



**47<sup>th</sup> Ave Farm CSA for the week of June 18, 2012**

**CSA Salad with Avocado, Farro (or Barley) and Green Garlic Dressing**  
**Lentil Soup with Pac Choi, Turnip Greens and Carrots**  
**Pan-Roasted Radishes with Pac Choi, Mint and Soy**  
**Turnips with Vinegar**  
**Turnips, with Carrots, Green Garlic and Bacon**  
**Turnip, Carrot and Dill Salad**  
**Buttered Braised Carrots**  
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**CSA Salad with Avocado, Farro (or Barley) and Green Garlic Dressing**

*--inspired by 101cookbooks.com*

The avocado adds richness and creaminess to both the dressing and the salad itself. If you don't have an avocado on hand, I would make a Caesar salad-like dressing instead. Recipe for such a dressing below the main recipe. You want a rich, zippy dressing here, in other words.

**Green Garlic Dressing:**

2 stalks green garlic (or spring onions, greens and all), rinsed and finely chopped (~1/4 cup)  
1/4 teaspoon sea salt, plus more to taste  
2 tablespoons fresh lemon juice  
1/3 cup good olive oil  
2 tablespoons ripe avocado  
1 teaspoon honey, or to taste  
fresh pepper to taste

6 cups lettuce, torn into pieces  
1 cup / cooked farro or barley or wheat berries  
4 small carrots, very thinly sliced  
1/2 bunch of radishes, very thinly sliced  
1 garlic scape, finely chopped  
1 avocado, cut into small cubes  
a big handful of almond slices, toasted (or toasted sunflower or pumpkin seeds)

Make the dressing by using a hand blender or food processor to puree the green garlic, salt, lemon juice, olive oil, avocado, honey, and pepper until smooth. Taste, and adjust with more salt, or honey, or lemon juice.

Before you're ready to serve, combine the lettuce with about half of the dressing in a large bowl. Taste, and add the last of the dressing if needed. This is a salad that's good quite heavily dressed. Add the avocados and almonds and give one last gentle toss.

## **Classic Caesar Dressing**

1/2 cup grated Parmesan cheese  
2-3 tablespoons freshly squeezed lemon juice  
3 tablespoons good olive oil  
4-5 garlic cloves, finely chopped  
4-5 flat anchovy filets (or more to taste)  
1 egg yolk  
1/2 teaspoon sea salt (or more to taste)  
Freshly grated black pepper  
1/4 teaspoon dry mustard (optional)

## **Lentil Soup with Pac Choi and Turnips Greens**

I make lentil soup year-round, though it looks different this time of year than in mid-winter. It's such an easy, fairly quick one-pot meal that my five-year-old happens to love, in pretty much every incarnation. In this version I add turmeric, ground cumin and coriander as well as a little ginger which goes nicely with the pac choi and turnips greens. This makes a lot of soup – great the next day or freeze a quart of it for later.

2 medium carrots (or whatever you want to use – less is fine), diced or cut into thin rounds  
½ onion, diced  
1 stalk green garlic, fibrous tops and outer layers removed then minced  
1 teaspoon finely grated, fresh ginger  
bay leaf  
1 ½ teaspoons each ground cumin and coriander  
1 teaspoon ground turmeric  
¼ - ½ teaspoon red pepper flakes  
2 cups lentils (either the little French green ones or regular larger, brown ones)  
2 sausages – optional (I use the Italian pork sausages from New Seasons or Pastaworks but chicken or turkey sausages would be fine too)  
about 6 cups water or vegetable broth  
4 cups well washed and chopped pac choi, turnip greens  
2 tsp soy sauce (seems strange but is very good!)  
Salt & pepper

Saute carrot, onion and green garlic in 1 ½ tablespoons or so of olive oil in a big pot. Slice sausages (if using) into rounds, then cut those in half. Add them to the onions and carrots after they've softened, about 7-8 minutes. Also add the spices and ginger and cook, stirring frequently for about 2 minutes until the spices are fragrant. Then add lentils and about 6 cups of broth or water. Salt generously if you're broth if not salty. Bring to a boil then turn down the heat to med/low and simmer covered for 35 to 45 minutes. Add greens just before you're ready to serve and cook for just another minute or two. Add the soy sauce and adjust seasoning. You can serve this over rice to stretch the quantity or add more left.

## **Pan-Roasted Radishes (and turnips!) with Pac Choi, Mint and Soy**

You can use half the ingredients in your share in this dish. I originally made with just with radishes but turnips and pac choi and garlic scapes are all at home here. You can add thinly sliced, quickly broiled beef to this and serve it over rice for a complete meal. It would be lovely with most any grilled fish or tofu . . . The lemon juice and the mint really add something here,

taking it from a fine but uninteresting stir-fry to something a bit more vibrant. Toasted sesame seeds would be a nice addition too.

1 tablespoon olive oil  
1 stalk green garlic, any fibrous parts or tough outer layers removed, finely chopped  
1 bunch radishes, scrubbed and quartered  
2-3 turnips, scrubbed and cut into chunks about the size of the radishes  
1 bunch pac choi, well washed and cut into 1-inch ribbons  
3-4 garlic scapes (or more), chopped  
8-10 mint leaves, finely chopped  
Sea salt  
2 teaspoons soy sauce or tamari  
couple of squeezes of lemon juice

Heat the olive oil in a large skillet over medium-high heat. Add the radishes, turnips and garlic scapes and a few pinches of salt and cook, stirring occasionally for about 3-4 minutes until the vegetables begin to brown. Add the green garlic, pac choi and mint and cook for another 3 or so minutes. When the vegetables are tender to your liking add the soy sauce and lemon juice and serve.

### **Three Turnip Ideas**

You've been enjoying the company of these lovely, tender turnips for a few weeks now. Here are three ideas for new preparations.

#### **1 – Turnips with vinegar**

scrub turnips and cut into wedges. Gently cook the turnips in 1-2 tablespoons of butter (depending on how many turnips you are using) for about 5 minutes. Add 2-3 teaspoons of sugar and 1 -2 tablespoons of champagne or white wine vinegar and gently cook for another 10 minutes. Season lightly with salt and pepper. This is excellent with any kind of pork dish.

#### **2 – Turnips with Carrots and Green Garlic, Garlic Scapes and Bacon**

Dice turnips (no need to ever peel these) and carrots (don't peel either, just scrub) in more or less the same quantity. Mince 2-3 stalks green garlic, trimming off any fibrous greens and/or outer layers. Slice however many garlic scapes you want to use. Dice 1-2 slices bacon or use a bit of bacon fat (as I did today-that I had leftover from making pasta Carbonara). Add everything to a large skillet (you'll need to use 1 tablespoon or so of olive oil or butter if you don't have bacon or bacon fat) and cook gently for about 15 minutes until the vegetables are tender. Season with salt and a squeeze or two of lemon juice.

#### **3 – Turnip, Carrot and Dill Salad**

Turnips work well with dill and almost no other herb, in my opinion. So if you have some dill, by all means use it in this quick, grated salad.

Grate as many carrots and turnips as you want. Dress with a lemony vinaigrette (lemon juice, olive, oil, salt and pepper and a little lemon zest if you'd like) and mix with plenty of chopped dill. If you have some toasted slivered almonds or toasted sunflower seeds by all means add a few tablespoons for crunch and heartiness. And slice up one of the beautiful spring onions in the share and add that too, if you'd like.

### **Butter Braised Carrots**

This is so simple and so good.

Scrub as many carrots as you want to use. If they are quite small you can leave them whole. If a bit larger, cut them in half lengthwise. Melt 2 tablespoons of butter in a large skillet that will fit the carrots in one layer. Add the carrots and sprinkle with sea salt. Cover and cook, tossing occasionally over medium heat until the carrots are tender. Add a little splash of water or turn the heat down if they begin to brown too much or stick to the pan. Finish with more sea salt and a sprinkling of chives or very finely sliced spring onion tops, if you like.

### **Garlic Scape Notes**

Garlic scapes are wonderful brushed with olive oil and grilled until a bit charred and tender. They are also delicious, chopped up and sautéed in a little butter or olive oil and then added to any egg dish or scattered on a pizza or added to a risotto at the end. Have fun experimenting with them. Unlike regular garlic cloves they do not get bitter when browned or even slightly charred so you do not need to be careful with heat.