



CSA Recipes: Week 7

Eating Seasonally in
the Adirondacks



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Welcome to Volume 7 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.

Table of Contents

1. Carrot, Cilantro, and Chile Slaw
2. Sicilian Steamed Leeks
3. Veggie Pesto Sandwiches
4. Garden Bounty Panzanella Salad



= 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.

Cilantro, Carrot, and Chile Slaw

adapted from Stone Barns Center for
Food & Agriculture and Epicurious'
Cilantro, Carrot, and Chile Slaw

Ingredients

- 3-4 medium carrots (preferably assorted colors), peeled & julienned (about 4 cups)
- 2 Tbsp vegetable oil
- 1 Tbsp lime juice
- 1 1/2 tsp sugar
- 2 jalapeños, seeded and minced
- 1/2 cup (loosely packed) fresh cilantro leaves
- 3/4 tsp ground coriander
- Ground black pepper & salt to taste

Instructions

1. Prepare vegetables by peeling and shredding carrots (using a grater holding peeled carrots vertically - you can also hand julienne carrots, cutting long-side-down), then de-stemming, deseeding, and mincing the jalapeños, and remove the larger stems of the cilantro, then chopping the leaves and remaining stems with a sharp knife.
2. Add prepared vegetables to a bowl with the lime juice, oil, and sugar. Let set for about 15 minutes.
3. Toss, then add cilantro and coriander. Evenly mix, then add salt and pepper to taste.
4. Refrigerate and use within 3-4 days as a side or as an addition to a sandwich. Enjoy!



Sicilian Steamed Leeks

adapted from Taste of Home's Sicilian Steamed Leeks



Ingredients

- 6 medium leeks (white portion only), halved lengthwise
- 1 large tomato, chopped
- 1 small navel orange, peeled and chopped
- 2 Tbsp fresh parsley, minced
- 2 Tbsp Greek olives, sliced
- 1 tsp capers, drained
- 1 tsp red wine vinegar
- 1 tsp olive oil
- 1/2 teaspoon grated orange zest
- Crumbled feta cheese
- Ground black pepper & salt to taste

Instructions

1. Steam leeks. You can use a Dutch oven or large pot with a steamer basket, with 1 inch of water maintained at a low boil for 8-10 minutes, covered, until tender. If you don't have a steamer, you can still use a large pot with about 1 inch of water, then place three golf ball-sized balls of aluminum foil on the bottom, rest a heat-proof plate on top of the foil balls, cover, and boil until leeks are tender.
2. Chop the tomato and orange into small pieces, mince the parsley (remove the stems if you don't want the bitter taste), and slice the olives. Mix together in a bowl, and add the capers, vinegar, olive oil, orange zest, feta, and salt and pepper.
3. When leeks are done, add them to a serving platter or directly to plates, and top with the mixture. Enjoy!



Garden Bounty Panzanella Salad

adapted from Taste of Home's
Garden Bounty Panzanella Salad

Ingredients

- 1 medium loaf of French bread or ciabatta bread
- 4 large tomatoes
- 1/4 cup olive oil
- 1 cucumber
- 1 medium green pepper
- 1 medium sweet yellow pepper
- 1 small red onion
- 1/2 cup fresh basil, coarsely chopped
- 1/4 cup Parmesan cheese, grated
- 1/2 cup Italian salad dressing
- Salt and pepper to taste

Instructions

1. Heat a pan over medium heat and add 2 tablespoons of oil. Cube the bread and add to the pan (don't add too much bread, otherwise there won't be enough room to get crispy!), stirring until toasted. Repeat as many times as needed until all bread is toasted.
2. Chop the tomato and cucumber coarsely, cut the peppers into 1 inch pieces, and thinly slice the onion.
3. Add all ingredients to a bowl and mix well. Enjoy!



Veggie Pesto Sandwich

adapted from Good Cheap
Eats' Veggie Pesto Sandwich

Ingredients

- 1 medium loaf of French bread or ciabatta bread
- 2 cups greens, baby spinach, salad mix, or gem lettuce
- 1-2 medium carrots
- 1-2 tomatoes
- 1/2 red onion
- 1/4 to 1/2 cup pesto (feel free to use pre-made pesto or refer to any of the pesto recipes from Weeks 1, 2, and 4!)
- 1 small zucchini
- Salt and pepper to taste

Instructions

1. Chop the salad greens, shred the carrots (about 1 cup shredded), slice the tomatoes and onion, and thinly slice the zucchini.
2. On a cutting board, split the French loaf lengthwise with one edge still attached. Open the loaf wide.
3. Layer the bottom half with a bed of lettuce. Add a layer of carrots, tomatoes, and onion.
4. On the top half of the sandwich, spread the pesto to taste. Layer the zucchini on top of the pesto. Season both halves with salt and pepper.
5. Fold the sandwich closed and wrap tightly with parchment paper and/or aluminum foil. Refrigerate until ready to serve. Enjoy!

