



The Daisy News

Crazy Daisy CSA Farm

August 11, 2015

Kale is in the cards this week! We've never had such big beautiful plants so we're featuring it in our weekly recipe. Also be sure to check out our recipes on the website on the Recipes by Vegetable index page. I adore both the sausage and kale soup recipe, and the kale 'chips' recipe.

The big ugly pink things in the basket recently are those neat radishes we talked about a few weeks ago. They may not be pretty, but they are super tasty! Just be sure to peel them as you would kohlrabi because the outer skin is getting thick.

This Week's Basket May Contain:

Sweet corn
Green/yellow beans
Cucumbers
Zucchini
Carrots
Radishes
Cabbage
Kale
Basil

In the Extra's Rack or by Request:

Fennel
Bok choy
Swiss Chard
Collard greens
Tatsoi
Hot peppers
Asian eggplant
Pickling cucumbers
Slicing cucumbers

Super Summer Kale Salad

Recipe By: Susan

"Recreated from a deli salad sold at a national grocery. Makes a HUGE bowl, enough to serve a crowd; travels well to a potluck."

Ingredients

3/4 cup white sugar
1/2 cup vinegar
1/2 teaspoon salt 1/2 teaspoon ground black pepper
1/4 cup extra-virgin olive oil
1 bunch kale, stems removed and leaves chopped
1/2 (16 ounce) package frozen shelled edamame (soybeans), thawed
1/4 red onion, sliced thin
1 cup shredded carrot
2/3 cup fresh blueberries
1/2 cup sweetened dried cranberries
1/2 cup cashew pieces
1/2 cup shelled, roasted sunflower seeds

Directions

Whisk sugar, vinegar, salt, pepper, and olive oil together in a bowl until sugar is dissolved; set aside.

Toss kale, edamame, red onion, carrot, blueberries, dried cranberries, cashew pieces, and sunflower seeds together in a bowl. Pour about half the dressing

over the mixture and toss to coat. Cover bowl with plastic wrap and refrigerate 4 to 6 hours. Serve remaining dressing on side.

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crazydaisycsa@gmail.com
www.crazydaisycsa.com