

# GLACIER VALLEY FARM CSA

Community-Supported Agriculture based in Alaska

## GLACIER GRIST RECIPE INDEX

To find each recipe, just click on the Glacier Grist Issue # indicated after the recipe, on the lower left margin of our home page: [www.glaciervalleycsa.com](http://www.glaciervalleycsa.com). Then just click the "Print Recipes" link at the top of the recipes!

### A

#### almonds

chard with golden raisins & almonds, 8

#### anchovies

pasta with loads of broccoli, green olives and pine nuts, 2

#### apples

butternut squash soup with apple confit, 10  
cabbage & fennel salad with apples & raisins, 4  
celery-apple salad with currants & walnuts, 10  
warm red cabbage salad, 6

### B

#### beans, black-eyed peas

African peanut stew with sweet potatoes, kale, and black-eyed peas, 6

#### beans, chickpeas

chickpeas & their stock, 14  
vegetarian borscht, deconstructed, 14

#### beans, edamame

winter vegetable soup with edamame beans, 16

#### beans, red kidney

kale with red beans, cilantro & (optional) feta, 14

#### beans, white

tuscan white bean stew with greens, 3

#### beets

beet salad with horseradish dressing, 3  
beets, greens & lemony dill vinaigrette, 4  
roasted beets, 5, 14  
vegetarian borscht, deconstructed, 14

#### blueberries

red cabbage with berries & balsamic, 3

#### broccoli

broccoli marinated in sesame-walnut-ginger sauce, 16  
indian-spiced red lentils with broccoli, 12  
pasta with loads of broccoli, green olives and pine nuts, 2  
roasted broccoli with garlic, 10

#### Brussels sprouts

Brussels sprouts with mustard & caper sauce, 5  
brussels sprouts with toasted hazelnuts, 7  
roasted Brussels sprouts, 4

### C

#### cabbage

winter vegetable soup with edamame beans, 16

#### cabbage, green

bubble & squeak, deconstructed, 2  
cabbage & fennel salad with apples & raisins, 4  
cabbage and potatoes with pesto, 10  
cabbage salad with lime and oregano, 1  
collards & Savoy cabbage with white beans on garlic toast, 1  
pasta with savory cabbage & walnuts, 13  
vegetarian borscht, deconstructed, 14

#### cabbage, red

cabbage salad with lime and oregano, 1  
red cabbage with berries & balsamic, 3, 15  
sweet & sour red cabbage, 12

#### cabbage, Savoy

collards & Savoy cabbage with white beans on garlic toast, 1

#### carrots

butternut squash soup with apple confit, 10  
carrot & mint salad with currants, 5  
carrot dip with sunflower seeds and cumin, 2  
easy winter squash soup with sage, 15  
Indian-spiced roasted potato salad with carrots, 1, 7  
lentil soup, 1  
pasta with savory cabbage & walnuts, 13  
roasted carrots & turnips, 4  
tomato soup, 11  
tuscan white bean stew with greens, 3  
vegetarian borscht, deconstructed, 14  
wine-braised lentils, 8  
winter vegetable soup with edamame beans, 16

#### cauliflower

green cauliflower with mustard & caper sauce, 1  
sicilian cauliflower salad, 15

#### celery, 5

acorn (or delicata) squash filled with wild rice, golden raisins, and pine nuts, 11  
African peanut stew with sweet potatoes, kale, and black-eyed peas, 6  
butternut squash soup with apple confit, 10  
carrot dip with sunflower seeds and cumin, 2  
celery root gratin, 9  
celery-apple salad with currants & walnuts, 10  
easy winter squash soup with sage, 15  
lentil soup, 1  
sunchoke bisque w/ hazelnut oil, 13  
tuscan white bean stew with greens, 3  
vegetarian borscht, deconstructed, 14  
whole pumpkin baked with savory apricot & prune stuffing, 5  
wine-braised lentils, 8  
winter vegetable soup with edamame beans, 16

#### celery root

celery root gratin, 9  
super-easy roasted celery root, 9  
winter vegetable soup with edamame beans, 16

## chard

beet salad with horseradish dressing, 3  
braised hearty winter greens, 9  
chard with golden raisins & almonds, 8  
chard with potatoes and sage on pasta, 15  
leek & potato soup with greens, 13

## collards

braised hearty winter greens, 9  
collards & Savoy cabbage with white beans on garlic toast, 1  
indian diced potatoes with greens, 11  
kale with red beans, cilantro & (optional) feta, 14  
leek & potato soup with greens, 13  
tuscan white bean stew with greens, 3

## croutons

garlicky whole-grain croutons, 11, 13

## cucumber

cucumber salad with peanut-jalepeno dressing, 2

## F

## fennel

acorn (or delicata) squash filled with wild rice, golden raisins, and pine nuts, 11  
cabbage & fennel salad with apples & raisins, 4  
green salad with pears, fennel and pear vinaigrette, 9  
winter vegetable soup with edamame beans, 16

## G

## garlic oil, 2, 5, 6

Brussels sprouts with mustard & caper sauce, 5  
bubble & squeak, deconstructed, 2  
green cauliflower with mustard & caper sauce, 1  
turnips roasted in garlic oil, 6

## greens, beet

beet salad with horseradish dressing, 3  
beets, greens & lemony dill vinaigrette, 4

## greens, collard

braised hearty winter greens, 9  
collards & Savoy cabbage with white beans on garlic toast, 1  
tuscan white bean stew with greens, 3

## greens, hearty winter

African peanut stew with sweet potatoes, kale, and black-eyed peas, 6  
braised hearty winter greens, 9  
indian diced potatoes with greens, 11  
kale with red beans, cilantro & (optional) feta, 14  
leek & potato soup with greens, 13  
tuscan white bean stew with greens, 3

## greens, mustard

mustard greens braised with ginger, cilantro, & rice, 16

## H

## hazelnuts

brussels sprouts with toasted hazelnuts, 7  
green salad with hazelnuts and rosemary-balsamic vinaigrette, 1

## K

## kale

African peanut stew with sweet potatoes, kale, and black-eyed peas, 6  
braised hearty winter greens, 9  
indian diced potatoes with greens, 11  
kale with red beans, cilantro & (optional) feta, 14  
leek & potato soup with greens, 13

## L

## leeks

leek & potato soup with greens, 13

## lentils

indian-spiced red lentils with broccoli, 12  
lentil soup, 1  
wine-braised lentils, 8

## lettuce

green salad with hazelnuts and rosemary-balsamic vinaigrette, 1  
green salad with pears, fennel and pear vinaigrette, 9  
potato and onion salad with smoked salmon, 2  
the easiest salad dressing (and salad) ever, 3

## lime

cabbage salad with lime and oregano, 1  
cucumber salad with peanut-jalepeno dressing, 2  
ginger-lime yams, 8

## M

## marinara sauce

spaghetti squash with marinara sauce, **13**

## mint

carrot & mint salad with currants, 5  
cucumber salad with peanut-jalepeno dressing, 2

## mushrooms

bubble & squeak, deconstructed, 2  
winter vegetable soup with edamame beans, 16

## O

## onions

African peanut stew with sweet potatoes, kale, and black-eyed peas, 6  
braised hearty winter greens, 9  
brussels sprouts with toasted hazelnuts, 7  
bubble & squeak, deconstructed, 2  
butternut squash soup with apple confit, 10  
cabbage and potatoes with pesto, 10  
cabbage salad with lime and oregano, 1  
celery root gratin, 9  
chard with golden raisins & almonds, 8  
chickpeas & their stock, 14  
collards & Savoy cabbage with white beans on garlic toast, 1  
easy winter squash soup with sage, 15  
green salad with hazelnuts and rosemary-balsamic vinaigrette, 1  
indian diced potatoes with greens, 11  
indian-spiced red lentils with broccoli, 12  
kale with red beans, cilantro & (optional) feta, 14  
lentil soup, 1

mustard greens braised with ginger, cilantro, & rice, 16  
 pasta with loads of broccoli, green olives and pine nuts, 2  
 pasta with savory cabbage & walnuts, 13  
 potato and onion salad with smoked salmon, 2  
 red cabbage with berries & balsamic, 3, 15  
 sweet & sour red cabbage, 12  
 tomato soup, 11  
 tuscan white bean stew with greens, 3  
 vegetarian borscht, deconstructed, 14  
 warm red cabbage salad, 6  
 whole pumpkin baked with savory apricot & prune  
 stuffing, 5  
 wine-braised lentils, 8  
 winter vegetable soup with edamame beans, 16

## oranges

acorn (or delicata) squash filled with wild rice, golden  
 raisins, and pine nuts, 11  
 yam & orange casserole, 12

## P

### parsley

Brussels sprouts with mustard & caper sauce, 5  
 bubble & squeak, deconstructed, 2  
 cabbage and potatoes with pesto, 10  
 collards, 1  
 green cauliflower with mustard & caper sauce, 1  
 lentil soup, 1  
 wine-braised lentils, 8

### parsley root

parsley root & potato puree, 8

### parsnips

vegetarian borscht, deconstructed, 14

### pasta

chard with potatoes and sage on pasta, 15  
 pasta with loads of broccoli, green olives and pine nuts, 2  
 pasta with savory cabbage & walnuts, 13

### pears

green salad with pears, fennel and pear vinaigrette, 9

### peas, black-eyed

African peanut stew with sweet potatoes, kale, and black-eyed peas, 6

### pesto

cabbage and potatoes with pesto, 10

### pomegranate

green salad with pears, fennel and pear vinaigrette, 9

### potatoes

bubble & squeak, deconstructed, 2  
 cabbage and potatoes with pesto, 10  
 celery root gratin, 9  
 chard with potatoes and sage on pasta, 15  
 garlic-roasted potatoes, 2  
 indian diced potatoes with greens, 11  
 Indian-spiced roasted potato salad with carrots, 1, 7  
 leek & potato soup with greens, 13  
 mashed potatoes with turnips, 12  
 parsley root & potato puree, 8  
 potato and onion salad with smoked salmon, 2  
 sunchoke bisque w/ hazelnut oil, 13  
 vegetarian borscht, deconstructed, 14

### pumpkin

whole pumpkin baked with savory apricot & prune stuffing, 5

## R

### rice

acorn (or delicata) squash filled with wild rice, golden  
 raisins, and pine nuts, 11  
 brown basmati rice, 12  
 mustard greens braised with ginger, cilantro, & rice, 16

### rosemary

green salad with hazelnuts and rosemary-balsamic  
 vinaigrette, 1  
 tuscan white bean stew with greens, 3

## S

### salad greens

green salad with hazelnuts and rosemary-balsamic  
 vinaigrette, 1  
 green salad with pears, fennel and pear vinaigrette, 9  
 potato and onion salad with smoked salmon, 2  
 the easiest salad dressing (and salad) ever, 3

### salmon, smoked

potato and onion salad with smoked salmon, 2

### scallions

cabbage salad with lime and oregano, 1  
 cucumber salad with peanut-jalepeno dressing, 2

### soup

butternut squash soup with apple confit, 10  
 easy winter squash soup with sage, 15  
 lentil soup, 1  
 tomato soup, 11  
 tuscan white bean stew with greens, 3  
 vegetarian borscht, deconstructed, 14

### squash, winter

acorn (or delicata) squash filled with wild rice, golden  
 raisins, and pine nuts, 11  
 butternut squash soup with apple confit, 10  
 easy winter squash soup with sage, 15  
 simple, sweet & savory baked squash, 7  
 spaghetti squash with marinara sauce, **13**  
 whole pumpkin baked with savory apricot & prune  
 stuffing, 5

### sunchoke

sunchoke bisque w/ hazelnut oil, 13

### sweet potatoes

African peanut stew with sweet potatoes, kale, and black-  
 eyed peas, 6  
 ginger-lime yams, 8  
 roasted yams or sweet potatoes, 9  
 soy-glazed sweet potatoes, 14  
 yam & orange casserole, 12

## T

### tomatoes

spaghetti squash with marinara sauce, **13**  
 tomato soup, 11

### turnips

mashed potatoes with turnips, 12  
 roasted carrots & turnips, 4  
 turnips roasted in garlic oil, 6  
 vegetarian borscht, deconstructed, 14

## Y

### yams

- African peanut stew with sweet potatoes, kale, and black-eyed peas, 6
- ginger-lime yams, 8
- roasted yams or sweet potatoes, 9
- soy-glazed yams, 14
- yam & orange casserole, 12

### yogurt

- garlicky yogurt sauce, 11