



CSA Recipes: Week 6

Eating Seasonally in
the Adirondacks



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Welcome to Volume 6 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.

Cucumber Salad

Adapted from A Southern Soul's
Tomato Cucumber Salad

Ingredients

- 1 pint grape/cherry tomatoes, halved (about 10 tomatoes)
- 1 cucumber, sliced
- 1/2 medium red onion, thinly sliced

Dressing

- 1/2 cup olive oil
- 1/4 cup balsamic vinegar
- 1 Tbsp lemon juice
- 1 tsp sugar
- 1 tsp Italian seasoning
- 1 tsp minced garlic
- salt & pepper

Instructions

1. Place halved/sliced tomatoes, cucumber, and onion in a bowl. Set aside while making the dressing
 2. In a mixing cup or small bowl, add the olive oil, balsamic vinegar, lemon juice, sugar, Italian seasoning, garlic, salt and pepper. Using a whisk or fork, blend until well mixed.
 3. Pour dressing over tomatoes, cucumbers and onions. Toss salad. Enjoy!
- Can also be stored in the fridge, covered for up to 2 days.
 - If making the salad ahead of serving, use half of dressing to toss salad and reserve half to add in later.



Zucchini Bread

Adapted from Bon Appetit's
Zucchini Bread with Oats



Ingredients

- 3 large eggs
- 1 cup vegetable oil
- 1¼ cups sugar
- ½ cup (packed) light brown sugar
- 1 Tbsp vanilla extract
- 3 cups all-purpose flour
- 1½ tsp salt
- 1 tsp ground cinnamon
- 1 tsp baking soda
- ½ tsp baking powder
- ¼ tsp freshly grated nutmeg
- 3½ cups coarsely grated zucchini (about 1 lb zucchini)
- 1 cup old-fashioned rolled oats

Topping

- ¼ cup old-fashioned rolled oats
- 3 Tbsp raw or brown sugar
- 1 cup walnuts (optional)

Instructions

1. Preheat oven to 350°F and grease two 8.5" x 4.5" loaf pans (you can use 9" x 5" loaf pans - these loaves will just be smaller/will rise a little less).
2. If using, spread walnuts on a baking sheet and toast once oven heats until slightly darkened and fragrant, 8–10 minutes; let cool, then coarsely chop.
3. Whisk eggs, oil, granulated sugar, brown sugar, and vanilla in a large bowl until smooth. Add and whisk in flour, salt, cinnamon, baking soda, baking powder, and nutmeg (batter will look dry).
4. Fold in zucchini, walnuts, and 1 cup oats. Scrape batter into prepared pans.
5. Toss raw/brown sugar and remaining ¼ cup oats in a small bowl. Sprinkle over batter.
6. Bake for 70–80 minutes. Check by inserting a toothpick (when that comes clean it's done).
7. Transfer pans to a wire rack and let bread cool in pans 30 minutes; turn out bread onto rack and let cool completely.
8. Bread can be baked 4 days ahead. Store tightly wrapped at room temperature. Enjoy!



Zuppa Toscana, 2 Ways

Adapted from Saving for Dessert's Zuppa Toscana Soup and Wholesome Within's zucchini basil zuppa toscana



Ingredients

Recipe 1:

- 1 ½ pounds sweet Italian sausage
- 6 slices bacon, chopped
- 1 large onion, diced
- 4 cloves garlic, minced
- 4 cups low-sodium chicken or vegetable broth
- 1 small stalk celery, diced
- 1 small carrot, peeled and diced
- ½ teaspoon salt
- ¼ tsp crushed red pepper flakes
- 1 tsp fresh thyme leaves, or ½ tsp dried thyme or Italian seasoning
- 2 Tbsp all-purpose flour
- 1 ½ pounds potatoes, cubed
- 2 cups half and half, or whole milk
- 4 cups packed kale leaves, chopped with stems removed

Recipe 2:

- 1 pound spicy Italian sausage
- 6 slices bacon, chopped
- 1 medium onion, diced
- 4 cloves garlic, minced
- 6 cups chicken bone broth
- 1 medium zucchini, cubed
- 1 15 oz can full fat coconut milk
- 1/2 bunch kale, chopped with stems removed
- 1 ounce basil, chopped with stems removed

Instructions

1. In a large Dutch oven, cast iron skillet, or pan, cook the bacon over medium heat until crisp. Remove to a paper towel lined plate. Once cool, chop the bacon into bite size pieces and set aside. Add the sausage to the bacon grease and cook, breaking into clumps with a spoon, until no longer pink. Remove from the pot and drain, but leave a little fat.
2. If using a pan, transfer to a large pot here. Add the onion and garlic (for recipe 1: and the celery, carrot, crushed red pepper, thyme, and salt). Sauté the vegetables until onion is translucent, about 5 minutes. For Recipe 1: Sprinkle flour over the vegetables and cook, stirring constantly, until the flour starts to brown, about 3 to 4 minutes.
3. Pour the broth (for recipe 1: and the potatoes) into the pot with the onions and garlic. Bring to a boil over high heat. For Recipe 1: Boil for 10 minutes, until potatoes are tender. For Recipe 2: Add the diced zucchini, and cook for an additional 5 minutes.
4. For Recipe 1: Add the half and half, kale, black pepper, crumbled sausage and chopped bacon. Cook gently, stirring occasionally, until the kale is softened and the soup is heated through. Add salt and pepper if needed.
5. For Recipe 2: Reduce to medium heat and stir in coconut milk and sausage; heat thoroughly. Add chopped bacon, kale, and basil just before serving. Cook until kale is softened and bright green in color.
6. Enjoy!



Fresh Tomato Salsa

Adapted from AllRecipe's The Best
Fresh Tomato Salsa

Ingredients

- 2 1/2 pound tomatoes, chopped (about 3 cups)
- 3 medium onion, diced (about 1 cup)
- 1 green bell pepper, chopped (about 1/2 cup)
- 1/4 cup minced fresh cilantro
- 2 Tbsp fresh lime juice
- 2-3 fresh jalapeno pepper, chopped (including seeds for spice)
- 1/2 tsp ground cumin
- salt & black pepper

Instructions

1. Chop and dice vegetables.
2. Stir together tomatoes, onion, green bell pepper, cilantro, lime juice, jalapeno pepper, cumin, salt, and pepper in a bowl.
3. Use with tortilla chips, or in quesadillas, burritos, and more. Enjoy!

