

## PACIFIC BEET POKE BOWL

*Poke bowls are a great dish that can allow you to be as creative as possible- you can add any vegetables or proteins that you wish. The base of this recipe, however, is the marinated beets served on top of rice. We chose to add vegetables available at the Glynwood Farm store, along with produce found in the previous CSA share boxes. The finishing touch is a simple spicy mayo that brings all the flavors together. Enjoy!*

*Time: 1 hour  
Yield: 4 bowls*

### Marinated Poke Beets

*Time: 30 minutes*

*Yield: 1 lb.*

**1lb. Glynwood Farm's Beets**  
**2 each Glynwood Farm's Garlic Scapes**  
**1 each Garlic cloves, minced**  
**¼ cup Rice vinegar (for beets)**  
**¼ cup Soy Sauce or Shoyu**  
**1 teaspoon Rice vinegar (for marinade)**  
**1 teaspoon Yuzu Juice (optional)**  
**2 teaspoons Korean chili powder, or red pepper flakes**  
**2 teaspoons Sesame oil**  
**1 Tablespoon Honey**  
**1 teaspoon Sugar**  
**2 tsp, sliced Glynwood Farm's Scallions**

### **Method:**

1. Cut the beets in halves or quarters, depending on the size.
2. Place the beets in a medium sauce pot and add enough water to cover.
3. Add the garlic scapes, salt, and rice vinegar.
4. Turn the heat to high and bring to boil. Cook the beets until tender, when a knife can easily pierce through.
5. While the beets cook, begin to make the marinade.
6. Combine soy sauce, rice vinegar, Korean chili powder, sesame oil, minced garlic, honey, sugar, and sliced scallions in a bowl and mix together.
7. Remove the beets from liquid and reserve.
8. Peel the beets while hot and cut into ¼ inch cubes or a size to your liking.
9. Let the beets marinate in the liquid for up to 3 hours and serve with rice.

## Marinated Cucumbers

*Time: 5 minutes*

*Yield: ½ lb.*

- 2 each Glynwood Farm's Cucumber**
- 1 teaspoon Korean chili powder**
- 1 teaspoon Sesame seeds**
- ¼ cup Soy Sauce or Shoyu**

### Method:

1. Slice cucumbers thinly and combine with other ingredients.
2. Let marinate for up to 24 hours.

## Korean Chili Mayo

*Time: 5 minutes*

*Yield: 1 cup*

- 1 cup Mayonnaise**
- 1 teaspoon Soy sauce**
- 1 ½ Tablespoons Gochujang**

### Method:

1. Mix all ingredients.
2. Drizzle on top of completed dish.



# VEGGIE BURGERS ON HOMEMADE HERB ROLLS

## Herb Rolls

*These rolls are a delicious way to use up any herbs you have sitting around. Fresh bread is hard to beat, especially when paired with this veggie burger. This bun recipe is a great starter recipe that is easy for those new to bread baking. If you do not have the time to make these buns, no worries! Any store-bought hamburger bun will do. You can optionally substitute the 425 grams of bread flour for 100 grams of Milestone Mill's whole wheat bread flour (a local flour milled in the Hudson Valley) and 325 grams of regular bread flour.*

**Time: 1 Hour and 20 minutes**

**Yield: 6 rolls**

**170 grams Warm Water**

**56 grams Sugar**

**9 grams Instant Yeast**

**425 grams Bread Flour**

**2 Eggs**

**5 grams Salt**

**10 grams Vegetable Oil**

**1/3 cup Chopped Herbs (Scallions, sage, chives, parsley, etc.)**



## **Veggie Burger Patties**

*Time: 1 hour (while the bread is rising)*

*These are easy veggie patties that can be made quickly with the help of a food processor. The poblano and chipotle pepper give these burgers a southwestern feel, and the sautéed mushrooms give a savory and meaty flavor. Top these burgers with anything you wish! We recommend melting pepper jack cheese on top, and serving with the classic lettuce and tomato combination. You can also make a quick chipotle mayonnaise to serve with the burgers by mixing the adobo sauce in the can with some mayonnaise to your taste.*

*Yield: 6 Patties*

**2 cans (15 ounces), rinsed and drained Black Beans**  
**5 tablespoons Vegetable Oil**  
**3 Medium sized Carrots**  
**1 Large Onion**  
**1 Poblano Pepper, ribs and seeds removed**  
**4 cups Diced Cremini Mushrooms**  
**½ head, or 5 cloves Garlic**  
**1 Canned Chipotle Pepper packed in Adobo**  
**1 ½ cups Panko Bread Crumbs**  
**1 Egg**  
**1 teaspoon each Cumin, coriander, and paprika**  
**¼ cup Chopped herbs (parsley, chives, scallions)**  
**2 teaspoons Kosher Salt**  
**1 teaspoon Black Pepper**

## **Herb Rolls**

Equipment needed:

- Stand Mixer
- Medium sized bowl
- Sheet Pan
- Pastry Brush
- Parchment Paper

Method:

1. Place the oil, water, sugar, yeast and one of the eggs in the bowl of a stand mixer.
2. Add flour and salt on top, mix for 3 minutes on low speed, add in the chopped herbs, and then 3 minutes on medium speed.
3. Remove from stand mixer bowl and let rise in a bowl sprayed with non-stick spray for 20 minutes on the counter, covered in plastic wrap.
4. Dump dough out onto floured work surface and divide into 6 even pieces.
5. Fold the corners of the individual dough pieces towards their middle and pinch them to create a seam. Roll the dough into a smooth and tight ball. Repeat with all 6 rolls.
6. Set on parchment lined baking sheet sprayed with non-stick spray, spaced far apart.
7. Let rise on the counter covered lightly in plastic wrap for 45 minutes or until doubled in size (spray the plastic wrap with non-stick spray to keep the rolls from sticking to it).

8. Preheat oven to 350 degrees.
9. Whisk the other egg in a bowl until smooth. Brush this egg wash over the entire surface of the rolls, then put directly into the oven.
10. Bake for 10 minutes, rotate the pan, then bake for another 10 minutes or until evenly golden brown.

## Veggie Patties

Equipment needed:

- Medium Sauté pan
- Food Processor
- Medium bowl
- Sheet Tray
- Nonstick Skillet
- Spatula

Method:

1. Preheat oven to 375 degrees.
2. Roughly chop the carrots, onion, and pepper into 2-inch pieces. Place on parchment covered sheet tray with the garlic cloves and coat in 1 tablespoon of oil, tossing the vegetables around to coat all of their sides.
3. Roast in the oven until the carrots are fork tender, about 20-30 minutes. Let cool for 5 to 10 minutes after they are out of the oven.
4. While the vegetables are roasting, sauté the diced mushroom in about 1 tablespoon of oil until the water has evaporated out and they begin to take on some color around the edges, about 5-10 minutes. Let cool for about 5 minutes.
5. Add mushroom, roasted vegetables, black beans, chipotle pepper, egg, herbs, spices, breadcrumbs, salt and pepper to the bowl of a food processor.
6. Pulse until the mixture is roughly chopped into pieces no larger than 1/4 inch, about 10-12 pulses. You may need to scrape the bowl in between pulses to make sure the mixture is well mixed.
7. Divide into 6 equal portions and form into patties, about an inch and a half thick. Set aside on a plate.
8. Heat up non-stick skillet on medium-high heat, and add two tablespoons of oil.
9. Place 2 patties in the skillet at a time. Cook each side until brown and crisp, about 3 minutes. If adding cheese, place on top of the patties after the first flip.
10. Keep warm on sheet tray in 200-degree oven until ready to assemble the burgers.

# ARUGULA AND SPINACH PESTO PASTA WITH SPRING HERB OIL

*Pesto can be used for many different dishes, and is a simple yet versatile sauce. Here in this recipe, we use it as a basic pasta sauce. The greens and nuts can be substituted for almost any leafy green or nut you desire; the possibilities are wide open. This pesto sauce would taste great with proteins such as poultry, pork, and seafood.*

*We wanted to highlight the herbs available in the CSA share as well, so we included an accompanying herb oil. The herb oil acts as a garnish for the recipe and is entirely optional. The herb oil can be used as a base for vinaigrette or as a flavorful garnish for other dishes. It goes with pasta, chicken, fish, eggs - virtually anything. You can substitute neutral oil for a more flavorful oil, such as olive oil, if you have a favorite oil in mind.*

## Pesto Sauce

*Time: 20 mins*

*Yield: 1 quart of Pesto sauce*

**1 cup, cooked Glynwood Farm's Arugula, chopped**  
**1 cup, cooked Glynwood Farm's Spinach, chopped**  
**1/3 cup, raw Pistachios**  
**3 each Garlic Clove, minced**  
**1/4 cup, grated Parmigiano Cheese**  
**1/4 cup Lemon juice**  
**3/4 cup Water**  
**1 cup Olive oil**  
**12oz or 3/4 a box Spaghetti or Bucatini pasta**  
**1 tsp Kosher Salt, or to taste**

## Spring Herb Oil

*Time: 10 mins or overnight*

*Yield: 1.5 cups of oil*

**1/3 cup Glynwood Farm's Chives or Garlic Chives**  
**1 cup Glynwood Farm's Spring Onions, Greens only**  
**1/3 cup Glynwood Farm's Sage or Oregano**  
**1/3 cup Glynwood Farm's Lovage**  
**1.5 cups Neutral Oil (Sunflower, Vegetable, Canola)**

## Pesto Sauce

Equipment needed:

- Tall sized pot
- Medium sized pot
- Medium Bowl
- Cheese Grater
- Pasta Strainer
- Tongs

Method:

1. Fill a medium sized pot halfway with water.
2. Salt the water and bring to a boil.
3. Fill a separate bowl with one cup of ice and 3 cups of water.
4. Place arugula and spinach into boiling water and let cook for 20 seconds.
5. Remove the arugula and spinach from the boiling water and place in ice water for 10-15 seconds or once cool to the touch.
6. Squeeze out excess water from greens and set aside.
7. Blend the pistachios, garlic, lemon juice, and olive oil on high for 15 seconds or until thoroughly mixed.
8. Add spinach, arugula, parmesan, ½ cup of water, and 2 Tablespoons of salt to the blended mixture and blend on high for 15 seconds.
9. Season to your liking and serve with cooked pasta.
10. Freeze up to one month and keep in fridge for 1-2 weeks.

## Spring Herb Oil

Equipment needed:

- Medium sized pot
- Medium sized bowl
- Blender
- Coffee Strainer

Method:

1. Fill a medium sized pot halfway with water.
2. Salt the water and bring to a boil.
3. Fill a separate bowl with one cup of ice and 3 cups of water.
4. Place chives, sage, oregano, spring onions, and lovage into the boiling water and let cook for 20 seconds.
5. Remove greens from the boiling water and place in ice water for 10-15 seconds or once cool to the touch.
6. Squeeze out excess water from greens and dry on paper towel.
7. Place greens in blender with one cup of neutral oil.
8. Blend on high for 15 seconds or until it is uniform in consistency.
9. Pour mixture into a coffee strainer over a bowl and leave overnight. \*
10. Reserve and will keep for 2 weeks.

\*If you are short on time, the coffee strainer method can be accelerated by squeezing the mixture over a bowl rather than letting drip overnight.





# SAVORY KALE SCONES

*This scone recipe is simple! They are crunchy on the outside and fluffy on the inside. The kale complements the flavor of the cheese. Don't be afraid to use your hands for rubbing the butter into the flour-that is the only tool you will need!*

*Time: 1 hour*

*Yield: 6 scones*

**6.5 oz Local AP Flour**  
**½ tsp Salt**  
**1 ½ tsp Baking Powder**  
**1 Tbsp Sugar**  
**½ tsp Ground Black Pepper**  
**3 oz Butter, cold, cubed**  
**½ cup Heavy Cream**  
**1 oz Kale, minced**  
**2 oz and 1 oz, divided Cheddar Cheese, grated**  
**½ tsp Ground Black Pepper**

## Method

### Equipment needed:

- Bench Knife
- Knife
- Medium Mixing bowl
- Small Mixing Bowl
- Sheet tray

1. Preheat the oven to 350F.
2. Add all dry ingredients to a medium bowl and mix together lightly.
3. Add butter in to the bowl and rub into flour using fingers until butter becomes walnut sized pieces.
4. Mix together egg and heavy cream in a separate bowl, then add to dry ingredients.
5. Add 2oz cheese and kale.
6. Combine the dough. Do not overmix, it does not have to be perfectly combined.
7. Place the dough on a floured bench, then fold the dough in half, repeat for five to six times, then roll the dough into 2" thick.
8. Wrap the dough and place in the fridge for 20 mins.
9. Once the dough is chilled, cut into three rectangles, then into six triangles. (Two triangles in one rectangle)
10. Line them on a tray with parchment paper, use 1oz of cheese to put on top of scones before baking.
11. Bake for 12-15mins.

# CREAM OF CAULIFLOWER SOUP

*This soup is an easy way to utilize both cauliflower and turnips, and it is really customizable. Add whatever herbs or spices you like- for example, cumin, coriander, and garam masala would infuse a great Indian inspired flavor. However, this soup is delicious as it is, especially when paired with the savory scones. Also, if you swap the butter at the end for more olive oil or a plant-based butter substitute, this recipe can be entirely vegan!*

*Time: 1 hour  
Yield: 8 servings*

**1 large head Cauliflower, chopped into small florets**  
**2 medium turnips, chopped**  
**3 tablespoons Olive oil**  
**2 Medium size onions, chopped**  
**1 Celery stalk, chopped**  
**1 Leek, white part only, chopped**  
**4 cloves Garlic**  
**8 cups Vegetable Stock**  
**4 tablespoons Butter**  
**2.5 tablespoons Lemon Juice**  
**1 teaspoon Black pepper**  
**Handful Fresh Herbs**  
**3.5 teaspoons (to taste) Kosher Salt**

## Method

### Equipment needed:

- Dutch oven or large pot
- Blender
- Slotted spoon or spider

12. Heat up the pot over medium heat with the olive oil.
13. Add onions, celery, leeks, and turnips to the pot and cook until onions are translucent and tender, about 5-6 minutes.
14. Add the cauliflower and garlic into the pot and cook until the garlic is fragrant, stirring for about 1 minute.
15. Pour in all of the vegetable stock and add the kosher salt, then cover and let simmer until the turnips and cauliflower are tender, about 20-30 minutes.
16. Let sit off the heat for about 5 minutes to cool slightly.
17. Transfer the vegetables and stock to a blender and blend until smooth. Do not fill the blender past the maximum fill line, and work in batches if need be.
18. Transfer the blended soup back to the pot, and return to low heat.
19. Stir in butter and lemon juice.
20. Serve hot, topped with fresh herbs.



# KALE AND SPINACH TACO WITH GRILLED CITRUS CHICKEN

*These tacos are a vehicle for whatever your favorite flavors and toppings are! We suggest adding pickled kohlrabi, a spicy carrot and jalapeno slaw, cotija cheese, lettuce and radishes to the top.  
Don't forget an extra squeeze of lime!*

## Chicken Marinade

*Time: 10 mins*

*Yield: 1 quart*

**2 cups Orange Juice**  
**1 bunch Glynwood Farm's Garlic Scapes**  
**½ cup, Glynwood Farm's Bunched Onions**  
**1 each Jalapeno or Red Chili pepper**  
**¼ cup Lime juice**  
**½ cup Neutral Oil**  
**¼ cup, chopped Cilantro**  
**2 tsp Chili Powder**  
**2 tsp Cumin Powder**  
**2 tsp Coriander Powder**  
**3 Tablespoons Kosher Salt**  
**2 tsp, chopped Glynwood Farm's Oregano**  
**2 lbs. Glynwood Farm's Chicken Thighs**

## Method

### Equipment needed:

- Blender
- Mixing bowl
- Knife
- Cutting board
- Tongs

1. Chop all vegetables and set aside into a mixing bowl.
2. Blend all ingredients and let chicken thighs marinate for 20-30mins, or up to an hour.
3. Heat the grill to medium high.
4. Grill for 10-15mins or until cooked through.
5. Let rest lightly tented in foil for 10 minutes, then chop into slices that fit into your tortillas.

## Pickled Kohlrabi

*Time: 15mins*

2 cups White distilled vinegar  
3 cups, shaved Glynwood Farm's Kohlrabi  
¼ cup Sugar  
2 each, crushed Garlic Clove  
1 each, chopped Jalapeno

## Method

### Equipment needed:

- Mason jar
- Small pot
- Cutting board
- Knife or mandolin

1. Clean the kohlrabi and shave into thin sheets. Set aside.
2. Combine all other ingredients together and bring to a boil.
3. Place shaved kohlrabi in mason jar, then pour the vinegar mixture on top and cover.
4. Let cool and store for one month in fridge. Can be eaten once cool

## Carrot and Jalapeno Slaw

*This slaw is a refreshing addition that adds crunch, which is essential to tacos. With just cumin and coriander powder, you can make this easy Mexican-style slaw. We suggest adding a handful of chopped cilantro as well, if you have it on hand.*

*Time: 30mins*

*Yield: 2 cups*

1 ½ cups, thinly sliced Glynwood Farm's Carrots  
1 cup, thinly sliced Glynwood Farm's Swiss Chard  
½ cup Mayonnaise  
½ cup Sour cream  
2 each, minced Jalapeno seeded  
2 each, minced Garlic Clove  
1/3 cup lime juice  
2 tsp, chopped Glynwood Farm's Oregano  
2 tsp Coriander Powder  
2 tsp Cumin powder  
As needed Kosher Salt

## Method

### Equipment needed:

- Medium sized bowl
- Small sized bowl
- Measuring spoons and cups

1. Place carrots and swiss chard in a medium sized bowl.
2. In a small bowl, mix the rest of the ingredients.
3. Add the mayonnaise mixture into carrots and swiss chard, then toss together lightly.
4. Keep refrigerated.

## Kale and Spinach Tortillas

*Feel free to substitute some of the all-purpose flour for your favorite whole grain flour. We recommend using 1 cup of Milestone Mill's whole wheat bread flour and 2 cups of all-purpose flour for great flavor and texture.*

*Time: 30mins*

**2 bunches Glynwood Farm's Spinach**  
**2 Bunches Glynwood Farm's Kale**  
**½ cup Neutral oil**  
**3 cups Glynwood Farm's Flour**  
**2 tsp baking powder**  
**½ cup water**  
**2 ½ teaspoons Kosher Salt**

## Method

### Equipment Needed:

- Medium pot
- Blender
- Medium bowls
- Sauté pan or cast-iron skillet
- Rolling pin

1. Fill the medium pot halfway with water and bring to a boil.
2. Drop in your bunches of greens and let cook for about 45 seconds or 1 minute before removing with tongs in a bowl.
3. Rinse the greens in cold water until cool, then press out as much water as you can.
4. Blend together the greens, oil, and salt until smooth and homogenous.
5. In a medium bowl, whisk together the baking powder and flour.
6. Add the greens/oil mixture on top of the flour along with the water, and mix until a shaggy ball forms.
7. Knead for 5-7 minutes on the counter until a relatively smooth ball forms.
8. Let rest at room temperature in a plastic wrap covered bowl for 30-45 minutes.
9. Divide the dough into 8 equal portions and roll on a floured surface to a thin circle, about 1/8 of an inch thick.
10. Heat up a dry skillet on medium high heat.
11. Lay tortillas into the skillet one at a time and cook on each side for about one minute, until there is brown spotting.
12. Keep warm in a slightly damp cloth or paper towel until ready to use. If you need to reheat them or make them more pliable, microwave for 15 seconds.

