

Secaucus CSA Recipes

Ideas to help enjoy the harvest of the season!



**TOWN OF SECAUCUS
NEW JERSEY**

Beets

Beets come in different colors. You may receive purple or yellow—or both!—in your share. Young beets are so tender; they can be sliced thin, or julienned, used in salads or served alone with a vinaigrette (see our recipes for homemade vinaigrette below). They are great roasted and can be paired with other roasted vegetables to add variety and depth to your side dishes.

Roasted Beets and Sweet Potatoes

Prep Time: 15 min

Cook Time: 1 hr. Serves: 6

Ingredients

- 6, peeled and cut into chunks Medium beets
- 2 1/2 tbsps., divided Olive oil
- 1 tsp Garlic powder
- 1 tsp Salt
- 1 tsp Ground black pepper
- 1 tsp Sugar
- 1 chopped Large sweet onion
- 3 cut into chunks Medium sweet potatoes

Instructions

- 1: Preheat oven to 400 degrees F
- 2: In a bowl, toss the beets with 1/2 tablespoon of olive oil. Spread in a single layer onto a baking sheet
- 3: Mix 2 tablespoons of olive oil, garlic powder, salt, pepper, and sugar. Toss sweet potatoes, onions, and mixture in a bowl.
- 4: Bake beets for 15 minutes. Add sweet potato mixture and bake for another 45 minutes, stirring after 20 minutes, until all vegetables are tender

Notes - Cover hands with gloves when peeling/chopping the beets to prevent them from dying your hands!

Cabbage

Cabbage is a hearty cold weather vegetable that can withstand light frost. It grows well into early winter and is a staple in your CSA share in autumn. If you are not already using cabbage in vegetable soups, try it! Cabbage adds depth to any hearty vegetable soup or soup that uses beef broth as its base. And nothing beats Cabbage Borscht as a cold-winter-warmer-upper on a frosty day.

Cabbage Borscht

Prep Time: 20 min

Cook Time: 90 min Serves: 8

Ingredients

2-3 pounds streaky beef, such as short ribs or back ribs

3 cups water

2 28-oz canned whole tomatoes

1 green or red cabbage

1 large onion

3 carrots

3 potatoes

1 teaspoon salt

1 teaspoon pepper

Juice of two lemons

4 tablespoons sugar

Instructions

1. Bring the water to a boil. Add beef and cook until it is tender and begins shredding. Remove the meat and allow it to cool. Use a fork to shred the meat.
2. Meantime, add tomatoes, cabbage, onion, carrots, potatoes, and salt and pepper to the water. Return shredded meat to the pot and cook about one hour.
3. Add lemon juice and sugar and cook another 30 minutes until all vegetables are well cooked.

Carrots

Carrots are typically steamed or sautéed and served as a side dish. But here's a recipe that uses them in a summertime salad. It is great when paired with meats right off the grill.

Carrot Mint Salad

Prep Time: 10 min Serves: 2-4

Ingredients

- 2 tablespoons apple cider vinegar
- 1 tablespoon olive oil
- 1/4 teaspoon kosher salt
- 1/8 teaspoon fresh ground black pepper
- 6 medium carrots, thinly sliced
- 1/4 cup chopped fresh mint
- 2 Tbsp. raisins (optional, to add sweetness)

Instructions

1. Whisk together the vinegar, olive oil, salt and pepper. Add the carrots to the dressing.
2. Add the mint leaves and toss to combine. Add the raisins (if using) and salt and pepper to taste.

Chard

Chard is a tasty green that is often sautéed and served like spinach but the stems are tough. There's always the question: What can you do with them? Here's a recipe that uses them in a flavorful side dish.

Chard stems with Garlic and Herbs

Prep Time: 10 min

Cook Time: 45 min Serves: 6

Ingredients

2½ cups Swiss chard stalks, washed in cold water and cut into 1 ½-inch pieces

3 tablespoons extra virgin olive oil

1½ teaspoons chopped garlic

2 tablespoons chopped parsley or basil

Salt and pepper

Instructions

1. Drop stalks in 3 quarts boiling water and cook about a half hour or until tender. Drain and set aside.
2. Sauté garlic in olive oil over medium heat. Do not let it brown. When garlic is transparent and fragrant, add the stalks, herbs, salt and pepper and turn up heat, cooking the stems for about five minutes and toss them so that the oil covers all stalks. Serve hot.

Collard Greens

Collards are hardy greens that are among the first to sprout and the last to leave the garden, so you can enjoy them throughout the season. They make great staples in any vegetarian diet and they add flavorful zest to soups or when paired with meats, such as smoke turkey, chicken or pork.

Smoked Turkey Collard Greens

Prep Time: 30 min.

Cook Time: 2 hrs. Serves: 10

Ingredients

1/4 cup Olive oil
2 tbsps. Minced garlic
5 cups Chicken stock
1 Turkey drumstick, smoked
5 bunches Collard greens, rinsed, trimmed and chopped
To taste Salt and black pepper
1 tbsp.
Crushed red pepper flakes

Instructions

- 1: Heat olive oil in a large pot over medium heat. Add garlic, and gently sauté until light brown. Pour in chicken stock, and add the turkey leg. Cover the pot, and simmer for 30 minutes.
- 2: Add the collard greens to the cooking pot, and turn the heat up to medium–high. Let the greens cook down for about 45 minutes, stirring occasionally.
- 3: Reduce heat to medium, and season with salt and pepper to taste. Continue to cook until the greens are tender and dark green, 45 to 60 minutes. Drain greens, reserving liquid. Mix in red pepper flakes if desired. Use liquid to reheat leftovers.

Notes

Smoked paprika or liquid smoke is a good way to create the smoked flavor of the turkey leg if a meatless option is preferred.

If too bitter, a pinch of sugar can reduce the bitterness.

Cucumbers

Cucumbers make a refreshing accompaniment to any salad. They can also be featured in their own, as here where they are paired with radishes.

Radish and Cucumber Salad

Prep Time: 15 min

Ready in: 1 h 25 min Serves: 6

Ingredients

2 cups, sliced Radishes

1/2 tsp Salt

1 cup, sliced Red Onion

1 cup, seeded and sliced Cucumber

1/2 cup Extra virgin olive oil

2 tbsp. White wine vinegar

1 clove, minced Garlic

1 tsp, chopped Fresh dill

Instructions

1: Toss radishes with salt; let stand for about 10 minutes. Drain any liquid and transfer to a large bowl. Add red onion and cucumber slices

2: In a small bowl, whisk olive oil, vinegar, sugar, garlic, and dill. Pour over vegetables and toss to combine. Cover and refrigerate for at least 1 hour. Serve with slotted spoon.

Eggplant

Ratatouille—and we don't mean the rat in the well-known Disney cartoon—is a flavorful vegetarian mélange, using eggplant, zucchini, tomatoes, onions and garlic in a ratatouille that make a great main course or side dish.

Baked Ratatouille

Prep Time: 45 min

Cook Time: 45 min Serves: 4

Ingredients

1 (6oz) can Tomato paste

1/2, chopped Onion

1/4 cup, minced Garlic

4 tbsp., divided Olive oil

3/4 cup Water

To taste Salt and pepper

1 of each, trimmed and thinly sliced Small eggplant, zucchini, yellow squash

1 of each, cored and thinly sliced Red bell pepper, yellow bell pepper

1 tsp. Fresh thyme leaves

3 tbsps. Mascarpone cheese

Instructions

1: Preheat the oven to 375 degrees F

2: Spread tomato paste into the bottom of a 10x10-inch baking dish. Sprinkle with onion and garlic and stir in 1 tablespoon olive oil and water until thoroughly combined. Season with salt and black pepper

3: Arrange alternating slices of eggplant, zucchini, yellow squash, red bell pepper, and yellow bell pepper, starting at the outer edge of the dish and working concentrically towards the center. Overlap the slices a little to display the colors. Drizzle the vegetables with 3 tablespoons olive oil and season with salt and black pepper. Sprinkle with thyme leaves. Cover vegetables with a piece of parchment paper cut to fit inside.

4: Bake until vegetables are roasted and tender, about 45 minutes. Serve with mascarpone cheese.

Escarole

Escarole makes a wonderful addition in Mediterranean vegetable soups and makes a tasty side dish when paired with potatoes, beans, or rice. This recipe can be adapted to create either a side dish or soup.

Escarole and Beans

Prep Time: 10 min

Cook Time: 30 min Serves: 4

Ingredients

- 3 tbsp. olive oil, divided
- 2 large heads Escarole, destemmed and chopped in ribbons
- 1/4 tsp Crushed red pepper flakes
- 3 cloves Garlic, minced
- 2 (16 oz.) cans Cannellini beans, undrained
- 3 sprigs Fresh parsley, chopped
- To taste Salt and pepper

Instructions

- 1: Heat 2 tablespoons of olive oil in a large skillet over medium heat. Toss in escarole, turning to coat with oil. Season with salt, pepper, and crushed red pepper flakes. Cook, stirring occasionally, about 10 minutes, or until tender
- 2: In a separate skillet, heat 1 tablespoon of olive oil over medium heat. Stir in garlic and sauté until lightly browned. Pour in beans with juices and simmer until creamy, about 10 minutes. Stir in escarole and parsley. Simmer 10 minutes more.
3. Serve warm with a side of crusty bread.

Notes

In order to avoid the escarole from clumping, chop into smaller pieces.

To make this recipe into more of a soup, add chicken stock during the last 10 minutes to desired consistency.

Fennel

Fennel, with its anise-like flavor, adds depth to salads, particularly when it is paired with spicy greens such as watercress and radicchio.

Watercress, Fennel, and Radicchio Salad

Prep Time: 20 min Serves: 7

Ingredients

- 3 tbsp., chopped dried cranberries
- 1 1/2 tbsp. Red wine vinegar
- 1 1/2 tbsp. Balsamic vinegar
- 1 tsp Minced garlic
- 1/2 tsp Salt
- 1/3 cup Extra virgin olive oil
- 2 bunches- rinse, dried & trimmed Watercress
- 1 bulb– trimmed, cored, and thinly sliced Fennel
- 1 small head– cored and chopped Radicchio
- 1/3 cup– toasted Pecan halves

Instructions

- 1: In a bowl, combine the cranberries, red wine vinegar, balsamic vinegar, garlic, and salt. Whisk in the olive oil. Set aside.
- 2: In a large salad bowl, combine the watercress, fennel, radicchio, and pecans. Whisk the vinaigrette and pour over salad. Toss well and serve immediately.

Notes

Various substitutions can be made depending on taste, such as walnuts instead of pecans or dried dates/raisins for dried cranberries.

Kale

Kale, like collards are hardy greens that are among the first to sprout and the last to leave the garden. They are great staples in any vegetarian diet and add flavorful zest to all soups and salads—even snacks like the kale chips shown below. In soups, they can be cooked separately or together. Here is a recipe for a Kale and Potato Soup that makes a hearty spring or autumn offering. This recipe can also be adopted to use collards, escarole, or any mix of them with the kale.

Kale and Potato Soup

Prep Time: 15 min

Cook Time: 45 min Serves: 8

Ingredients

1 bunch kale (about 6 to 8 large leaves)
6 tablespoons olive oil
1 medium onion, chopped
6 cloves garlic, sliced
1 small hot red chili or ½ teaspoon dried chili flakes
Bay leaf
1 teaspoon salt
1-pound potatoes (4-6 potatoes)
7 cups stock (vegetable or chicken broth)
Pepper

Instructions

1. Wash and remove stems from kale. Wash and peel potatoes. Cut kale leaves into large 2-inch pieces and set aside. Add the stems to the water and boil to create a vegetable broth; remove the stems and discard them before using.
2. In a big soup pot, sauté onion, garlic, bay leaf and salt in the olive oil until onion is transparent. Do not let it brown. Add the potatoes and 1 cup of the stock. Cover and cook about 5 minutes. Then add the kale and the rest of the stock. Cook 20 to 30 minutes.

Oven Baked Kale Chips

Prep Time: 10 min

Cook Time: 15 min Serves: 6

Ingredients

1 bunch, destemmed Kale

1 tbsp. Olive oil

1 tsp Seasoned salt

Instructions

- 1: Preheat oven to 350 degrees F. Line a non-insulated cookie sheet with parchment paper
- 2: Remove kale leaves from stems. Tear into equal, bite sized pieces. Wash kale and thoroughly dry (preferably with a salad spinner). Drizzle with olive oil and sprinkle with seasoning salt
- 3: Bake until edges are brown, but not burnt– about 10-15 minutes.

Notes

Wet kale will result in the chips not coming out crispy. Dry the kale as best as possible before baking.

Experiment with different flavors and toppings! Try sprinkling with lemon juice or parmesan cheese when chips come out of the oven.

Salads of all sorts

Through the season, you will receive different varieties of lettuce and salad greens—and even some, like purple radicchio that are not so green. Leafy lettuces are excellent in traditional tossed salads while the tender lettuces with leaves that grow loosely around a light green central head, are often enjoyed with a simple, but elegant, home-made vinaigrette with a sprinkling of sunflower seeds on top. Here's a recipe for a basic traditional French vinaigrette and a few variations on the theme.

Vinaigrette dressings

For basic vinaigrette, blend four tablespoons oil with 4 teaspoons vinegar, salt and pepper.

Variations:

- Add a citrus-y flavor by using lemon juice instead of vinegar.
- Make it more savory by adding ½ teaspoon poupon mustard or a teaspoon of minced onions or garlic.
- Make it creamier by using 1/3 cup heavy cream instead of oil. This can be turned into a blue or Roquefort cheese dressing by crushing and adding two to three tablespoons of the cheese to the dressing.
- Flavor with herbs by finely mincing, and adding, your favorite herbs from your CSA share.

Radishes

Radishes are best eaten raw, often with dips on a veggie tray or as an addition to a green leafy salad. Here they take center stage with cucumbers to produce a fresh summer salad.

Radish and Cucumber Salad

Prep Time: 15 min

Ready in: 1 h 25 min Serves: 6

Ingredients

2 cups, sliced Radishes

1/2 tsp Salt

1 cup, sliced Red onion

1 cup, seeded and sliced Cucumber

1/2 cup Extra virgin olive oil

2 tbsp. White wine vinegar

1 clove, minced Garlic

1 tsp, chopped Fresh dill

Instructions

1: Toss radishes with salt; let stand for about 10 minutes. Drain any liquid and transfer to a large bowl. Add red onion and cucumber slices.

2: In a small bowl, whisk olive oil, vinegar, sugar, garlic, and dill. Pour over vegetables and toss to combine. Cover and refrigerate for at least 1 hour. Serve with slotted spoon.

Summer squashes: Zucchini, Yellow Squash, Patty Pan

Like carrots, summer squashes are typically steamed or sautéed and served as side dishes. But they also make great salads and side dishes. Use the herbs shown here or try your own favorite mix from your share to achieve different variations in taste.

Zucchini Slaw

Prep Time: 30 min Serves: 4

1 ½ pounds small zucchini and/or other summer squashes. The slaw is most colorful when you use zucchini with any combination of yellow, grey, patty pan, or splendida squashes.

Ingredients

Salt and pepper

1 tablespoon grated lemon zest

3 tablespoons lemon juice

1 cup plain yogurt

1 tablespoon thinly sliced chives

2 tablespoons chopped chervil

2 tablespoons chopped mint

2 tablespoons chopped arugula, or spinach

4 ounces feta cheese

Garnish with sunflower seeds or pine nuts.

Instructions

1. Julienne the squash and toss it well with the lemon zest, juice and salt and pepper. Let it sit for 10 to 15 minutes and then gently mix in the yogurt and herbs.

2. Sprinkle feta cheese and seeds or pine nuts over each serving.

Zucchini Patties

Prep Time: 10 min

Cook Time: 20 min Serves: 4

Ingredients

2 cups, grated Zucchini

2 large beaten eggs

1/4 cup, chopped Onion

1/2 cup all-purpose flour

1/2 cup, grated Parmesan cheese

1/2 cup, shredded Mozzarella cheese

2 tbsp. vegetable oil

Salt and pepper to taste

Instructions

1: Salt the grated zucchini and let sit in a colander for 10 minutes to draw out moisture. Squeeze out remaining liquid with paper towels

2: In a medium bowl, combine zucchini, eggs, onion, flour, parmesan cheese, mozzarella cheese, and salt. Stir to distribute ingredients evenly

3: Heat a small amount of oil in a skillet over medium-high heat. Drop zucchini mixture by heaping tablespoonfuls and cook for a few minutes on each side until golden brown.

Tomatillos

Tomatillos may look like small green tomatoes but they're not. They come in two colors—light green and purple. They can be eaten like plums, particularly the sweeter purple ones but we like them best when prepared in a tangy salsa.

Tomatillo green salsa

Prep Time: 10 min

Cook Time: 15 min Serves: 6

Ingredients

2 cups water

1-pound tomatillos

½ cup chopped onion

1 teaspoon minced garlic

2 tablespoons chopped cilantro (or to taste)

1 tablespoon oregano

½ teaspoon cumin

Jalapeno pepper chopped (to taste)

Salt and pepper to taste

Instructions

1. Combine all ingredients with the water in a saucepan and bring them to boil over high heat. Reduce the heat to medium and simmer until the tomatillos are tender.
2. When cool, blend in a food processor or blender to create the salsa.

Tomatoes

The versatile tomato needs no introduction. It is enjoyed raw in salads, cooked in sauces, and even jellied in jam. This vegan adaptation of an old family recipe from the Marche region makes a great sauce for pasta, cheese ravioli, manicotti and vegetable lasagna. For the meat eaters, sausage, cubes of pork, and chicken legs or wings can be added. Like the recipe for Bruschetta that follows, it uses onions, garlic, herbs, and other items you will find in your share.

Tomato Sauce from Scratch

Prep Time: 30 minutes

Cook Time: Best when allowed to simmer for hours. Serves: Six or more depending on the amount used in the dish.

Ingredients

2 ½ pounds tomatoes
¼ Cup olive oil
1 ½ cup chopped onions
1 cup chopped celery
1 cup chopped red or green sweet peppers (or both)
1 clove garlic, smashed and then minced
1 6 oz. can tomato paste
2 Tbsp. chopped parsley
1 Tbsp. salt, or to taste
1 Tbsp. sugar
1 Tbsp. chopped fresh oregano
1 Tbsp. chopped fresh basil
Pepper to taste

Instructions

1. Bring a large pot of water to a boil and blanch the tomatoes until the skins split. Remove the tomatoes with a slotted spoon, putting them in a large bowl to cool. When cool, hold the tomatoes over the bowl to remove the skins and allow any juice that escapes to drip into the bowl.
2. While waiting for the tomatoes to cool, add onion, peppers, and garlic to a large (5-quart) Dutch oven or big sauce pot, lower heat and cook for about 5 minutes or until fragrant. Do not let them brown.
3. Add 1½ cups water and the rest of the ingredients, mashing tomatoes down to break them apart. Bring to a boil.
4. Reduce heat and simmer the whole live-long day (at least one hour).

Double Tomato Bruschetta

Prep Time: 15 min

Cook Time: 10 min Serves: 12

Ingredients

6 chopped Roma tomatoes

3 cloves minced Garlic

1/2 cup Sundried tomatoes, packed in oil

1/4 cup Olive oil

1/4 cup Fresh basil, stems removed or 1 tsp dried basil

1/4 tsp Salt

1/4 tsp Ground black pepper

2 cups Shredded mozzarella cheese

1 medium French baguette

Instructions

1: Preheat the oven on broiler setting.

2: In a large bowl, combine the Roma tomatoes, sun-dried tomatoes, garlic, olive oil, vinegar, basil, salt, and pepper. Allow the mixture to sit for 10 minutes

3: Cut the baguette into 3/4-inch slices. On a baking sheet, arrange the baguette slices in a single layer. Broil for 1 to 2 minutes, until slightly brown.

4: Divide the tomato mixture evenly over the baguette slices. Top the slices with mozzarella cheese.

5: Broil for five minutes, or until the cheese has melted.

Winter Squash

(Butternut, acorn, sweet dumpling, Kubota, delicata and pumpkin)

Winter squashes are familiar staples on the Thanksgiving table. These tough-skin vegetables, typically harvested in mid-to-late autumn, include acorn, butternut, and the venerable pumpkin. Unlike their summer cousins, they have tough skins that are not edible but their tasty soft interiors make great pie fillings, soups and side dish complements to hearty cold weather meals. The soup recipe below uses butternut squash but almost any winter squash, including pumpkin, can be substituted.

We also tell how to roast squashes. Acorn squash is especially good when cut in half, roasted and served with a dab of butter and a tablespoon of maple syrup in the hollows. A mélange of different squashes can be served by removing the skins after roasting, dicing and tossing them with a bit of melted butter, salt and pepper. The squash flesh can also be scooped out after roasting and mashed in a food processor or ricer to create a sweet side dish with the consistency of mashed potatoes. The mash, too, can be frozen and used throughout the winter in soups, pies and side dishes. Also be sure not to throw away the seeds. Seeds, too, can be roasted and served as snacks.

Butternut Squash Soup

Prep Time: 25 min

Cook Time: 45 min Serves: 4

Ingredients

2 tbsps. Butter

1 small, chopped Onion

1 stalk, chopped Celery

1 medium, chopped Carrot

2 medium, cubed Potatoes

1 medium, peeled, seeded, and cubed Butternut Squash

1 (32 oz.) contained Chicken stock

To taste Salt and pepper

Instructions

1: Melt the butter in a large pot and cook the onion, celery, carrot, potatoes, and squash over medium heat for 5 minutes, or until lightly browned.

2: Pour in enough chicken stock to cover vegetables. Bring to a boil. Reduce heat to low, cover pot, and simmer for 40 minutes, or until all vegetables are tender

3: Transfer the soup to a blender and blend until smooth. Return to pot and mix in any remaining stock to attain desired consistency. Season with salt and pepper.

Notes

When using a blender, remove the lid insert and cover with a cloth instead to prevent steam and pressure buildup.

A hand blender can be used to blend the soup directly in the pot.

Roast Squash

Preheat your oven to 400 degrees.

If you are roasting smaller squashes (such as acorn or butternut) to use as side dishes, cut them in half, remove the seeds and stringy innards, and place them *cut-side up* on a baking sheet lined with foil. Brush and bake until browned at the edges.

If you are using large squashes, such as Kubota, Hubbard, or pumpkins, cut them in large pieces (after removing the seeds and innards) and place them, skin -side up, on a baking sheet that has been lined with foil and greased with an oil spray, such as Pam. Bake until soft. The skin will become charred and begin to collapse when done. Scoop out the soft flesh and mash in a ricer or food processor. Allow to sit about 20 minutes, then drain through a fine sieve to eliminate as much moisture as possible. The mash should be thick, the consistency of mashed potatoes. It can then be divided into useable portions of a cup or two, frozen, and used in soup and pie recipes or as a filling in stuffed pastas, like home-made ravioli or tortellini.

Roasted Squash Seeds

Preheat oven to 350 degrees. Thoroughly wash the seeds to remove most-to-all of the stringy squash interior. Soak them in water for about 15 minutes. Then drain. While seeds are still moist, spread on a baking sheet covered with foil. Sprinkle with salt to taste and bake, stirring occasionally, until they are brown. Times will vary according to the type of squash and size of the seeds.