



Winter CSA box in P. Alto

Palo Alto Ross Rd.
Jan. 21st, 2011

[Winter Squash](#) (either hubbard or butternut)

[Rainbow carrots](#)

[Fresh Red Onions](#) 2 bunches

[Brussels sprouts](#)

[Cabbage](#)

[Turnips](#) and Potatoes

[Fennel](#)

[Spigariello](#)

[Chard](#)

[Collard greens](#)

Fridge Management: *Everything* into the fridge except the winter squash. The Brussels Sprouts are in the cabbage family: so eat them within 1-4 days for sweetest/less cabbagey results. Eat up your greens (spigariello, chard, collards) within the first week or so to make more room in your fridge: it's one theory!

[Recipes A-Z on our website](#)

Lemony Brussels Sprouts

Julia's request: Andy has just started growing Brussels sprouts, if you have a favorite way to prepare them, please email me your recipe... with how you want it credited as well. Thank you. -julia

1.5 pounds Brussels sprouts, halved
1 teaspoon Grated lemon rind
2 Tablespoons Fresh lemon juice
Salt to Taste
Coarsely ground pepper to taste

Slash the bottom of each Brussels sprout with a shallow X; steam Brussels sprouts, covered, for 6 minutes or until tender. Drain.

Combine Brussels sprouts and next 3 ingredients in a bowl; toss well to coat. Sprinkle with pepper.
Serves 4

[Potato-Fennel Gratin](#) by Ina Garten, The Barefoot Contessa

[Marinated Potatoes and Fennel](#) by Traci Des Jardins, at [Chow.com](#)

Sauteed Swiss Chard with Parmesan Cheese from [allrecipes.com](#)



Rainbow Carrots!

The following Recipes are all from [Chef Jonathan Miller](#):

Asian Slaw

When the weather heats up, even in winter, I crave spicier, warmer weather foods. Here's a nice little menu utilizing some of the veggies in your box that would be nice for this warm week. A simple salad, a stir-fry, and a bit fancier main fish dish.

2 green thai chiles, seeded and minced
2 garlic cloves, minced
2 T sugar
2 T rice vinegar
3 T lime juice
3 T nam pla (fish sauce)
3 T grapeseed oil
1/2 head shredded savoy cabbage (you're looking for about 4 cups)
3 carrots, shredded
1/2 red onion, very thinly sliced
3/4 c mint leaves, chopped
1/2 c cilantro, chopped
pepper

Combine the thai chiles, garlic, sugar, rice vinegar, lime juice, nam pla, and grapeseed oil in a bowl. Whisk well to dissolve the sugar, and set aside while you make the rest of the salad.

Toss all the vegetables together, paying particular attention to mixing in the carrots, which have a tendency to clump together, then toss with the dressing. Serve at room temperature.

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### **Veggie Stir Fry**

This is my go-to stir fry, and one I've contributed to the Two Small Farms newsletter in the past. Here it is again using this week's vegetables. Delicious on an unseasonably warm day with a glass of beer.

#### Sauce:

1/4 c soy sauce  
2 t cornstarch mixed with 1 T water  
zest from 1 lemon  
1 T grapeseed oil  
4 garlic cloves, finely chopped  
1 thai chile (green, if possible), minced

Mix the soy sauce, cornstarch mixture, lemon zest, and 1 cup of water together until smooth. Heat the oil in a small skillet and add the garlic and chile. Saute briskly until a rich, golden brown. Add the soy mixture and bring to a boil. Immediately remove from heat and set aside.

#### Veggies:

1/2 lb noodles of choice (I like somen here)  
1 t red chile flakes  
1 bunch spigarello, roughly chopped, thick stems removed  
3-4 carrots, julienned  
1 small head cauliflower, cut into small florets  
2 T chili sauce (I like sriracha)  
2 T hoisin  
1/2 c sesame seeds, toasted  
cilantro for garnish

Cook the noodles in boiling water according to the package instructions. Drain, rinse under cold water, and set aside.

Heat some grapeseed oil in a large skillet or wok and add the chile flakes for about 20 seconds. Add the carrots and cauliflower and cook for 1 to 2 minutes. Add the spigarello and cook until softened and wilted, but still bright. Add the noodles, the hoisin, the chili sauce, and the garlic-soy sauce you made earlier and heat through, tossing well to mix thoroughly. Garnish with sesame seeds and cilantro and serve warm.

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Fish on Gingered Butternut Squash

This is a nice, simple dish highlighting your hard squash. It's pretty straightforward, but the ginger syrup is a bit of a pain to make. I never like grating up a lot of fresh ginger. Perhaps it's a good job for

your spouse! This is one of those times to clean your spice grinder before grinding the star anise and chili flakes. The squash will readily pick up the other spices that might be leftover in the grinder, and this dish benefits from the less-is-more philosophy.

1/2 large butternut squash, seeded
1/2 c pumpkin seeds
grapeseed oil
1 c lemon juice
1 c sugar
1 c peeled and grated ginger
1/2 red thai chile
4 T butter, room temperature
3 T whole star anise
1 1/2 t red chili flakes
1 lb white fish of choice, skin on
cilantro or chives for garnish

Heat the oven to 375. Season the cut side of the squash with salt and pepper and roast, cut side down, until soft, about an hour.

Saute the pumpkin seeds in a small skillet in a teaspoon of oil until puffed and browned. Set aside.

Put the lemon juice, sugar, ginger, and the red thai chile in a saucepan and bring to a boil. Remove from heat and allow to cool. Strain, pressing hard through a fine meshed strainer. Set aside.

When the squash is done, scoop out the flesh and mix with the ginger syrup, 2 t salt, and 2T of the butter. Puree in a blender until smooth. Put into a small saucepan and keep warm.

Grind the star anise and chili flakes in a spice grinder until ground to a fine powder. Season the fish with salt and the star anise mixture, reserving a little of the star anise to sprinkle on the squash later. Sear the fish, skin side down in a hot skillet until the skin is crispy. Flip and finish the fish until just barely cooked through, another minute or so. Heat the other 2 T of butter and heat the pumpkin seeds gently, just until warm.

Put the squash on a serving plate and sprinkle with the last little bit of the star anise powder. Top with the fish, then top the fish with a little pumpkin seeds, then toss the remainder around the plate. Garnish with a little cilantro or chives and serve warm.