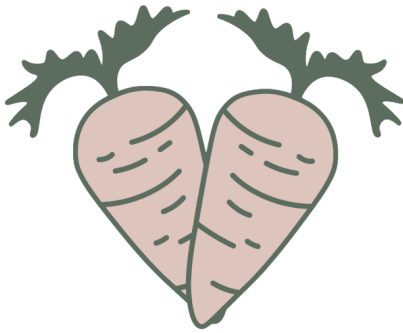
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NUTRITION

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PREPARING/STORING YOUR VEGGIES FOR MAXIMUM NUTRITIONAL PRESERVATION

How should I clean my garden fresh vegetables?

- When preparing your vegetables for storage, it is important to avoid soaking them and just to give them a light scrub with some cold water if there is any dirt on the skin. Soaking will increase the chance of the loss of water-soluble vitamins as they can seep out of the vegetable into the water.

Once washed, how should I prepare my vegetables?

- In order to maximize nutrients, leave your vegetables whole, and unpeeled. Leaving your vegetable whole can maximize nutrient intake because the outer layer locks in the water-soluble vitamins and various other nutrients throughout the cooking process. The skin contains the most fiber, antioxidants, and vitamins out of the entire vegetable, so it is beneficial to leave it on whenever possible.

Where should my vegetables be stored in my fridge?

- Storing your vegetables away from other foods (such as in a drawer) can prevent them from ripening too quickly. When storing onions or tomatoes, keep them out of the fridge in a clean and dry environment.
- In order to retain nutrients, store your vegetables in containers or bags in the designated vegetable spot of your fridge. This will keep the vegetable from ripening too fast and will allow it to stay more fresh for longer.

COOKING YOUR VEGGIES FOR MAXIMUM NUTRITIONAL PRESERVATION

THE LONGER THE FOOD IS COOKED, THE GREATER THE LOSS OF NUTRIENTS.

What nutrients can be lost throughout the cooking process?

- Up to 60% of water soluble vitamins - the B vitamins and vitamin C
- Fat-soluble vitamins - vitamins A, D, E, and K
- Potassium, magnesium, sodium, and calcium

What is the best way to cook your food in order to preserve the maximum amount of nutrients?

- Steaming your veggies is the BEST way to retain nutrients in the vegetables. This method will preserve those crucial water-soluble vitamins and keep them essentially "locked in" to the vegetable.
- BOILING will cause the greatest loss of vitamin C. Vegetables such as broccoli, spinach, and lettuce will lose up to half of their vitamin C content throughout boiling because this method allows the water-soluble vitamins to seep out of the vegetable and into the boiling water. Also, boiling is typically a longer cooking method, resulting in greater loss of nutrients.
- Microwaving, while controversial, has been found to be a great method for retaining the antioxidant activity of garlic and mushrooms. This method can also be effective due to the fact that the cooking time is so short, meaning there is less time for nutrient loss. However, this method has been proven to deplete the amount of vitamin C content in vegetables.

- Baking - most vitamin losses are very minimal with roasting/baking (including vitamin C). However, due to the fact that cook times are so long throughout this method, the nutrients are more likely to decrease.
- Sauteing and Stir-Frying is a very healthy way to prepare food because of the shorter cooking time. Although, not as healthy as steaming because water-soluble vitamins can decrease. There are certain instances where vegetables may be even more beneficial to our health when cooked - research has indicated that the absorption of beta carotene was 6.5X greater when carrots were stir-fried as opposed to raw.
- Frying can preserve water-soluble vitamins and even convert potato starch into resistant starch, which increases the fiber of the vegetable. However, cooking food in oil at high temperatures for an extended period of time can cause aldehydes. Aldehydes can remain in the food even after it has been cooked and can obstruct our cells from functioning properly, which can ultimately lead to diseases like cancer.

SUMMARY: HOW CAN WE GET MORE OUT OF THE COOKED VEGGIES?

- Use the juices from the pan! This will have those water-soluble vitamins that have been leaked out throughout the cooking process.
- Cook veggies for the least amount of time as possible.
- Enjoy your vegetables whole, and unpeeled. This will maximize the nutrient content and fiber.
- Consume your cooked vegetables within a day or so of cooking. Vitamin C content drastically decreases as the food is exposed to the air.



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