



## Full Belly Farm

*Fresh, delicious veggies fruits and nuts*

CCOF Certified Organic since 1985

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### RECIPES FOR GREENS

*These recipes updated 2/12/2010*

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#### **Steamed Kale with Miso Sauce**

- 2 c. water
- 1/2 lemon cut in 3 pieces
- 1 1/2 tsp. Fresh ginger, peeled and finely chopped
- 1/4 c. miso
- 1 c. diced daikon
- 1 c. carrots
- 2 c. chopped kale (or chard could be substituted)

Put water, lemon, ginger and miso in a saucepan and bring to simmer, stirring to dissolve the miso. Add daikon and carrots and cook until the vegetables are tender. Add kale, stir and simmer 3-5 min. Remove lemon pieces.

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#### **Sautéed Chard with Lemon and Hot Pepper**

From *Beet* 11/2003

Stem the chard, wash and drain the leaves, and tear them roughly. Sauté in olive oil, covered, for 5 minutes or so, until the leaves are wilted and tender. Meanwhile, remove one or two cayenne peppers from the bunch and chop finely. Remove the cover from the chard and cook away the excess moisture. Season at the last minute with the cayenne pepper, salt, and pepper. Squeeze lemon juice over just before serving.

## **Cream of Greens Soup**

6 - 8 slices bacon  
1 cup chopped onion  
3 cups sliced potatoes  
8 cups chicken or vegetable stock  
8 cups chopped broccoli raab or other bunched green from your box  
1/2 cup heavy cream  
salt and pepper

Fry the bacon in a large saucepan, crumble, and set aside. Sauté the onion in the bacon fat, add potatoes and stock, bring to a boil, reduce the heat, cover and simmer for 20 minutes or until the potatoes are tender. Add the broccoli raab to the broth. Cook for 10 to 15 minutes, or until the greens are tender. Cool slightly, then purée in a blender or food processor. Add the cream, reheat and season to taste. Sprinkle each serving with the chopped bacon bits.

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## **Broccoli Raab Pasta**

The stems and flowers, as well as the leaves are the prized parts of broccoli raab (also known as rapini). It is packed with vitamins and minerals.

1 bunch broccoli raab  
1/2 to 3/4 pound pasta (for example penne)  
1/3 cup olive oil  
4 cloves garlic  
1/2 teaspoon red pepper flakes, or to taste  
salt

Wash and chop the broccoli raab after discarding the tougher stem bottoms. Put a bit of water in a frying pan or pot, add the raab and cover. Steam-cook until tender -- less than five minutes.

Cook the pasta until al dente, drain.

Heat the oil in a 12-inch heavy skillet over moderately low heat. Add the garlic and red pepper flakes and cook, stirring until the garlic is golden, about 1 minute. Add the broccoli raab and salt to taste and cook for an additional 5 minutes, stirring occasionally. Toss the pasta and raab together. Serve with jack or Parmesan cheese.

## **Frittata with Swiss Chard**

From 5/05

1. Coarsely chop 1 bunch of chard. Boil 4 minutes. Drain. Rinse with cold water and squeeze out as much water as you can.
  2. Finely chop 1 clove or garlic and fry in 2 tablespoons olive oil. Add the chard and fry for 1 minute. Season to taste with salt. Turn off heat.
  3. Beat 6 eggs. Add chard to eggs and mix to separate the chard.
  4. Over medium-low heat, cook 2 tablespoons of olive oil in an omelet style pan. Stir the egg/chard mixture and pour into the pan. Cover and cook 5 minutes.
  5. Preheat broiler.
  6. Turn heat on eggs/chard down to low and cook another 5 minutes.
  7. Uncover the frying pan and put under the broiler for 2 minutes or until top is set.
  8. Enjoy!
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## **Pasta with Chard and Feta Cheese**

From 5/04

6 tablespoons olive oil  
4 cups chopped fresh onions  
Washed and coarsely chopped greens -- about 7 or 8 cups  
Salt to taste  
3/4 pound penne, fusilli, shells, or some comparable short pasta  
1/2 to 3/4 lb. feta cheese, crumbled  
Freshly grated parmesan or asiago cheese (optional)  
Freshly ground black pepper

Heat the olive oil in a deep skillet. Add onions and cook for about 10 minutes over medium heat, stirring occasionally. Meanwhile, put the pasta water up to boil. Add chopped greens to the skillet, salt lightly and stir until the greens wilt. Cover and cook 10 to 15 minutes over a medium to low heat.

Cook the pasta until al dente. Just as it becomes ready, add the crumbled feta cheese to the greens, with heat on low (or off). When the pasta is done, scoop it out with a strainer, drain it and add it directly to the pot full of sauce. Mix thoroughly. Cook the completed dish just slightly over a low heat for a few minutes. Add a small amount of grated cheese, if desired, and some black pepper. Serve immediately. Serves 4 to 6 people.

## **Marinated (but not for long) Kale**

From 5/05

For my first eight years as a CSA Member, I Grumbled about “too much kale” because, really, it was my least favorite of the greens. But not this year, because I finally found a way I love it. It’s easy, keeps well and is just about the most perfect food. When I saw today the kale season wasn’t quite over, I decided I finally needed to get around to sharing this recipe.

--*Pam Tellew, Albany*

1 bunch kale  
juice of 1 lemon  
1 Tablespoon olive oil  
1 or 2 cloves pressed garlic  
1 teaspoon salt

Mix all ingredients except kale in the bottom of a big salad bowl. Remove tough stems from kale. Wash and spin dry leaves. Slice crossways into 1" strips. Add to dressing/marinade and serve. It keeps a couple days in the refrigerator, but gets more marinated.

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## **Asian Pear and Spinach Salad**

From 8/08

Pears are a good source of the B-complex vitamins and also contain vitamin C and small amounts of phosphorus and iodine. This recipe is basically a spinach salad with the sweetness of the pears added. It is enough for 5 people if it is used as a side dish.

1/2 cup of bacon  
2 T Sherry or red wine vinegar  
1 t Dijon mustard  
1 t minced thyme  
1/4 cup olive oil  
About 8 oz spinach, washed  
2 or 3 Asian Pears, thinly sliced  
1 small red onion, thinly sliced

Cook the bacon until crisp. Drain on a paper towel and set aside. To make the salad dressing, pour the bacon drippings into a bowl. Add the vinegar, mustard and thyme; whisk to blend. Add the oil; whisk to blend. Season with salt and pepper.

Combine the spinach, pears, red onion and bacon in your salad bowl. Toss with the dressing.

## **Miso Steamed Greens & Cabbage**

From 5/07

3 to 4 cups water  
1 lemon, cut into quarters  
1 1/2 tsp. fresh ginger, peeled and finely chopped  
1/4 - 1/2 cup miso  
1/2 cup chopped carrots  
1 cup chopped cabbage  
1/2 bunch or more chopped chard or kale

Put the water, lemon, ginger and miso in a saucepan and bring to a simmer, stirring to dissolve the miso. Add the vegetables and cook until tender – 5 to 10 minutes. Remove the lemon pieces prior to serving.

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## **Greens Sauté**

From 4/08

1 bunch of greens (or you can combine several types of greens to get several colors and flavors)  
Olive oil  
fresh garlic, chopped  
salt and freshly ground pepper  
Mirin or cooking sake

Wash the greens. If they have thick stems, strip the leaves off the stems. You can either cook the stems a little longer, or discard them. Chop the leaves. Heat the oil in a large pan and add the garlic. Stir over a high heat and then add the greens. Toss the greens in the pan until they are coated with the oil and starting to wilt. At this point, if you cover the pan, the greens will cook more quickly. Add the mirin or sake and cover to finish the cooking. Toss with the salt and pepper and additional oil or seasonings, if needed.

Serve over rice.

## **Wilted Spinach Salad with Walnuts**

From 4/06

1/2 pound fresh spinach (the amount in your box)  
1/4 cup olive oil  
1 or 2 stems of fresh garlic (if you have it from last week!)  
3/4 cup walnuts  
3 T wine, champagne, or balsamic vinegar  
salt and pepper to taste

Prepare this salad directly before you plan to eat. It doesn't keep long. First, wash the spinach well by soaking it in cold water. When it is completely clean, drain it and spin it until completely dry. Break any large leaves into bite-sized pieces.

Clean and chop up the garlic. Heat the olive oil in a small skillet and add the garlic and walnuts. Fry for 5 to 8 minutes. Add the hot mixture directly to the spinach and toss until all the spinach is coated. Toss in the vinegar, salt and pepper.

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## **Recipe for Greens**

From 4-02

Here's a recipe for greens from Cindy Fressola, one of our members...

Sauté a handful of chopped walnuts in a tablespoon of olive oil, just until they're golden. At that point, add to the pan:

1 tablespoon of white wine  
About 3 tablespoons of orange juice  
A small handful of chopped sun-dried tomatoes

Let that simmer for a couple of minutes, then add the greens. The greens can be a braising mix, or any kind of kale or collards. Chop them just so they'll be bite size pieces. Sauté everything all together until the greens are just tender and the liquids have cooked down a great deal.

## Our Favorite Kale Recipe

From 4/06

We have been meaning to share our favorite kale recipe. A lot of people can't seem to figure out what to do with this stuff, but this one is really good and it can even serve as a main dish.

--Paul Brumbaum

1 bunch kale  
3 - 4 cloves of minced garlic (or as much as you can stand!)  
1 leek, finely chopped  
1/4 cup olive oil  
a few red pepper flakes  
a couple tablespoons of capers  
salt to taste

Heat oil over medium-high heat and sauté garlic a minute, then add shredded greens, leeks, pepper flakes and capers until they are wilted and turn color (just a few minutes). Serve over rice or with penne pasta. Top with toasted pine nuts and/or crumbled feta.

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## Easy Greens with Carrot Tops and Carrots

-- Nina Stavinga, Berkeley

From 4/07

Every week I go to pick up my box and see a pile of discarded carrot tops in the empty box. I make a practice of reusing at least a few of them each time, but feel like their rejectors are missing out on the fact that they are actually edible, tasty and nutritious! I did a find for "carrot greens recipe" and found this great recipe, which I have made and attest that it's very yummy. This recipe was from: [www.somethinginseason.blogspot.com/2005/11/use-em-carro-tops.html](http://www.somethinginseason.blogspot.com/2005/11/use-em-carro-tops.html)

1 T good olive oil  
1 garlic clove, minced fine  
1/2 cup mushrooms, finely sliced (preferably fresh Shiitake or Crimini)  
1 T soy sauce  
1 T rice vinegar  
1/4 to 1/2 t toasted sesame oil  
1 bunch collard, kale or Swiss chard greens  
1-2 cups finely chopped carrot tops  
1 finely sliced carrot

1. Sauté the garlic and mushrooms in olive oil on high heat until fragrant, about 2 minutes.  
2. Lower the heat to low and add the rest of the ingredients. Cook until the greens wilt, stirring gently every 2 minutes. (About 10 minutes until done.)

## **Sauté of Spinach, Greens and Celery**

From 3/08

This recipe takes advantage of the soft bite of the greens combined with the crunchy texture of celery.

1 bunch greens such as Kale  
1/2 lb of spinach  
5-6 large celery ribs  
4 tablespoons butter  
2 tablespoons olive oil  
1 cup chopped leeks  
Salt, pepper, nutmeg

Wash and stem the spinach and greens. The young tender spinach leaves can be cooked whole. Cut the celery diagonally into 1/4-inch slices. Heat 2 tablespoons of butter with the oil in a large frying pan; add the celery and leeks and sauté, stirring occasionally, for 5 minutes or until barely tender. Remove with a slotted spoon and set aside. Add the greens and remaining butter to the pan, cooking until tender, about 3 minutes. Return the leeks and celery to the pan and stir. Season with salt, pepper and a dash of nutmeg.

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## **Sausage Greens Hash**

From 2/07

1 yellow onion, chopped  
1 lb. Italian sausage, bulk  
1 lb. potatoes, chopped (yukon golds or yellow finns are fabulous here)  
1 bunch broccoli raab greens, chopped (or kale)  
salt & pepper  
Olive oil  
Red pepper flakes (to taste)

Heat a very large covered skillet on medium high until hot. Add a little olive oil and the onion. Sauté the onion for a few minutes, then add the sausage. Break up the sausage while frying, and when it's 1/2 cooked, add the potato chunks. Add a little bit of water to the pan, cover, and let cook for about 5 minutes. Check to see that it's not getting too brown -- if it is, just add a little more water. Season with salt, pepper and red pepper flakes. Put the broccoli raab greens on top of the potato-sausage mixture. Cover and let cook for about 10 more minutes. Stir all together while still cooking, correct the seasoning, then serve.

## **Portuguese Kale Soup**

From 1/04

In a large saucepan, sauté 1 cup chopped onions and 1/2 cup chopped carrots in oil until softened. Add a pound or so of diced potatoes, along with 8 cups water or broth and 2 cloves minced garlic. Cook until potatoes are soft, then mash everything gently against the side of the pot (or in a food processor if you prefer a more uniform soup). Roughly chop the kale and add to the pot, along with 1 1/2 cups already cooked kidney beans (you could also substitute another variety of white bean). Cook until kale is wilted, season to taste, and serve.

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## **Greens and Broccoli Sauté**

From 1/04

Rinse and chop broccoli. Heat 3 Tb butter or oil in a frying pan, add the chopped broccoli and 1/2 cup chopped onions. Sauté, stirring occasionally, until tender. Remove from heat and set aside. Sauté the greens separately in 3 Tb. butter or oil until wilted. Add broccoli and onions to the pan and stir until well mixed and cooked to your taste. Season with salt, pepper and a dash of nutmeg. To turn this recipe into a gratin, add enough cream or yogurt to the mixture to coat the vegetables. Sprinkle with grated cheese, dot with butter and place under the broiler until cheese is lightly browned and cream is bubbly.

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## **Greens, Leeks, Garlic and Pine Nuts**

*Serves four – From 2009*

*Note:* this recipe can be used with any of the greens that you get in your box, including the Bok Choi or Mei Qing Choi.

1 bunch Bok Choi, Mei Qing Choi or other greens  
2 mid-size leeks, washed carefully, white and light green parts thinly sliced  
4 cloves garlic, minced  
1/4 cup pine nuts, toasted in a skillet  
2 Tablespoons olive oil  
Salt and freshly ground pepper

Bok Choi and Mei Qing Choi are wonderful in saute because the greens will cook

up soft and tender, but the stems will stay crispy and sweet. Slice the bottom (root end) off of the Choi so that the leaves separate. Wash the leaves. Slice the Choi leaves and stems into 1-inch strips. Those stems are sweet! Taste them raw.

If you are using a bunch of greens, strip the leaves from the stems and cook the stems for a bit longer than the greens.

Using a large skillet with a cover, heat the olive oil, and saute the leeks and garlic until crisp/tender. Add the greens and cook until almost done. Add the stems. Cover and simmer for a few more minutes. The water on the leaves should be enough to keep the veggies from drying out. If not, add a bit of water or other seasoning like mild vinegar, cooking sake or mirin. Season to taste with salt and freshly ground pepper. Sprinkle the pine nuts over after the dish is completed.

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## **Stir-fried Bok Choi**

From 2009

If we were living in some parts of Asia, where bok choy has been a part of the cuisine since ancient times, we would likely find 20 bok-choi varieties regularly for sale in the grocery stores. The sweet stems are delicious and should not be overcooked because you want to preserve the crisp texture in contrast to the tender leafy greens.

Wash and drain the bok choy. Separate and chop the stalks and leaves. Heat several tablespoons of olive oil or cooking oil in a wok or saute pan, add ginger and stir fry briefly, for about 30 seconds, until the ginger is aromatic. Add the bok choy, stir in some soy sauce and fry at high heat for 1 minute.

Add 1/4 cup of water, cover the wok (or pan) and simmer for about 2 minutes. Sprinkle sesame oil over the top, toss and serve.

## **Winter Greens Soup**

*From 2009*

1 cup dried farro (An ancient cereal grain with a nutty flavor, often found in the bulk section of health food stores. You can substitute barley.)  
1/4 teaspoon salt  
1/8 cup olive oil  
3 medium garlic cloves, finely chopped  
2 fresh onions, medium dice  
1 large carrot, medium dice  
6 potatoes coarsely chopped (1 1/2 pounds, the amount that comes in your box)  
2 teaspoons finely chopped rosemary  
1 medium bay leaf  
1 1/2 cups cooked, drained garbanzo beans  
1 bunch of greens (Chard or bok choy will work fine), coarsely chopped -- about 6 cups, packed  
1 1/2 cups canned tomatoes  
4 cups chicken or vegetable broth

1. Soak the farro in 3 cups of water overnight.
2. Transfer the farro and soaking water to a large pot, add salt, and bring to a simmer. Cook until farro is tender and chewy, about 45 to 60 minutes. Drain and reserve farro.
3. Place the olive oil in a large pot over medium-low heat. When it shimmers, add garlic, onion and carrot. Season well with salt and freshly ground black pepper, and cook until vegetables are tender, about 5 minutes.
4. Add farro, potatoes, herbs and garbanzo beans, and season well with salt and freshly ground black pepper. Stir mixture so that everything gets coated with oil and herbs.
5. Add the greens to the pot and cook, stirring occasionally, until the greens start to wilt, about 10 minutes. Stir in tomatoes.
6. Add the broth. The vegetables should be just covered by the liquid -- if there isn't enough, add more water. Simmer, partially covered, until the potatoes are cooked through, about 35 to 40 minutes. Season well with salt and freshly ground black pepper, remove bay leaf, and serve.

## **Greens**

*From 2009*

The cooler season is here, which means you will be eating a lot of greens! This will be really good for your immune system. On the Recipe page of our web site we have a good collection of greens recipes that you can download.

4 cloves garlic, chopped coarsely

Olive oil

One bunch of greens rinsed and chopped loosely. If the stems are tough, remove the leaves from the stems

Cooking sake, mirin, or rice vinegar

Soy Sauce

We often eat greens as a simple side dish for lunch or dinner. We rinse or wash an entire bunch and chop them up loosely. Note that one bunch of greens will cook down to barely enough for one serving each for a family of three! You don't need to dry them for this recipe.

In a large saute pan, heat up about 4 Tablespoons of olive oil and saute the garlic over a medium flame. Wait until it has started browning before putting in the greens, coating them with the oil and cooking them until they start to cook down. Once they have cooked down you can stir them a bit if needed to continue the cooking process. Add a splash of soy sauce and 1/4 cup of cooking sake for flavor. Watch as the greens continue to simmer in the sauce. There will be a point at which they soften up and even change color, indicating that they have cooked through.

These can be served over rice, or as part of a vegetable dish that includes other veggies.

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## **Dear Full Belly,**

*From 2009*

I made the most amazing dish with some kale a while ago. I saw the recipe on the show Lydia's kitchen and adapted it a bit. I call it Greens Chips. You take the

greens in big pieces off the stems, wash and lightly dry. Coat the greens in olive oil and sea salt. Lay them loosely on a wire rack on a baking sheet in a preheated 250 degree oven (too hot and it won't work). Bake for about 30-45 minutes until greens crisp. Eat like you would potato chips. So good you can't stop eatin' em.

-- *Lisa* in Oakland

The fall boxes are full of a wonderful diversity of rich, nutritious veggies. Here's an easy recipe that uses several of the ingredients in this week's box.

1 bunch broccoli raab cut into  
1-inch pieces  
2 teaspoons salt  
3 T olive oil  
1 medium red bell pepper, cored, seeded and diced  
10 olives, pitted and chopped coarse  
1 teaspoon minced, fresh oregano  
Salt and black pepper  
1/4 crumbled feta cheese

Bring 3 quarts of salted water to a boil, stir in the broccoli raab and cook until wilted and tender, 2 to 3 minutes. Drain the greens and set aside.

Heat the oil in a large skillet over medium heat until shimmering. Add the red bell pepper and cook until barely tender. Add the broccoli raab, olives and oregano and cook, stirring to coat with oil, until all the veggies are heated through, about 1 minute. Season with salt and pepper to taste, sprinkle with the feta, and serve.

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## **Mustard Greens Or Mibuna**

*From 2010*

Don't be worried by the peppery flavor of the mustard greens when raw. Both mustard greens and mibuna cook up to taste a bit like spinach, but with more depth. They are great with sesame oil, but garlic and olive oil work well as well.

1/2 cup thinly sliced onions  
2 cloves minced garlic  
1 T olive oil Sesame oil to flavor  
1 pound mustard greens or mibuna, washed and torn into large pieces

2-3 T chicken or vegetable broth  
Salt and Pepper

Saute the onions in the olive oil in a large pan until they brown and caramelize, about 5 to 10 minutes. Add the minced garlic and cook a minute more, until fragrant. Add the mustard greens or mibuna and broth and cook until the mustard greens or mibuna are cooked through. Toss with sesame oil. Season with salt and pepper.

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**Dear Full Belly,**

*From 2010*

I was excited to open last weeks box since it had several of the ingredients to one of my favorite winter soup recipes. -- *Sarah*

### **Sausage Soup with Greens**

1 lb spicy ground sausage  
1 large onion diced  
4 small sweet potatoes cut into bite size pieces  
2 bunches collards or other sturdy greens, cleaned and chopped, about 8-10 cups  
2 quarts chicken stock  
salt and pepper  
smoked Spanish paprika

Brown the sausage in a large, heavy pot. Remove meat from pot and saute onion until golden brown. Add the meat back in, cover with 2 qts chicken stock. Peel and slice the sweet potatoes into some bite-size, add them. Wash the greens thoroughly, then cut into ribbons, add them. Cover and let the whole thing simmer half an hour until the greens are wilted and tender. Season with salt and pepper and paprika.