

Annie's Organic Buying Club

making organics affordable for everyone!



Broccoli, Spinach, & Kale are super foods loaded with vitamins, antioxidants, chlorophyll, and fiber. **Radishes** are also a rich source of minerals, Vitamin C, calcium, and offer as much potassium as bananas.

Stir-Fried Broccoli & Kale by All Recipes

- 1/8 cup extra virgin olive oil
- 7 cloves garlic, sliced
- 1 chile pepper, chopped (optional)
- 1 head fresh broccoli, chopped
- 1 bunch kale, stems removed and chopped
- 1/4 cup sun-dried tomatoes, cut in thin strips
- juice of 2 limes (or lemons will probably work)
- salt

Heat olive oil in a large wok or skillet over high heat. Stir in garlic and chile pepper; cook for 2 minutes, stirring frequently. Stir in broccoli; cook 1 minute. Add kale, and cook 2 minutes, stirring frequently. Stir in sun-dried tomatoes. Pour in lime juice, and season with salt to taste. Toss well.

Kale Salad

- 2 leaves kale, stems removed, leaves chopped into bite-size pieces
- 3 tablespoons olive oil
- ½ head lettuce
- 1 Tomato, cut
- ½ Vidalia onion sliced thin
- 4 tablespoons red wine vinegar
- Squeeze of fresh lemon juice
- ¼ cup pine nuts
- ¼ cup dried cranberries

Massage kale with olive oil. Toss with rest of veggies. Drizzle on vinegar, lemon juice, sea salt. Add nuts and dried fruit.

If you got a share last week then you undoubtedly have some Cabbage and Onions left so try this **Fish on Slaw Cabbage Salad**:

Fish & Marinade:

- ½ cup apple cider vinegar
- 2 tablespoons agave nectar or honey
- ½ teaspoon salt
- Juice of ½ lime (can use lemon but it's not exactly the same)
- ½ handful cilantro, chopped
- 2 pieces wild fish

Cream dressing for salad:

- ¼ cup mayo, preferably homemade
- ½ cup sour cream (optional, will work without it)
- 1 teaspoon apple cider vinegar
- ½ teaspoon salt
- Juice of ½ lime (can use lemon but it's not exactly the same)
- ½ handful cilantro, chopped
- ½ teaspoon celery seeds (optional)

Cabbage slaw salad:

- 1 Vidalia onion, sliced thinly
- Bunch of radishes, sliced thinly
- ½ cabbage shredded
- ½ cup carrots, shredded or sliced
- 2 avocados
- 4 lettuce leaves

Whisk vinegar, with agave or honey, olive oil, sea salt, lime or lemon juice, and cilantro. Marinate fish in this mix. For 10-15 minutes. Then sear fish in a little olive oil until done but do not overcook, 3-5 minutes on each side, depending upon thickness of fish.

Whisk mayo, sour cream, sea salt, lime or lemon juice, and cilantro. Mix with cabbage, radish, onion, and carrots. Add sliced avocados.

Serve fish on cabbage slaw salad on a bed of lettuce leaves.

Radishes can be served raw, sliced in salads or cooked. Try slicing and adding to stir fries, stews, or roast them.

Red Radish GREENS – yes! You can eat the greens too! Simply sauté with garlic and olive oil as you would any green. Highly nutritious! But if you're not going to eat the greens, best to store radishes with the tops removed to maintain their sweetness.

Provençal Kale & Cabbage Gratin by NY Times

- 1 pound kale, preferably cavolo nero, stemmed, washed thoroughly and cut in slivers
- 1 pound cabbage, preferably savoy cabbage, quartered, cored and cut in slivers
- 3 tablespoons extra virgin olive oil
- 1 medium onion, finely chopped
- 2 large garlic cloves, minced or pressed
- 6 leaves fresh sage, chopped
- 1 teaspoon fresh thyme leaves
- Salt, preferably kosher salt, and freshly ground pepper
- 2 eggs
- 1/2 cup rice, preferably a short grain rice like Arborio, or brown rice, cooked
- 3 ounces Gruyère cheese, grated (3/4 cup, tightly packed)
- 3 tablespoons breadcrumbs

Preheat the oven to 375 degrees. Oil a two-quart gratin. Heat two tablespoons of the olive oil in a large, heavy nonstick skillet over medium heat, and add the onion. Cook, stirring often, until tender and translucent, about five minutes. Stir in the garlic, sage and thyme, and cook for another minute until fragrant. Stir in the kale and about 1/2 teaspoon salt. Cook in the liquid left on the leaves after washing until the kale begins to wilt. Stir often, and when most of the kale has wilted, add the cabbage and salt to taste. Add 1/2 cup water, and bring to a simmer. Cook, stirring often, for 10 minutes until the water has evaporated; the kale and cabbage should be wilted and fragrant but still have some texture and color. Add pepper, taste and adjust salt.

Beat the eggs in a bowl, and stir in the cooked vegetables, the rice and Gruyère. Stir together well, and scrape into the baking dish. Sprinkle the breadcrumbs over the top, and drizzle on the remaining olive oil. Bake 40 to 45 minutes, until firm and browned on the top. Allow to sit for 10 to 15 minutes before serving. Serve hot or warm.

Radishes with Butter & Salt by The Barefoot Contessa

- 2 bunches radishes with the tops intact
- Sea salt
- Good salted butter or Herbed Butter, recipe follows
- 1 French baguette, sliced diagonally, and lightly toasted

Arrange the radishes on a bed of sea salt. Spread the butter on slices of toasted bread and arrange artfully on a platter. Serve at room temperature.

Herbed Butter:

- 1/4 pound unsalted butter, at room temperature
- 1 1/2 teaspoons minced scallions
- 1 1/2 teaspoons minced fresh dill
- 1 1/2 teaspoons minced fresh parsley leaves
- 1/2 teaspoon freshly squeezed lemon juice
- 1/2 teaspoon kosher salt
- Pinch freshly ground black pepper

Combine all the ingredients in the bowl of an electric mixer fitted with the paddle attachment on low speed until combined. Do not whip.

Gingery Creamed Kale & Cabbage by GroupRecipes.com

- Salt
- 3 pounds kale, tough stems discarded
- 1/4 cup plus 2 tablespoons vegetable oil
- 1 large white onion, coarsely chopped
- 1 pound green cabbage, coarsely shredded
- 1 1/2 tablespoons finely grated fresh ginger
- 1/2 teaspoon turmeric
- 2 cups heavy cream
- 1 cup buttermilk

Bring a large pot of water to a boil and salt the water. Add the kale leaves and cook until tender, about 6 minutes. Drain and let cool, then coarsely chop.

In a large pot, heat the oil. Add the onion and cook over moderate heat until softened, about 7 minutes. Add the cabbage, ginger and turmeric and season with salt. Cook over moderate heat, stirring occasionally, until the cabbage is wilted, about 5 minutes. Add the cream, cover and simmer over moderately low heat, stirring occasionally, until the cream has thickened, about 8 minutes. Stir in the kale, season with salt and cook for 3 minutes, stirring a few times. Remove from the heat and stir in the buttermilk. Bring to a simmer and serve.

Kale Mashed Potatoes

- 1 bunch kale
- 2 cups water
- 1 small Vidalia onion, diced
- 2-4 cloves garlic
- 2 teaspoons olive oil
- 2 lbs red potatoes
- ½ cup milk (or you can substitute vegetable or chicken broth)
- ¼ cup sour cream (optional)
- 2 tablespoons butter (optional)
- Sea salt & black pepper

Wash kale and trim tough stems away. Cut leaves. Boil water with a ½ teaspoon of salt. Place kale leaves in the water and boil for two minutes. Remove to ice bath.

Use same water to cook potatoes, covered. They can steam in the water instead of boiling in water. Be sure to check to make sure all the water doesn't evaporate. Cook until tender (about 20 minutes depending upon size of potatoes.) Drain and allow to dry out the potatoes in the hot pan with the stove off.

Sauté onion in olive oil with minced garlic until translucent for several minutes on medium heat. Add kale and sauté a few more minutes.

Add milk or broth, butter and sour cream and mash. Add the kale-onion-garlic mixture and mix. Add seasoning (salt & pepper) to taste. Serve warm.

Have leftovers mashed potatoes and kale? Add ¼ cup flour and shape into patties. Dredge in flour or panko bread crumbs and sauté in some olive oil until crispy outside and warm inside.

Kale with Cilantro by CdKitchen.com

- 2 tablespoons vegetable oil
- 1/2 white onion
- 1 clove garlic
- 1 bunch regular kale stems removed
- 1 cup dry white wine (or vegetable or chicken stock)
- 1/2 bunch cilantro
- 1 pinch red pepper flakes
- salt and pepper

Preheat oil in a large pot over medium heat.

Meanwhile peel and chop onion into a small dice. Peel garlic and crush. Add both onion and garlic to pot and sweat for three to five minutes until softened.

Wash kale and slice leaves crosswise into two inch pieces. Add to onion and saute for a minutes or two to soften. Add wine or stock and bring liquid to a boil. Reduce to a simmer. Cover pot and let kale steam for about 10 minutes (will take an additional 5-10 if using regular kale).

Remove lid and continue cooking until excess liquid has mostly evaporated. Rinse and roughly chop cilantro. Stir into kale with a red pepper flakes and salt and pepper to taste.

Cilantro Potatoes by FabulousFoods.com

- 8 to 10 small red potatoes, unpeeled and quartered
- 2 tablespoons butter
- 3 garlic cloves, minced
- 1/2 teaspoon chili powder
- salt and pepper to taste
- 1/4 cup chopped fresh cilantro

Place potatoes in medium saucepan; add just enough water to cover. Bring to a boil. Lower heat and cook for about 10 minutes or just until tender. Drain.

In the same saucepan, melt butter over medium heat. Add garlic; cook and stir 2 to 3 minutes or until tender. Add potatoes, chili powder and cilantro. Season with salt and pepper. Toss to coat.

Cilantro Pesto

- 1 handful cilantro
- ¼ cup walnuts
- 1 clove garlic
- ½ teaspoon salt
- Squeeze of fresh lemon or lime juice & zest
- ¼ cup olive oil

Pulse everything but olive oil in a food processor. Then stream in olive oil to emulsify until the right consistency. Use as a spread in a sandwich or wrap, toss with pasta, top fish or chicken, or use as a dip.

Cilantro, Avocado, Tomato & Feta Salad by Allrecipes.com

- 8 roma (plum) tomatoes, diced
- 3 jalapeno peppers, seeded and diced (optional)
- 3 bunches green onion, sliced (or substitute ½ Vidalia onion)
- 4 ounces crumbled garlic and herb feta cheese
- 4 avocados - peeled, pitted and diced
- 2 tablespoons fresh lemon juice
- 3 bunches cilantro, chopped
- salt and ground black pepper to taste

Combine the tomatoes, jalapeno peppers, green onion, and feta cheese in a large bowl; toss together. Add the diced avocado; drizzle the lemon juice over the avocado to keep it from turning brown. Stir in the cilantro. Season with salt and pepper. Mix well and serve.

Cilantro Cream

- 1 handful cilantro
- 1/4 cup sour cream
- 1 tablespoon milk
- ½ teaspoon salt
- Squeeze of fresh lemon or lime juice
- Shake of hot sauce (optional)

Blend it all in a food processor. Use as a dip, spread, a dollop in a soup or on a stew.

Broccoli with Cilantro Cream Swirl

- 1 broccoli
- Olive oil
- 2 cloves garlic, minced
- Sea salt

Preheat oven to 375F. Cut broccoli into equal size pieces. Toss in olive oil and garlic. Lay on cookie tray and sprinkle sea salt. Roast broccoli until tender about 20 minutes or so depending upon size. Top with Cilantro cream sauce or serve on the side for dipping.

Curried Yellow Squash Soup with Cilantro Swirl

- olive oil
- 1 -2lbs yellow squash, chopped
- 1 medium Vidalia onion, chopped
- 1 tablespoon minced fresh ginger root
- 2-3 garlic cloves, chopped
- 2 teaspoons curry powder
- 6 cups water, vegetable or chicken broth

- 2 potatoes, diced
- sea salt

Heat oil, add squash and onion and cook until they begin to caramelize on medium heat. Add garlic and ginger, curry powder and sauté another minute. Add liquid, chopped potatoes, sea salt. Bring to a boil then cover and reduce heat to a simmer until potato is tender, about 20 minutes or so. Puree with handheld blender and serve with a dollop of cilantro cream.

Here is a healthy raw soup that can help make use of the many of the things we have received in our shares over the last several weeks. **Raw Tomato Cilantro Soup** by Rawpeople.com

- 4 ripe roma tomatoes chopped
- 1 ripe avocado
- 1 big handful cilantro
- 1 big handful flat Italian parsley
- 2 tsp cold pressed extra virgin olive oil
- 1 tsp dried dill weed
- 1 tsp sea salt
- Dash of pepper
- 3 slices of cucumber (can put more)
- ¾ cup alkaline ionized water
- **Chopped celery to put on top of soup

Blend all ingredients except celery until smooth and creamy and transfer to sauce pan. Slightly heat and serve immediately.

Yellow Summer Squash and Kale by CD Kitchen

- 3/4 pound kale or other greens, stemmed, washed, and coarsely chopped
- 1 tablespoon extra virgin olive oil
- 1 pound yellow summer squash, sliced
- 2 cloves garlic, minced
- Salt to taste
- 1 teaspoon fresh thyme leaves OR 1/2 teaspoon dried thyme (optional)
- 1/2 cup water or vegetable stock
- Freshly ground black pepper to taste

If the greens are dry, rinse them again and do not shake dry.

Heat the oil in a large, heavy skillet over medium heat. Add the squash. Cook, stirring often, for about 5 minutes, until the squash is lightly browned and slightly translucent.

Add the garlic, stir together for about 30 seconds, until fragrant, then add the greens, which should still be wet from washing. Continue to cook, stirring, until the greens wilt, about 3 to 4 minutes.

Add the salt and thyme and 1/4 cup water and continue to cook, stirring, for another 5 minutes, until the squash and the greens are tender. Add more water if the mixture seems dry or begins to stick to the pan.

Add pepper, taste, and adjust the seasonings. Serve hot or at room temperature.

Mashed Summer Squash by Allrecipes.com

- 4 yellow squash
- 1 tablespoon minced onion
- 1 tablespoon butter
- 1/2 cup milk
- salt and pepper to taste

Slice and steam or boil squash until tender. Pour off any remaining water. Mash the squash slightly. In a medium size pot place mashed squash, onion, butter, milk, salt and pepper. Mix well and heat over a medium flame. Serve warm.

Martha Stewart's Quick Marinated Yellow Squash Salad

- 3 tablespoons fresh lemon juice (from 1 lemon)
- 3 tablespoons olive oil
- Coarse salt and ground pepper
- 2 medium yellow squashes (8 ounces each), halved lengthwise and thinly sliced crosswise
- 1 shallot, thinly sliced crosswise
- 1 to 2 teaspoons fresh thyme leaves

In a medium bowl, whisk together lemon juice and oil. Season with salt and pepper. Add squash, shallot, and thyme. Toss to combine. Let stand 5 minutes before serving.

Spinach Stuffed Squash

- 1-2lbs medium yellow squash
- Olive oil
- 1 bunch spinach, washed, trimmed slightly, chopped, spun dry
- 1 onion, chopped
- 2 garlic cloves
- 1/2 cup sour cream
- 8oz ricotta cheese
- 1/2 teaspoon sea salt & 1/4 teaspoon black pepper
- Parmesan cheese, grated

Preheat oven 375° F. Cut squash in halves lengthwise & scoop out center. Drizzle with olive oil and roast 10 minutes until not quite tender. Sauté spinach with onions in olive oil with garlic. Mix sour cream and ricotta. Season with salt and pepper. Add spinach to ricotta-sour cream mix. Stuff squash with cheese mixture and sprinkle with parmesan cheese. Bake squash at 325° for 30 minutes.

Emeril's Mulligatawny Soup (perfect if you have some food from past shares to use!)

- 4 tablespoons ghee or clarified butter
- 1 1/2 pounds diced boneless, skinless chicken thighs
- 2 tablespoons garam masala
- 1 3/4 teaspoons salt
- 2 cups small diced onions
- 1/2 cup small diced carrots
- 1/2 cup small diced celery
- 2 tablespoons minced garlic
- 2 tablespoons minced ginger
- 2 cups peeled, cored and diced Granny Smith apples
- 1 cup peeled and diced Yukon gold potatoes
- 1 cup peeled and diced sweet potatoes
- 1 cup dried red lentils
- 6 cups chicken or beef stock
- 3/4 teaspoons freshly ground black pepper
- 3/4 cup diced zucchini
- 3/4 cup diced yellow squash
- 1 cup tightly packed baby spinach
- 1 (14-ounce) can unsweetened coconut milk
- 1 cup peeled, seeded and chopped tomatoes
- 1 tablespoon apple cider vinegar
- 3 cups steamed white basmati rice
- 1/2 cup toasted, finely ground cashews
- 1/4 cup chopped fresh cilantro leaves

Set a 4 or 5-quart saucepan over medium heat and add the ghee. While the ghee is heating, season the chicken with the garam masala and 1/4 teaspoon of the salt. Once the ghee is hot, add the chicken and cook, turning often, until golden brown and fragrant, 6 to 8 minutes. Transfer the chicken to a plate and set aside to cool.

While the chicken is cooling, add the onions, carrots and celery to the hot pan and saute until lightly caramelized, about 4 to 5 minutes. Add the garlic, ginger and apples to the pan and saute until the apples are caramelized, about 7 to 8 minutes. Add the potatoes, sweet potatoes, and lentils to the pan, along with 4 cups of the chicken stock. Raise the heat to high and bring to a boil. Reduce to a simmer and cook the soup until the potatoes are tender, about 10 minutes. Add the reserved chicken, the remaining 1 1/2 teaspoons salt, the pepper, remaining 2 cups of chicken stock, zucchini, squash, spinach, coconut milk, and tomatoes. Continue to cook the soup at a simmer until the lentils and chicken are both tender, 10 to 15 minutes longer. Remove from the heat and stir in the cider vinegar. Taste and adjust seasoning, if necessary. To serve the soup, place 1/4 cup of the rice in a warmed bowl, and pour 8 ounces of the soup over the rice, garnish with a tablespoon of the cashews, and 2 teaspoons of the cilantro.

Avocados are actually a fruit, but we eat them as a vegetable. They add texture, flavor and richness:

- Try pureeing one with goat or cream cheese and a dash of hot sauce or pepper flakes, sea salt and pepper.
- Make guacamole by adding chopped avocados with lime juice, finely diced onion or scallion, finely diced jalapeno, fresh cilantro, sea salt, garlic, and a little diced tomato.
- Blend with sour cream, sea salt, and some spices, as a topping for fish and chicken.
- Mix with eggs, lemon juice, mayo, and maybe some fresh dill to make "green eggs" (and then stuff into the hard cooked whites.)
- Add to smoothies for a green smoothie, this is common in many countries where they mix it with sweetened condensed milk and ice.
- Like bananas, avocados add a creamy texture. It imparts a lovely light green color that's fun for kids too – we add milk vanilla, and honey.
- Use instead of butter on bread.
- Make a creamy salad dressing by blending avocado, olive oil, salt, parsley or dill, and vinegar
- Dice and eat with morning eggs, add to a salad, slice and use in a sandwich or wrap.

Raw Chocolate Mousse by Raw Food

- ¼ cup pitted medjool dates, soaked
- ¼ cup maple syrup or agave nectar
- ¼ cup coconut oil
- ½ teaspoon vanilla
- 2 ripe avocados
- ¼ cup unsweetened fair trade cocoa powder
- ¼ cup cold water (or you can use milk if not raw)

Place everything except water in a food processor and pulse until smooth and creamy. Add water to reach desired consistency. Serve chilled or at room temperature.

Simple Sautéed Spinach (or other Leafy Green)

- 1 bunch spinach (or kale or chard)
- 2 tablespoons olive oil
- 2-3 cloves garlic, chopped
- Sea salt
- Lemon (optional)

Clean spinach or other leafy by placing in a sink full of water, agitate, let sit, agitate again. The dirt will fall and the leaves will float. Spin dry. When using spinach it's important to remember that the sweetness is in the stems, so only trim off the end. Chop.

Add chopped garlic to olive oil gently warmed in pan until it just begins to brown. Add the leafy green (note: if using chard, add the thicker stems first and sauté several minutes before adding the leaves.) and turn until it is all wilted by the heat. Cover and cook for one minute. Spinach takes very little time to cook whereas other greens can take a little longer. Season with salt and (a little lemon zest and a squeeze of lemon – optional) and enjoy.

Creamed Spinach Stuffed Tomatoes by Rachael Ray

- 1 cup heavy cream
- 1 tablespoon extra-virgin olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, finely chopped
- Salt and freshly ground black pepper
- 2 boxes chopped frozen spinach, defrosted
- A few grates nutmeg
- 2 large beefsteak tomatoes
- 1/2 cup blue cheese crumbles
- Chopped chives, for garnish

Place the cream in a small pot and reduce by half by gently simmering 20 minutes.

Heat a medium skillet with olive oil over medium heat, add onions and garlic, season with salt and pepper and saute until translucent, 6 to 7 minutes. Drain the spinach by wringing dry in clean kitchen towel. Separate the spinach with your hands and add to onions and garlic. Season spinach with nutmeg then stir in the reduced cream. Adjust flavor with salt and pepper.

Preheat broiler. Trim the tops off tomatoes and scoop out the seeds. Stuff tomatoes with creamed spinach and top each with 1/4 cup blue cheese. Broil to brown the cheese. Garnish the tomatoes with chives.

Roasted Radish & Potatoes

- 1 bunch radishes, chopped
- Equal amount of potatoes, chopped same size
- 1 vidalia onion, chopped
- 1 garlic clove, minced
- Olive oil
- Sea salt

Preheat oven to 350F. Toss all the veggies with olive oil. Sprinkle with sea salt. Bake 30-45 minutes, depending up on size of your chop, until they begin to brown.

Red Radish Salad by Rachael Ray

- 2 teaspoons sugar
- 1 lemon, juiced
- 1/2 cup sour cream
- 8 red radishes, thinly sliced
- 2 Delicious apples, quartered cored and thinly sliced
- 1/2 European seedless cucumber, thinly sliced
- 2 tablespoons chopped fresh dill
- Salt and black pepper

Combine sugar, lemon juice, and sour cream in a medium bowl with a fork. Add radishes, apple, and cucumber.

Turn vegetables and fruit in dressing to coat. Season with dill, salt, and pepper, toss again; serve.

Sauteed Broccoli and Almonds by Sunny Anderson

- 1 large head broccoli, stalks trimmed
- 4 tablespoons butter
- 2 cloves garlic, thinly sliced in rounds
- 1 teaspoon salt
- 1/4 cup slivered almonds

Cut stalk of broccoli from florets. Peel the stalk and cut the stalk into 1/4-inch rounds. Cut head of broccoli into florets. In a large sauté pan, toast almonds until golden, about 4 minutes. Remove from pan. Add butter and when melted, add garlic and sliced stalks. Sauté, until garlic turns golden and stalks start to brown, 2 to 3 minutes. Add the florets and continue cooking another 2 minutes. Add 1/4 cup water and cover pan. Cook broccoli until crisp tender, about 3 minutes more. Season with salt. Stir in toasted almonds and serve.

Broccoli Soup by The Neelys

- 4 tablespoons butter, room temperature
- 1 1/2 pounds fresh broccoli
- 1 large onion, chopped
- 1 carrot, chopped
- Salt and freshly ground black pepper
- 3 tablespoons all-purpose flour
- 4 cups low-sodium chicken broth
- 1/2 cup cream

Melt 4 tablespoons butter in heavy medium pot over medium-high heat. Add broccoli, onion, carrot, salt and pepper and saute until onion is translucent, about 6 minutes. Add the flour and cook for 1 minute, until the flour reaches a blonde color. Add stock and bring to boil.

Simmer uncovered until broccoli is tender, about 15 minutes. Pour in cream. With an immersion blender, puree the soup. Add salt and pepper, to taste, and then replace the lid back on the pot.

Sauteed Vegetable Medley by Food Network

- 4 cups mixed blanched and refreshed vegetables, such as broccoli florets, cauliflower florets, carrot rounds, green beans, or radish quarters
- 2 tablespoons unsalted butter
- 2 tablespoons water
- Kosher salt, freshly ground black pepper

Toss vegetables together in a medium bowl.

In a medium sauté pan, heat the butter and water together over medium heat. Add the vegetables to the pan and turn the heat to medium high. Toss the vegetables, by gently moving the pan back and forth over the flame. Cook the vegetables for 3 to 4 minutes, or until heated through. Season with salt and pepper. Transfer the vegetables to a serving bowl and serve immediately.