

A BOX FULL OF FRESH



Make the most of your family's bountiful CSA share (or goodies from the farmers' market) all summer long with these veggie delicious recipes.

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spaghetti and eggplant 'no-meat'balls with fresh tomato sauce

No one will miss the meat with this planet-friendly spin on the classic dish. The combo of white and whole wheat spaghetti makes for a fun flavor and color combo (and helps kids get used to the taste of whole grains).

Active time: 45 minutes

Total time: 1 hour, 45 minutes

FOR THE EGGPLANT 'NO-MEAT'BALLS

- 3¼ pounds eggplant (about 3 large), roasted until soft*
- ½ cup chopped onion
- 2 cloves garlic, sliced
- ⅓ cup walnuts
- 2 tablespoons yellow miso paste (available in the refrigerated section near the tofu)
- 1½ cups Italian-style breadcrumbs, plus more as needed
- ¼ teaspoon salt
- ¼ cup fresh chopped basil
- 1 tablespoon olive oil, plus more for greasing the baking sheet

FOR THE SAUCE

- ¼ cup olive oil
- 1 small onion, diced
- 2 cloves garlic, sliced
- Salt, to taste
- 5 pounds fresh tomatoes (about 4 large or 8 medium), seeded and roughly chopped
- ¼ cup fresh chopped basil

FOR SERVING

- 8 ounces whole wheat spaghetti
- 8 ounces white spaghetti
- Chopped basil and Parmesan cheese, for garnish

1. Preheat the oven to 375°. Lightly grease two baking sheets with olive oil.
2. Slice the eggplants in half and use a fork or spoon to scoop out the flesh. Discard the skins. Roughly chop the flesh and place in a large bowl. Set aside.
3. Place the onion, garlic, and walnuts in a food processor and process until very finely chopped. Add the miso and process again to form a paste.
4. Add the onion mixture to the eggplant, along with the breadcrumbs and salt. Use



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a fork or your hands to mix until combined. If necessary, add more breadcrumbs by the tablespoon; the consistency should be slightly sticky and just a bit drier than a raw meatball mixture. Fold in the basil.

5. Form the mixture into golf ball-size balls and place on the baking sheet. Use a pastry brush to brush the tops with olive oil. Bake for 30 to 35 minutes, or until lightly browned and a ball springs back when you press it.
6. While the eggplant balls bake, make the sauce. In a large pot, warm the olive oil over medium heat. Add the onion, garlic, and a pinch of salt and sauté 5 to 7 minutes, until softened. Add the tomatoes and another big pinch of salt. Turn the heat down to low and simmer, stirring occasionally, for 15 to 20 minutes, until the tomatoes have softened and given up most of their liquid to form a

sauce. Add the basil and keep the sauce warm over very low heat until ready to serve.

7. While the sauce simmers, bring a pot of salted water to a boil. Add the whole wheat spaghetti, followed by the white spaghetti 2 to 3 minutes later. Cook another 4 to 6 minutes, until the spaghetti is al dente. Drain. Serve the spaghetti topped with the tomato sauce and eggplant balls, with basil and Parmesan cheese, if desired.

**Poke whole eggplants with a fork several times. Bake at 400° on a greased baking sheet for about an hour, or until completely softened. Can be done up to 1 day ahead.*

Serves 8

Per serving: calories 511, fat 15 g, protein 15 g, carbohydrates 85 g, dietary fiber 13 g



chopped farm salad with corn-parmesan dressing

With an unusual base of raw, pureed corn, this sweet, creamy dressing is definitely the star of any salad. Feel free to swap in other veggies you might have on hand, and save the leftover dressing (if there is any!) as a sandwich spread or for dipping crudités.

Active time: 10 minutes

Total time: 10 minutes

FOR THE DRESSING

- 1 cup fresh corn kernels (from 2 medium ears)
- 1 clove garlic, sliced
- ½ cup safflower oil
- ½ cup grated Parmesan cheese
- 3 tablespoons white vinegar
- 2 tablespoons water, plus more if needed
- ¼ teaspoon salt
- 2 tablespoons water, plus more if needed
- 2 tablespoons fresh chopped herbs, like basil, dill, parsley, or a combination

FOR THE SALAD

- 1 medium head lettuce, like romaine or green leaf, chopped
- 1 medium cucumber, peeled and sliced
- 1 pint cherry tomatoes, halved
- 1-2 cups additional fresh vegetables, like sliced yellow squash or bell pepper, chopped
- ¼ cup diced red onion

1. In a blender, add the corn, garlic, safflower oil, cheese, vinegar, and salt. Blend until completely smooth, about 1 minute. If the mixture is too thick for your taste, add water, 1 tablespoon at a time, and blend again.

2. Transfer the dressing to a jar or container. Add the herbs and shake well until combined. Set aside while you assemble the salad, or refrigerate.

3. Arrange the lettuce on a large serving platter or bowl. Top with the cucumber, cherry tomatoes, and additional vegetables. Scatter the red onion over the top.

4. Pour about half the dressing over the top of the salad and toss tableside, adding more of the dressing if you'd like. Serve.

Serves 8

Per serving: calories 193, fat 16 g, carbohydrates 10 g, protein 5 g, dietary fiber 2 g

pecan-stuffed okra poppers

Not sure what to do with the little green pods at the bottom of your CSA box? The oddly-shaped green veggie has a mild, zucchini-like flavor that kids can get on board with, and is rich in vitamin A, calcium, and potassium. It's often used in gumbo or fried—but try filling okra with a savory mix of herbed pecans, and you've got a yummy new finger food.

Active time: 25 minutes

Total time: 25 minutes

- ½ pound okra (about 24 large pods)
- 2 tablespoons plus 2 teaspoons olive oil
- ¼ cup finely diced onion
- 1 clove garlic, minced
- ¼ teaspoon thyme
- Salt, to taste
- ⅓ cup finely chopped pecans

1. Slice the cap off an okra pod. With a paring knife, cut the pod almost in half, lengthwise, stopping just before you reach the tip. Use your fingers to gently pry the pod open, taking care not to tear it in half. Repeat with the remaining okra pods and set aside.
2. Warm 2 teaspoons of the olive oil in a skillet over medium heat. Add the onion, garlic, thyme, and a pinch of salt and sauté for 5 minutes, or until the onion has softened and the mixture is fragrant. Add the pecans and cook 1-2 more minutes. Transfer the mixture to a bowl.
3. When the pecan mixture is cool enough to touch, use your fingers to stuff a teaspoon or so into each okra pod.
4. Wipe the skillet clean, then add the other 2 tablespoons olive oil over medium-high heat. Place the okra pods in an even layer, stuffed side up, and add a pinch of salt. Partially cover the skillet and let the pods cook about 8 minutes, until bright green and just tender. Transfer the okra to a plate and serve.

Serves 8 (about 3 pods each)

Per serving: calories 73, fat 7 g, protein 1 g, carbohydrates 3 g, dietary fiber 1 g



chewy zucchini-lemon sugar cookies

These are even yummier than zucchini bread (and better for you, too, thanks to the whole wheat flour). If you'd like, skip the glaze and turn these into sandwich cookies using Easy Bumbleberry Jam.

Active time: 15 minutes

Total time: 40 minutes

FOR THE COOKIES

- 1 medium zucchini or yellow squash, shredded
- 1½ cups white whole wheat flour
- ½ teaspoon baking powder
- ½ teaspoon salt
- ½ cup unsalted butter, softened, plus more for greasing the baking sheet, if needed
- ¾ cup raw cane sugar
- ½ teaspoon vanilla
- ½ teaspoon lemon zest
- 2 tablespoons 1 percent milk

FOR THE GLAZE

- ½ cup powdered sugar
- 2 tablespoons 1 percent milk
- ¼ teaspoon lemon zest

1. Place the shredded zucchini in a colander lined with a kitchen cloth. Let sit for 30 minutes, allowing some of the moisture from the zucchini to drain.
2. Preheat the oven to 375°. Line a baking sheet with parchment paper or lightly grease with butter.
3. In a medium bowl, combine the flour, baking powder, and salt and whisk to combine.
4. In a large bowl or stand mixer, beat the butter for about a minute. Add the sugar and beat 1 to 2 more minutes, until light and fluffy. Add the vanilla, lemon zest, and milk and beat until combined. Add the flour mixture in batches and mix until combined. Fold in the zucchini.
5. Use a tablespoon to scoop balls of the cookie dough onto the baking sheet. With your finger, slightly flatten each cookie. Bake for 13 to 16 minutes, or until just barely golden brown. The cookies won't appear done, but they'll set as they cool.
6. For the glaze, whisk together the powdered sugar, milk, and lemon zest until combined.
7. Use a knife or pastry brush to glaze the tops of the cooled cookies. Allow to set for 5 minutes.

Makes 24 cookies

Per cookie: calories 110, fat 4 g, protein 1 g, carbohydrates 18 g, dietary fiber 1 g



MAKING THE MOST OF YOUR CSA SHARE

Half the fun of being a CSA subscriber is that you don't know what veggies and fruits you're getting until you open up your box. But that same unpredictability can also make it tough to plan meals or cook family-size portions (what do you do with one carrot?). Here's how to prepare for—and make the most of—your weekly share.

STOCK UP ON STAPLES Keep a variety of meal-builder basics on hand, like whole wheat pasta or quinoa, canned or dried beans, and beef or chicken. When the veggies and fruit come in, you're ready to make a complete meal.

BE FLEXIBLE Hoping for bell peppers, but got zucchini instead? Plan for meals with veggies that are easily interchangeable, like stir-fries, salads, or fried rice.

COOK NOW, EAT LATER When you get overloaded with one thing, cook it all (turn tomatoes into sauce, steam greens, or puree herbs into pesto) and freeze what you don't need for later. The same works when you get too little of an ingredient to make a meal out of: Cook it, freeze it, then pull it out to add to a larger quantity you get later on.

PLAN A SWAP If your kids won't touch the fennel you're getting every week, see if another CSA member would be willing to trade you for, say, extra spinach. Or chat with the farmer when you pick up your box—sometimes, they'll let you switch a veggie you don't want for one that you do!

easy bumbleberry jam

Making jam doesn't have to be difficult! Our version comes together super fast with the addition of powdered pectin, a natural jelling agent derived from apple and citrus fruits. If you have more berries, the recipe easily doubles or triples.

Active time: 10 minutes **Total time:** 10 minutes

2	cups strawberries, hulled and chopped	1¼	cups raw cane sugar
1	cup raspberries	2	teaspoons pectin
1	cup blackberries	¼	cup lemon juice

1. Place the strawberries, raspberries, and blackberries in a large bowl. Mash well with a potato masher or fork until no whole berries remain.
2. In a medium bowl, add the sugar and pectin and stir well to combine.
3. Add the berries and lemon juice to a medium stockpot. Cover and bring to a boil, then add the sugar-pectin mixture while stirring constantly. Lower the heat to a simmer and continue stirring 1 to 2 more minutes until the sugar and pectin are completely dissolved.
4. Ladle the hot jam into clean jars and refrigerate for up to two weeks (it will thicken as it cools), or follow canning instructions at kiwimagonline.com/canning.

Makes 2 to 3 half-pint jars

Per tablespoon: calories 31, fat 0 g, protein 0 g, carbohydrates 8 g, dietary fiber 1 g

