



CSA Recipes: Week 1

Eating Seasonally in
the Adirondacks



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Welcome to Volume 1 of the CSA Recipes guide! This will be a limited series run in the summer of 2022.

To make sure you don't miss the next volume and other local food news and AdkAction updates, go to <https://mailchi.mp/adkaction/local-food> to sign up.

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= Vegetarian or Vegetarian alternative listed
San Antonio Food Bank

This guide is based on ingredients sourced locally in the Adirondacks and distributed by our Fair Share partners. Additionally, a lot of this food is seasonally available at Adirondack farmers markets, farm stores, other CSA shares, and more.

For more local food resources, visit adkaction.org/fair-food and scroll down to the "Resources" section for a local food map.

Carrot Top and Pumpkin Seed Pesto Pasta

Adapted from Erica Julson's Happily From Scratch

Ingredients

- Leaves from large bunch of carrots, without stems (2 cups, lightly packed)
- 2 cloves garlic, peeled
- 1/4 cup roasted, salted pumpkin seeds (pepitas)
- 1/2 cup grated parmesan
- Juice from 1 small lemon
- 1/2 cup olive oil
- 3/4 tsp salt
- 1/4 tsp ground black pepper
- 1lb dried tube pasta, like farfalle or penne

Instructions

1. Add carrot tops, garlic, pepitas, parmesan cheese, lemon juice, olive oil, salt, and pepper to bowl of food processor, blender, or mortar and pestle. Mix until evenly mixed, but still a little chunky.
2. Cook pasta in pot of boiling, lightly salted water to package directions, typically about 9 minutes. Drain.
3. Combine cooked pasta and pesto into a large bowl and mix well. Serves 6 - enjoy!



Everything-in-the-bag Fried Rice

Adapted from Sense of Taste's
EVERYTHING-IN-THE-CSA-BAG FRIED RICE

Ingredients

- 2 Tbsp sunflower, canola, or vegetable oil
- 2 eggs, scrambled
- 6 cups of veggies, thinly sliced or chopped - root veggies (onions, parsnips, carrots, etc.), squash, greens (chard, spinach, etc.), peas, herbs
- 2 beets, roasted and diced
- 3-4 cups of leftover rice (brown or white)
- 2 Tbsp ginger, minced
- 2 cloves of garlic, chopped
- 1/4 cup veggie or chicken stock
- 4 Tbsp soy sauce + 1 Tbsp sesame oil



Instructions

1. To roast beets: Beets are typically roasted by removing greens (save for later), wrapping the whole vegetable in foil, and cooking on an oven rack at 400°F for about an hour. Beets can be roasted at any temperature, just consider the timing (if oven is set to less than 400°F, it'll take longer, for example), and make sure to check on the beet(s) every 20 minutes to ensure they are softening and not getting too dry.
2. Add 2 tsp oil to frying pan over medium heat. Scramble eggs and remove from pan.
3. Add 1 Tbsp oil to pan and saute onions until golden brown, and remove.
4. Add 1 Tbsp oil to pan and add root veggies, cooking until softened (about 7 minutes). Remove.
5. Add peas and any other 'soft' vegetable (like squash) and sauté for 1 minute or until the skin is just browned. Remove from pan.
6. Add cold rice to frying pan, making a well in the center for oil, ginger, and garlic. Stir well.
7. Add stock, soy sauce and sesame oil, veggies and eggs. Fold until well combined and heated evenly.
8. Remove from heat, drizzle a little more soy sauce over the top, add chopped basil, green onions, and sprouts. Sprinkle with sesame seeds and enjoy.



Full of Greens Fritters

Adapted from Anna Jones' entry
in Stone Barns Center for Food &
Agriculture CSA Recipes
Photo from BBC Good Food

Ingredients

- 4 handfuls of chard or spinach, shredded or chopped fine
- 4 Tbsp or more of crumbly cheese, like feta or goat cheese
- 3 Tbsp grated parmesan
- 1/2 clove of garlic, peeled and finely chopped
- Few sprigs of basil or dill, roughly chopped
- Zest of 1 unwaxed lemon
- 5 eggs
- Olive oil

Instructions

1. Crack eggs into bowl and mix.
2. Add veggies to bowl, along with cheese (crumbled), herbs, lemon juice, and salt & pepper. Mix into eggs.
3. Place a large frying pan over medium heat. Add oil and warm.
4. Once pan is heated, add mixture in, a few tablespoons per fritters, and flatten into patty. Fry for 2-3 minutes each side, flipping gently, until the egg is cooked.
5. Serve with a little salt & pepper, or with a side of greens and dressing. Enjoy!



Pickled Radishes

Adapted from Love & Lemon's
Quick Pickled Radishes
<https://www.loveandlemons.com/quick-pickled-radishes/>

Ingredients

- 4 bunches red radishes
- 1 cup white vinegar
- 1 cup water
- 2 1/2 Tbsp cane sugar
- 1 Tbsp sea salt
- 1/2 tsp mixed peppercorns
- 1/2 tsp mustard seeds
- 4 glass jars (11-12oz+)

Instructions

1. Cut radishes to preference (thinly sliced or halved) and add equal amounts of cut radish to all jars.
2. To make the brine: heat the vinegar, water, sugar, and salt in a pan over medium heat. Stir about a minute, until sugar and salt are dissolved.
3. Pour over radishes, add peppercorns and mustard seeds, and stir. Cover with lid and let cool until ready to eat. The larger the radish pieces, longer time is best to let it sit before eating.
4. Since these were not canned (using a water bath or a pressure canner), this recipe is good for up to 2 weeks when stored in the refrigerator. Enjoy!

