



A monthly publication for members of the Olympia Food Co-op and its surrounding communities

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All Hail Kale!

Bunched greens are especially plentiful and affordable this time of year. This newsletter is a collection of my favorite easy dinners that include a bunch of greens. You can always use whichever type of greens you like best. As the title of this newsletter gives away, kale is my favorite. If you prefer collard greens, chard, spinach, bok choy, mustard greens, or arugula, use those instead. Just remember the softer the green, the less time it takes to cook. Really soft greens like spinach and arugula can just be stirred in and don't really need any cooking time at all. Enjoy eating your greens!

-Erin, OFC Produce Manager



Potato, Kale, and Sausage Soup

adapted from Rising River's CSA cookbook circa 1999, this makes a big pot of soup!

Olive oil

2 full-size veggie sausages, chopped into rounds
(I used Field Roast Italian Style sausage)

1 large onion, diced

3 carrots, chopped

3 stalk celery, chopped

5 medium yellow potatoes, chopped

4 bouillon cubes

8 cups water

1 large bunch kale, torn into pieces

black pepper

balsamic vinegar

Before you begin, put on a kettle of hot water to heat. Heat a little oil in a soup pot. Add the sausage rounds and cook until done. It's ok if some sticks to the pan- it will help give the soup flavor. When the sausage is done, transfer it to a



small bowl and set aside. Heat a bit more oil, and cook the onions until they are almost translucent. Add the carrots and celery and cook until celery is softened. Add potatoes and a little water from your kettle to keep the veggies from sticking. Stir. Using the heated water, dissolve the bouillon cubes in a small bowl. Stir dissolved bouillon into soup pot and add water (approximately 8 cups). Bring to a boil and then reduce heat. Cook for 15 minutes, or until potatoes and carrots are tender. Add kale pieces and some black pepper. Stir and cook for 5 more minutes. Stir in sausage and a few splashes of balsamic vinegar. Serve.

Tastes even better the second day! ■

Kale with Paneer

adapted from The Book of Kale and Friends by Sharon Hanna and Carol Pope. This dish is savory and delicious. Full of warming spices, it's an excellent winter dinner. If you are vegan, you can substitute tofu for the paneer. Use extra firm tofu, and fry it in a little oil in the pan before you get started with everything else. Set the tofu aside, proceed with the recipe, and then stir the tofu in at the end.

1 package paneer, cut into cubes

3 garlic cloves, chopped

1 medium onion, chopped

2 Tbs grated ginger root

2 dried chilies, chopped (optional)

¼ cup oil

2 tsp ground cumin

1 tsp ground coriander

1 tsp ground turmeric

¾ cup plain greek-style yogurt

8-10 cups finely chopped kale

1 large tomato, chopped

In a large shallow pan saute garlic, onion, ginger, and chilies in the oil until lightly browned. Add cumin, coriander, and turmeric, and stir fry for a few more minutes. Stir in yogurt.

Begin adding kale a handful at a time while stirring until it cooks down and becomes soft, about 20-25 minutes. Add a little water if the mixture gets too thick or sticks to the pan. At this point, either leave palak as is, or blend in a food processor to achieve the traditional puree.

Mix in tomato and paneer and heat through.

Serve over rice or quinoa. ■

New Year's Black Eyed Peas and Greens

adapted from Vegetarian Times

This dish is really unique, and the lemon juice gives it a kick of brightness that I love. Serve this with a loaf of warm, crusty bread or slices of fried polenta.

serves 3 as a main dish, more as a side

½ lb. dried black-eyed peas (1¼ cups)

1 bay leaf

2 Tbs. red wine vinegar

1¾ tsp. salt, divided

1 bunch kale, stems removed, leaves torn into pieces

2 Tbs. lemon juice, divided

2 large tomatoes, seeded and diced (1½ cups)

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2 Tbs. olive oil

4 green onions, sliced (½ cup)

¼ cup finely chopped fresh parsley

1 tsp dried oregano

1. Set peas in saucepan, and cover with boiling water; let sit 1 hour. Drain, return peas to saucepan, cover with fresh water, and add bay leaf. Bring to a boil, and cook 20 minutes. Add vinegar and 1 tsp. salt, and cook 10 to 25 minutes longer, or until peas are tender but keep their shape.

2. Steam kale for approximately 7 minutes (or until it is tender but not too soft) and then toss with 1 tsp. lemon juice.

3. Toss tomatoes with 1/4 tsp. salt in colander. Let sit, shaking occasionally, to drain juices.

4. Combine remaining 1/2 tsp. salt, remaining 5 tsp. lemon juice, oil, green onions, parsley, and oregano in large bowl.

5. Drain peas, and remove bay leaf. Add to bowl with lemon juice and herbs, and mix well. Add tomatoes, and mix again. Divide kale among three plates and top with black-eyed pea mixture. ■



Green Eggs

Oh my goodness, these green eggs are really green- note that they have 2 whole bunches of kale in them! They have a spectacular flavor-the nutmeg is the secret ingredient, sounds weird but tastes wonderful.

adapted from [The Book of Kale and Friends](#) by Sharon Hanna and Carol Pope

2 big bunches kale

1 tbs olive oil

1 cup diced onions

2 garlic cloves, chopped

½ cup chives or green onions, chopped (use green part only)

2 tsp dried thyme

6 large eggs

1 cup milk

½ tsp salt

a few grinding of pepper

1 tsp nutmeg

1 cup grated soft cheese (such as havarti)

Preheat oven to 350

Remove kale from stems. Wash kale and leave leaves wet. Chop finely. Set aside

On the stove, heat the oil in a cast iron skillet. Stir-fry onions until they start to brown slightly. Add kale, garlic, green onions, and thyme. Stir as well as you can and add 1 tbs water. Cook until leaves wilt.



Meanwhile, in a large bowl, mix together eggs, milk, salt, pepper and half the nutmeg.

When greens are wilted, pour egg mixture over the greens. Tilt pan a little to evenly disperse. Sprinkle the grated cheese over the top, then sprinkle on the rest of the nutmeg.

Place in preheated oven and bake uncovered until the center is set, about 20 minutes. ■

Smoky Green and Beans

from Bon Appetit: Another recipe that combines green and veggie sausage, and this one also has beans for extra fiber and protein

Ingredients

2-3 sausages (I used Field Roast Italian veggie sausages)

2 tablespoons olive oil

1 large onion, chopped

2 garlic cloves, chopped

1 14 1/2-ounce can diced tomatoes in juice (I like Muir Glen petite diced in adobo sauce)

1 1/2 teaspoons smoked paprika (this dish is pretty spicy, so decrease to 1tsp if you prefer less spice)

1 14 1/2-ounce can vegetable broth

8 cups coarsely chopped assorted greens (such as kale, mustard greens, and collard greens; about 1 large bunch)

1 15-ounce can cannellini (white kidney beans), drained

Grated Manchego or Parmesan cheese (optional)

Cooked rice, quinoa, or polenta (optional)

Cut sausages into rounds and fry in a little oil. Set aside. Heat oil in heavy large pot over medium high heat. Add onion and sauté until soft and beginning to brown, about 6 minutes. Add garlic; stir 1 minute. Add tomatoes with juice and paprika; stir 1 minute. Add broth and greens; bring to boil, stirring often. Reduce heat to medium-low, cover, and simmer until greens are wilted and tender, stirring occasionally, about 15 minutes. Stir in beans and cooked sausage simmer 1 minute to heat through. Divide among bowls (rice or cooked polenta go on the bottom if you're using that); sprinkle with cheese, if desired. ■