

Kale

In the Middle Ages kale was one of the most common green veggies in Europe. It was brought to the states, via Canada by Russian traders in the 19th century. Kale grows very well in the Tetons. As the seasons change, the Kale will hang in until the bitter end. After the frosts begin, the plant sweetens up. See if you can taste a difference in the fall compared to summer harvest.

Kale freezes great, if you feel overwhelmed with bountiful harvests! Blanch and freeze to enjoy during the winter months. This hearty green can be cooked longer than most delicate things. It holds up great in soups. Delicious sautéed in olive oil with garlic or in sesame oil with a bit of soy sauce. Make garlicky greens, put a kale leaf on your burger, make great salads, indulge in kale chips, and stir it into soups. Kale chips are the new rage we hear about at the farmer's Market. It seems as though everyone has "the best" recipe for them. Let us know your favorite, and we will share it here with the masses!

Lots of kale! Lots of varieties of Kale! Here are the ones we usually grow:

Lacinato – also known as Dinosaur Kale. Dark green leaves with wrinkles. Rounded spear shaped leaves.

Red Russian- Paler green leaves with red veins, shaped like an oak leaf.

White Russian- Just like Red Russian, but with white veins.

Curly leaf- Just like it sounds!

Salads:

Kale, Lentil & Roasted Beet Salad

3 Leeks chopped

1 beet quartered

2TBS olive oil

1/2 c green lentils rinsed clean

1c vegetable stock,

4 big handfuls kale

Salt & pepper

Dressing:

1/4c tahini

½ lemon juice

2TBS maple syrup

4TBS olive oil

Salt & pepper



Preheat oven to 400 degrees, lightly grease a baking sheet. Add lentils & stock to a small saucepan & bring to a rapid simmer over medium heat. Reduce heat & simmer for 20-30 minutes. Add leeks & beets to the baking sheet, drizzle with olive oil & season with salt & pepper. Toss to coat, bake in oven for 20 minutes. Prepare dressing by adding all ingredients to a mixing bowl & whisk to combine. Add greens, beets, lentils to a large mixing bowl, add dressing & toss to coat.

Asian Kale Salad

6c kale chopped

1c carrots shredded

1 red pepper thinly sliced

1c red cabbage thinly sliced

1/3 c parsley roughly chopped

1/3 c almond slivers

Dressing:

6 TBS creamy peanut butter

6 TBS rice vinegar

Juice of 1 lime

6 TBS olive oil

2 TBS soy sauce

¼ c honey

1 tsp ground ginger

2 tsp garlic powder

1 tsp sriracha sauce

1 tsp sesame oil

Whisk all dressing ingredients together until smooth. Cover & chill until ready to serve. Add chopped kale, peppers, cabbage, parsley, & carrots to a large bowl. Add dressing & toss to coat. Top with almonds & sprinkle with sesame seeds if desired.

Kale, Pomegranate & Parsnip Salad

Salad:

10 large kale leaves discard stems, shredded finely

1 pomegranate

4 medium parsnips chopping

Dressing:

2TBS olive oil

3TBS maple syrup

1/3 c olive oil

1 garlic clove minced

2TBS lemon juice

1TBS apple cider vinegar

Salt & pepper

Garnish:

2TBS grated parmesan

2TBS toasted hazelnuts

Place them in a roasting pan with the 2TBS olive oil & 2TBS maple syrup & toss well. Roast them in a 375 degree oven for about 30-40 minutes. Place all the salad dressing ingredients in a jar, shake vigorously. Place the shredded kale in a large salad bowl & toss with the vinaigrette. Let rest for 30 minutes. Deseed the pomegranate, add the pomegranate seeds & cooled roasted parsnip to your salad & toss. Garnish with toasted hazelnuts & parmesan.

Kale Salad with Toasted Coconut

1/3 cup extra-virgin olive oil

1 teaspoon toasted sesame oil

2 tablespoons soy sauce

3 1/2 lightly packed cups chopped kale, stems trimmed, large ribs removed

1 1/2 cups unsweetened large flake coconut

2 cups cooked farro or other whole grain (optional)

Preheat the oven to 350°F. In a small bowl or jar, whisk or shake together the olive oil, sesame oil, and soy sauce. Put the kale and coconut in a large bowl and toss well with about two-thirds of the olive oil mixture. Spread the kale evenly across two baking sheets. Bake for 12 to 18 minutes, until the coconut is deeply golden brown, tossing once or twice

along the way. Remove from the oven and transfer the kale mixture to a medium bowl. Add more dressing if desired. Place the farro on a serving platter and top with the tossed kale. Serve warm.

Emily's Overnight Kale Salad (Shareholder Favorite!)

1 lb. Kale, de-stemmed and chopped

1/3 cup lemon juice

1/3 cup Braggs Liquid Aminos

1/3 cup olive oil

1-2 garlic curls, finely chopped

Salt and Pepper to taste

Mix lemon juice, Aminos & olive oil together, pour over kale & then massage Kale. Cover and store in refrigerator overnight. Viola, Lunch is served!

Creamy Kale Salad

1 ripe avocado

2 T white wine vinegar

2 t Dijon mustard

3 T walnut oil or olive oil

Salt & Pepper to taste

½ bunch kale

1 turnip, thinly sliced

1 sweet, crisp apple, chopped

½ cup toasted walnuts chopped

Combine avocado, vinegar, mustard, and oil in a food processor. Pulse until smooth, but thick. Season with Salt & pepper. Combine kale, turnip, apple, and walnuts in a large bowl. Toss with avocado dressing. Season with salt & pepper. Serve immediately.

Panzanella Salad

1 lbs. tomatoes, cored and cut into small wedges

6 oz. country-style bread, torn into bite-size pieces and lightly toasted

1/2 cup kale, chopped

6 fresh basil leaves, torn

¼ cup red onion, thinly sliced

1/4 cup extra-virgin olive oil

1.5 T red wine vinegar

1/2 head baby garlic

Kosher salt & pepper

In a large bowl, combine the tomatoes, bread, kale, basil, and onions. In a small bowl, whisk together the oil, vinegar, and garlic; drizzle dressing over salad. Season generously with salt and pepper, toss to combine, and let sit for 10 minutes before serving. If you wish, add

Kale Caesar Salad

Feel free to substitute your favorite Caesar dressing and add Cosmic meat or preferred variety of beans.

1/4 cup fresh lemon juice

8 anchovy fillets packed in oil, drained

1 garlic clove, minced

1 teaspoon Dijon mustard
3/4 cup olive oil
1/2 cup Parmesan or other Lifeline cheese, grated
Salt & pepper
1 hard-boiled egg, chopped

1 bunch kale, de-stemmed and chopped

Combine first 4 ingredients in a blender or processor; purée until smooth. With machine running, slowly add oil to make a creamy dressing. Transfer dressing to a bowl and stir in 1/4 cup cheese. Season to taste with salt and pepper and chill. Toss kale and dressing in a large bowl to coat, massaging if necessary. Season to taste with salt & pepper. Top with remaining 1/4 cup cheese and chopped egg.

Kale Salad with Yogurt Mint Dressing

1/2 lb. Kale, stems removed, cut into thin ribbons

1/4 c. yogurt

1 T. lemon juice 1 clove garlic, minced

1 T. mint leaves, chopped Salt and pepper to taste

1/3 c. grated parmesan

Place kale in a large bowl. In another bowl, whisk together yogurt, lemon juice, garlic and mint. Season with salt and pepper. Add the dressing to Kale and toss until completely coated. Add Parmesan and toss until combined.



Holly Pratt's Salad! **(Shareholder Favorite!)** This recipe was sent in by Holly Pratt. It looks really simple and satisfying.

1 Bunch of washed & thinly slice Kale

1/3 c finely chopped carrots

1/3 c. finely chopped summer squash

1/3 c. finely chopped bell pepper

Dressing: 1/4 c (each) lemon juice, soy sauce & olive oil Clove or 2 of crushed garlic (I like lots) Mix veggies together. Mix dressing together. Pour dressing over veggies and chill. Can be eaten at any time, and the longer it marinates the more flavorful it becomes. This is one of my family's favorites with grilled fish & brown rice! Super simple and you'll forget how good it is for you!

Soups:

Kale Turnip & Turkey Sausage Soup

5 links uncooked sausage

1/2 bunch Kale leaves chopped

2c Turnips peeled & chopped

1c Green Onion chopped

1c Carrots chopped

Basil chopped

1tsp Thyme

2c Broth

1c Water

In a large pot, heat to med/high heat. Remove sausage from casing, put into pot. Break it up with a spoon. Once sausage is ½ cooked, add onion, turnips, carrots, basil, & thyme, cook until the vegetables begin to soften. 5-7 min. Add broth & water. Cover & simmer until vegetables are completely soft, 10 more min. When 5 min are left in cooking add the chopped kale. Dinner is served!

Kale & Sausage Soup (Workshare Lunch!)

1 lb. Cosmic sausage

1/2 onion, chopped

4 cups vegetable stock or water

2 carrots, chopped

2 potatoes, chopped

Large handful of kale

Cook sausage until done in pot you will cook soup in. Add chopped onion and cook until translucent. Add stock and water, carrots, potatoes and kale. Simmer until potatoes are soft and serve!

Kale & White Bean Soup #1

1 cup white beans, soaked at least 12 hours

1/2 onion, chopped

4 cups vegetable stock or water

2 carrots, chopped

2 potatoes, chopped

Large handful of kale

Sauté chopped onion until translucent. Add stock or water and cook beans until tender. Add carrots, potatoes and kale. Simmer until potatoes are soft and serve.

Kale and White Bean Soup #2 from Nourished Kitchen

Kale and White Bean Soup, perfumed by rosemary and bay, is a staple on my kitchen table. It's simple fare for hungry families. Save time by preparing the white beans in advance and stirring them into the kale and white bean soup at the last minute.

Serves: 2½ quarts

2 cups white beans, (such as cannellini beans)

¼ teaspoon baking soda

1 tablespoon butter or ghee

4 ounces bacon, (chopped)

1 medium yellow onion, (finely chopped)

2 medium carrots, (peeled and finely chopped)

3 ribs celery, (finely chopped)

8 cups chicken stock

2 bay leaves

1 branch rosemary

Rind of a hunk of parmesan cheese, (optional)

½ teaspoon piment d'Eslette, (or paprika)

1 bunch kale, (trimmed of tough stems and sliced thin)

Extra virgin olive oil, (to serve)

Toss the beans in a large mixing bowl, cover with hot water by 2 inches and stir in baking soda. Soak for 18 to 24 hours, changing the water once or twice. Drain and rinse well. Transfer the soaked beans into a large stock pot, cover with water and bring to a boil over medium-high heat. Reduce heat to medium-low and simmer, covered, until beans are tender - about 1½ hours. Drain. Melt butter in a large stock pot until it froths. Stir in bacon and cook until crispy. Stir in onion, carrots, celery and garlic. Stir frequently, and fry until fragrant - about 10 minutes. Pour in chicken stock; add rosemary, bay and the rind of a piece of parmesan cheese. Simmer over medium heat, covered, for 20 to 30 minutes. Remove from heat, stir in piment d'Eslette and kale. Cover and allow the kale to wilt in the residual heat of the soup for about 5 minutes. Salt as needed and serve with extra virgin olive oil.

Summer Staple –DIY Veggie Chips

1 bunch kale or collards

1 T olive oil

1 t salt

Additional toppings: nutritional yeast, red pepper flakes, etc.

Preheat an oven to 350. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Drizzle kale with olive oil and sprinkle with seasoning salt. Bake until the edges brown but are not burnt, 10 to 15 minutes.

Kale Tomato Brown Rice Bowls

Kale, chopped

1TBS Olive Oil

½c Green Onion diced

1 Garlic Curl or clove minced

Basil chopped

2 Tomatoes diced

1 can Chickpeas

1 ½ c cooked Brown Rice

2 TBS Lemon Juice

Salt n' Pepper

Feta cheese.

Heat oil in a skillet; add onion, garlic, & kale. Cook over medium heat for a few minutes, until kale has wilted. Add tomatoes, basil, chickpeas, & rice along with lemon juice & seasoning. Cook for 5 minutes over medium heat. Serve, topped with feta cheese. YUMM!

Oven Roasted Carrots & Kale

1/2 lb. carrots, sliced lengthwise, then cut on diagonal

¼ lb. 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 kale finely. 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 or parmesan and enjoy. Serves 4 as a side.

Japanese Vegetable Pancakes

Sauce Ingredients:

- 1/4c ketchup
- 1 ½ TBS Worcestershire sauce
- ¼ tsp Dijon mustard
- 1TSP rice wine
- 1tsp soy sauce
- 1TBS honey,
- 1/8tsp ground ginger

Pancakes:

- 5-6c cabbage thinly sliced
- 4 carrots peeled into ribbons
- 5 kale leaves ribs removed cut into ribbons
- 4 scallions sliced
- ½ c flour
- 6 eggs lightly beaten

Cooking oil

1tsp basil chopped

To make sauce, combine all ingredients in a small saucepan. Bring to a simmer & cook 3-5 minutes until smooth & thick. To make pancakes add cabbage, carrot, kale, & scallions together in a large bowl. Add flour & toss until vegetables are coated. Stir in eggs. Heat a large heavy skillet over medium heat. Add enough oil to coat the bottom of the pan. Add ¼ cup vegetable mixtures to skillet at a time gently pressing it out flat. Cook 3-4 minutes until edges begin to brown. Flip & cook another 3-4 minutes. Serve topped with sauce & basil.

Kale with Bacon

- 2 slices of Cosmic Apple bacon
- 1 pound of kale
- 1 small onion, chopped
- 1 clove of garlic, chopped
- 1 Tbls red wine vinegar

Cook 2 slices of bacon in a skillet then let cool and dice. With the leftover drippings, cook the garlic and onion over medium heat until the onions are golden brown. Add as much kale as will fit in the skillet and sprinkle with salt. Add more kale as it cooks down. Cover and cook over medium heat until the kale is tender, 15-20 minutes. Season with salt and ground pepper and toss in the bacon along with red wine vinegar. *Joy of Cooking

Garlicky Greens- A Summer Staple!! (Farm Family Favorite!)

- 1 large bunch spinach, kale or chard
- 2 T extra-virgin olive oil
- Fine grain sea salt
- 5 cloves of garlic, crushed and chopped
- 1/4 cup Parmesan cheese (opt)
- Crushed red pepper flakes

In a large skillet heat the olive oil. Add 2 big pinches of salt and the greens. Stir continuously until their color gets bright green, just barely starting to collapsing – 2-4 minutes, depending on how hot your pan is and how much structure your greens have. Thirty seconds before you pull the skillet off of the heat, stir in garlic. Sauté a bit, remove the pan from

the heat, stir in the Parmesan, and add a big pinch of crushed red pepper flakes. Taste, add a salt if needed, and serve immediately if not sooner.

Kale or Spinach Strata

Zest of one lemon
2 T olive oil
2 t Dijon-style mustard
Salt and pepper to taste
2 cups milk
6 eggs
3 cups day old bread, chopped
2 cups spinach or kale, chopped
½ cup crumbled cheese
1 T fresh basil

Grease a 9 in. sq. baking pan, sprinkle w/lemon zest. Whisk olive oil, S&P, eggs, milk. Put in dish, top w/greens and ½ of cheese. Drizzle egg mixture over the bread, sprinkle w/rest of cheese & refrigerate overnight. Preheat oven to 350, bake uncovered 45 min or until egg is set. Top w/basil before serving.

Kale and Oregano Pesto!

2 cups chopped kale
1 cup fresh oregano leaves
¼ walnuts
2 cloves garlic

Blend in food processor; once finely chopped to your preference (pesto can be very smooth or slightly chunky) add in 1/4 cup olive oil while the processor is running. Transfer to glass jar and store in refrigerator or freezer. Serve over pasta with cheese grated on top.

Kale Dip with Snap Peas

1 T. olive oil
1 garlic curl or clove thinly sliced
3 c. thinly sliced kale leaves
Coarse salt
1 c. cottage cheese
Pinch red-pepper flakes
1 T. fresh lemon juice
2 c. sugar snap peas, trimmed

Heat oil in a pan over medium heat. Add garlic and kale and season with salt. Cook, covered, stirring occasionally, until tender, 3 to 4 minutes. Let cool. Transfer to a food processor. Add cottage cheese and puree until smooth. Season with pepper flakes and lemon juice. Bring a pot of well-salted water to a boil and cook peas until bright green and tender, 1 to 2 minutes. Transfer to an ice-water bath; drain. Serve with dip. Dip can be refrigerated for up to 3 days

Mediterranean Summer Greens Sauce

Use this sauce for stuffing Raviolis or a roast. Cut tomatoes in half drizzle with sauce, broil briefly and then sprinkle with parmesan and lemon juice. Toss with warm baby potatoes, mix with pasta. From Farmer John's Cookbook
¾ T. Chopped Raisins
½ T. Salt

1 pound Kale (or spinach, collards, or chard or a mix)

1-2 T. Olive oil, divided 1 garlic clove, smashed

2-3 anchovy fillets, drained and mashed

1 t. rinsed and drained capers

5 pitted, halved black olives Pinch of hot pepper flakes

¼ c. parmesan cheese

Soak raisins in hot water until plump, about 15 min. Boil a large pot of water, Add salt, then greens. Simmer until tender 3-10 min. Drain into colander and run cold water over them. Squeeze excess water from them. Heat 1 T. of oil. Add garlic and cook turning often, until lightly browned and fragrant, 3-5 min. Remove garlic and discard. Add cooked and drained greens to garlic infused oil. Cook for 1 min. stirring constantly. Add anchovies to taste. Add capers. Stir and cook for 30 sec. Remove pan from heat. Cool for 10 min. Transfer greens to food processor. Drain raisins and squeeze out moisture. Add raisins, olives and hot pepper to processor. Pulse until finely chopped (not pureed) Stir in Parmesan (if putting over pasta, add 1 T. olive oil). This sauce is best used the day it is made.

Wilted Greens and Basil

2 T. Cosmic Butter

¾ C. chopped onion

½ t. chopped garlic curl or clove

2 c. chopped tomato

¼ t. ground ginger

Salt and Pepper

½ c. chopped basil

4-5 c. Kale (you can substitute any green)

Heat butter in large pot over med. heat. Add onion, cook until soft, about 5 min. Add garlic, cook until fragrant and golden, about 5 min. Add tomatoes and ginger. Cook and stir until slightly thickened, about 5 min. Stir in greens, Cover and cook until they are wilted. Stir in Basil just before removing from the heat. Season with salt and pepper. Serve hot or at room temperature. From Farmer John's Cookbook.

Roasted Beets and Kale

3 med. red beets

Salt and pepper

Garlic powder

Olive oil (eyeball it)

2 T. olive oil

3 garlic cloves, chopped

1lb. chopped kale

1/8 c pine nuts

Juice of half a lemon

1/4 tsp salt

1/8 tsp pepper (or to taste)

Pre-heat oven to 450 F. Peel the beets and chop into 1-inch cubes (or a little smaller). Season with salt, pepper, garlic powder, and olive oil. Place on a baking sheet and roast for 30 minutes. Five minutes before the beets are done, place the pine nuts on the baking sheet to toast until gold (keep an eye on the pine nuts as they could burn faster than that). Meanwhile, heat the olive oil in a large sauté or sauce pan. Start with 1 tablespoon and add more later if needed. Add the kale, and let it cook for 10-15 minutes. Season with salt, pepper, and lemon juice. Add the roasted beets and pine nuts to the kale. Stir for the flavors to combine. Serve hot. I'd sprinkle parsley on there too!

Garlicky Kale

1 bunch kale, washed and torn (stems removed)

1 small onion, chopped

3 garlic cloves, chopped

1 T olive oil

Balsamic vinegar (optional)

Heat oil in large pan. Add chopped onions and garlic. Sauté until onions are clear and begin to caramelize. Stir often. Do not allow garlic to burn. Add torn kale. Toss with onions and garlic. Cook until kale is wilted. Sprinkle with a tiny bit of balsamic vinegar.

Colcannon #1

4 potatoes (2lbs.), peeled and cut into large chunks

Salt

5-6 T. Cosmic butter (with more butter for serving)

3 lightly packed cups of chopped kale, cabbage, chard, or other leafy green

½ c. minced onion

1 cup milk or cream

Put the potatoes in a med pot and cover with cold water by at least an inch. Add 2 T of salt, and bring to a boil. Boil until the potatoes are fork tender (15 to 20 min). Drain in a colander. Return the pot to the stove and set over med-high heat. Melt the butter in the pot and once it's hot, add the greens. Cook the greens for 3-4 min., or until they are wilted and have given off some of their water. Add the onions and cook 1 min. more. Pour in the milk or cream, mix well, and add the potatoes. Reduce the heat to med. Use a fork or potato masher and mash the potatoes, mixing them up with the greens. Add salt to taste and serve hot, with a knob of butter in the center.

Colcannon #2 (Shareholder Favorite) (Farm Family Favorite)

I'm pretty sure member; Megan Bogle gave me this recipe years ago.

1 Bunch of Kale

2 med. leeks or onions

2/3 c. half and half

3½ # potatoes

Salt and pepper to taste

½ - 1 stick of butter

Boil greens until soft. Simmer onions or leeks in ½ + ½ until soft. Cook potatoes until soft. Mash potatoes, stir in cream, onions or leeks and kale. Add butter, salt and pepper to taste.

Potatoes and Kale

1 lb. medium potatoes

4 c. shredded kale (see procedure below)

2 T. olive oil

1 large onion, chopped

Salt to taste

Cover the potatoes with water and boil them until tender. Peel while hot, then cool in cold water and drain. Cut into thick slices. Refrigerate if you are cooking the potatoes in advance. Just before serving, wash the kale, drain, and remove the stems and midribs. Stack leaves, roll up lengthwise, and shred crosswise. In a large skillet, heat the olive oil and add the onion. Sauté over med-high heat, stirring, until onion just begins to brown. Add kale, tossing it about until it all wilts.

Reduce heat to med. and stir-fry kale for 5 minutes. Add the potatoes and cook until they are heated through. Season to taste (with parsley!) and serve

Kale Chips from Kathy Clay (Shareholder Favorite)

Dale writes "I love kale. I know not everyone does. I received this email from Kathy Clay. Kathy has a lovely way with words so I am going to let her take it from here"

A note from Kathy: I have made an incredible discovery which I must share. Seriously, I am a really good cook and this may be the best recipe I've ever discovered - EVER!! Here's why. Every year when the kale shows up at Cosmic, I take my allotted share out of duty and obligation, knowing the vegetable is good for me. But no matter how much garlic, sea salt or shallots, I still can't find a way to make the stuff worth eating. Until yesterday. There I was working away on my computer when I noticed a spot on Yahoo talking about healthy snacks. A bag of something green titled "kale chips" caught my attention. Turns out, these chips are made by monks using tamari, garlic and olive oil. Tell me more, tell me more!! So, I next went to Google, searched kale chips and discovered many sites for these healthy chips. I de-ribbed my kale leaves, threw them in a big bowl and tossed them in a mixture that equaled about 3 tablespoons total of tamari, olive oil and garlic cloves (from your last year's crop!) finely minced over a micro plane. You don't want the leaves too oily, just coated. I made sure all the leaves were coated then put them on my big cookie sheet and baked for just about 15 minutes at 350. Holy smokes!! They are unbelievable!! This is not the kale I have been dutifully trying to choke down over the years. This is revolutionary!! Once folks get on to this, I am certain there will NEVER be any kale in the Take Some Leave Some bin! So there you have it - an amazing way to use the antioxidant-filled, tough, leathery leafed kale!! I am so excited!!

Summer Sauté over pasta! (Workshare Lunch) Summertime comfort food. You can go lighter on the butter or substitute olive oil if you want. I have milk cows...so I tend to LOVE butter.

Garlic (minced)

Shitakes (destemmed and chopped, optional)

Beans (chopped)

Peas (stringed)

Turnips (sliced)

Summer Squash (sliced thin)

Tomatoes (Chopped)

Kale (chopped)

Pepper

Oregano (destemmed and minced)

Sea Salt

Pasta

Cosmic Apple Butter

Sauté your favorite summer veggies (above is merely a suggestion) in lots of butter. Cook pasta al dente'. Combine pasta and veggies, add more butter! Serve with parmesan or grated Lifeline Montzarella!