



DOWLING COMMUNITY GARDEN

address DOWLING COMMUNITY GARDEN, PO BOX 6757, MINNEAPOLIS, MN 55406
telephone 651.255.6607
web WWW.DOWLINGCOMMUNITYGARDEN.ORG

Seward Coop Recipes

specially created for 2005 Heirloom Festival

THAI HEIRLOOM CUCUMBER SALAD WITH PEANUTS

Serves eight people

5 pounds cucumber
2 jalapenos, deseeded and diced fine
1 bunch scallions, sliced
1/2 bunch parsley, washed and chopped fine
1/2 bunch cilantro, washed and chopped fine
1 cup peanuts

dressing:

3/8 cup rice vinegar
3/8 cup canola oil
1 1/2 tablespoons sugar
1/2 tablespoon garlic, minced
1/4 tablespoon sea salt
1/2 tablespoon curry powder

1. Peel cucumbers. Slice cucumbers lengthwise and remove seeds. Slice into 3/8" thick crescents.
2. Combine cucumbers, peppers, scallions, parsley, cilantro and peanuts. Mix together well.
3. In a bowl, whisk together vinegar, oil, sugar, garlic, salt and curry powder.
4. Add dressing to vegetable mixture and mix well.
5. Label, date and chill.

STEAMED HEIRLOOM CHARD WITH FETA

Serves eight people

3 bunches heirloom chard
1/2 pound feta cheese
1/4 cup garlic, minced
1/4 cup olive oil
sea salt to taste
black pepper to taste

De-stem the chard. Heat oil and sauté in a large pan until tender. Add salt, pepper and garlic to chard while sautéing. Toss with feta cheese. Serve warm or cold.

EMERALD SESAME HEIRLOOM KALE

Serves eight people

3 bunches kale, stemmed and washed
1/4 cup sesame oil
3/8 cup sesame seeds, toasted
1/4 cup garlic, minced
1/8 cup tamari soy sauce

1. Steam kale until bright green, approx. 5 minutes (or blanch in salted boiling water until tender, drain thoroughly).
2. In a large pan over medium heat, sauté minced garlic in sesame oil, being careful not to burn garlic.
3. Remove from heat and add toasted sesame seeds and tamari, whisk together to blend, then pour the dressing over kale and mix together well.

SUMMER GEMS HEIRLOOM TOMATOES AND CILIEGINE

Serves eight people

3 1/4 pounds heirloom tomatoes, cut into large bite-size pieces
1/2 red onion, sliced 1/8" thick
1/2 tablespoon garlic, minced
1 ounce fresh basil, julienned
1/2 cup balsamic vinegar
1 cup olive oil
sea salt to taste
black pepper to taste
1 1/2 containers ciliegine baby mozzarella, whole

1. Cut up heirloom tomatoes.
2. Slice red onion.
3. Mince garlic.
4. Julienne basil.
5. Add salt to balsamic vinegar and dissolve. Add olive oil and whisk together.
6. Put on some rubber gloves.
7. Place all the ingredients in a bowl and toss gently. Let marinate for 1 hour, serve it up!