

Farm Share Vegetable Tip: How to Preserve Basil

From: Farm Share Member Amanda Maness

Fill small cup with 1-2 inches of water. Place basil in cup, stems down. Cover entire basil plant and cup with a large ziplock bag. Place on kitchen counter out of direct sunlight. This will preserve basil for over a week and almost eliminate all wilting issues!



Amanda has been a loyal Farm Share member for over a year now and has experienced the program and its vegetables through all of the seasons. Thanks for submitting this tip!

Are there any vegetable tips you'd like to share?

RECIPES

This week's bountiful vegetable is the tomato!

Rouge Tomate Gazpacho

Submitted by: Farm Share Member Amanda Maness

1/2c red bell pepper finely chopped
1/2c yellow bell pepper finely chopped
1/2c celery finely chopped
2tsp diced jalapeño
1c cucumber finely chopped
2qt low sodium V8 juice
2 slices of sourdough bread (preferably whole wheat)
3 cloves garlic (can be roasted for more mild flavor)
2oz sherry vinegar 2tbsp extra virgin olive oil 1tsp
sugar 1tsp celery seed 1tsp salt

Chop veggies and set aside. Purée V8 with bread, garlic, vinegar, olive oil, and sugar for several minutes on high. Add chopped veggies and stir in. Chill until gazpacho is cold throughout and garnish with celery seeds. Diced mango can also be added if available. For extra awesomeness, put some guacamole in the bottom of each bowl before serving for an added flavor/texture option.

Yummy Yellow Curry Sauce

5 Tbsp. Oil
2 tsp. mustard seeds
1 tsp. fenugreek seeds
3 fresh green chilies, deseeded and thinly sliced
1 handful of curry leaves
2 1-inch pieces of ginger peeled and coarsely grated
3 onions peeled and chopped
1 tsp. chili powder
1 tsp. turmeric
6 tomatoes, chopped
1 14 oz can of coconut milk
Salt
Fish version:
4 fresh haddock fillets, skinned and pin boned
1 knob of tamarind paste or 1 teaspoon tamarind syrup
1 large handful of baby spinach
1 good handful of fresh cilantro
Chicken version:
4 chicken breasts sliced into ½ in strips
1 Tbsp. Coriander seeds, crushed
Vegetarian version:
1 ¾ lbs mixed vegetables chopped (potatoes, zucchini, squash, onions, sweet potatoes, spinach, Swiss chard, lentils, green or yellow beans, eggplant, whatever is in your Farm Share, etc...)

Heat the oil in the pan, when hot add the mustard seeds. Wait for them to pop, then add the fenugreek seeds, fresh green chilies, curry leaves and ginger. Stir and fry for a few minutes.
Using a food processor, chop the onions and add to the same pan. Continue to cook for 5 minutes until the onion is light brown and soft then add the chili powder and turmeric.
Using the same food processor pulse the tomatoes and add these to the pan. Cook for a couple of minutes then add one or two wine glasses of water and the coconut milk. Simmer for about 5 minutes until it has the consistency of cream then season carefully with salt.
Take this sauce as a base.
To make the fish curry, add the fish and tamarind to the sauce and simmer for 6 minutes. Feel free to add some baby spinach and chopped coriander at the end of the cooking time.
For the chicken version, stir fried chicken strips and coriander seeds until lightly colored then add to your sauce and simmer for 10 minutes.
For the vegetarian version simply add all of your vegetables to the sauce at the beginning when you many onions continue to cook as normal and simmer until tender.

Okra and Tomatoes

Madhur Jaffrey's World Vegetarian Cookbook

¼ cup peanut or canola oil
1 lb fresh okra, tops removed and tails removed, cut crosswise into ¼ in thick rounds
3 medium tomatoes
2 medium garlic cloves, peeled and mashed to a pulp
2 Tbsp. fresh lime juice
½ tsp. coriander
½ tsp. cumin
1/8 tsp. turmeric
1/8-1/4 tsp. cayenne
¾ tsp. salt, or to taste
Freshly ground black pepper to taste

Pour the oil in a large frying pan over medium-high heat.

When hot, put in cut okra. Stir and fry for 7-10 minutes.

When the okra starts to brown, turn the heat down to medium and cook, stirring, another 3-4 minutes. The okra will have browned a bit more. Turn the heat down to low and cook 2-3 minutes or until okra is almost tender. Now put in all remaining ingredients. Stir gently on low heat for 4-5 minutes or until all flavors have melded and the tomatoes have dried a little.

Salt and pepper to taste.

Green Chile Enchiladas with Squash, Tomatoes, and Long Beans

Olive oil
1 flying saucer squash, finely diced
1 large shallot, thinly sliced
2 medium tomatoes, chopped
1 bunch long beans, chopped
16 ounces tomatillo or green chili salsa
8 ounces crème fraiche
5-6 flour tortillas
½ cup water

Preheat the oven to 350 degrees F. Heat two tablespoons olive oil in a large skillet over a high flame.

Sauté the squash, long beans, and shallot until tender and beginning to brown, about 10 minutes. Add the tomatoes and continue to cook until the tomatoes have softened and begun releasing their juices, about 3 minutes more. Set filling aside to cool slightly.

Meanwhile, combine the salsa, crème fraiche, and ½ cup water in a medium mixing bowl and whisk until combined. (NOTE: if the salsa is chunkier, run the ingredients through a food processor). Ladle half the sauce into the bottom of a 9 x 13 casserole dish (or into two 8 x 8 dishes). Spoon a few heaping tablespoons of the veggies into the center of one of the tortillas. Roll and place seam-side down in the baking dish.

Repeat with the remaining tortillas and filling. Pour the remaining sauce over the enchiladas.

Bake in the oven for 20-30 minutes.

Serve warm alongside a simple salad.

Original recipe uses different veggies, yogurt, cheese, and corn tortillas:

<http://feedmephoebe.com/2013/06/meatless-monday-green-chile-enchiladas-with-summer-squash-cherry-tomatoes-and-spinach/#sthash.hz8LZ8on.dpuf>

Check out our [Newsletter Archive](#) for additional recipes.

French sorrel

This was identified a few weeks ago, but continues to be mysterious to many people. It is wonderful!



Use in salads or soups. Use French sorrel to make pesto. If you have some extra time, try the creamy French sorrel soup recipe below.

French sorrel, squash, and mint salad

Combine arugula, French sorrel, mint, diced summer squash, and feta cheese. Dress with oil and vinegar.

French Sorrel Soup

3 tablespoons unsalted butter
½ cup chopped green onions,
ramps or other wild onion
4-6 cups (packed) of chopped
sorrel

Salt
3 Tbsp. flour
1 quart chicken stock or
vegetable stock
2 egg yolks
½ cup cream (you have to use
cream; anything lighter will
make the soup watery)

Melt 3 tablespoons butter in a soup pot over medium heat. Add the green onions or ramps and turn the heat to medium-low. Cover the pot and cook gently for 10 minutes. While the onions are cooking, pour the stock into another pot and bring to a simmer. Turn the heat up, add the sorrel leaves and a healthy pinch of salt and stir well. When the sorrel is mostly wilted, turn the heat back to medium-low, cover and cook 10 minutes. Stir occasionally. Mix in the flour and cook over medium heat for 3 minutes. Whisk in the hot stock, stirring constantly. Bring this to a simmer. To finish the soup, whisk together the egg yolks and cream. Temper the mixture by ladling a little soup into the egg yolk and cream mixture, whisking continuously. Repeat this three times. (You are doing this to prevent the eggs from scrambling). Now start whisking the soup. Pour the hot egg-cream-soup mixture into the pot with the soup, whisking all the way. Let this cook — below a simmer — for 5 minutes. Do not let it boil or the soup will break. Serve at once.

French sorrel and rosemary pesto

2 cups of sorrel (about ½ bunch)- stems removed
1/4 cup pine nuts
1/4 cup of rosemary
2 cloves garlic
1/3 cup Parmesan or Romano cheese
1/4 cup of olive oil

Combine all ingredients in a food processor until smooth and well blended. Use pesto on pasta or eat with Italian bread and wine.