



CSA Recipes: Week 5

Eating Seasonally in
the Adirondacks



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Welcome to Volume 5 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.

Zucchini Fritters

Adapted from Just a Taste's 5
Ingredient Zucchini Fritters

Ingredients

- 4 cups zucchini, shredded (about 4 medium zucchinis)
- 2/3 cup all-purpose flour
- 2 large eggs, lightly beaten
- 1/3 cup scallions/green onions, chopped
- 2 Tbsp olive oil

Instructions

1. Shred the medium zucchinis using a grater.
2. Place the shredded zucchini in a strainer or colander over/in the sink, sprinkling the zucchini lightly with salt. Allow the zucchini to stand for 10 minutes. Using your hands, squeeze out as much liquid from the zucchini as possible. Transfer the zucchini to a large bowl.
3. Adding to the zucchini, add the flour, eggs, sliced scallions, 1/4 teaspoon salt and 1/8 teaspoon pepper to the bowl. Stir until the mixture is combined.
4. Set a large pan over medium heat and add olive oil. Once the oil is hot (flick water into your pan, and when the water spats back at you, it's hot enough), proceed to the next step.
5. Spoon about 3 tablespoons of the zucchini mixture into the pan. Cook the zucchini fritters for 2 to 3 minutes, then flip them once and cook an additional 2 minutes until golden brown and cooked throughout.
6. Serve the zucchini fritters topped with sour cream (optional) and sliced scallions. Enjoy!



Cheesy Broccoli Cauliflower Casserole

Adapted from I Wash You Dry's
Broccoli Cauliflower Casserole



Ingredients

- 1 head of broccoli, chopped
- 1 medium head of cauliflower, chopped
- 1/4 cup butter
- 1 cup onion, diced
- 4 cloves garlic, minced
- 1/4 cup all purpose flour
- 2 cups milk
- 1 cup chicken broth
- 1 tbsp fresh thyme
- 2 tsp salt
- 1 tsp black pepper
- 2 cups sharp cheddar cheese, shredded
- 1/3 cup parmesan cheese, shredded

For The Crumb Topping:

- 1 1/2 cups plain bread crumbs
- 2 tsp garlic powder
- 2 tbsp butter, melted

Instructions

1. Preheat oven to 350°F and put a large pot of water on to boil.
 2. After chopping broccoli and cauliflower into 1 inch pieces, boil or steam in pot of water 4-5 minutes, until semi-tender. Drain and place in lightly greased 9x13 inch pan.
 3. In a large skillet over low-medium heat, melt the butter, then cook the onion and garlic until tender and fragrant, about 4-5 minutes. Whisk in the flour until thick, then whisk in the milk and chicken broth gradually. Continue whisking until mixture is smooth and creamy. Season with salt, pepper and fresh thyme.
 4. Pour creamy mixture over broccoli and cauliflower, then sprinkle on the shredded cheeses.
 5. In a small bowl, combine bread crumbs, garlic powder, and melted butter. Spread over broccoli cauliflower casserole.
 6. Bake for 15-20 minutes until top is golden brown and broccoli and cauliflower are tender.
 7. Enjoy!
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Homemade Pickles

Adapted from Love & Lemon's Dill Pickles

Ingredients

- 8 to 10 pickling cucumbers
- 4 garlic cloves, halved
- 2 cups water
- 2 cups distilled white vinegar
- ¼ cup cane sugar
- 2 tablespoons sea salt

Seasoning (this can also be replaced with pickling seasoning):

- 2 teaspoons mustard seeds
- 2 teaspoons peppercorns
- a few good-sized dill sprigs, per jar

Instructions

1. Cut the cucumbers to your preference - for spears, quarter the cucumbers and for chips, slice them.
2. Divide the cucumbers among 4 (8-ounce) or 2 (16-ounce) jars. Divide the garlic, mustard seeds, peppercorns, and dill sprigs among each jar, or add an appropriate amount of pickling seasoning to each jar.
3. Heat the water, vinegar, sugar, and salt in a medium saucepan over medium heat. Stir until the sugar and salt dissolve, about 1 minute. Let cool slightly and pour over the cucumbers. Set aside to cool to room temperature, then store the pickles in the fridge.
4. Pickle spears will be lightly pickled in 2 days, but their best flavor will start to develop around day 5 or 6. Pickle chips will be lightly pickled in 1 day, and will become more flavorful every day after that. Store in the fridge for several weeks.
5. Enjoy!



Salad, Two Ways: Basil Corn Salad & Watermelon Mint Salad

Adapted from author, Tasty's Basil & Feta
Corn Salad, and Alexandra Cooks'
Watermelon Feta Mint Salad

Ingredients

- 6oz or 2 cups of greens - arugula, spinach, and/or romaine is best
- 1/3 cup crumbled feta
- 1/4 cup packed fresh basil
- 3 Tbsp olive oil
- Flaky salt
- Freshly ground black pepper

Basil Feta Corn Salad

- 8 ears/4 cups of corn
- 1 cup cherry tomatoes, halved
- 1/4 red onion, finely chopped
- Juice of 1 lime

Watermelon Mint Salad

- 1 watermelon, no larger than 9lbs (will make 3+ quarts)
- 1/4 cup packed fresh mint
- 3 Tbsp balsamic vinegar

Instructions

1. Chop herbs finely, into thin strips.
2. Combine the greens and herbs into a large bowl.
3. If making the *basil corn* salad: You can use any type of corn for this recipe - if frozen, rinse and drain; if fresh, remove corn kernels from cob. Feel free to use corn fresh, or steamed/boiled, or grilled (best with fresh corn). Combine corn, tomatoes, feta, and onions into the bowl of greens and basil. Add lime juice, olive oil, salt, and pepper, and mix well.
4. If making the *watermelon mint* salad: Cube watermelon, and plan to use approximately 3 quarts for this salad. Combine watermelon and feta into the bowl of greens, basil, and mint. Add balsamic vinegar, olive oil, salt, and pepper, and mix well.
5. Serves 2-4 as an entrée or side respectively. Enjoy!

