

Farm Fresh Summer I: Cucumbers



While summer is off to a wet start here in Austin, we can

still celebrate its farm fresh bounty along with Tecolote Farm. You may remember that in early spring I shared a bit about Tecolote and the goodness they bring to Austin kitchens each season with their 100% organic family owned farm. Now with summer in full swing we are spoiled with choices. Tecolote is Austin's oldest and longest running CSA and, as a big fan and customer, I can't even begin to tell you the joy their basket of produce brings each week when it arrives. Honestly, I don't know what kind of home delivery could make me happier! It's not too late to sign up for a summer season CSA or you can select your own Tecolote produce each Saturday at the SFC Downtown market.

This week my basket, bursting with goodness, arrived with a handful of gorgeous crisp cucumbers. Not wanting to let them linger a day or two and lose their fresh appeal in the produce drawer, they quickly became the feature in this delightful dish: Sesame Ginger Miso Cucumber Salad. This flavorful salad combines some of our absolute favorite tastes along with cool hydrating cucumbers to create a perfect summer dish.

Ingredients

Salad

2 large English or Asian cucumbers

1½ cups frozen shelled edamame, defrosted

2 medium carrots, julienned

1 tablespoon toasted white and black sesame seeds

Optional: 1 sheet of nori, cut into small 1-inch long ⅛-inch wide strips.

Sesame Ginger Miso Dressing

2½ tablespoons white miso paste

1½ tablespoons hot or warm water

2 tablespoons rice vinegar

1 tablespoon + 1 teaspoon finely grated ginger, peeled

1 tablespoon honey or maple syrup

1 tablespoon + 1 teaspoon sesame oil

2 teaspoons lemon juice

$\frac{1}{2}$ teaspoon tamari sauce (or coconut aminos, both are gluten free)

Full Instructions Here