



Oven Roasted Carrots & Kale

1/2 lb. carrots, sliced lengthwise, then cut on diagonal
5 ounces kale, washed, thick stems removed
1 tablespoon olive oil
1/2 yellow or white onion
4 cloves garlic, crushed or minced
Salt to taste

Preheat oven to 400 degrees.

Chop the kale finely, then chop the onion and carrots.

Combine kale, carrots, onion, garlic and olive oil in a large bowl and use your hands to mix it well. Make sure all the kale gets massaged with oil.

Spread in a 13 x 9 baking dish and cook 20-25 minutes, stirring once halfway through. (The carrots should be tender and the kale wilted and brown in spots.) Sprinkle lightly with salt and enjoy.

Kale Chips

Those of you who already love kale are no doubt familiar with kale chips. They're a very tasty, healthy snack and grocery stores are only too happy to sell them for a pretty penny, but you'll find they're actually very easy (and cheap) to make at home. All you need is one bunch of kale, one tablespoon of olive oil and one teaspoon of salt (seasoned salt is the best!). That's it. Heat your oven to 350 degrees and line a cookie sheet with parchment. Remove the leaves from the stems and tear or chop them into bite-sized pieces. Wash and thoroughly dry the kale, then drizzle with olive oil and sprinkle with salt.

Here is the key to making good kale chips - don't overcrowd your cookie sheet. If you pile too much kale on the sheet, you'll just end up with a big pile of steamed/roasted kale - which isn't entirely a bad thing, but is a far cry from crunchy kale chips. Depending on how large a bunch you're cooking, you may need a few trays or to cook it in batches. You'll want to bake them for 10-15 minutes, until the edges are brown but not burnt.

Smoothies

Many of you have told us how much you enjoy using our veggies in your juicers. My personal favorite is to make smoothies. I use this recipe, which calls for oats in addition to the usual ingredients. I'll make up a few batches at the start of the week so they're ready to grab out of the fridge on busy mornings: <http://www.theyummylife.com/recipes/233>

Just a reminder that we have frozen strawberries available for just \$4.50 a pound to CSA members (a pound is a little more than 2 pints). The very ripest strawberries from our fields are capped and individually frozen, ensuring they are still packed with flavor when you use them. Email jesse@whiskeycreekorganics.com and pick up yours next Friday!