



CSA Recipes: Week 3

Eating Seasonally in
the Adirondacks



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Welcome to Volume 3 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.

Roasted Summer Vegetables

Adapted from Betty Crocker's
Sheet Pan Summer Roasted Vegetables

Ingredients

- 2 medium zucchini
- 2 medium summer squash
- 1 bell pepper (red and orange will be sweeter than green)
- 1 red onion
- 1 cup cherry tomatoes, halved
- 4 Tbsp olive oil
- 1 tsp salt
- 1/2 tsp pepper
- 3 cloves garlic, finely chopped
- 2/3 cup bread crumbs
- 2 tsp lemon zest
- 1/4 cup fresh basil, chopped

Instructions

1. Preheat oven to 450°F. Use a baking sheet, either spraying with cooking spray or lining with parchment paper.
2. Slice vegetables into 1" pieces. For the zucchini and summer squash, cut lengthwise, scoop out seeds, then cut into 1" pieces, yielding about 3 1/2 cups. For the bell pepper, this will yield about 1 1/2 cups. For the red onion, this will yield about 2 cups.
3. Add zucchini, summer squash, bell pepper, onion, and cherry tomatoes to a mixing bowl. Toss with 2 Tbsp of oil, salt, and pepper. Spread vegetables on baking sheet.
4. Bake for 20-25 minutes, or until tender (just starting to brown).
5. In frying pan or skillet, add remaining oil over medium heat. Add breadcrumbs to pan, stirring to coat in oil. Cook for 2-3 minutes, until slightly browned.
6. Add a little oil if necessary. Add garlic, cooking for one minute.
7. Sprinkle breadcrumbs and basil over vegetables. Enjoy!



Lemon Garlic Rainbow Chard

Adapted from AllRecipes'
Lemon-Garlic Rainbow Chard

Ingredients

- 3 bunches rainbow chard, trimmed
- 6 Tbsp olive oil
- 6 cloves garlic, sliced
- 1 pinch crushed red pepper flakes
- 1 tablespoon lemon juice

Instructions

1. To trim the chard, remove leaves from stems. Cut the leaves into thin strips and slice the stems thinly.
2. Put olive oil in a large skillet or pot over medium heat. Stir in the sliced garlic, red pepper flakes, and chard stems. Cook for 3 minutes until the stems begin to soften.
3. Stir in the shredded chard leaves, cover, and cook 5 minutes over medium-low heat. Stir occasionally and recover. Cook until chard is tender.
4. Toss with lemon juice to serve. Enjoy!



Garden-Fresh Corn Salad

Adapted from Cookie + Kate's
Garden-Fresh Corn Salad

Ingredients

- 3 cups fresh corn kernels (from about 4 cobs)
- 1 medium tomato, chopped
- 3/4 cup green onion, chopped
- 1 cup cucumber, thinly sliced
- 1/2 cup fresh leafy herbs, chopped (basil, dill, mint, parsley and/or cilantro)
- 1/2 cup radishes, chopped
- 1/4 cup olive oil
- 1 Tbsp red wine or balsamic vinegar
- 2 cloves garlic, minced
- 1/3 cup feta cheese or 1 ripe avocado
- salt and pepper to taste

Instructions

1. Add corn kernels, chopped tomato, sliced cucumber, herbs, green onion, and radishes. Combine olive oil, vinegar, garlic, salt and pepper in a small bowl, and whisk to combine.
2. Combine salad with dressing, and dice avocado or crumble feta cheese to top. Add more vinegar or oil as you see necessary - more vinegar will bring out a tang, while the olive oil will dampen that sharp flavor.
3. This salad keeps in the refrigerator for 3-4 days, covered. Enjoy!



Parmesan Basil Green Beans

Adapted from Rachel Cooks'
Roasted Green Beans with Parmesan and Basil

Ingredients

- 1 pound fresh green beans (trimmed, stem end snapped off)
- 1 Tbsp olive oil
- 3/4 tsp dried basil or fresh basil, minced
- 1/4 tsp salt
- Parmesan cheese
- pepper to taste

Instructions

1. Preheat oven to 425°F. If you need to trim the green beans, do so now. Snap the stem end off, and cut in half in smaller green beans are preferred. Rinse.
2. Dry green beans well. Toss green beans with olive oil, salt, pepper, and basil. Toss using your hands on the baking sheet or in a small bowl before spreading on a baking sheet.
3. Roast for 10 minutes, toss, and roast for 5 more minutes. Immediately sprinkle with Parmesan cheese and serve. Enjoy!

