

Beet & Bean Dip

Use as a dip for this week's zucchini or cucumber. It's great with pita chips, too!

Puree in a food processor until smooth:

8 ounces cooked cubed beets
1 can drained garbanzo beans
3/4 cup olive oil
1/4 cup slivered almonds
5 cloves peeled garlic

Add 1 1/2 tablespoon red wine vinegar and then blend again. Season to taste with salt and pepper. Makes about 2 cups.

Warm Beets & Beet Greens with Ginger

Separate 4 medium beets from their greens. Cook the beets, cool and slice. Set aside. Chop beet greens and sauté in butter until just tender. Add the reserved sliced beets and heat through. Stir in 1 tablespoon lemon juice, 1 teaspoon peeled, minced gingerroot, and 1-teaspoon honey. Serve immediately.

Beets & Basil

Roast or steam beets in their skins until they are just tender. When cool enough to handle, peel and dice. Sprinkle the beets with sugar and salt to taste, then add a few drops of balsamic or wine vinegar. Mix well and toss with olive oil. Chop lots of fresh basil leaves and mix with beets.

Grilled Summer Squash with Basil & Parmesan

This preparation can be made with zucchini, yellow, or patty pan squashes...or a combination.

Trim and halve **summer squash** lengthwise. Place on large baking sheet, brush with **olive oil**. Sprinkle with **salt** and **pepper** to taste. Place on a hot grill and cook until squashes are tender and browned, about 10 minutes, turning occasionally. Transfer to a plate and cool. Cut vegetables diagonally into 1-inch pieces. Place in a bowl and add chopped fresh **basil**, to taste. Sprinkle with freshly grated **Parmesan cheese**, **balsamic vinegar** and **olive oil**, to taste. Toss and season with **salt** and **pepper**.

Easy Cucumber, Bell Pepper & Sprout Salad

Mix together:

1 peeled cucumber, diced
1 green bell pepper, diced
1 cup fresh raw mung bean sprouts

Toss with a bottled or homemade blue cheese salad dressing, to taste.

Serves 2 or 3.

Baked Summer Squash & Onion with Goat Cheese

3 large summer squash, diced
1 onion, peeled, diced
3 tablespoons melted butter
2 tablespoons fresh parsley, chopped
Salt and pepper to taste

1 cup Italian-style bread crumbs
4 ounces goat cheese, crumbled
2 teaspoons chopped fresh oregano for garnish, optional

Preheat oven to 450 degrees F.

In a large mixing bowl, toss together squash, onion, butter, parsley, salt and pepper and breadcrumbs until crumbs are well distributed. Gently stir in crumbled goat cheese and spoon mixture into large heatproof baking dish.

Bake for about 20 minutes. Remove from oven and garnish with oregano. Serve immediately.

Serves 4.

Summer Squash & Orzo Salad with Basil

1/4 to 1/2 pound orzo
2 medium summer squash
1 small garlic clove, minced
1/4 teaspoon dried oregano
1/2 cup olive oil
1/8 cup fresh lemon juice
salt and pepper, to taste

1/8 cup grated Parmesan cheese
fresh basil to taste, roughly chopped
Cook orzo according to package directions. Cool. Grate squash and sprinkle with salt. Let sit for 10 minutes and squeeze dry. Combine garlic, oregano,

olive oil and lemon juice. Whisk until thoroughly blended.

Combine orzo, squash, Parmesan cheese and basil. Toss with dressing. Chill before serving.

Serves 2 to 3.

Adapted from "One United Harvest," collected by Julie Sochacki, Morris Press Cookbooks, 2005.

Spanish Greens (Sauté Mix)

2 tablespoons olive oil
3 cloves garlic, flattened or smashed
1 pound Laguna Farm Sauté Mix
Salt and pepper to taste
1/4 cup golden raisins
3 tablespoons toasted pine nut

Heat oil over high heat in a very large skillet. Add garlic cloves and stir-fry until just golden, about 30 seconds. Discard garlic. Toss in greens. Season with salt and pepper. Cover and wilt greens 2 to 3 minutes. Add raisins and pine nuts. Check for seasoning and serve.

Serves 2 to 4.

From "From Asparagus to Zucchini, A Guide to Cooking Farm-Fresh Seasonal Produce," Madison Area CSA Coalition, 2004.

Easy Pasta with Laguna Farm Sauté Mix and Garlic

1/3 pound penne or farfalle pasta
2 to 3 tablespoons olive oil
1 small onion, diced
2 or 3 garlic cloves, chopped
1/2 pound Laguna Farm Sauté Mix
salt and pepper to taste

Cook pasta according to package directions. Meanwhile, heat olive oil in a large skillet over medium heat, add the onions and garlic, and cook until tender. Add the greens and sauté until wilted. Drain pasta and combine it with the vegetables. Season with salt and pepper to taste and serve immediately.

Serves 2.

Adapted from "From Asparagus to Zucchini, A Guide to Cooking Farm-Fresh Seasonal Produce," Madison Area Community Supported Agriculture Coalition, 2004.