



CSA Recipes: Week 4

Eating Seasonally in
the Adirondacks




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Table of Contents

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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1. Nasturtium Pesto
 2. Eggplant, Zucchini, Tomato Gratin
 3. Roasted Broccoli
 4. Unstuffed Peppers



= 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/ffp and scroll down to the "Resources" section for a local food map.

Nasturtium Pesto

Ingredients

- 50 large nasturtium leaves or twice as many if small
- 1/4 cup pistachios, pine nuts, or favorite nut
- 1/2 cup olive oil
- 1/2 cup Parmesan cheese
- 1/4 tsp crushed red pepper
- Handful of fresh basil leaves
- Salt and pepper to taste



Instructions

1. Wash the nasturtium leaves and shake them dry (they can be slightly wet).
2. To toast the nuts for flavor, put them in a dry pan over medium heat, stirring every 30 seconds or so. Cook for 2-3 minutes, until they start to smell good. Take them off the heat quickly to avoid burning.
3. Fill the bowl of the food processor, blender, or mortar and pestle about 3/4 of the way, loosely, with leaves and mix until chopped. Add more nasturtium and basil leaves, blend. Continue this until all of the leaves are blended up.
4. Add the nuts and blend until finely chopped.
5. Add the cheese, red pepper and half the oil. Blend.
6. Depending on how much nasturtium leaves were added and the desired consistency, add more oil.
7. Taste. Add salt, black pepper, more nuts or more cheese until you like how it tastes.
8. Makes about 2 cups of pesto. Refrigerate for 5-7 days or freeze for up to 6 months. Enjoy!

Eggplant, Zucchini, Tomato Gratin

Ingredients

- 1 large or 2 small eggplant
- 2 zucchini
- 3 vine ripe tomatoes or large roma tomatoes
- 1 large onion, chopped
- 1 clove garlic, minced
- 3 tbsp olive oil
- 1/2 cup Parmesan cheese, shredded
- 1/2 cup mozzarella, shredded
- Salt and pepper to taste

Instructions

1. Preheat oven to 350°F.
2. Slice the eggplant, zucchini, and tomato to about the same size. It is recommended to slice the eggplant to about an 1/8" - if the eggplant is large, cut it lengthwise before slicing.
3. In a large pan or skillet over medium-high heat, add 1 tbsp olive oil and sauté the onion until it starts to brown. Add minced garlic and cook another minute. Add a dash of salt and pepper, and set aside.
4. Place onion on the bottom of a large baking dish. Rinse the eggplants slices and dry thoroughly. Arrange the eggplant, zucchini, and tomato slices in an alternating fashion until the dish is full.
5. Drizzle olive oil over the vegetables, season with salt and pepper, topping with Mozzarella and Parmesan.
6. Place in the oven. Cook for about 60 minutes, checking to ensure nothing is browning too quickly. Cover with aluminum foil if needed.
7. Enjoy!



Roasted Broccoli

Ingredients

- 2 lbs or 1 large head broccoli
- 2 Tbsp olive oil
- salt and pepper to taste

Other seasoning:

- Steak seasoning
- Curry powder
- Seasoning salt (like Lawry's)
- Everything bagel seasoning
- Parmesan cheese
- Lemon juice and zest

Sauce:

- 1/2 cup mayonnaise
- 2 Tbsp ketchup
- 1/2 Tbsp Worcestershire sauce
- 1/2 tsp Dijon mustard
- 1/8 tsp hot sauce
- 1/4 tsp smoked paprika
- 1/8 tsp garlic powder

Instructions

1. Preheat the oven to 400°F.
2. Wash and chop the broccoli into bite-sized florets.
3. Spread the florets out over a large baking sheet lined with parchment paper.
4. Drizzle olive oil over top, then sprinkle with salt and pepper (or other seasoning combination). Toss the broccoli until it is fully and evenly coated in oil.
5. Roast the broccoli for 20-25 minutes, or until it has achieved the level of browning you desire. Total roasting time may vary depending on the size of your florets and the type of baking sheet used (darker surfaces brown faster).
6. To make the sauce: combine all the sauce ingredients in a bowl and mix until combined.
7. Enjoy!



Unstuffed Peppers



Ingredients

- 1 clove garlic, minced
- 1 yellow onion, diced
- 2 bell peppers, diced
- 1 tbsp olive oil
- 1/2 lb ground beef or sausage
- 1 15oz. can diced tomatoes
- 1.5 cups beef or veggie broth
- 1 8oz. can tomato sauce
- 1 tsp Worcestershire sauce
- 1 cup long grain white rice (uncooked)
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 cup mozzarella, shredded
- Pepper to taste

Instructions

1. In a skillet over medium heat, add oil and meat, and cook until fully browned.
2. Add the diced onion, diced bell pepper, minced garlic, basil, oregano, and pepper to the skillet. Continue to cook and stir until the onions are soft, about 5-6 minutes.
3. Add the diced tomatoes (do not drain), uncooked rice, and beef broth and stir.
4. Turn the heat up to medium-high and place a lid on the skillet. Bring the broth to a full boil, then turn the heat down to low and let it continue to simmer for 15 minutes. After 15 minutes, turn the heat off and let it rest, lid still in place, for another five minutes.
5. While the pot is simmering, combine tomato sauce and Worcestershire sauce. Fluff the rice, add the tomato mixture, and mix.
6. Add the mozzarella cheese and replace the lid to allow the cheese to melt.
7. Enjoy!