

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Twenty-First Harvest: 10/20/15 & 10/23/15

Potato Salad with Grilled Kale

Serves 6

5 T olive oil, divided, plus more
2 pounds waxy fingerling potatoes
Kosher salt
1 pound shallots (about 12), unpeeled
3 T fresh lemon juice
1 T apple cider vinegar
Freshly ground black pepper
1/4 C chopped cornichons
2 T drained capers
1 bunch kale, ribs and stems removed 3 scallions, sliced
1 C parsley leaves with tender stems

Prepare a grill for medium-high heat; lightly oil grate. Place potatoes in a large saucepan and pour in cold water to cover by 1". Season with salt and bring to a boil. Reduce heat; simmer until tender, 15–18 minutes. Drain and return to saucepan.

Meanwhile, grill shallots, turning occasionally, until skins are blackened and flesh is tender, 15–20 minutes. Let cool. Halve lengthwise and scoop out insides (discard skins).

Whisk lemon juice, vinegar, and 3 T oil in a large bowl; season with salt and pepper. Add cornichons, capers, and potatoes and toss to coat.

Toss kale and remaining 2 T oil in a medium bowl; season with salt. Grill, turning often, until charred and crisp-tender, about 1 minute. Fold into salad along with scallions, parsley, and shallots.

www.bonappetit.com

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Second Harvest: 6/9/15 & 6/12/15

Whole Grain Spaghetti with Kale and Tomatoes

6 ounces whole-grain spaghetti
2 T olive oil
1 medium red onion, thinly sliced
2 cloves garlic, chopped
kosher salt and black pepper
1 bunch kale, thick stems removed and leaves torn
into bite-size pieces (about 8 cups)
2 pints grape tomatoes, halved
1/3 C chopped roasted almonds
1/4 C grated pecorino (1 ounce), plus more for serving

Cook pasta according to package directions. Reserve 1/4 C of cooking water; drain pasta and return to pot.

Heat oil in a large skillet over medium-high heat. Add onion, garlic, 1/4 tsp. salt, and 1/8 tsp. pepper. Cook, stirring occasionally, until beginning to brown, 4-5 minutes.

Add kale and cook, tossing frequently, until tender, 2-3 minutes. Add tomatoes and cook, tossing frequently, until tomatoes begin to soften, 1-2 minutes more.

Add kale mixture, almonds, pecorino, and reserved cooking water to pasta and toss to combine. Serve with additional pecorino.

<http://www.realsimple.com/>

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Fourth Harvest: 6/25/13 & 6/28/13

Slow-Cooked Red Kale

Makes ~1-1/2 cups

3/4 tsp. kosher salt, divided, plus more
1 pound kale (about 2 bunches), center ribs and stems removed
1/4 cup plus 2 T extra-virgin olive oil
1/2 sprig rosemary
1 dried chile de árbol, broken into 4 pieces
1 cup sliced yellow onion
Freshly ground black pepper
2 garlic cloves, thinly sliced

Bring a large pot of heavily salted water to a rapid boil over high heat. Working in 2 batches, blanch kale for 2 minutes. Drain, let cool, and squeeze out excess water with your hands. Coarsely chop; set aside.

Heat a large pot over medium heat for 2 minutes. Add 1/4 cup oil, rosemary sprig, and chile. Let sizzle, shaking pan often, for about 1 minute. Reduce heat to medium-low; add onion. Season with 1/2 tsp. salt and a pinch of pepper. Cook for 2 minutes, stirring often; stir in garlic. Cook, stirring often, until onion is soft and starting to brown, 5-7 minutes.

Add remaining 2 T oil and kale; stir to coat. Season with 1/4 tsp. salt, reduce heat to medium-low, and cook, stirring often, until kale turns almost black and is slightly crisp at edges, about 30 minutes. Let cool. Discard rosemary and chile.

Gourmet | May 2009

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Eleventh Harvest: 8/16/11 & 8/19/11

Kale Salad

1 bunch of curly kale – stems removed

1 shallot – sliced thin

1-1/2 tablespoons fresh lemon juice

3 tablespoons extra virgin olive oil

1 small clove garlic – minced

1/2 teaspoon kosher salt

1/3 cup toasted pine nuts

1/2 cup fresh dill (optional)

1/3 cup feta cheese (optional)

Fresh ground pepper to taste

Whisk together lemon juice, salt and olive oil then massage kale to soften the texture. Mix with kale and shallot, let set for at least one hour in refrigerator.

After at least one hour, combine remaining ingredients with kale mixture and serve with feta cheese, if desired.

Submitted by CSA member Catherine Sanders