

FIELD *notes*

UCSC Farm
Community Supported Agriculture
First Harvest: 6/2/15 & 6/5/15

Lemon Blueberry Muffins

1-3/4 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup (1 stick) unsalted butter, softened
3/4 cup sugar
2 large eggs
2 teaspoons grated lemon zest
2 teaspoons poppy seeds
1 teaspoon vanilla extract
1/3 cup milk
6-9 ounces blueberries

Preheat oven to 375°F. Lightly butter or grease a 12-cup muffin pan or line with paper liners.

Whisk together flour, baking powder and salt in a medium bowl. Beat butter and sugar in a large bowl with an electric mixer on medium-high until light and fluffy, about 3 minutes. Beat in eggs, one at a time, scraping down sides of bowl as necessary. Beat in lemon zest, poppy seeds and vanilla until evenly blended. Reduce speed to low and add flour mixture, alternating with the milk, beginning and ending with the flour mixture, just until incorporated. Fold in blueberries.

Divide batter evenly between muffin cups. Bake muffins about 25 minutes or until muffins are golden brown and toothpick inserted in center comes out clean. Cool in pan 3 minutes. Remove to wire rack to cool completely.

TIP: To distribute blueberries evenly in batter, toss with 1-2 teaspoons flour to coat before folding into batter to prevent blueberries from dropping to bottom of muffins.

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First Harvest: 6/2/15 & 6/5/15

Lettuce Snap Pea Salad w-Meyer Lemon Cream

Salad:

- 1 Meyer lemon
- 10 oz. salad mix or 1-1/4 pounds mixed whole small lettuces (4-6 inches long), ends trimmed
- 1 cup sugar snap peas, thinly sliced on a diagonal
- 3/4 cup thinly sliced radishes
- 1/2 cup torn fresh mint leaves

Meyer Lemon Cream Salad Dressing:

- 2 tablespoons finely diced shallot
- 1/4 cup Meyer lemon juice
- About 3/4 tsp. kosher salt, divided
- 1/2 cup plus 2 tbsps. extra-virgin olive oil
- About 1/8 tsp. pepper
- 1/3 cup heavy whipping cream

Salad: Very thinly slice lemon crosswise, using a handheld slicer and remove seeds with a knife tip.

Toss salad mix in a large bowl with about 1/2 cup Meyer Lemon Cream salad dressing. Add snap peas, radishes, and a little more dressing and toss again. Arrange salad on chilled plates and tuck in lemon slices and mint.

Salad dressing: Put shallot, lemon juice, and 1/4 tsp. salt in a small bowl and let stand 5 minutes. Whisk in oil, then whisk in 1/2 tsp. more salt, 1/8 tsp. pepper, and the cream. Taste and add more salt and pepper if you like. Stir before using.

NOTE: Make dressing up to 3 days ahead, refrigerate.

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FIELD *notes*

UCSC Farm
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Third Harvest: 7/17/14 & 7/20/14

Meyer Lemon Sauce

1/4 cup tahini
1 teaspoon minced garlic
1/4 cup freshly squeezed Meyer lemon
2 tablespoons tamari
1 tablespoon water
2 tablespoons toasted sesame oil
salt and pepper freshly ground
2 tablespoons minced fresh parsley

Makes 1 cup

In a large bowl, combine tahini, garlic, lemon juice, tamari and water. Whisk together to blend.

Whisk in sesame oil. Blend well. Taste and adjust seasonings and season with salt and pepper to taste. Stir in parsley, adding more water to achieve desired consistency.

Quick-fix Vegetarian by Robin Robertson

FIELD *notes*

UCSC Farm
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Eighth Harvest: 7/24/12 & 7/27/12

Herbal Lemonade

Boil 2 cups of water and pour over a 2 inch sprig of rosemary or 1 heaping tablespoon of lavender flowers. Steep for 5-8 minutes and then remove herbs.

Add 1/3 cup sugar or honey and stir to dissolve. Pour into a 1 quart jar and add 1/4 cup lemon juice. Fill the rest of the way with cold water.

Chill and serve over ice.

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Sixth Harvest: 7/12/11 & 7/15/11

Lemon-Zucchini Loaf with Lemon Glaze

2 cups unbleached all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
2 eggs
1/2 cup canola oil
2/3 cup sugar
1/2 cup buttermilk
Juice of 1 lemon (or 2 Tablespoons lemon juice)
Zest of 1 lemon
1 cup grated zucchini (no need to peel zucchini before grating)

Preheat oven to 350° degrees. Grease and flour a 9×5” loaf pan; set aside.

In large bowl, blend flour, baking powder, salt; set aside. In medium bowl, beat 2 eggs well, then add canola oil and sugar, and blend well. Add the buttermilk,

lemon juice, and lemon zest and blend everything well. Fold in zucchini and stir until evenly distributed.

Add this mixture to the dry ingredients in the large bowl and blend everything together, but don't overmix.

Pour batter into prepared 9×5” loaf pan and bake at 350° for 45 minutes, or until toothpick inserted in center comes out clean (do not overcook!). Cool in pan 10 minutes, then remove to a wire rack and cool completely.

Lemon Glaze

1 cup powdered sugar
Juice of 1 lemon (or 2 Tablespoons lemon juice)

Mix powdered sugar and lemon juice until well blended. Spoon glaze over cooled loaf. Let glaze set, then serve.

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