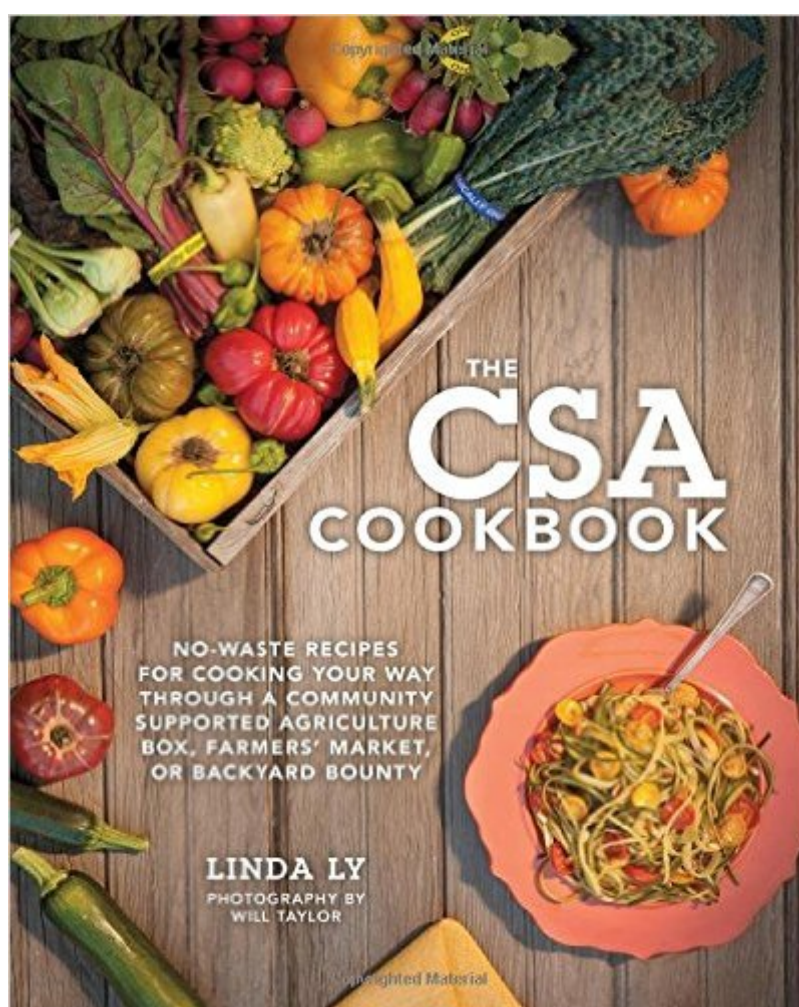


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The CSA Cookbook: No-Waste Recipes For Cooking Your Way Through A Community Supported Agriculture Box, Farmers' Market, Or Backyard Bounty



Synopsis

Make the most of your CSA membership or your garden harvest with simple yet bold, inventive yet nourishing meals from acclaimed blogger Linda Ly. Community Supported Agriculture (CSA) programs have connected farms to consumers and made people more in tune with where their food comes from, but still leave many stumped beyond the conventional uses for their produce. How many times has a CSA share arrived with things you've never seen before or not known what to do with? The CSA Cookbook will help you cook your way through a CSA box (or farmers' market or backyard bounty) with 105 seasonal recipes that utilize every edible part of the plant, from leaves and flowers to stems and seeds. Think of it as a nose-to-tail approach for vegetables! With innovative ideas for preparing the lesser-known but no-less-delicious parts of plants, tips for using the odds and ends of vegetables, and easy preservation techniques, Linda Ly helps you get from farm to table without a fuss. Chapters include tomatoes and peppers, leafy greens, peas and beans, bulbs and stems, roots and tubers, melons and gourds, and flowers and herbs. You'll find globally-inspired, vegetable-focused recipes that turn a single plant into several meals take squash, for instance. This year-round vegetable brings a variety of tastes and textures to the table: Sicilian Squash Shoot Soup, Squash Blossom and Roasted Poblano Tacos, Autumn Acorn Squash Stuffed with Kale, Cranberries, and Walnuts, and Toasted Pumpkin Seeds. If you grow your own food at home, you might be surprised to learn you can eat the leaves from your pepper plants, or pickle the seed pods from your radishes. The CSA Cookbook aims to inspire curiosity in the garden and creativity in the kitchen. You'll look at vegetables in a whole new way and think twice before you discard your kitchen "scraps"!

Book Information

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A Primer on Pesto View larger

A Primer on Pesto

Thumbing through this book, you might notice there is a lot of pesto, especially pesto made from things other than basil. I often like to joke if it's green, it can be turned into pesto; but that's not too far off. Pesto is derived from the Italian word *pestare*, meaning to pound, and it refers to the traditional method of preparation with a marble mortar and a wooden pestle. When we think of pesto, visions of the classic Italian sauce come to mind, but myriad versions of this pounded sauce exist. Some stay true to the original Genovese recipe of garlic, pine nuts, basil, Parmigiano-Reggiano, and olive oil, while others are inspired by those ingredients but have a character all their own. These days, pesto has become a generic term for any kind of sauce that's been pounded (or processed) into a thick, green condiment. You can make pesto with many other herbs besides basil, as well as other leafy greens. You can substitute crumbly Cotija for grated Parmesan or pumpkin seeds for pine nuts. You can omit the cheese entirely or add other spices to give it more heat. And you can make the pesto as thin or as thick as you like, to use as a sauce for pastas and pizzas or a spread for sandwiches and crostini. I always keep a jar of pesto in the fridge for its versatility; it can elevate the blandest of dishes into the most flavorful of concoctions. To perk up a pot of minestrone, stir in a few spoonfuls of pesto. If you want to add a little special something to chicken, steak, potatoes, or carrots, pesto makes an easy and elegant sauce for drizzling. Preparing your own pesto out of the odds and ends from your pantry and produce bin is simple once you know the formula. The proportion of greens can vary by up to a cup, give or take, as it depends on whether you use the tender leaves of vegetables or their denser stems and stalks. Stronger-flavored herbs, like sage and tarragon, should be paired with milder-tasting herbs like parsley and basil. Stems from a few different greens can be tossed in together, so save your stems throughout the week and turn them into an anything goes stem pesto. I often add a small handful of herbs or greens (like cilantro or spinach) to my stem pesto for a smoother texture.

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