

# GLACIER VALLEY FARM CSA

Community-Supported Agriculture based in Alaska

## GLACIER GRIST RECIPE INDEX

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### 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

celery-apple salad with currants and walnuts, 24

warm red cabbage salad, 6

#### arugula

arugula and roasted potato salad, 23

arugula salad with grilled onions & roasted red peppers, 27

### B

#### beans

beans & greens, 21

vegetable & bean soup, 28

#### beans, black-eyed peas

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

black-eyed pea hummus, 22

#### beans, chickpeas

chickpeas & their stock, 14

vegetarian borscht, deconstructed, 14

#### beans, edamame

winter vegetable soup with edamame beans, 16

#### beans, kidney

collards with red beans, cilantro & (optional) feta, 26

#### beans, mung

spicy indian cabbage & yellow split mung beans, 22

#### beans, red kidney

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

#### beans, white

Greek beans baked with carrots and tomatoes, 25

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

#### bok choy

bok choy with scallions and ginger, 28

#### bread

cabbage and sourdough bread gratin, 21

#### broccoli

broccoli and red peppers with Thai peanut sauce, 27

broccoli marinated in sesame-walnut-ginger sauce, 16

broccoli with garlicky mustard vinaigrette & toasted pepitas, 21

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, green

bubble & squeak, deconstructed, 2

cabbage & fennel salad with apples & raisins, 4

cabbage and potatoes with pesto, 10

cabbage and sourdough bread gratin, 21

cabbage salad with lime and oregano, 1

collards & Savoy cabbage with white beans on garlic toast, 1  
colorful cabbage & carrot salad with creamy peanut & lime dressing, 20

pasta with savory cabbage & walnuts, 13

spicy indian cabbage & yellow split mung beans, 22

vegetarian borscht, deconstructed, 14

winter vegetable soup with edamame beans, 16

#### cabbage, red

cabbage salad with lime and oregano, 1

colorful cabbage & carrot salad with creamy peanut & lime dressing, 20

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

beans & greens, 21

butternut squash soup with apple confit, 10

carrot & mint salad with currants, 5

carrot dip with sunflower seeds and cumin, 2

cold sesame noodles with cucumbers & radishes, 20

colorful cabbage & carrot salad with creamy peanut & lime dressing, 20

easy winter squash soup with sage, 15  
 ginger-carrot pilaf, 24  
 Greek beans baked with carrots and tomatoes, 25  
 Indian-spiced roasted potato salad with carrots, 1, 7  
 lentil soup, 1  
 pasta with savory cabbage & walnuts, 13  
 red lentil & cauliflower curry with golden raisins, 26  
 roasted carrots & turnips, 4  
 tomato soup, 11  
 tuscan white bean stew with greens, 3  
 vegetable & bean soup, 28  
 vegetarian borscht, deconstructed, 14  
 wine-braised lentils, 8  
 winter vegetable soup with edamame beans, 16

**cauliflower**

cauliflower with pine nuts and raisins on pasta, 28  
 green cauliflower with mustard & caper sauce, 1  
 Indian-spiced cauliflower with potatoes and peas, 20  
 red lentil & cauliflower curry with golden raisins, 26  
 roasted cauliflower, 23  
 sicilian cauliflower salad, 15  
 spicy roasted cauliflower with red peppers and cumin, 22

**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  
 beans & greens, 21  
 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  
 celery-apple salad with currants and walnuts, 24  
 easy winter squash soup with sage, 15  
 Greek beans baked with carrots and tomatoes, 25  
 lentil soup, 1  
 sunchoke bisque w/ hazelnut oil, 13  
 tuscan white bean stew with greens, 3  
 vegetable & bean soup, 28  
 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, 25  
 winter vegetable soup with edamame beans, 16

**chard**

beet salad with horseradish dressing, 3  
 braised hearty winter greens, 9  
 chard sautéed with its stems, 20  
 chard with golden raisins & almonds, 8  
 chard with potatoes and sage on pasta, 15  
 leek & potato soup with greens, 13

**cilantro**

collards with red beans, cilantro & (optional) feta, 26

**collards**

beans & greens, 21  
 braised hearty winter greens, 9  
 collards & Savoy cabbage with white beans on garlic toast, 1  
 collards with red beans, cilantro & (optional) feta, 26  
 enchiladas filled with braised greens and garlic-roasted potatoes, 23  
 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**

caesar salad with whole-wheat garlicky croutons, 24  
 garlicky whole-grain croutons, 11, 13

**croutons, garlicky**

caesar salad nouveau (no egg or dairy), 28

**cucumbers**

cold sesame noodles with cucumbers & radishes, 20  
 cucumber salad with peanut-jalepeno dressing, 2

## E

**enchiladas**

enchiladas filled with braised greens and garlic-roasted potatoes, 23

## 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**

garlic oil, 25, 27

**garlic oil, 2, 5, 6, 23**

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

**green beans**

roasted potato salad with green beans and thyme, 25

**greens, beet**

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

**greens, collard**

beans & greens, 21  
 braised hearty winter greens, 9  
 collards & Savoy cabbage with white beans on garlic toast, 1  
 collards with red beans, cilantro & (optional) feta, 26  
 tuscan white bean stew with greens, 3

**greens, hearty winter**

African peanut stew with sweet potatoes, kale, and black-eyed peas, 6  
 beans & greens, 21  
 braised hearty winter greens, 9  
 enchiladas filled with braised greens and garlic-roasted potatoes, 23  
 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  
 vegetable & bean soup, 28

**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

## hummus

black-eyed pea hummus, 22

## K

### kale

African peanut stew with sweet potatoes, kale, and black-eyed peas, 6  
beans & greens, 21  
braised hearty winter greens, 9  
enchiladas filled with braised greens and garlic-roasted potatoes, 23  
indian diced potatoes with greens, 11  
kale with red beans, cilantro & (optional) feta, 14  
leek & potato soup with greens, 13  
vegetable & bean soup, 28

## L

### leeks

leek & potato soup with greens, 13

### lentils

indian-spiced red lentils with broccoli, 12  
lentil soup, 1  
red lentil & cauliflower curry with golden raisins, 26  
wine-braised lentils, 8

### lettuce

caesar salad nouveau (no egg or dairy), 28  
caesar salad with whole-wheat garlicky croutons, 24  
garlicky red wine mustard vinaigrette, 27  
green salad with hazelnuts and rosemary-balsamic vinaigrette, 1  
green salad with pears, fennel and pear vinaigrette, 9  
green salad with roasted mushrooms, 25  
potato and onion salad with smoked salmon, 2  
southwest caesar salad, 26  
the easiest salad dressing (and salad) ever, 3

### lime

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

### mushrooms

bubble & squeak, deconstructed, 2  
country spinach with mushrooms, 22  
green salad with roasted mushrooms, 25  
sautéed mushrooms, 27  
sautéed mushrooms with garlic & parsley, 21  
twice-baked potatoes with garlicky mushrooms & parmesan cheese, 24  
winter vegetable soup with edamame beans, 16

## O

### onions

African peanut stew with sweet potatoes, kale, and black-eyed peas, 6  
arugula salad with grilled onions & roasted red peppers, 27  
beans & greens, 21  
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 and sourdough bread gratin, 21  
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

cauliflower with pine nuts and raisins on pasta, 28  
chard with potatoes and sage on pasta, 15  
cold sesame noodles with cucumbers & radishes, 20  
pasta with loads of broccoli, green olives and pine nuts, 2  
pasta with savory cabbage & walnuts, 13

### peanut butter

colorful cabbage & carrot salad with creamy peanut & lime dressing, 20

**pears**  
green salad with pears, fennel and pear vinaigrette, 9

**peas**  
fried rice with peas and bean sprouts, 27  
Indian-spiced cauliflower with potatoes and peas, 20

**peas, black-eyed**  
African peanut stew with sweet potatoes, kale, and black-eyed peas, 6  
black-eyed pea hummus, 22

**peppers, red**  
arugula salad with grilled onions & red peppers, 27  
broccoli and red peppers with Thai peanut sauce, 27  
colorful cabbage & carrot salad with creamy peanut & lime dressing, 20  
roasted red peppers, 27  
spicy roasted cauliflower with red peppers and cumin, 22

**pesto**  
cabbage and potatoes with pesto, 10

**pomegranate**  
green salad with pears, fennel and pear vinaigrette, 9

**potatoes**  
arugula and roasted potato salad, 23  
bubble & squeak, deconstructed, 2  
cabbage and potatoes with pesto, 10  
celery root gratin, 9  
chard with potatoes and sage on pasta, 15  
enchiladas filled with braised greens and garlic-roasted potatoes, 23  
garlic-roasted potatoes, 2, 23, 25, 27  
hash browns, 22  
indian diced potatoes with greens, 11  
Indian-spiced cauliflower with potatoes and peas, 20  
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  
roasted potato salad with green beans and thyme, 25  
sunchoke bisque w/ hazelnut oil, 13  
twice-baked potatoes with garlicky mushrooms & parmesan cheese, 24  
vegetable & bean soup, 28  
vegetarian borscht, deconstructed, 14

**pumpkin**  
whole pumpkin baked with savory apricot & prune stuffing, 5

## R

**radishes**  
cold sesame noodles with cucumbers & radishes, 20  
open-faced radish sandwiches, 24

**rice**  
acorn (or delicata) squash filled with wild rice, golden raisins, and pine nuts, 11  
brown basmati rice, 12  
fried rice with peas and bean sprouts, 27  
ginger-carrot pilaf, 24  
mustard greens braised with ginger, cilantro, & rice, 16

**roasted vegetables**  
roasted red peppers, 27

**rosemary**

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

## S

**salad greens**  
caesar salad nouveau (no egg or dairy), 28  
caesar salad with whole-wheat garlicky croutons, 24  
garlicky red wine mustard vinaigrette, 27  
green salad with hazelnuts and rosemary-balsamic vinaigrette, 1  
green salad with pears, fennel and pear vinaigrette, 9  
green salad with roasted mushrooms, 25  
potato and onion salad with smoked salmon, 2  
southwest caesar salad, 26  
the easiest salad dressing (and salad) ever, 3

**salmon, smoked**  
potato and onion salad with smoked salmon, 2

**scallions**  
bok choy with scallions and ginger, 28  
cabbage salad with lime and oregano, 1  
cucumber salad with peanut-jalepeno dressing, 2  
fried rice with peas and bean sprouts, 27  
green salad with roasted mushrooms, 25

**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

**spinach**  
country spinach with mushrooms, 22

**sprouts, mung bean**  
fried rice with peas and bean sprouts, 27

**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