

SPRINGTIME

GREENS, CRUNCH & ALL IS ALIVE AGAIN

Arugula

Pungent herb of sandwiches, salads and even in cooked dishes, a treat in a quiche. Best kept in a sealed bag or other container in the fridge. Not really a crop for winter preservation, though it grows well in early spring and late, late fall and into winter in a cold-frame.

ARUGULA, PEAR AND PECAN SALAD

From *One United Harvest*- a collection of recipes from CSA's around the country

3 C. Arugula leaves (other salad greens
can also be added)
1 Bosch pear chopped

3T. Dressing or Vinaigrette
½ C. chopped pecans, toasted

Toss arugula, pears and dressing together in a large bowl. Top with toasted pecans and serve.

RADIATORE WITH ARUGULA, TOMATOES & PANCETTA

From Margie Kuhn

1 lb. radiatore or corkscrew pasta
4 ounces sliced pancetta (Italian bacon)
(or use regular bacon)
cut into ¼ inches pieces
1 garlic clove, crushed
16 ounces cherry tomatoes cut in half
(or, chopped tomatoes)

¼ teaspoon coarse black pepper
8 ounces arugula, tough stems removed
(or use spinach, etc.)
¼ cup grated Parmesan cheese
salt to taste
Extra grated Parmesan to sprinkle on top

1. Prepare pasta in boiling, salted water according to package directions;
2. Meanwhile, cook pancetta in skillet over medium heat until lightly browned;

3. Remove pancetta and set aside; discard all but 1-2 Tablespoons of the remaining fat;
4. Turn heat to low and sauté garlic in remaining fat.
5. When garlic is soft, add tomatoes and heat on low until tomatoes are barely soft.
6. Add pancetta back to pan, stir.
7. Drain pasta, return pasta to pot, add pancetta/tomato mixture, arugula and cheese. Stir until arugula wilts.
8. Serve with extra Parmesan cheese sprinkled on top.

Bok Choy

Asian green known for stir fries, miso soups and just so good to munch raw in the wash station as we pull off damaged leaves for the compost bucket. Ribs can fill in for celery in a pinch or if you're looking for something milder in flavor or less stringy. Store in a sealed bag in your fridge. This could probably be blanched and frozen, although I've yet to try it myself.

ASIAN GRILLED BOK CHOY

From Helen Travis

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|-------------------------------------|-------------------------|
| 1 medium head Bok Choy | 2 T soy sauce |
| 1½ cups quartered button mushrooms | 2 t dark |
| 1 small onion, cut into thin wedges | sesame oil |
| ¼ cup chopped red bell pepper | 2 cloves garlic, minced |
| 2 t grated fresh ginger | |

1. Preheat grill to medium-high direct heat. Cut bok choy leaves into 1½ inch pieces; slice stems into ¾ inch pieces. Combine all ingredients in large bowl and toss to coat.
2. Place vegetable mixture toward one short end of large sheet of heavy duty aluminum foil. Fold 1 long side over to meet other long side and enclose vegetables. Fold and crimp ends loosely.
3. Place packet on grill. Grill covered 10 minutes or until vegetables are crisp-tender, turning once.

BOK CHOY EGG ROLLS

From *Gardeners' Community Cookbook*

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|--|--------------------------|
| ½ cup sweet and sour dipping sauce
(recipe below) | 1 cup ketchup |
| | 1/3 cup dark brown sugar |

1/3 cup granulated sugar
1/2 T ground ginger
1/2 t ground cinnamon
Pinch of ground nutmeg
3/4 lb. bok choy, cut into thin strips
3 green onions, sliced

1 large clove garlic, minced
2 T minced cilantro leaves
1/2 T ground ginger
2 T soy sauce
10 egg roll wrappers
Vegetable oil, for deep frying

1. Prepare the dipping sauce. Place, ketchup, brown sugar, sugar, ginger, cinnamon and nutmeg, in a heavy saucepan. Bring to a boil over medium heat, stirring constantly to prevent scorching. Reduce heat to low and simmer, partially covered for 15 minutes, until the consistency is slightly sticky and the spices no longer taste raw. Remove and cool. Use right away or store, covered, in the refrigerator for up to 6 weeks.
2. Place the bok choy, spring onions, garlic, cilantro and ginger in a bowl and toss to mix. Add the soy sauce and toss again. Set aside.
3. To form the egg rolls, place a wrapper on the counter. Spread about 2 T of the greens mixture in the center. Roll up the wrapper, envelope style, and, if necessary, seal the final fold with a little water to keep the envelope from springing open. Continue with the remaining wrappers until you have 10 egg rolls. Set aside.
4. Pour 3/4 inch of oil into a wok or heavy skillet and heat until a drop of water pops but not so the oil smokes. Place as many egg rolls in the wok as will fit without crowding and fry, turning once, until lightly browned and crispy, about 1 minute. Lift the rolls out of the oil and transfer to paper towels to drain. Continue with another batch until all the rolls are fried.
5. Serve right away, accompanied by the dipping sauce.

MONGOLIAN BEEF WITH BOK CHOY, SCALLIONS

Karen Green sent us this recipe . . . her version of P.F. Chang's Mongolian Beef

2 t Vegetable Oil
1/2 t Minced Ginger
1 T Chopped Garlic
1/2 cup Soy Sauce
1/2 cup Water
3/4 cup dark brown sugar (2/3 cup is still plenty sweet)

1 cup Vegetable Oil
1 lb. Flank Steak
1/4 cup cornstarch (or potato flour)
1 Bok Choy OR 1/2 Joi Choy OR 2 Large Green Onions

45 minutes (30 for prep)

1. Make the sauce by heating 2 teaspoons of oil in a medium saucepan over medium-low heat. Add ginger and garlic and quickly add the soy sauce and water before the garlic scorches. Dissolve brown sugar in the sauce, then raise heat to medium and boil 2 to 3 minutes or until it thickens. Remove from heat.

2. Slice flank steak against the grain into ¼ inch thick bite size slices. Toss the steak pieces with the cornstarch to coat both sides lightly. Keep tossing and as they are coated, they will separate. Let the steak sit for about 10 minutes.
3. As the beef sits, heat up one cup of oil in a wok or large skillet. Heat over medium heat until it's hot, but not smoking. Add the beef to the oil and sauté and stir for just two minutes or until the beef just begins to darken on the edges. You don't need a thorough cooking here since the beef is going to go back on the heat later. After a couple of minutes, use a large slotted spoon to take the meat out and put on paper towels, then pour the oil out of the wok.
4. Put the pan back over the heat, return the meat to the wok and simmer for one minute. Add the sauce and cook for one minute while stirring, then add the bok choy, joi choy or green onions. Cook for one more minute, and then remove to a serving plate.

Cooking Greens:

Kale, Chard, Collards and the like ...

Chop three or four leaves into just about every meal that you make, from stir fries, soups, casseroles and quiche to spaghetti sauce or burritos. Add greens to most of your meals for nutrients and flavor and you will soon find yourself addicted to greens. Steam and dress up with olive oil, garlic and ginger for a delicious side dish.

Store in a sealed bag in the refrigerator. Every fall, I briefly steam and then freeze mass quantities in Ziploc baggies. If you steam it too long you'll have an ice cube, but if you steam them just long enough you can break off just as many leaves as you need. When I am done, I freeze the steaming water in a Ziploc bag, which is a really flavorful vegetable broth. Every winter, I am thankful that I froze a ton, or else I am meting out just a few leaves here and there, all judiciousness and serious so I don't run out before spring.

Nutrients:

Chard, cooked, leaves, 1 cup-- 3.2 g Protein, 6.8 g Fiber, 5.8 g Carbohydrates, 9450 IU Vitamin A, 1.3 mg Vitamin E, 28 mg Vitamin C, 128 mg Calcium, 96 mg Magnesium, 151 mg Sodium, 961 mg Potassium.

Collard Greens, cooked leaves and stems, 1 cup-- 6.8 g protein, 7 g fiber, 9.7 g carbs., 1.3 g fat, 14820 IU Vitamin A, 144 mg Vitamin C, 357 mg Calcium, 87 mg Magnesium, 1.5 mg Iron, 24 mg Sodium, 498 mg Potassium

Kale, cooked, without stems, 1 cup -- 5 g protein, 8 g fiber 6.7 g Carbs., 9130 IU Vitamin A, 6.93 mg Vitamin E, 102 mg Vitamin C, 206 mg Calcium, 37.4 mg Magnesium, 1.8 mg Iron, 47 mg Sodium, 244 mg Potassium

Spinach, raw, 2 cups chopped, 28 calories, 3.6 g protein, 7.8 g Fiber, 4 g carbohydrate, 8920 IU Vitamin A, 3 mg Vitamin E, 56 mg Vitamin C, 102 mg Calcium, 96.8 mg Magnesium, 2.96 mg Iron, 98 mg Sodium, 518 mg Potassium

CHARD AND CILANTRO SOUP WITH NOODLE NESTS

From Local Flavors

The Noodle Nests

2 eggs, separated

2 oz. fine egg noodles, cooked

1/3 cup grated cheese

2 T cilantro

Sea salt

oil for frying (peanut, olive, etc.)

1. Beat the egg whites until they form peaks, then stir in the yolks, noodles, cheese and cilantro. Season with salt.
2. Really work the mixture with your hands or a wooden spoon so it's more or less homogenous. It will look impossibly dry and stiff.
3. Heat enough oil in a medium skillet to float the noodles, at least 1/3 inch. When it's hot, drop the batter into the oil, dividing it into 4 – 6 portions. Fry until golden, about 1 minute, then turn and fry the second side, another minute. Set aside on paper towels. These can be made hours ahead of time.

The Soup

1 T olive oil

2 bunches scallions, chopped with 1-2"
of the greens

1 celery rib, diced

1 cup finely chopped cilantro stems and
leaves

1 bunch chard leaves

Sea salt

black pepper

6 cups vegetable stock, chicken stock or
water

cilantro for garnish

1. Warm the oil in a soup pot. Add the scallions and celery and cook over medium-high heat, stirring occasionally. After a few minutes, add the cilantro and ½ cup water to that the vegetables stew, rather than fry. Add the chard leaves, sprinkle with 1 t salt, than cover and cook until the chard has wilted down. Add the stock or water.
2. Bring to a boil, lower the heat and add the noodle nests to the pot. Simmer until the chard is tender, about 10 minutes. Taste for salt and season with pepper. Ladle the soup into bowls, including a noodle nest in each one. Serve garnished with a sprig of cilantro.

COLCANNON

From *Gardeners' Community Cookbook*

2 bunches kale, ~ 1 lb., stems removed,
washed and chopped
2 medium – large leeks, ~½ lb.,
trimmed, thinly sliced and washed
2/3 cup half-and-half

3½ pounds potatoes
Salt
Black pepper
8 T (1 stick) butter
Steamed cabbage, optional

1. Place the kale in a large pot, add water to cover and boil over medium heat until the kale is tender, about 30 minutes. Drain and set aside to let dry.
2. Combine the leeks and half-and-half in a saucepan and simmer over medium heat until soft, about 10 minutes. Set aside.
3. Put the potatoes in a large saucepan, cover with water and boil until fork tender, about 45 minutes. Drain and shake dry. Mash the potatoes until fairly smooth. Stir in the kale, the leek-cream mixture and salt and pepper to taste.
4. Mound in a cone shape with a well in the center. Either serve immediately with butter in the well, or bake at 350 F in an ovenproof dish for 25 minutes until golden then add butter to the well and serve.

GREENS AND BALSAMIC VINEGAR

From Bea Murray: CSA member: “excellent but simple recipe!”

2-3 cloves garlic
2 T. olive oil
1 pound of greens

2 T. Balsamic vinegar
salt and pepper

1. Briefly fry garlic in oil. Cut the bunch of greens in ½ inch strips. Stir fry in oil and garlic a bit of water until greens are soft.
2. Serve with a bottle of good balsamic vinegar on the table. Use 1-2 teaspoons per serving. Salt and pepper to taste.

KALE CRUMBLE

From *One United Harvest*: “Crumble over rice, soup, salad or any dish where you want something crispy and salty. Just one of the hundreds of ways to use kale in your cooking.”

1 bunch of kale leaves stems removed but leaves kept whole
2 T. vegetable oil
salt, to taste
freshly grated Parmesan cheese, to taste

1. Preheat oven to 400 F. Brush or spray kale leaves lightly with oil then sprinkle with salt and cheese. Put the leaves on a cookie tray and bake in the oven.
2. Bake at 400 degrees until the leaves are as crispy as potato chips, about 10 minutes.

SPINACH· BASIL QUCHE

From One United Harvest

1-1/2 c. chopped spinach	1 c. ricotta cheese
1 T. herb butter	¼ c. Parmesan cheese
1/3 c. chopped onion	1 T. chopped fresh basil
1-1/2 c. whole milk	2 c. cooked brown rice
3 eggs	
1/8 tsp. black pepper	

1. Preheat oven to 425 F. Press rice into greased 8x8 pan. Sauté first three ingredients. Add remaining ingredients and heat to near boil.
2. Pour over rice and bake at 425 degrees for 35 minutes.

KALE PIE

From Gardeners' Community Cookbook

One Easy Tart Crust (recipe below)	2 large eggs
4 cups chopped kale leaves, stems removed	1 cup crumbled feta cheese
1 T olive or vegetable oil	½ cup half-and-half
2 small onions, finely chopped	½ t salt (optional)
3 cloves garlic, minced	

1. Prepare the tart crust and chill in refrigerator.
2. Preheat the oven to 375 F.
3. Bring a large pot of water to a boil. Add the kale, stir to submerge the leaves and cook over high heat until wilted and somewhat tender but still bright green, about 3 minutes. Drain and set aside to drip dry.
4. Heat the oil in a medium sauté pan. Add the onions and garlic and sauté over medium heat, stirring frequently, until beginning to turn golden, about 6 minutes. Remove and allow to cool 10 to 15 minutes. Serve while still warm or let cool longer and serve at room temperature.

EASY TART CRUST

From Gardeners' Community Cookbook

1 ½ cups all-purpose flour

¼ t salt
8 T (1 stick) butter
2 to 2½ T water

1. Place the flour and salt in a food processor. Cut in the butter and pulse several times until the mixture resembles coarse meal. Continue to pulse while adding the water 1 T at a time until the dough adheres to itself when pinched.
2. Gather the dough into a ball and set the ball on a sheet of plastic wrap. Cover with another sheet of plastic wrap and roll the dough into an 11 to 13 inch circle. Remove the top sheet and turn the dough into a 10 to 12 inch tart or pie pan, pushing gently into the corners and up the sides. Place in the refrigerator to chill before baking, up to overnight. If chilling overnight, remove from the refrigerator 30 minutes before baking.

NEW MEXICO CHARD ENCHILADAS

From Gardeners' Community Cookbook

4 tomatoes, coarsely chopped, ~ 1 lb.	3 cloves garlic, finely chopped
3 cloves garlic, coarsely chopped	1 bunch Swiss chard, tough stems removed, washed, dried, leaves coarsely chopped
½ medium onion, coarsely chopped	12 corn tortillas
6 dried chilies, stemmed, seeded and torn into coarse pieces	1½ cups grated Jack or cheddar cheese
1 to 2 cups hot water	4 fried eggs (optional)
2 T vegetable oil	
1 medium onion	

1. Preheat the oven to 350 F.
2. Place the tomatoes, coarsely chopped garlic, coarsely chopped onion, dried chilies and 1 cup of hot water in a food processor. Blend until as smooth as possible, adding a little more water if necessary to make a liquid paste. Set aside.
3. Heat the oil in a large sauté pan. Add the finely chopped onion and garlic and sauté over medium heat until golden, 6 to 8 minutes. Add the chard and stir over medium-high heat until well wilted but not soft, about 2 minutes. Stir in the tomato puree and cook until thickened, 8 to 10 minutes.
4. Place 4 tortillas with overlapping edges on a jelly roll pan. Spread each with enough sauce to cover. Sprinkle grated cheese over the sauce. Top with another tortilla, spread with sauce and sprinkle with cheese. Continue layering until you have 4 stacks 3 layers high, with sauce and cheese on the top.
5. Place in the oven and bake until the cheese on top is melted about 5 minutes. Serve right away, topped with a fried egg on each enchilada, if you like.

PANEER AND GREENS (INDIAN CHEESE)

From Katie

Rice, cooked plain or with butter, turmeric, dry ground mustard seed and salt to taste.

Paneer, cut into ½ inch thick chunks, see recipe below

Olive oil for frying

1 lb. cooking greens, such as spinach, chard, kale, basil, etc.

Lime or lemon juice

1. Make paneer 2 or more hours before you plan to eat. It will store well in the fridge for about 5 days.

2. Steam or sauté greens until tender.

3. Heat oil and fry paneer until golden brown on both sides.

4. Add greens to paneer pan and sauté for a minute, then pour lime or lemon juice into mix and stir in.

5. Serve over rice.

Paneer

1 gallon milk, whole or 2%

¼ cup lemon juice

1 t garam masala (or mix coriander, cumin, clove, cinnamon, mace & black pepper)

Cheese cloth (available in any fabric store)

1. Cook milk over medium-low heat, stirring often to avoid scalding the milk and scrubbing the pan eternally. Keep on a **low boil** or simmer for 20 – 30 minutes, longer boil for a firmer cheese.
2. Add lemon juice and stir till it curdles, about one minute. If you don't see the milk separating into chunks and whey, add a little more lemon and stir again.
3. Pour through two layers of cheesecloth that you've lain in a colander, which is sitting in a pot to catch the whey. Let drain several minutes, then gather the cloth tightly around your bundle of cheese and hang from the faucet of your sink and drip for a few more minutes.
4. Place your bundle of cheese in a broad pan, with a heavy pot of water on top (or a plate with a rock, etc.) and let sit for about two hours.

PASTA WITH GREENS (CHARD, SPINACH, KALE...)

Recipe #153595 From Better Homes & Gardens. EXCELLENT dish!

4 ounces dried bow tie or mostaccioli pasta

6 – 10 stems of Swiss chard, spinach, kale, etc.

2 garlic cloves

1 1/2 teaspoons olive oil

1/3 cup light ricotta cheese

2 tablespoons milk

1 tablespoon snipped fresh basil, crushed or 1

Teaspoon dried basil, crushed

1/8 teaspoon salt

1/8 teaspoon black pepper

1 dash ground nutmeg

1 medium tomato, seeded and chopped

2 tablespoons finely shredded Parmesan cheese

2 servings

30 minutes 15 mins prep

1. Cook pasta according to package directions, except omit any oil or salt. Drain. Return pasta to saucepan; cover and keep warm.
2. Cut out and discard center ribs from Swiss chard or remove stems from spinach. Coarsely chop greens; set aside.
3. In a large nonstick skillet cook garlic in hot oil over medium heat for 15 seconds. Add greens. Cook over medium-low heat about 3 minutes or until greens are wilted, stirring frequently. Stir in ricotta cheese, milk, basil, salt, pepper, and nutmeg. Cook and stir for 3 to 5 minutes more or until heated through.
4. Add the ricotta mixture and tomato to cooked pasta; toss gently to combine.
5. Sprinkle each serving with Parmesan cheese.

STUFFED CHARD LEAVES

From The New Laurel's Kitchen

1 medium onion, chopped	½ cup chopped parsley
1 T oil	¾ cup raisins
2½ cups cooked brown rice	1 t dill weed
1½ cups low-fat cottage cheese	¾ t salt
1 egg, beaten	

1. Preheat oven to 350 degrees.
2. Sauté onion in oil. Mix all ingredients except chard.
3. Wash and dry chard leaves and remove stems, including the fat part of the rib if it extends rigidly up into the leaf (select leaves that are not too “ribby”). Place 2 tablespoons or more of filling on the underside of the leaf, a third of the way from the bottom. Fold the underside of the leaf and roll into a square packet. Place seam side down in a greased casserole. Cover and bake for about 30 minutes. Alternatively, steam the rolls in a steamer basket over boiling water until the leaves are tender, about 20 minutes. Bake any extra filling and serve with the stuffed leaves. Serves 6 to 8.

Green Onions

Called green onions or scallions, we begin to harvest this first of the onion family in late spring to early summer. We grow it all season long, as they are a great addition to many recipes, both cooked and raw, as topping to salads and tacos or flavoring soups and stews.

BLACK BEAN & CORN SALAD

1 can black beans, drained	1 can corn, drained
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1 tomato chopped (or equivalent amount
cherry tomatoes, halved)
1 cup cauliflower or broccoli, cut into
bite-size pieces

4 green onions
juice of ½ lime

Dressing:

1 Tablespoon balsamic vinegar
¼ teaspoon salt
1 teaspoon sugar

2 teaspoon Dijon mustard
2 Tablespoons fresh, chopped cilantro
(or 2 teaspoons dried)

1. Mix salad ingredients in bowl.
2. Mix dressing ingredients, pour over salad, mix

Kohlrabi

One of Katie's favorites, but kohlrabi is special because it is early and a constant throughout the growing season. Think of a broccoli stem, but a little sweeter and juicier like a mild apple and you have a kohlrabi. The leaves make it look a little alien, and it always draws a curious comment at the market table. Great raw or cooked like you would a potato. Cut off the leaves and store in the crisper and it will be good for a month. The leaves can be used like kale (p. 10)

Nutrients: Cooked, 1 cup diced, 40 calories, 2.8 g protein, 1.65 g Fiber, 8.7 g Carbohydrates, 30 IU Vitamin A, 71 mg Vitamin C, 54 mg Calcium, 59.4 mg Magnesium, 9 g. Sodium, 426 mg Potassium

FRUITY KOHL-SLAW

From *One United Harvest*

1-2 medium kohlrabi, peeled and grated
1 C. cabbage shredded
1 small apple, cored and sliced

½ cup raisins
½ cup seedless grapes
2 t olive oil
½ c. apple cider or use lemon juice

1. Combine everything but olive oil and juice in a large bowl. Lightly drizzle oil and cider (lemon juice) over the top. Gently toss and refrigerate for several hours to let the flavors mellow. Toss and serve.

Lamb's Quarters

Most everyone who has tried these tasty little leaves enjoys them. We harvest them a little in the spring when we have the time, then pull them as weeds the rest of the year. Of course, they are always free for U-pick, but their flavor varies, so munch as you harvest to find the best ones.

These are good added to salads, on sandwiches or burgers. If you have plenty, they are great cooked in soups, as well. Store in a sealed container or bag in the fridge. **Nutrients:** These were known as a spring tonic for peasants, with good reason. They offer (**cooked, ½ cup**): 4.2 g protein, 2.1 g Fiber, 7.3 g carbohydrates, 11600 IU Vitamin A, 80 mg Vitamin C, 309 mg Calcium, 1.2 mg Iron.

Lettuce

We grow reds and greens from crunchy romaine to the most tender butterhead varieties. We all know what to do with lettuce, salads and sandwiches are at the top of the list. Store in a sealed container or bag in the refrigerator. Break apart the leaves and wash several times until the water in your bowl shows no traces of dirt, much can collect in the inner leaves. Toss several kinds together along with spicy mix or arugula for a flavorful salad.

Nutrients: Loose leaf and red varieties, 2 cups chopped-- 1.4 g protein, 1.65 g Fiber, 2.26 Carbs, 2100 Vitamin A, 20 mg Vitamin C, 74 mg Calcium, 8.8 mg magnesium, 1.2 mg Zinc, 8 mg Sodium, 198 mg potassium.

WILTED WONDER SALAD

--spicy, salty and sweet!

From Anna -- serves 2-3 for lunch or 4-6 as a side dish.

2 heads of lettuce (best with romaine or butter head varieties, oakleaf good as well) washed, well drained and chopped into just larger than bite size.

Refrigerate lettuce while you do the following:

2 T. Canola oil (organic preferably) heat oil and add:

1 – 8oz. block of tempeh, cut into small blocks

3 large cloves coarsely chopped garlic

1 T. coarsely chopped ginger root

Sauté together over medium heat until tempeh starts to brown.

¼ tsp. cayenne pepper

¼ tsp. cumin

Toss in and stir quickly for about 10 seconds until spices become fragrant.

2T. Balsamic Vinegar

2 T. Tamari or soy sauce

Pour over tempeh mixture and stir until liquid lessens to about half. Throw mixture onto salad and toss quickly. Throw in a little olive oil and vinegar if dry. Serve topped with crumbled feta and halved red grapes. Eat immediately!

Peas

Our earliest u-pick crop and the first thing we direct seed in the field, when the pea plants come up it is a sure sign that the growing season will soon be in full swing. Many children can help pick these, as they are especially fun to eat while you pick. We grow sugar snap, a nice juicy variety, snow peas, a giant flat variety for cooking and the shelling pea, don't eat the pod of this rounder, firm variety, open it up and munch on what you find inside. Keep in a sealed bag or container in the fridge.

Nutrients: Edible pods, raw 1 cup or 30 pods-- 3 g protein, 9 g Fiber, 11.3 carbs, 680 IU Vitamin A, 2.71 mg Vitamin E, 26 mg Vitamin C, 43 mg Calcium, 19 mg Magnesium, 1mg Sodium, 170 mg potassium.

SEEDY SNOW PEAS

From Katie

Cooked rice, plain or with butter, turmeric, cardamom, ground mustard, ginger and salt

1 T Olive oil

¼ cup sesame seeds or nuts of your choice

1 lb. Snow peas, ends broken off, cut to 1-inch pieces

1 t tamari (or salt to taste)

½ cup sunflower seeds

1 t lemon juice

1 t hot sesame oil (or a dash of cayenne)

1. Heat oil about one minute, then add your nuts and/or seeds and stir until toasted, about 2 minutes.
2. Add the snow peas and cook, covered for another 2-3 minutes.
3. Stir in tamari, sesame oil and lemon juice and serve.

Radishes

Radishes grow rather spicy in our rich soil by the second week of harvest. If you like them mild, try to get them when we start picking a new patch. If you are adverse to the spiciness of radishes, cook them as you would potatoes in a soup, stir-fry or stew.

Store them by cutting off the tops about ½ inch above the root and keep in a sealed container or bag in the fridge.

Nutrients: Raw, 10 medium, ¾” to 1” diameter-- 8 calories, 1.6 g carbs, 13 mg Vitamin C, 1 IU Vitamin A, 13 mg Calcium, 6.5 mg Magnesium, 6 mg Sodium, 161 mg Potassium.

RADICAL RADISH IDEAS

-- *From Asparagus to Zucchini, 3rd edition*

- Stir-fry sliced radishes of any kind with fresh peas, garlic and ginger.
- Add chopped radish greens to stir-fries.
- Sauté quartered radishes with orange zest and minced ginger root.
- Use sliced daikon radishes as “crackers” and top them with herbed cream cheese and smoked fish.
- Add chopped radishes to potato salad for a peppery crunch.
- Add thin-sliced radishes to a ham sandwich (or top a veggie burger!)

GRANDMA KERESTES' CREAMED RADISHES

From One United Harvest: “This recipe make radishes so good even the kids will eat them!”

4 T. butter
4 T. flour
1 Cup milk
1 large bunch of radishes (sliced)

1. Melt butter in saucepan over a low heat. Stir in flour. Cook over a medium heat until mixture is smooth and bubbly. Remove from heat. Gradually stir in milk. Heat mixture to a boil, stirring constantly. Add salt and pepper to taste. Boil and stir one minute.
2. Meanwhile, steam sliced radishes to desired firmness (approximately 5 minutes). Fold sauce into steamed radishes after draining any excess water.

Note: steaming radishes takes away any bitterness or heat leaving a sweet vegetable!

Salad Mixes @ Mesclun

Spicy mix, nicoise blend and our new Asian greens mix make for varied and easy salads. Spicy mix and the Asian greens are also good in stir-fries. Store in a sealed container or bag in the refrigerator.

Mustard Greens, cooked leaves without stems, 1 cup: 3.1 g protein, 7 g fiber, 5.6 g Carbohydrates, 8120 IU Vitamin A, 1.1 mg Vit. E, 67 mg. Vitamin C, 193 mg Calcium, 35 mg Magnesium, 2.1 mg Iron, 25 mg Sodium, 230 mg potassium.

KATIE'S RICE SALAD

Greens- spinach, spicy mix, arugula, etc.
5 medium carrots
5 green onions
2 Cups rice

Dressing of your choice
1 Cup lentils, optional
Feta cheese, optional

1. Cook 2 cups rice with 4 cups water. Cook lentils separately 1-cup lentils to 1 ½ cups water.
2. Wash and cut your greens, grate the carrots and chop the green onions. Then make a dressing of your choice, or follow the dressing recipe below.
3. I like to make these salads individually at the table. I spread a layer of greens, then carrots and green onions. Then add the hot or cold rice and lentils and pour the dressing on the top. I make a similar salad with hardier greens such as kale that I mix ahead of time and always eat cold. That one is good with feta sprinkled on top.

Dressing

¼ cup lemon or limejuice
2 T. vinegar of your choice (optional)
¼ cup oil (I like sunflower because it keeps well in the fridge)
¼ cup chopped nuts of your choice (optional)

1 T. spices (tarragon, basil, etc)
1 T. Tamari or soy sauce
Stir it all together with a whisk or shake it up in a jar.

Salad Dressings

AVOCADO DRESSING

From New Recipes from Moosewood Restaurant

1 large or 2 small ripe avocados, peeled pitted and chopped
¼ cup vegetable oil
1/3-cup fresh lemon juice or cider vinegar
pinch of cayenne
salt to taste
1 garlic clove, pressed
½ t ground cumin
¾ cup water

1. In a blender or food processor, blend all the ingredients, except the water, until smooth. Slowly add the water, blending, until the dressing has a soft mayonnaise-like consistency. Chill 20 minutes before serving.
2. Store refrigerated, using a covered container to minimize discoloration. Avocado dressing will remain fresh for two to three days.

L.D.'S CREAMY GREEN DRESSING

From New Recipes from Moosewood Restaurant

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|---|--------------------------------|
| 1-cup vegetable oil | 1 t fresh basil |
| 2 T cider vinegar or lemon juice | 1 t fresh marjoram (¼ t dried) |
| 1 t honey or 2 T apple juice | ½ t salt |
| 6 spinach leaves or ¼ cup cooked greens | 1 garlic clove, pressed |
| 2 T chopped fresh parsley | |
| 1-cup buttermilk (yogurt or sour cream can be substituted, but are more likely to separate) | |

Note: Try other herbs, dill, tarragon, oregano, a dab of Dijon mustard or black pepper.

1. Blend all ingredients, except the buttermilk, for one minute. While the blender or food processor is running, slowly pour in the buttermilk. As soon as the dressing thickens, turn off the blender or the dressing will separate and become runny. It should be thick and creamy. Chill at least 30 minutes so the flavors have a chance to meld.
2. Refrigerated and tightly covered, it will stay fresh for up to a week. If the dressing separates, re-blend.

MISO-GINGER DRESSING

From New Recipes from Moosewood Restaurant

- 3 – 4 T miso
- 2 T grated fresh ginger
- ¼ cup cider vinegar or 1/3 cup lemon juice
- 2 T dark sesame oil
- 1 cup vegetable oil
- ½ cup water

In a blender on low speed, combine 3 T miso, the ginger, vinegar or lemon juice and sesame oil. Gradually add the vegetable oil in a thin, steady stream until thoroughly mixed. Then, very slowly add the water until the dressing is thick and creamy. Taste. If a richer flavor is preferred, blend in an additional tablespoon of miso. Miso-ginger dressing will keep almost forever stored in the refrigerator. If the dressing separates, re-blend.

Sorrel

Sorrel is the olde English word for sour, and these lemony little leaves make the best sandwiches you may have ever tasted. They are so flavorful with other mixed greens in a salad that you can almost do without the dressing. The creamy soup, below, is a classic.

Store in the fridge in a sealed container or bag.

SORRELL SOUP

From Gardeners' Community Cookbook

3 T vegetable oil	2 T fresh lemon juice
1 medium onion, finely chopped	¼ t cayenne
4 cups (packed) fresh sorrel leaves, washed	¼ t black pepper
10 cups chicken broth	1 t salt
1 ½ lbs. potatoes, peeled and chopped	1 cup half-and-half
	Paper thin lemon slices, for garnish

1. Heat the oil in a heavy pot over medium-high heat. Add the onion and sauté until transparent and soft, 10 minutes. Stir the sorrel leaves and continue sautéing until wilted, about 2 minutes.
2. Add the broth, potatoes, lemon juice, cayenne, pepper and salt and bring to a boil. Reduce heat, cover the pot and simmer until the potatoes have collapsed, about 45 minutes. Cool enough to handle, then puree. Cover and refrigerate until chilled.
3. Stir in the half-and-half and serve, garnished with the lemon slices.

Turnips

Believe it or not, if you make a mixed veggie platter with slices of tender, all-white turnips, they will be the first to disappear and the most asked about item. Kids love them for being mild and slightly sweet. Or you can mix them half-and-half in your mashed potatoes. Good in soups, roasted or even stir fried, these are pretty versatile, yet I rarely get past slicing and devouring them raw.

Nutrients: Cooked, 1 cup diced-- 35 calories, 4.1 g fiber, 8 g Carbohydrates, 34 mg Vitamin. C, 54 mg Calcium, 10.6 mg Magnesium, 48 mg Sodium, 291mg potassium

TURNIP SLAW

From *Gardeners' Community Cookbook*

1 lb. small turnips, peeled and grated	¼ t salt
½ lb. carrots, scrubbed and grated	¼ cup cider vinegar
½ bell pepper, seeded, very thinly sliced	Butterhead lettuce leaves (optional)
¾ cup very thinly sliced celery	2/3 cup crumbled Roquefort or other blue cheese
¼ cup finely chopped chives or scallions	

1. Combine the turnips, carrots, bell pepper, celery, chives, salt, vinegar and ¼ cup of water in a large bowl. Toss to mix and set aside to wilt slightly for 30 minutes.
2. Arrange the lettuce leaves if using, on individual plates or a serving platter. Toss the vegetables to mix again and mound on the lettuce leaves. Sprinkle the cheese over the top and serve.

Everything of Spring

SALAT TANGIERS

From *New Recipes from Moosewood Restaurant*

1½ cups dry couscous	Marinade
½ t salt	½ cup vegetable oil
pinch of saffron (optional)	4 T fresh lemon juice
1¼ cups boiling water	½ t salt
1 cup diced carrots	¼ t cinnamon
1 large pepper, diced	3 T orange juice (or apple cider)
1 cup cut green or wax beans	4 T chopped fresh parsley
1/3 cup finely chopped red onions	1 T fresh spearmint (1 t dried)
1/3 cup currants	pinch of cayenne
½ cup almonds	

1. Put the couscous, salt and saffron (if you're using it) in a large bowl and stir in the boiling water. Cover and let sit for 10 to 15 minutes, stirring occasionally to fluff.
2. Meanwhile, steam the carrots, green peppers and beans separately. As soon as each vegetable is barely tender, add it to the couscous. Stir in the red onions, currants and almonds.
3. Whisk together the marinade ingredients, leaving out the mint if you used saffron in the couscous. Toss the couscous and vegetable mixture with the marinade and chill for at least an hour to allow the flavors to marry.

SPRING ROLLS

From Katie: “ A good friend whose family is from Vietnam shared this recipe, and I’ve had it many times with many different veggies.”

Spring Roll Wraps (Rice papers)

Lettuce leaves

Thin rice noodles

Tofu, optional

Avocado

Cucumber

Mint leaves

Other veggies, in season

Wasabi, optional

Hoisin Sauce (Plum Sauce)

1. The Spring roll wraps, rice noodles and good plum sauce can usually only be bought at Asian markets, but I think that it is worth the trip. The wraps are very thin, plate sized sheets, usually made only of rice and water.
2. Cut the vegetables, placing each veggie in a bowl or small pile. These should be cut small, so they won’t puncture the spring rolls. It’s your choice if you’ll prepare all of these in advance, as for a party, or you can just set the table with all the ingredients for everyone to make their own spring rolls.
3. Dip one wrap at a time in a broad dish like a pie plate. After immersing each side, lay the wrap on a plate. Layer a lettuce leaf, then add a small amount of rice noodles, and a little of each of your veggies onto the wrap. Fold over so you have a half moon. Fold the top “corner” of your moon down over the mounded part of the wrap. Repeat, folding the bottom of the wrap up. Then roll the whole bundle so you have a tiny burrito. It takes a little practice to not tear these . . . it may help to pull the rib off the lettuce, or to try it without lettuce. Experiment!
4. Dip in hoisin sauce and perhaps a little wasabi and enjoy.

EARLY SUMMER

VARIETY, FLAVOR AND A NEW SHADE OF SKY

Beans

Beans are excellent for munching **raw**, briefly **steamed** and drizzled in butter or herb butter, **sautéed** in oil with a little cayenne or in a vegetable or tomato **soup**. Three bean **salads** are a classic as are potatoes fried with sausage and chopped beans.

Nutrients: Beans, snap, green, 1” lengths, 1 cup, 31 calories, 2 g protein, 4.1 g fiber, 6.8 g Carbohydrate, 680 IU Vitamin A, 1.38 mg Vitamin E, 15 mg vitamin C, 50 ug Folacin, 63 mg Calcium, 32.5 mg Magnesium, 1.19 mg Iron, .388 mg Zinc, 14 mg Sodium, 485 mg Potassium.

Beets

Considering the sugar content of beets, it is surprising that so many people have learned to hate them. Since many people have never had a beet fresh from the fields makes this understandable. And the taste sometimes evokes a rich earthy flavor, which is one of the reasons I love them so much.

Beets are excellent raw, especially if they are shredded or in tiny matchsticks. In cooked dishes, beets should be cut much smaller than other vegetables and added at the start of sautéés or soups, as they are slow to become tender. Beets add color and flavor the mélange of veggies in a borscht, or to many other soups. I sauté beets with a lid on the pan and serve mixed in with rice or turmeric rice. Beets are excellent roasted in the oven. They also make a good chocolate cake and a natural, temporary hair dye.

Nutrients: Beets, cooked, peeled, diced or sliced, 1 cup, 56 calories, 2.48 g protein, 4.75g fiber, 12 g carbohydrate, 30 IU Vitamin A, 98. Mg Vitamin C, 133 ug Folacin, .59 mg Niacin, 34 mg Calcium, 31.4 mg Magnesium, 73 mg Sodium, 530 mg Potassium

FRUITY BEETTY

From *The New Laurel's Cookbook*

4 beets	1 tsp. honey
3 oranges	2 T. currants
2 T. coconut	(1 tsp. vinegar)
juice of ½ lemon	pinch of salt
grated peel of ½ lemon	

1. Steam beets whole until tender, then peel. Grate on the ripple grater or slice in long, thin sticks.
2. Peel, seed, and cut up oranges. Place half the oranges in blender with coconut, honey, lemon juice, and peel, and blend 2 minutes.
3. Mix all ingredients, balancing the sweetness with the additional vinegar if needed. Chill for 2 hours at least.

ROASTED BEET SALAD

From *One United Harvest* "Make as little or as much as you want of this delicious salad."

beets	olive oil
lettuce	balsamic vinegar
orange sections	orange juice
goat cheese crumble (feta)	caramelized pecans (optional)

1. Wrap each beet in foil with a drizzle of olive oil. Bake at 350F degrees for about 45 minutes. Remove from oven, cool a bit and slip off skins.
2. Dice beets and arrange on lettuce with orange sections and goat cheese crumbles. Dress with a vinaigrette of olive oil, balsamic vinegar and orange juice. Sprinkle with caramelized pecans.

WHOLE BEET BORSCHT

From *The New Laurel's Kitchen*

1 small onion	1 stalk celery
1 clove garlic	one carrot
2 tsp. oil	½ small cabbage
2 T. flour	3 T. fresh dill
5 c. stock or water	1 ½ tsp. salt
1 bunch beets and greens (3 large or 6 small)	¼ tsp. pepper
1 potato	1 tsp. honey
	2 T. tomato paste or 2 fresh tomatoes

1. Chop onion and sauté with garlic clove in oil. Mash garlic clove when onion is translucent and browning. Stir in flour and cook gently for a minute. Add stock or water and bring to a boil.
2. Meantime, trim roots of beets, saving the good leaves and stems. Grate beets, potato, and carrot, or slice them thin. Slice celery thin. Add these and simmer 10 minutes while you shred the cabbage and chop the beet leaves and stems small.
3. Add these and dill, salt, pepper, honey and tomato to the vegetable mixture.
4. Simmer until all vegetables are tender. Top with yogurt or sour cream. Makes 10 cups.

SECRET CHOCOLATE CAKE

“Delicious plain, frosted, or served in bowls with applesauce. They’ll never know the secret ingredient unless you tell them.”

From *Simply in Season*

2 C. beets (cooked, peeled, and chopped)
 ½ C. applesauce
Puree in blender until smooth. Set aside.

1 ½ C. sugar
 ½ C. oil
 ½ C. plain yogurt
 3 eggs
Combine in a large mixing bowl.

½ C. baking cocoa

1 ½ tsp. vanilla

Add along with pureed beets; beat another 90 seconds.

1 ½ C. flour

1 C. whole-wheat flour

1 ½ tsp. baking soda

½ tsp. salt

1 tsp. cinnamon (optional)

Gradually sift into the batter, mixing it in with a spoon but stirring only until blended.

½ C. chocolate chips and/or nuts (chopped)

Stir in. Pour into greased 9 X 13- inch baking pan. Bake in preheated oven at 350F until knife inserted in center comes out clean, 40-50 minutes. To bake in a bundt pan, pour half of batter into the greased pan, sprinkle chocolate chips evenly on top, then add remaining batter.

Broccoli

As a small child, I would get so excited and plead for broccoli at the grocery store, like other kids whining for candy. Of course, my mom was more than happy to oblige. Broccoli is great for munching raw and also can be the base for an excellent stir-fry, a salad of crunchy vegetable chunks as would be cooked in a stir-fry, but instead just eaten fresh in their marinade. Lightly steamed broccoli is a great side dish, with a little salt or some grated cheese. Broccoli will add to any stir-fry and many Asian dishes. Cream of broccoli or broccoli cheese soup is a classic, but it is a nice addition to other soups, as well.

Store broccoli in a bag in the fridge, it's storage time varies greatly with the ripeness and health of the plant. I also steam and mash broccoli to freeze as a great winter soup base. You can freeze blanched florets, too, but they are more prone to freezer burn than the mashed stuff, because you cannot exclude air as well.

Nutrients: Broccoli, cooked, 1 cup, 4.8 g Protein, 9.39 g. Fiber, 4.75 g Carbohydrates, .5 g Fat, 3880 IU Vitamin A, .5 mg Vitamin E, 140 mg Vitamin C, 1.2 mg Niacin, 132 mg Calcium, 26.3 mg Magnesium, 1.37 mg Iron, .4 mg Zinc, 27 mg Sodium, 324 mg Potassium

COCONUT-BROCCOLI SOUP

From Katie

1 head broccoli, cut into small florets
1 can coconut milk
1 t curry
1 t coriander
½ t turmeric

1 t paprika
cayenne to taste
salt to taste
1 T lime juice

1. Add broccoli to boiling water and cook briefly, about 3 minutes.
2. Turn off heat and add coconut milk, spices and lime juice. Enjoy.

Cabbage

There's a lot of food in a head of cabbage, fortunately there are also a million ways to cook it. Cabbage stir-fried or sautéed with potatoes, sauerkraut with sausage, coleslaw, sliced raw in salads, cabbage soup, pigs in a blanket and other stuffed cabbage dishes are only the tip of the diversity.

Store in a bag in the refrigerator, in a root cellar or even in a barrel buried in the yard and covered with a bale of straw. They have even been stored in giant outdoor piles. The winter after our first season farming, we "stored" one variety just by not harvesting them, then went out on warmer winter days in December and January and cut perfectly healthy heads of cabbage!

Nutrients: Cooked, shredded, 1 cup, 26 calories, 2.03 g Protein, 4.06 g Fiber, 4.76 g Carbohydrate, 247 IU Vitamin A, 48 mg Vitamin C, 62 mg Calcium, 10.4 mg Magnesium, 16 mg Sodium, 234 mg Potassium.

SAUERKRAUT

From Katie

2+ heads of cabbage

1 – 1½ T sea salt per head of cabbage

cabbage grater, food processor with slicing blade, or cheese grater

sauerkraut crock or 2-3 gallon bucket & a plate just smaller than the diameter of the bucket

weight (2 liter container of water works)

1. Grate one cabbage and put in crock or bucket, then sprinkle with 1 – 1½ T sea salt. Repeat grating and salting until all cabbage is grated or your crock is almost full.
2. Stir the cabbage together with the salt briskly to start breaking the cell walls of the cabbage so it will release its juices.
3. Put the top of the crock or the plate in the bucket. Put a weight on top and press a little until juices well up onto the lid or plate.
4. Check on the kraut every couple of days and skim foam from the top of the plate. Foam means that the process is working.

5. Allow the kraut to ferment for about 2 weeks and then can or freeze it.
6. Occasionally, you will get a little mold, as well. This should be skimmed away and the kraut should be canned or frozen as its fermentation process has probably slowed down. I also scrape away a layer of the sauerkraut if I had any mold, but a ¼ inch down or so it always looks great and smells good.

BUBBLE AND SQUEAK

From *The New Laurel's* cookbook, "Traditionally, Bubble and Squeak is a thick pancake of mashed potato and cooked cabbage fried in lots of fat. The fat bubbles, the cabbage squeaks. Here is a stir fry version."

- 1 medium cabbage (about 7 – 8 cups)
- 3 leeks or 2 onions
- 1 tablespoon oil
- 1 or 2 cloves garlic
- 4 large potatoes, cut into ½ inch pieces and steamed or boiled
- 1 apple, cut (optional)
- 2 T shoyu, tamari or soy sauce (or salt to taste)
- 1 T cider vinegar

1. Cut the cabbage in strips. Quarter leeks and slice in ½ inch pieces, or chop onion.
2. Stir fry the cabbage and leeks/onions over medium-high heat for 3 or 4 minutes. Add garlic. Cover and reduce heat to low until cabbage is crispy-tender, about 5 minutes.
3. Add the potato and stir another minute or so until warmed through.

CABBAGE AND POTATO GRATIN WITH SAGE

From *Local Flavors*

- | | |
|------------------------------------|---------------------------------------|
| 1 lb. potatoes | 1 garlic clove, chopped |
| 1½ lb. savoy or green cabbage | 1 1/3 cups milk |
| sea salt | 3 eggs |
| black pepper | ½ cup grated Parmesan or other cheese |
| 4 T butter | 1/3 cup flour |
| 3 T chopped fresh sage (1 T dried) | |

1. Preheat oven to 350 F. Lightly butter an 8x12 inch pan.
2. Boil water while you prep the vegetables. Slice the potatoes ¼ inch thick; slice the cabbage into 1-inch ribbons.
3. Add 1 T. salt to the water, add the potatoes and boil until nearly tender, about 6 minutes. Scoop them into a colander, then add the cabbage to the pot and cook for 5 minutes. The water may not return to a boil. Drain. Rinse under cool water, then twist in a kitchen towel to remove the excess moisture. Get them as dry as you can. Combine the cabbage and potatoes in a bowl.

4. Melt the butter in a small skillet with the sage and garlic. Cook for about 1 minute without letting the garlic brown. Pour it over the cabbage and potatoes. Toss well, taste for salt and season with pepper. Transfer to a baking dish.
5. Whisk the remaining ingredients together, pour them over the vegetables and bake until firm and lightly browned, about 50 minutes. Let cool for at least 10 minutes, then cut into pieces and serve.

HAM AND CABBAGE

“An easy fall/winter, one pot meal!”

1 smoked daisy roll ham (pork shoulder butt, approx. 2lbs.)	1 large cabbage
2 bay leaves	6 large potatoes
1 large onion, peeled and quartered	½ tsp. freshly ground pepper
2 cups carrots	golden mustard of your choice
	3 T. organic butter

1. Place the ham in to a stockpot (at least 8 quarts). Cover the ham with water. Add bay leaves, onion and one carrot. Bring to a boil, reduce heat to a simmer. Simmer covered for 1-1/2 hours.
2. Meanwhile, prepare the vegetables. Quarter the cabbage, removing the core, cut each quarter into chunks. Cut the potatoes and carrots into 2 inch chunks.
3. Remove ham and bay leaves from the pot. Wrap ham in foil to keep warm. Add the vegetables and black pepper. Simmer covered until the vegetables are tender.
4. Serve vegetables in a large soup bowl. Put a pat of butter on top of the vegetables. Slice ham and serve with golden mustard.

STUFFED CABBAGE, ORIENTAL STYLE

From Nourishing Traditions

1 large cabbage	¼ tsp. red chile flakes
2 lbs. ground turkey	1 bunch cilantro, minced
2 T extra virgin olive oil	sea salt
1 cup brown rice	black pepper
2 bunches green onions, finely chopped	4 cups chicken or turkey stock
2 T sesame oil	2 T arrowroot powder mixed with 2 T
1 T freshly grated ginger	filtered water
2 T tamari, shoyu or soy sauce	

1. Remove the core from cabbage and set, core side down in a large pot with about 2 inches of water. Cover and steam about 15 minutes. Remove wilted outer leaves and steam a bit longer, if necessary, to soften inner leaves. Strew leaves in a tea towel and set aside.

2. In a heavy skillet, brown turkey in olive oil until crumbly. Stir in green onions, rice, sesame oil, ginger, tamari, red chile flakes and cilantro. Season to taste.
3. Place a spoonful of stuffing in each cabbage leaf, fold in sides and roll up. Arrange in several layers in a flameproof casserole and cover with stock. Bring to a boil and transfer to the oven. Bake at 300 F for one hour.
4. Use tongs to remove cabbage rolls to a platter and keep warm in the oven. Return the casserole and its liquid to the stove. Bring to a boil and cook vigorously about 15 minutes, stirring occasionally, until stock has reduced. Add arrowroot mixture, spoonful by spoonful, until desired thickness is obtained.
5. To serve, ladle sauce onto individual plates and place two or three cabbage rolls on top.

SWEET AND SOUR RED CABBAGE

From New Recipes from Moosewood Restaurant

2 T butter or vegetable oil	1 T fresh dill (1 t dried)
$\frac{3}{4}$ cup chopped onions	1 t whole fennel seeds
6 cups thinly sliced red cabbage	$\frac{1}{4}$ cup raisins
$\frac{3}{4}$ cup apple juice or cider	3 T cider vinegar
$\frac{1}{2}$ t salt	1 T honey (optional)
black pepper to taste	

1. Sauté the onions in the oil or butter until lightly browned. Add the cabbage and continue to sauté for 5 to 10 minutes. Then add the rest of the ingredients except the honey. Cook on low heat, covered, for about 30 minutes, stirring occasionally. The cabbage will be greatly reduced in volume. Cabbage and onions are sweeter the longer they simmer, so taste first and then add more vinegar and honey if needed.

Carrots

Fresh, raw carrots are such a crunchy treat and grated they form the basis for one of my favorite salads. Stir-fries, soups, casseroles, juice, the list goes on and on. I grate carrots into quesadillas or on top of pizza under grated cheese and the carrots almost transform into cheese. I make long strings of carrot with a vegetable peeler and make a bed on which I put pasta and pasta sauce. Carrot cakes and breads round out the diversity of flavors.

To store carrots, cut off the tops and put them in a sealed container or bag in the refrigerator. For long term storage, keep in a root cellar, ideally in boxes of clean, moist sand. If possible, segregate carrots from apples and from onions for winter storage. Or leave carrots in the garden and harvest as soon as the frost goes out in the spring—they will be the sweetest carrots you've ever tasted.

Nutrients: Raw, 1 cup grated, 38 Calories, 1.02 g Protein, 8.8 g Carbohydrates, 12,100 IU Vitamin A, 9 mg Vitamin C, 47 mg Calcium, 20.4 mg Magnesium, 52 mg Sodium, 353 mg Potassium

CARROT SALAD

From Anna- "My traditional potluck salad."

One bunch of carrots grated (4 Cups)	Toss ingredients together, let the salad sit
Juice from one or two lime(s)	for at least 20 minutes for juices to meld.
A handful of raisins	
A pinch or two of salt	

CARROT TOP SOUP

From *Local Flavors*

1 bunch carrots, tops and roots	2 T chopped dill, parsley, celery leaves
2 T butter	or lovage
3 T uncooked white rice (or ½ cup	sea salt
cooked brown rice)	black pepper
2 large leeks, white parts only	6 cups vegetable stock
2 thyme or lemon thyme sprigs	

1. Pull or pluck the lacy leaves of the carrot greens off their stems. You should have between 2 and 3 cups, loosely packed. Wash, then chop finely. Grate the carrots, or for a more refined looking soup, finely chop them.
2. Melt the butter in a soup pot. Add the carrot tops and carrots, rice, leeks, thyme and dill or other herbs. Cook for several minutes, turning everything a few times, then season with 1½ t salt and add the stock. Bring to a boil and simmer until the rice is cooked, 16 to 18 minutes (or cook for 15 minutes then add cooked rice.)
3. Taste for salt, season with pepper and serve.

CARROT COOKIES

From *Simply in Season* You may want to make a double batch they disappear quickly! Anna

1 C. butter softened
¾ C. sugar

Beat together with electric mixer in medium bowl

1 ½ C. raw carrot
1 egg beaten
½ tsp. vanilla

Add and mix well.

2 C. flour
2 tsp. baking powder
½ tsp. salt

Sift together into the bowl and stir together. Drop by teaspoons on ungreased baking sheets. Bake in preheated oven at 375F for 10 minutes.

CARROT AND ZUCCHINI CASSEROLE

From *Too Many Tomatoes* by Lois M Burrows and Laura G. Meyers

6 carrots
6 small zucchini
Slice into thin rounds.

3 T. butter, 1 clove garlic peeled
1 yellow onion, chopped
1 tsp. salt
1/8 tsp. pepper
¾ tsp. dried thyme
¼ cup water

Sauté garlic in large skillet until brown, then discard garlic. Add onion and sauté 5 minutes. Season, add water, carrots and zucchini, stir, cover and simmer gently 10 to 15 minutes. (If you don't like your zucchini mushy you can add it in for the last 5 minutes or cut thicker slices).

¼ to ½ cup grated Parmesan cheese.
Chopped fresh parsley
Sprinkle with cheese. Garnish with parsley.

Chinese Cabbage

CHINESE COLESLAW

From *One United Harvest*

½ lb. or more of shredded cabbage
1 pkg. chicken ramen noodles
(or chow mien)

3 T. sesame seeds, toasted
4 green onions, sliced
¼ lb. silvered almonds, toasted

To toast almonds and seeds, put on cookie sheet in oven for a few minutes or toast on stove in a skillet on medium heat and watch, stirring often; let them cool before using in slaw. In a large bowl, combine cabbage and green onions.

Dressing

¼ c. cider vinegar
2 T. sugar
½ c. vegetable oil

2 tsp. salt
1 tsp. pepper

packet from ramen noodle (optional)- add your own seasoning creation.

Mix dressing together and pour over cabbage and green onions. Add crushed noodles, toasted almonds and sesame seeds just before serving.

NAPA CABBAGE SALAD WITH PEANUTS & CILANTRO

From Local Flavors

½ cup skinned raw peanuts
1 t peanut oil
1 large carrot
4 cups thinly sliced Chinese cabbage
2 cups slivered lettuce leaves
3 thin scallions, sliced diagonally
¼ cup chopped cilantro

2 T torn basil leaves, preferably Thai basil

Dressing

½ jalapeño pepper, finely diced
¼ cup rice vinegar
1 t sugar
¼ t sea salt
¼ cup roasted peanut oil

1. Heat the peanuts in the oil over medium-low heat, shaking the pan occasionally, until lightly browned after a few minutes. Blot with paper towels and set aside.
2. Peel the carrot with a vegetable peeler, and discard the skins if tough. Then, with the vegetable peeler, continue removing long strips of the carrot until you've reached the core.
3. Combine the cabbage, lettuce and carrot with everything except the nuts and dressing. Whisk the dressing ingredients together and toss with the greens. Add the peanuts just before serving.

Cucumbers

We love cucumbers. They are a refreshing garden treat just when the summer sun really starts to bake you. The following recipes will cool and rejuvenate you on the hottest summer afternoon.

Nutrients: Raw, unprepared, 6 slices from large cucumber, 3 calories, .69 g Carbohydrate, 57.7 IU Vitamin A, 1.96 mg Vitamin C, 5.02 mg Calcium, 2.1 mg Magnesium, .227 mg Iron, 1.5 mg Sodium, 30.7 mg Potassium

MINTED MIDDLE EASTERN CUCUMBER SALAD

From Anna, "I love Middle Eastern cuisine. After making salads for a restaurant I especially appreciate this recipe made with fresh cucumbers."

4 large cucumbers, peeled, seeded, and cut crosswise into ½ inch slices
2 tablespoons white wine vinegar
Coarse salt
1 c. yogurt
½ tsp. ground cumin
1 large clove garlic, mashed

2 T. olive oil
3 T. finely minced scallions
4 T. finely minced mint leaves
¼ tsp. turmeric
black pepper

1. Place cucumber slices in a colander. Sprinkle with 1 T. vinegar and larger sprinkling of salt. Let drain 45 minutes.
2. Meanwhile, combine yogurt, olive oil, remaining vinegar, scallions, and mint. Add cumin, turmeric, and garlic and season with salt and pepper. Whisk until well blended.
3. Dry cucumber slices thoroughly on paper towels and place in a bowl. Pour the dressing over them and toss gently. Chill the salad for 2 hours.

WILD CHILD DILL PICKLES

From *Gardeners' Community Cookbook*

12 large pickling cucumbers, ~3 lbs.
6 – 8 sprigs of fresh dill
1 clove garlic
1 dried red chili pepper

4 grape leaves (optional, to replace alum for crisp, crunchy pickles)
2 cups distilled white vinegar
¼ cup pickling salt

1. Prepare 2 quart jars and lids for canning by boiling for 5 minutes.
2. Divide and tightly pack the cucumbers upright in the jars. Add equal amounts of dill, garlic, chili pepper and grape leaves, if using, to each jar. Set aside.
3. Combine 6 cups of water, the vinegar and salt in a non-reactive saucepan. Bring to a boil, stir to dissolve the salt and pour over the cucumbers. Seal and process in a hot-water bath for 15 minutes. Or cool completely, cap the jar and store in the refrigerator. Let stand for 2 weeks before using. Will keep for up to 6 months in the refrigerator, 1 year if processed.

Summer Squash & Zucchini

Summer Squash and Zucchini can be wildly abundant. Fortunately, they are easy to cook and very versatile. I like them cut up raw with other raw veggies and a salad dressing, kids like sliced raw rounds or matchsticks with peanut butter. Summer squash are great baked with any of a number of fillings

Nutrients: Cooked, 1 cup-- 29 calories, 1.9g Protein, 5.8 g Fiber, 6.5 g Carbs., 820 IU Vitamin A, 21 mg Vitamin C, 53 mg Calcium, 33.6 mg Magnesium, 5mg sodium, 296 mg Potassium

CURRIED ZUCCHINI SOUP

From Gardeners' Community Cookbook

2 T butter	½ t salt
2 lbs. zucchini, coarsely chopped	1 t white pepper (or black pepper)
1 medium onion	4 cups chicken broth
2 cloves garlic	½ cup milk
1 t curry powder	

1. Melt the butter in a large, heavy soup pot. Stir in the zucchini, onion and garlic and sauté until the vegetables are soft, about 10 minutes. Stir in the curry powder, salt, pepper and 2 cups of the broth. Remove from the heat and cool enough to handle.
2. Puree the mixture in a food processor or through a food mill and return to the pot. Stir in the remaining 2 cups of the broth. Reheat over medium heat without boiling, then serve.

GREEK STUFFED ZUCCHINI

From The New Laurel's Kitchen

10 six inch zucchini or 2 – 3 large ones	black pepper
1½ cups chopped onion	3 T olive oil
2 cups chopped celery	1 cup chopped parsley
½ cup raw brown rice	1 cup bread crumbs
1 cup boiling water	3 small lemons
1 t salt	2 eggs, separated

1. Hollow out the zucchini. Make cylinders with an apple corer, or slice in half lengthwise and scoop out the insides to make little boats. In either case, you will need a pan large enough to arrange them side by side for baking.

2. Chop all the veggies very small. Chop insides of zucchini but keep separate. Cook rice with water, onion, celery, salt, pepper and oil for 25 minutes. Add chopped zucchini and cook 5 minutes more. Add parsley, bread crumbs, juice from 2 of the lemons and slightly beaten whites of the eggs.
3. Preheat oven to 350. Put the filling into the scooped-out zucchini shells. Arrange zucchini in a baking dish. If there is extra filling spread it over and around the zucchini. Cover and bake for about 40 minutes.
4. Beat the egg yolks with remaining lemon juice. Spoon out some of the juices from the baking dish. Add slowly into egg yolk-lemon mixture, stirring briskly. Pour this sauce over the zucchinis and bake another 5 minutes.

Zucchini freezes well! I grated and froze it last summer in quantities just over what's needed for a bread recipe. Last winter, I would thaw it, squeeze out the excess juice and make breads. Freezing and squeezing the zucchini makes for a lighter bread.

FETTUCCHINE ALFREDO WITH ROASTED VEGETABLES

From The Roasted Vegetable

2 zucchini, cut into matchsticks	Salt
1 summer squash, cut into matchsticks	Black pepper
1 yellow bell pepper, cut into matchsticks	1 lb. dry fettuccine (1¼ lb. fresh)
½ lb. green beans, cut to 1½-inch pieces	1 cup freshly grated Parmesan cheese
1 shallot, sliced	1 garlic clove, minced
3 T olive oil	1½ cups half-and-half
	10 fresh basil leaves, for garnish

1. Preheat oven to 425 F. Lightly oil a large shallow roasting or half sheet pan.
2. In a large bowl, combine the zucchini, summer squash, bell pepper, green beans and shallot. Toss to mix well. Arrange in a single layer in the pan.
3. Roast for 20 to 30 minutes, until the vegetables are lightly browned and tender, stirring once or twice for even cooking.
4. Meanwhile, cook the pasta in plenty of boiling salted water until al dente. Drain well.
5. Transfer the pasta to a large serving bowl and toss with the cheese and garlic. Add the half-and-half and toss again. Add the vegetables and toss to mix. Taste and adjust the seasonings, adding more salt and pepper as needed. Garnish with the basil and serve at once.

ZEPHYR ZUCCHINI WITH BASIL AND CHEESE

From Local Flavors

1 lb. zucchini or summer squash
 sea salt
 black pepper

¼ cup pine nuts or walnuts
olive oil
Freshly grated Parmeggiano-Reggiano or other cheese
10 or more large basil leaves, preferably purple

1. Slice the squash in half lengthwise, then steam or simmer in salted water until tender. Meanwhile, toast the pine nuts in a dry skillet over medium heat until golden.
2. When the squash is done, arrange it on a platter, cut side up. Drizzle olive oil over and season with salt and pepper. Grate a veil of cheese over it, add the pine nuts and basil and serve.

ZUCCHINI/SUMMER SQUASH FRITTERS

From *Burpee's Cookbook*

3 zucchini or summer squash, shredded	2 large eggs, lightly beaten
salt	¼ cup flour
2 T butter	black pepper
½ cup minced green onions or 1 medium onion, chopped	oil for frying

1. Place shredded zucchini in colander. Sprinkle lightly with salt and drain for 30 minutes. With a wooden spoon press as much liquid as you can from the zucchini. Set aside.
2. In a small skillet, melt the butter. Add the onion and sauté over medium heat until soft but not browned. Combine zucchini, onions, eggs and flour in a large mixing bowl and mix until well blended. Season to taste with salt and pepper.
3. Heat oil in a heavy skillet over medium to medium-high heat. When hot, add the zucchini mixture by heaping tablespoonfuls to the oil without crowding the skillet. Flatten out a bit with the back of a spoon. Cook for about 1 minute on each side or until nicely browned.
4. Transfer to paper towels to drain. Serve at once.

ZUCCHINI BLONDIES

From *One United Harvest*

1 cup flour	1/3 cup butter
1 t baking powder	1 t vanilla
1 t baking soda	1 cup shredded and squeezed zucchini
½ t salt	½ cup chocolate chips
1¼ cup brown sugar	½ cup coarsely chopped walnuts

Lightly grease a square 8 X 8 baking pan. In a bowl, mix the flour, baking powder, baking soda and salt. In another bowl, mash together brown sugar and butter until light and fluffy. Beat eggs and vanilla into the sugar mixture. Gradually combine flour mixture with sugar mixture. Then stir in zucchini, chocolate chips and walnuts. Pour batter into the pan. Bake at 350 degrees for about 30 to 40 minutes. After 25 minutes if the top is browned, cover loosely with tin foil, and continue to bake until done. Cool, cut and enjoy!

Everything of Early Summer

PICKLED ANYTHING

From Gardeners' Community Cookbook

2 pounds cucumbers, asparagus, green beans, zucchini, yellow squash, green tomato slices or okra

4 small chili peppers

1 quart distilled white vinegar

4 cloves garlic

½ cup pickling salt

4 sprigs fresh dill

1. Prepare 4 pint jars and lids for canning by boiling them in water for 5 minutes.
2. Pack your vegetables into the jars. Place 1 pepper, 1 clove garlic, and 1 dill sprig in each jar.
3. Boil together the vinegar, 1 cup of water and salt in a nonreactive saucepan for 10 minutes, then pour over the okra. Seal and process in a hot-water bath for 15 minutes. Or cool, cap and store in the refrigerator. Let stand for 1 week before using. Will keep for up to 6 months in the refrigerator or 1 year if processed.

SUMMER

SOLANACE & THE ABUNDANCE OF THE SUN

Eggplant

One of the most beautiful plants in the garden- the eggplants themselves are amazingly large, hanging orbs and have an ancient and majestic aura to them. But what can you do

with this bland and sometimes slimy and distasteful vegetable? A heat lover, the eggplant is grown in Arab countries and from there we get some great recipes. Cooking tips: Do cook, cooking eliminates a toxic substance called solanine. To sauté: Try dipping slices or chunks in flour or eggs and breadcrumbs before sautéing. Sauté in hot oil until light brown. Season with herbs, garlic, grated cheese, etc.

Nutrients: Cooked, 1 cup diced-- 38 calories, 2 g protein, 4.5 g fiber, 8.2 g carbs., 20 IU Vitamin A, 6 mg Vitamin C, 22 mg Calcium, 24.6 mg Magnesium, 1.08 mg Iron, .5 mg Zinc, 2 mg Sodium, 496 mg Potassium.

BABA GANOUGH: AN EGGPLANT DIP

From Anna: You can bake, grill or roast the eggplant, but grilling or roasting over hot coals will make for the best flavor. 40 minutes to prepare.

a little oil, for the baking sheet	1 medium (7 inch) eggplant
2 medium cloves garlic, minced	¼ cup fresh lemon juice
¼ cup tahini	black pepper and cayenne, to taste
olive oil and minced parsley (for garnish)	½ tsp. salt

1. Preheat oven to 350 F. Lightly oil a baking sheet. Slice eggplant in half lengthwise, and place face-down on the baking sheet. Bake for 30 minutes or until very tender. Cool until it's comfortable to handle.
2. Scoop out the eggplant pulp, and discard the skin. Place the pulp in a food processor or blender, and add the garlic, lemon juice, tahini, and salt. Puree until smooth. (An alternative is to mash by hand, leaving the eggplant a little chunky.)
3. Transfer to an attractive serving dish, cover tightly, and chill. Drizzle with olive oil and sprinkle with minced parsley just before serving with crackers or toasted pita bread.

GINGER SESAME EGGPLANT

1 medium eggplant	¼ tsp. hot sauce
olive oil	1 T. rice or wine vinegar
1 garlic clove, finely chopped	½ tsp. sugar
1 T. peeled, grated ginger	½ tsp. soy sauce
1 T. sesame seed oil	2 T. chopped cilantro

1. Coat 1 medium eggplant with olive oil and roast at 400 degrees until soft. Allow to cool, then peel, pull apart into 1/2 inch pieces and mix with any juices that have accumulated.
2. Combine garlic, ginger and sesame oil. Sauté together until translucent. Toss with eggplant chunks and season with hot sauce, rice vinegar, sugar, soy sauce and cilantro.

JAPANESE BRAISED EGGPLANT

From New Recipes from Moosewood Restaurant

2 medium eggplants	1 t ground coriander seeds
½ cup dry sherry	1 green pepper, diced
1/3 cup tamari or soy sauce	4 cups sliced mushrooms (1 lb.)
1 T molasses	3 T tomato paste
¼ cup vegetable oil	salt to taste
8 oz. tempeh, cubed	brown rice
2 ½ cups chopped onions	chopped scallions
2 t ground fennel seeds	toasted sesame seeds
¼ t cayenne	

1. Preheat oven to 350 F.
2. Leaving the stems on, cut the eggplants in half lengthwise. Mix together the sherry, soy sauce and molasses. Oil a baking pan, pour the sherry mixture into the pan, place the eggplant halves, cut side down, and cover it tightly and bake at 350F for 45 minutes, until tender.
3. Brown the cubed tempeh, ½ cup of the onions and 1 t of the fennel in oil for 20 minutes, stirring frequently to avoid burning. Turn off heat and add ¼ t cayenne.
4. In a separate pan, sauté the remaining 2 cups onions, the coriander and the remaining teaspoon of the fennel until the onions are translucent. Add the pepper and the mushrooms and sauté another 15 to 20 minutes, until tender.
5. With a slotted spoon, lift the tempeh and onions from the oil and stir them into the sautéed vegetables. Stir in the tomato paste and 2 T of the braising liquid from the eggplant baking pan. Salt the filling to taste.
6. Turn the eggplant halves over in the baking pan. With a fork or spoon, carefully mash the pulp a little and then push into the sides, making a hollow in each half and taking care not to break the skins. Fill each hollow with one-fourth of the filling. Cover the pan tightly and bake at 350 F for 20 minutes, until piping hot.
7. Serve on a bed of rice, pour some juice from the pan over the eggplant and sprinkle with chopped scallions and toasted sesame seeds.

Melons & Watermelons

You know how to enjoy these. Store melons in the fridge or in a cool spot until you cut them.

Nutrients: **Fresh, slice 1" thick and 10" diameter** has 152 calories, 2.97 g of protein, 9.6 g fiber, 1762 IU Vitamin A, 46.5 mg Vitamin C, 38 mg Calcium, 52 mg Magnesium, 10mg Sodium, 560 mg potassium.

SPICY MELON SALSA

From Margie Kuhn

2 cups watermelon chunks
2 cups cantaloupe chunks

Juice from ½ a lime (or lemon)
1 jalapeño pepper, chopped finely

1. Mix all ingredients.
2. Let sit for ½ hour before serving.

Notes:

- a) Feel free to adjust amount of jalapeno pepper up or down to suit taste;
- b) Can substitute canned jalapeno peppers;
- c) Can substitute and/or add honey-dew melon.
- d) Can add some fresh cilantro.

Onions

I have a hard time cooking anything without onion as a base. Heat up the oil, throw in a chopped onion and smell the juices released as it sizzles. Onions are classic for creating flavor. Red onions are great marinated in limejuice, rinsed and eaten raw on sandwiches and in salads. The sweet Walla Walla variety can also be eaten raw.

Nutrients: Cooked 1 cup sliced, 60 Calories, 3 g protein, 2.8 g fiber, 12.2 g Carbs., 35 IU Vit. A, 15 mg Vit. C, 50 mg Calcium, 10.5 mg Magnesium, 15 mg Sodium, 231 mg potassium

FRENCH ONION SOUP

From Too Many Tomatoes by Lois M. Burrows and Laura G. Myers “There should be no shortcuts on the croutons! Good croutons are trouble, but worth the effort.”

8 Medium onions, chopped
4 T. butter
2 T. flour
2 Cups water
2 Cups beef or vegetable broth
1 tsp. salt

½ tsp. pepper, freshly ground, to taste
4 French rolls, or 12 slices French bread
2 cloves garlic, crushed
4 Cups grated Swiss cheese
6 tablespoons port wine (or cooking wine or almost any wine around will do)

1. Cook onions gently in butter until blond. Add flour. Cook, stirring, until golden and sizzling.

2. Pour in 2 cups water. Bring to a boil and stir. Add broth and seasonings. Boil 10 minutes.
3. Trim crusts, slice bread, and then quarter each slice. Brown each side under broiler.
4. Rub croutons with garlic.
5. Pour hot soup into 6 ovenproof bowls. Top with croutons. Cover with cheese. Broil until cheese melts.
6. Lift crust of soup, and pour 1 T. port into each bowl.

CUCUMBER - ONION SALAD

From Margie Kuhn

½ red onion – sliced thin
2 cucumbers – sliced thin

Dressing:

1 Tablespoon balsamic vinegar
¼ teaspoon salt
1 teaspoon sugar
2 teaspoon Dijon mustard
¼ cup olive oil

1. Mix dressing ingredients
2. Pour over onion and cucumber slices; mix.
3. Let rest for at least ½ hour before serving.

Peppers

Freezing Peppers

Every year, I freeze peppers and use them in any cooked dish. I dice most for stir fries and julienne others to sauté for fajitas. Then, I put them on a flat dish like a cookie tray or cake pan and set them in the freezer for about a half hour to pre-freeze. When they are no longer wet or damp to the touch, I quickly fill up freezer baggies and stack them in the freezer. This is one of my favorite ingredients in the winter, and it's the easiest 10 minute meal to throw together a few frozen veggies for a quick sauté. This year, I experimented with dehydrating the peppers before freezing them, but I won't try them for a month or so.

Nutrients: Sweet, green raw, 1 average size-- 14.8 calories, 1.04 g fiber, 2.59 g carbohydrate, 306 IU Vitamin A, 94.7 mg Vitamin C, 6.9 mg Calcium, 13 mg Magnesium, 8.88 mg Sodium, 148 mg Potassium

BALKAN GRILLED PEPPER SALAD

From *The New Moosewood Cookbook*

4 T olive oil
1 – 2 T red wine vinegar
1 clove garlic, peeled and mashed
Salt
Black pepper
1 small red onion

2 large green peppers and 2 large red peppers
10 ripe cherry tomatoes, halved
10 olives, oil-cured, Greek or kalamata
1 T fresh oregano leaves
2/3 cup feta cheese, for garnish

1. Roast the peppers directly over a medium-high flame on a gas stove or just over the coals on a grill until the skins are blacked. To peel, run peppers under cold water and remove skin. Then, core and cut the peppers into ½ inch wide strips.
2. In a serving bowl, combine the oil, vinegar, garlic, salt, and pepper. Add onion, tomatoes, olives, and oregano leaves. Toss well. Cover and marinate peppers for 2 hours at room temperature.
3. Just before serving, taste and correct the seasoning and transfer to a shallow serving dish. Sprinkle with feta and serve with a crusty loaf of bread.

LIME FAJITAS

From Katie

1 lb. steak, beef or venison
1 t paprika
1 t cumin
½ t coriander
¼ - ½ cup lime juice
2 T tamari, soy sauce or salt to taste
2 T olive oil
2 onions, cut in long strips

5 peppers, cut in long strips
1 hot pepper, minced or a dash cayenne
1 T chopped fresh basil
½ t paprika
1 T tamari
grated cheese
~3 small corn tortillas per person

1. Cut the steak into long thin strips and brown in a heavy pan over medium-high heat. When the meat is almost cooked but not quite finished sprinkle the first group of spices over the pan and pour in the limejuice and tamari. Let the meat cook until the juices are almost cooked away, about 2 minutes.
2. Meanwhile, prepare the onions and peppers.
3. Remove the meat to a large bowl and immediately pour your oil into the still-hot pan from the meat. Add the onions when the oil is hot, about 30 seconds after you pour it in and cook for about 3 minutes. Add the peppers, spices and tamari and cook another 2 – 3 minutes.
4. Heat the tortillas over the flame of a gas stove or in a pan with a little oil.

5. Bring the meat, veggies, tortillas and cheese to the table for everyone to make their own fajitas.

PASTA WITH RED BELL PEPPER SAUCE

From *Gardeners' Community Cookbook*

2 T olive oil	¼ t black pepper
1 large onion	1 T chopped fresh basil leaves
2 garlic cloves	1 T chopped fresh oregano leaves or 1 t dried oregano
8 red (or other) peppers, finely chopped (~4 lb.)	½ cup white wine or water
½ t sugar	¾ lb. spaghetti or other pasta, cooked and drained
1 t salt	

1. Heat the oil in a large sauté pan. Add the onions and garlic and sauté over medium heat until softened, 8 to 10 minutes.
2. Add the bell peppers, sugar, salt and pepper and stir to mix. Cook over medium heat until the peppers are soft, about 10 minutes. Stir in the basil and oregano and continue cooking 1 minute more, until the herbs are wilted. Remove and cool enough to handle.
3. Puree the mixture in a food processor until as smooth as possible. Return to the pan and stir in enough wine or water, up to ½ cup, to thin the mixture to a saucy rather than paste consistency. Reheat over low heat, pour over the pasta and serve right away.

Potatoes

Potatoes have been a constant in many “American” diets- from French fries at fast food places to mashed potatoes at Thanksgiving dinners. We use potatoes to describe the texture and/or how to use many of our other vegetables. We grow a juicy early red variety, a big baking variety, an all blue type, and several others. Our potato-harvesting day is a fun CSA event for children as they dig through to dirt in search of edible treasures.

Nutrients: Peeled after boiling, 2.5” in diameter-- 105 calories, 2.9 g protein, 3.9 g fiber, 23 g carbs., 1 IU Vitamin A, 22 mg Vitamin C, 10 mg Calcium, 19.3 mg Magnesium, 4 mg Sodium, 556 mg potassium.

POTATO SKINS

From *Nourishing Traditions*

Skins from baked potatoes
2 T melted butter

1 cup grated cheese
1 bunch green onions

Optional garnishes: Sour cream, piima cream, or crème fraiche; crumbled bacon; guacamole, etc.

1. Bake potatoes and scoop out and use for other dishes, such as mashed potatoes.
2. Brush potato skins with butter, inside and out and bake at 350 F for about ½ hour or until the skins become crisp.
3. Serve with cheese and other garnishes.

Tomatoes

A rainbow of colors and flavors. We talk about tomatoes constantly at the farm. “I just used my last jar of tomatoes, how will I make it till July?” “Wouldn’t this be great with tomatoes in it?” For a food that was not even considered edible in this country before the 1800’s it is amazing how much we depend on it!

Nutrients: Raw, whole, 2.5” diameter (nutrients vary when cooked)-- 25 calories, 1 g Protein, 2 g fiber, 6 g carbs, 1,110 IU Vitamin A, 28 mg Vitamin C, 16 mg calcium, 16.8 mg magnesium, 15 mg sodium, 300 mg Potassium.

CHILLED SUN GOLD SOUP

From *Local Flavors*

2 pints sun gold tomatoes
2 shallots, finely diced
sea salt
black pepper
3 T white wine or other vinegar
2 t finely diced Serrano pepper
2 T olive oil
1 firm avocado, chopped small
1 T chopped basil or cilantro

1. Pluck the stems off the tomatoes and rinse them. Add them to a heavy saucepan with a tight-fitting lid with half the shallots, ½ t salt and 1 cup water. Cook over medium-high heat, keeping one ear inclined to the pot. Soon you’ll hear the tomatoes popping. Take a peek after a few minutes to be sure there’s sufficient

- moisture in the pan—you don't want the tomatoes to scorch. If the skins are slow to pop, add a few tablespoons water. Once they release their juices, lower the heat and cook, covered, for 25 minutes.
2. Run the tomatoes through a food mill or cool and put them in a food processor. You'll have about 2 cups. Chill well, then taste for salt.
 3. Just before serving, combine the remaining shallots in a bowl with the vinegar, Serrano pepper, oil, avocado and herbs. Season with a pinch or two of salt and some pepper. Spoon the soup into small cups, divide the garnish among them, and serve.

HEIRLOOM TOMATO SALSA

lime or lemon juice	¼ t cumin
1-2 cloves garlic, crushed	½ t chili powder, cayenne or hot peppers
6-8 green onions	4 large tomatoes
8 radishes, finely chopped	honey
fresh cilantro, chopped	sea salt
fresh oregano, minced	a dash of soy sauce

1. Whisk together lime/lemon juice, garlic, green onions, radishes, cilantro, oregano, soy sauce, cumin, and chili powder.
2. Chop tomatoes and add to mixture. Add hot peppers, honey and salt to taste. The secret is to add just enough honey to taste an underlying sweetness—if the tomatoes are sweet you don't need much – best served one hour after refrigeration.

PANZENELLA

From Gardeners' Community Cookbook

6 cups cubed stale bread (country style with a coarse crumb or salad will be soggy)	½ cup roughly torn fresh basil leaves
6 cups ¾ inch chunks tomatoes	2 T red wine vinegar
4 large cloves garlic, minced	½ cup olive oil
2 T chopped fresh oregano or 2 t dried oregano	Salt
	Black Pepper
	½ cup pitted olives (optional)

1. Place the bread in a large salad bowl. Add the tomatoes, garlic, oregano and basil and toss to mix. Pour in the vinegar and oil and toss again. Season with salt and pepper to taste and set aside at room temperature for 15 minutes so flavors can blend.
2. Add the olives, if using, toss again and serve.

SPICED GAZPACHO

From *Nourishing Traditions*

8 tomatoes, peeled, seeded and chopped	1 T wine vinegar
5 garlic cloves, peeled and chopped	2½ t paprika
5 T extra virgin olive oil	1½ t ground cumin (optional)
5 stalks celery, chopped	¼ t cayenne pepper
2 medium red onions, peeled and chopped	½ cup cilantro, coarsely chopped
5 T extra virgin olive oil	½ to 1 cup filtered water
2 T lemon juice	sea salt
	black pepper

To peel tomatoes, dip in boiling water for ~1 minute then transfer to ice water. The skins should loosen and be easy to peel. Mix all ingredients except water together. Process in batches in the food processor until not quite smooth. Thin to desired consistency with water. Season to taste. Serve well chilled.

TOMATO BASIL SALAD

Salad served room temperature for optimal flavors.

3-4 medium to large tomatoes cut into bite sized or slightly larger pieces	salt
large handful of basil coarsely chopped	pepper
olive oil	optional: fresh mozzarella, red onion sliced
red wine vinegar (any vinegar is fine)	

1. Toss tomatoes and basil gently. Slice cheese and add onions if desired. Wisk together oil and vinegar (2 parts oil to one part vinegar) to taste and drizzle over salad. Salt and pepper to taste (can be whisked with oil and vinegar). Good the next day after the flavors have settled even though refrigeration is needed. Enjoy.

TOMATO, BASIL AND CHEESE PIE

From *Gardeners' Community Cookbook*

One "Easy Tart Crust", recipe page- 13	2 large eggs
3 large tomatoes, sliced 3/8 inch thick	½ cup coarsely grated or chopped mozzarella cheese
Salt	½ cup grated Parmesan cheese
1 cup fresh basil leaves	Oil, for brushing tomatoes on top of pie
½ cup small curd cottage cheese	

1. Prepare tart crust and put in refrigerator to chill.
2. Preheat oven to 375 F.

3. Lightly sprinkle the tomato slices with salt on both sides. Set the slices on paper towels to absorb the liquid as the slices drain. Set aside.
4. Place the basil, cottage cheese and eggs in a food processor and blend until well combined. Add the mozzarella, Parmesan and ½ t salt and continue blending until well mixed.
5. To assemble the pie, pat the tomato slices dry and line the bottom of the pie shell with the end pieces from the tomato bottoms. Spoon the cheese mixture over them and spread to smooth. Arrange the remaining tomato slices in one overlapping layer over the top of the cheese mixture. Brush the top layer of tomato slices with a little oil and place the pie in the oven.
6. Bake until the edges of the crust are crispy and golden and the cheese mixture is firm enough that a knife inserted in the center of the pie come out clean, 50 to 60 minutes. Remove and let cool for about 15 minutes before slicing. Serve warm, at room temperature or cover and store in the refrigerator and serve the next day.

TOMATO DILL SOUP WITH RICE

From Katie: “I live on this in the winter, using up my canned tomatoes . . . for a more filling meal I’ll fry up some polenta to dip or serve it with grilled cheese or goat cheese-tarragon quesadillas.”

3 T butter	2 cups chicken stock, optional
2 medium onions, peeled and thinly sliced	Salt
1 sprig thyme or 1 teaspoon dried thyme	Pepper
1 sprig marjoram or 1 teaspoon dried marjoram	½ to ¾ cup rice
1 sprig fresh parsley	½ cup Crème Fraiche or sour cream or ¼ cup feta
1 medium clove garlic	¼ to ½ cup finely minced fresh dill or 1 T dried dill
4 large ripe tomatoes, chopped	

1. Melt the butter over medium heat. Add onions and cook till soft but not brown.
2. Add the thyme, marjoram and parsley with the garlic, tomatoes and stock. Season with salt and pepper. Bring to a boil, reduce heat, and simmer. I cook this without the stock and often only for about 10 minutes, though the recipe calls for simmering for 40 minutes. Remove the sprigs of herbs and discard. Transfer to a food processor and process until very smooth, (or not!).
3. Add rice. Just before serving whisk in the crème fraiche or sour cream and the dill.
4. Grind in the pepper. If using feta, let people add it when soup is served.

Green Tomatoes

FRIED GREEN TOMATOES

From Patti Brandt

2 Green Tomatoes

Flour, whole wheat flour is best

Oil

1. Cut tomatoes very thin, resembling potato chips or ~ 1/8 inch thick.
2. Put enough oil to cover the bottom of your pan to about 1/8 inch thick, turn heat on. Put a thin layer of flour in a broad dish, like a pie plate. As the oil heats, dip both sides of each tomato in the flour, and stack on a plate enough to cover the bottom of a pan.
3. The oil is hot enough when it sputters if a small bit of flour or floured tomato is dropped in. Arrange one layer of your tomatoes in the pan and let them fry about one minute on each side, long enough for them to look golden brown.
4. Remove the tomatoes to a plate with a paper towel in it. Salt to taste. Enjoy these while they are hot, as they lose a lot of flavor and texture if allowed to set.
5. Continue frying tomatoes in batches, adjusting cooking times as your pan gets hotter, or to your taste.

Tomatillos

TOMATILLO SAUCE

From *Gardeners' Community Cookbook*

20 tomatillos (~1¼ lb.)

2/3 to ¾ cup fresh cilantro leaves

4 cloves garlic

¼ cup olive or vegetable oil

2 medium onions, finely chopped

½ t salt

1. Bring a medium pot of water to boil. Peel the paper husks off the tomatillos and add the tomatillos to the water. Simmer until the tomatillos are soft, 8 to 10 minutes. Remove from the heat and cool in the water.
2. Lift the tomatillos out of the cooking liquid and transfer to a food processor. Add the cilantro and garlic and puree as fine as possible. Set aside.
3. Heat the oil in a sauté pan over low heat. Stir in the onions and cook slowly until slightly wilted and no longer sharp tasting, 1 to 2 minutes.

4. Add the tomatillo mixture and the salt, stir to mix, and bring to a boil. Remove from the heat right away and transfer to a bowl. Cool, then refrigerate until chilled so the flavors soften and blend.
5. Serve chilled, at room temperature, or reheated. This salsa will keep for up to 1 week in the refrigerator, but it should be used by then! It does not freeze well.

Everything of Summer

CATALINA SOUP

From The New Laurel's Kitchen: "Like all often made favorite dishes this soup adapts to the needs of the day. For tomato paste, you can use tomatoes and the amount of potatoes can go up or down to make the soup heartier or lighter." --

1 onion	½ tsp. oregano
1 clove garlic	1 tsp. salt
1 tablespoon oil	black pepper
¼ C. tomato paste or several paste tomatoes	one bunch of fresh chopped coriander leaves (cilantro)
4 C. water or stock	½- 1 Cup grated Jack cheese
2 large potatoes or equivalent	

1. Chop the onion and sauté it and the garlic clove whole in oil until the onion is soft; then crush the garlic with a fork. Add the tomatoes and water or stock, stirring to mix. Bring to a boil.
2. Meanwhile, cut potatoes into ½ inch cubes and add to the soup pot. Simmer until tender. Add oregano, salt and pepper (reduce salt if using salted stock). Just before serving, stir in the coriander leaves, if desired, and the cheese.
3. Makes about 7 cups, a meal for 4 or more.

Variation: Before adding cheese and coriander, stir in 2 cups of chopped fresh chard or kale (if using kale add with the potatoes).

GYP SY SOUP

From Anna: "One of my favorites- I have made it many times a variety of ways. I really like to use more sweet potatoes and make it a stew." Adapted from the New Moosewood Cookbook.

If you are diabetic be careful of using sweet potatoes as they have a high sugar content.

2 medium tomatoes (or a jar of tomatoes)	1 tsp. turmeric
2 Tbs. olive oil	1 tsp. basil (dry) or 2 T. fresh
2 cups chopped onion	cinnamon – a dash or two

3 medium cloves garlic, crushed	cayenne pepper- a dash or two
1 stalk celery, minced	1 bay leaf
2 cups peeled, diced sweet potato	3 cups water
1 tsp. salt	1 medium bell pepper, diced
2 tsp. mild paprika	1 ½ cups cooked chickpeas

1. Heat a medium-sized saucepan full of water to boiling. Core the tomatoes and, if peeling them, plunge them into the boiling water for a slow count of 10, then drop into a bowl of cold water or ice water. Remove the tomatoes, and peel them over a sink. Cut them open; squeeze out and discard the seeds, if desired.
2. I use a jar of my canned tomatoes, in that case I skip step #1 and drain the tomatoes. I keep the leftover tomato water for the three cups needed later.
3. Heat olive oil in a kettle or Dutch oven (I use a soup pot or regular pan). Add onion, garlic, celery, and sweet potato, and sauté over medium heat for about 5 minutes. Add salt, and sauté 5 minutes more. Add seasonings and water, cover, and simmer about 15 minutes.
4. Add tomato pulp, bell pepper and chickpeas. Cover and simmer for about 10 more minutes, or until all the vegetables are as tender as you like them. Taste to adjust seasonings and serve.

FRENCH BREAD PIZZA

From Katie

4 large tomatoes, chopped	½ lb. cheese
1 onion, chopped	2 grated carrots, optional
1 T olive oil	1 loaf French bread, sliced lengthwise
2 T fresh basil (or 2 t dried)	Toppings, if desired, such as peppers,
Black pepper	zucchini rounds, fennel slices, roasted
Dash of balsamic vinegar, optional	eggplant, cooked sausage etc.

1. Preheat oven to 375 F. Sauté onion in olive oil for about 2 minutes and add tomatoes, basil, pepper and vinegar, if desired. Cook sauce until thick but still chunky, about 15 minutes.
2. Arrange the bread on ungreased cookie sheets and lay out the sauce cheese and toppings. Spoon on tomato sauce. If using grated carrots, sprinkle half the cheese, then all the carrots then the remainder of cheese. Otherwise sprinkle all the cheese evenly on the bread. Add toppings.
3. Bake about 15 minutes or until the cheese is melted and a little golden. Let cool 3 to 5 minutes and enjoy.

MID-SUMMER VEGGIE MELT

From *One United Harvest*: improvise with whatever veggies you have on hand!

1 unsliced seeded Lavain loaf, cut 3x lengthwise, or bread of your choice
 pesto, fully prepared
 tomatoes
 cheese, grated or shredded
 fresh basil leaves
 hot and sweet peppers
 onions
 zucchini
 fresh pressed garlic

1. Preheat oven to 375 F. Place bread slices onto a cookie sheet. Spread each slice with pesto. Cover completely with thin slices of tomatoes and sprinkle with cheese. Arrange an assortment of sliced veggies and cover with another layer of the sliced tomatoes and place a leaf or two of the fresh basil upon each tomato slice. Sprinkle on more cheese and drop small bits of the pressed garlic all around.
2. Bake at 375F degrees until slightly browned.

MIXED GREENS WITH ROASTED VEGETABLES

From The Roasted Vegetable

1 lb. new potatoes
 1 lb. beets
 ½ lb. baby carrots
 ½ lb. green beans, ends trimmed
 1 red bell pepper
 1 small onion
 1 head garlic
 4 T olive oil
 Course sea salt
 Black pepper
 12 cups torn mixed salad greens, with some bitter or spicy greens
 2 t sherry, balsamic or red wine vinegar

1. Preheat oven to 450 F. Lightly oil a large shallow roasting or half sheet pan.
2. In a large bowl, combine the potatoes, beets, carrots, green beans, red pepper, onion and garlic. Add 3 T of the oil and toss well. Season with salt and pepper to taste. Arrange in a shallow (preferably single) layer in the pan.
3. Roast for 30 or 40 minutes, until the vegetables are tender and well browned, stirring or shaking the pan occasionally for even cooking. Let cool to room temperature. This can be done several hours in advance.
4. Just before serving, in a large salad bowl, toss the salad greens with the remaining 1 T oil and the vinegar. Add the vegetables and toss again. Serve at once.

VEGETABLE CHILI

From Nourishing Traditions

1 eggplant, cut into ½ inch cubes
 2 zucchini, diced
 ½ cup olive oil
 2 onions, chopped
 1 red pepper, seeded and diced
 1 yellow or green pepper, seeded, diced
 1 cup chicken stock, optional
 3 large or 10 small tomatoes, chopped
 1 small bunch basil leaves, cut up
 2 T chili powder

3 cloves garlic
1 T ground cumin
1 T oregano
2 cups cooked black beans

2 cups corn kernels, fresh or frozen
chopped green onions for garnish
sour cream, piima cream or crème
fraiche for garnish

1. Sauté eggplant in batches with several teaspoons of olive oil, adding more oil as needed. Transfer to a soup pot.
2. Sauté zucchini and transfer to a soup pot.
3. Sauté peppers and onions and transfer to a soup pot.
4. Add stock, tomatoes and seasoning to the pot, bring to a boil, skim and simmer for 1 hour.
5. Add beans and corn kernels and simmer another ½ hour.
6. Serve with garnishes.

AUTUMN

THE HARVEST, THE BEAUTY, THE FROST

Celeriac

Celeriac, or celery root, has a nice, mild celery flavor with a typical root texture. Cut in matchsticks for a French cuisine inspired coleslaw! Celeriac is often used baked and pureed in soups or mashed with potatoes. I also enjoy celeriac stir-fried and grated raw in salads.

Chop the tops off ½ to one inch above the root and store in a sealed bag in the fridge. These also keep for months in a root cellar.

CELERIAC AU GRATIN

From *Asparagus to Zucchini*. I've heard this dish is also excellent with kohlrabi.

1 pound celeriac bulbs, peeled and sliced into 1/8 inch
2 T butter
1 T flour
1 cup chicken broth or vegetable broth
salt & pepper to taste
1 cup grated Swiss or cheddar cheese

Simmer celeriac in water over medium heat until tender, 15-20 minutes. Drain. In medium saucepan, melt butter, add flour, and cook until golden. Slowly, whisk in stock; cook until thickened. Add salt and pepper. Place drained celeriac in shallow baking dish; top with sauce, sprinkle with cheese, and bake at 375 degrees until golden, about 15 minutes. Makes 4 – 6 servings

MASHED CELERIANAC AND POTATOES

From *Nourishing Traditions*

6 Baked potatoes	Sea salt
3 celeriac, peeled and cut up	Black pepper
2 cloves Garlic, peeled and mashed	½ cup butter
A pinch nutmeg	½-1 cup cream or crème fraiche

1. This beats plain old mashed potatoes any day. Cover the celery root pieces with cold water, bring to a boil and cook until very tender, about 30 minutes.
2. Cut up the butter and place in the bottom of a large bowl. Scoop out potato flesh or put whole potatoes in the bowl. Add the celery root and garlic, and mash all together. Add cream to get desired consistency. If you want your puree really smooth, you may mix with a handheld blender. Season to taste.
3. Serve immediately or transfer to a buttered ovenproof dish and keep warm in the oven.

WILD RICE CELERIANAC PILAF

From *Asparagus to Zucchini*

1 T. olive oil	1-cup chicken stock
¾ C. finely diced celeriac	1 cup beef stock (or 2 cups any stock)
¼ cup finely diced onion	salt and pepper
1 C. wild rice, rinsed and drained	2 T. dried cranberries
2 tsp. dried thyme	

1. Heat olive oil in a skillet. Add celeriac and onion; sauté until tender, about 5-7 minutes. Stir in wild rice, thyme and stocks. Season with salt and pepper. Bring to a boil, cover, and lower to a simmer. Cook until rice is nearly tender, 30-60 minutes (time depends on the kind and age of the rice).
2. Stir in dried cranberries; cook until rice is tender, 5-15 minutes longer. Makes 4 servings.

Celery

Celery with peanut butter is classic with kids. Celery is also known for its place in soup stocks, and potato salads. Celery has also found popularity with those who juice and with those who diet. I toss it in with stir-fries or make a batch of cream of celery soup that I can't stop eating. Celery leaves add a lot of flavor to soup and stock and can be used in moderation in salads.

To store celery, cut off leaves and keep in a sealed bag in the refrigerator. To store the leaves, dry in a food dehydrator, in a warm oven or on a clean window screen in the sun. Then store in a Ziploc baggie. If you ever have problems with grain moths, store all your dehydrated foods in glass jars, as they will cut right through plastic bags.

Nutrients: Raw, 1 cup diced, 15 calories, 1.09 g Protein, 7 g Fiber, 3.15 g Carbohydrates, 304 IU Vitamin A, 11 mg Vitamin C, 50 mg Calcium, 22.8 mg Magnesium, 125 mg Sodium, 340 mg Potassium

FOURTEEN STUFFING IDEAS FOR CELERY

From *From Asparagus to Zucchini*

- Soft goat cheese blended with chopped arugula
- Soft goat cheese blended with chopped fresh dill
- Finely chopped sorrel leaves mixed with a little mayonnaise
- Egg salad
- Tuna salad
- Chicken salad
- Caponata
- Softened cream cheese mashed with smoked fish and lemon juice
- Softened cream cheese mixed with crumbled blue cheese
- Softened cream cheese mixed with chopped green olives and chopped walnuts
- Softened cream cheese mixed with chutney
- Pureed cottage cheese mixed with pesto
- Pureed cottage cheese mixed with tpenade
- Crunchy style peanut butter, topped with dried cherries or cranberries

Leeks

The leek has a unique subtle onion flavor and texture. It makes an excellent potato soup, pot pie or shepherds pie. Leeks are also good in sautés and non-potato soups. To use, remove all dark green leaf layers from the tops and outside. Rinse off the whole leek, then slit lengthwise and rinse out all layers that show indications of soil. You

can use some of the light green leaf sheathes, but bite into a few to be sure they are not tough.

To store, chop off excess green tops and seal in a bag in the fridge. Leeks will keep for weeks without a problem. For long-term storage and for easier use in the winter, steam or simmer leeks until tender then cool and freeze in a freezer bag.

Parsnips

Ahh parsnips... We hope you enjoy this delicately sweet root as much as we do! Bake them, boil them, fry them, grill them or eat them raw; delicious every time.

Nutrients: Cooked, 1 cup diced, 95 calories, 2.15 g protein, 3.9 g Fiber, 22 g Carbs. 50 IU Vitamin A, 1.55 Vitamin E, 16 mg Vitamin C, 70 mg Calcium, 20 mg Magnesium, 19 mg Sodium, 588 mg Potassium

ROASTED PARSNIP CHIPS

From The Roasted Vegetable

2 lb. parsnips
2 T olive oil
1 T fresh rosemary leaves (or 1 t dried)

Salt
Pepper

1. Preheat the oven to 425 F. Lightly oil a 9X13-inch baking dish.
2. In a large bowl, combine the parsnips, oil, rosemary and salt and pepper to taste. Toss to coat. Arrange in a single layer in the baking dish.
3. Roast for about 30 minutes, until the parsnips are well browned and tender, turning once.
4. Serve hot.

Rutabaga

Believed to be a hybrid of the turnip and cabbage, the rutabaga was one of the first vegetables grown by colonists in the Americas- the large root helped break up the untilled soil. Not very popular here now but it is such a versatile vegetable with high nutrient value.

Information found in *From Asparagus to Zucchini*

Nutrients: Cooked, cubed or sliced, 1 cup-- 60 calories, 1.5 g protein, 4.8 g fiber, 13.9 g Carbs., 940 IU Vitamin A, 36 mg Vitamin C, 90 mg Calcium, 11.9 mg Magnesium, 8 mg Sodium, 284 mg Potassium

“YOU WON’T BELIEVE THESE” BROWN ROASTED RUTABAGA WEDGES

MACSAC

4 medium rutabagas 3 T. high quality balsamic vinegar
2 T. Olive oil Sea salt

Heat oven to 500F. Cut ends off rutabagas and peel them Use a heavy sharp knife to cut each rutabaga in half lengthwise, then cut each half into 3-4 wedges. Place wedges in very large baking pan and toss with olive oil to coat them well. Spread them out into a single layer and try to keep them from touching one another. Roast in hot oven 20 minutes. Use tongs to turn each wedge over. Roast another 15-20 minutes. Remove from oven and toss with balsamic vinegar and salt to taste. Serve hot. This “hot-oven” approach to roasting is credited to cookbook author Barbara Kafka. Makes 6-8 servings.

Sweet Potato

Yum! Baked with butter, in soups, in breads, marinated in salads- all good!

Nutrients: Baked in skin and then peeled, 5” x2”, 160 calories, 2.4 g protein, 4.1 g fiber, 37 g Carbs, 9230 IU Vitamin A, 6 mg Vitamin E, 25 mg Vitamin C, 46 mg Calcium, 13.7 mg Magnesium, 17 mg Sodium, 342 mg Potassium

TAMARI-GLAZED SWEET POTATOES

From Local Flavors

3 large sweet potatoes 1 T minced garlic
1 T roasted sesame oil 3 T tamari, shoyu or soy sauce
2 T brown sugar ¼ cup water
2 T mirin or sweet sherry 1 T toasted sesame seeds

1. Preheat the oven to 400 F. Scrub the sweet potatoes and cut them lengthwise into quarters or halves. Place them in a baking dish roomy enough to hold them in a single layer.
2. Combine the rest of the ingredients except the sesame seeds. Brush all of the resulting sauce over the sweet potatoes, then cover the dish tightly with foil. Bake until nearly tender, 50 minutes to an hour. Remove the foil, baste the sweet potatoes with their juices and return to the oven until the liquid has reduced to a glaze and the potatoes are fully tender, 15 – 20 minutes longer. Sprinkle with the sesame seeds and serve.

SWEET POTATO CRESCENT ROLLS

From *Simply in Season* Anna: "I made these for Christmas dinner – a real hit! They are healthy AND delicious."

1½ cups whole wheat bread flour	pumpkin pie spice mix
¼ cup sugar	1 cup sweet potatoes, cooked & mashed (or 1 cup mashed squash or pumpkin)
1 T. active dry yeast	1 cup milk
1 tsp. salt	¼ cup butter
1 tsp. cinnamon	1 large egg, beaten
½ tsp. ground nutmeg	2 - 2½ cups bread flour
¼ tsp. ground ginger	2 T. butter, melted
¼ tsp. ground allspice or	

1. Combine flour, sugar, yeast, salt and spices in a large bowl.
2. Combine sweet potatoes, milk and butter in large saucepan and cook over medium heat, stirring until butter is melted and mixture is warm. Add to flour mixture. Beat with mixer set on low speed, scraping bowl often, until mixture is all moistened, 1-2 minutes.
3. Add egg to mixture and beat at medium speed for 3 minutes.
4. Stir in enough flour by hand to make dough easy to handle. Turn onto floured surface and knead until smooth and elastic, about 7-9 minutes. Place in greased bowl, turn to grease both sides, cover with a damp cloth, and let rise until doubled in bulk. Punch down dough and divide it in half. Roll each half of dough on lightly floured surface into a 12-inch circle.
5. Brush each circle with 1 T. butter. Cut into 12 wedges and tightly roll up each wedge from wide end to point. Place crescent rolls point-side down on greased baking sheet. Cover and let rise until doubled.
6. Bake in preheated oven at 375 F until golden brown, 10-12 minutes.

Spaghetti Squash

What a delightful substitute for pasta in spaghetti. Also great as a side dish with butter, salt and pepper.

EASY SPAGHETTI SQUASH

1 large spaghetti squash
butter or olive oil
garlic powder or fresh garlic

sea salt, to taste
black pepper, to taste

1. Cut squash in half, scoop out just the seeds in the center with a large spoon, place it flesh side up in a cookie sheet. Liberally spread with butter or olive oil, sprinkle with garlic powder, salt, and fresh ground black pepper.
2. Let it bake at 400 degrees for 25 minutes (more or less depending on the size of your squash).
3. When you take it out of the oven, scoop out the wonderful, soft, nutty flesh. It can be used as a side dish or as the meal with French bread garlic toast!

Recipe Note: Add Italian seasoning and Parmesan cheese, when serving it with Italian foods. Other combinations: add curry powder and cumin or fresh garlic and fresh basil.

SPAGHETTI SQUASH CASSEROLE

From Nourishing Traditions

1 large spaghetti squash, cooked as above
2 medium onions, chopped
4 T olive oil
2 tomatoes, chopped (peel/seed if desire)
2 cloves garlic, peeled and chopped
½ t dried thyme

2 T fresh basil leaves, cut up
sea salt
Black pepper
¼ cup parsley
1 cup whole grain bread crumbs
½ cup freshly grated Parmesan cheese
2 T melted butter

1. Prep your spaghetti squash and then set oven to 350 F.
2. Sauté onion in olive oil until soft. Add tomato, garlic, thyme and basil and cook gently until most of the liquid is absorbed.
3. Mix with spaghetti squash, season to taste and pour into a well buttered Pyrex dish.
4. Mix parsley, bread crumbs and Parmesan cheese and spread on top. Drizzle with melted butter.
5. Bake at 350 F for ~ ½ hour or until most of the liquid is absorbed.

Winter Squash

I never knew what a versatile vegetable squash was until I found myself with a closet full of all kinds last winter- I had to be creative! Squash can be found to take on sweet, spicy, or buttery characteristics in recipes. I remember eating squash as a kid, hoping to get

some of the brown sugar and butter floating in the middle. Now I usually puree it for soups, casseroles, and pies.

Nutrients: Squash (winter, all varieties), baked, 1 cup mashed, 130 calories, 3.7 g protein, 9.1g Fiber, 31g Carbs, 8610 IU Vitamin A, 1.35 mg Vitamin E, 27 mg Vitamin C, 57 mg Calcium, 34.8 mg Magnesium, 1.43 mg Iron, 2mg Sodium, 945 mg Potassium

BUTTERNUT TOSTADA

From the New Moosewood Cookbook

1 butternut squash (or any winter squash with ~2 cups cooked pulp)	1 clove garlic
4 tortillas	1 t oregano
1 t oil	1 cup shredded cheddar or jack cheese
1 t chili powder	4 cups shredded lettuce or other greens
½ t ground cumin	salsa
	toasted pumpkin seeds, optional

1. Cut and quarter the butternut and steam for 20 minutes, or use pulp from leftover baked squash. Meanwhile, toast the tortillas over a gas burner or on a griddle till softly crisp. Remove the squash pulp from the skins.
2. Heat oil in a heavy pan and sprinkle with chili powder, cumin, and garlic. Stir and fry until the spices are fragrant. Add squash and oregano, stirring while mixture heats through.
3. Place squash on tortillas, sprinkle with shredded cheese and place under broiler or in oven until cheese melts. Remove, cover with lettuce and dot with salsa. A handful of toasted pumpkin seeds make a delicious final touch.

ARABIAN SQUASH CASSEROLE

From The New Moosewood Cookbook

“You will think you died and went to heaven! I could not stop eating this delicious dish.”
-Anna

4 C. cooked winter squash (not spaghetti) pureed	4 to 5 cloves garlic, minced
1 T. olive oil	black pepper and cayenne, to taste
1 ½ C. chopped onion	½ C. firm yogurt
1 tsp salt	1 C. crumbled feta cheese
2 small bell peppers of different colors	sunflower seeds for the top

preheat oven to 375F

1. Place mashed or pureed squash on a large bowl.
2. Heat the olive oil in a medium sized skillet. Add onion, and sauté over medium heat for about 5 minutes. Add salt and bell peppers. Sauté about five more minutes, or until the peppers begin to get soft.

3. Add garlic, black pepper, and cayenne, and sauté a few more minutes.
4. Add the sauté, along with yogurt and feta, to the squash, and mix well. Spread into an ungreased 9-inch square baking pan; sprinkle the top lightly with sunflower seeds.
5. Bake uncovered for 25 to 30 minutes, or until bubbly.

STUFFED ACORN SQUASH

From *The New Laurel's Kitchen*

Use acorn squash, delicata, Lady Godiva, or any other small variety of squash. A handsome colorful presentation. Serves 4 to 6 depending on size of squash.

3 small winter squashes	1 bunch spinach, or a handful of any dark leafy green
3 green onions, chopped	½ to 1 cup whole wheat bread crumbs.
2 T. oil	½ tsp. salt
1 C. diced celery	

1. Preheat oven to 350 F. Halve and clean squash. Place cavity facedown in a greased baking dish and bake for 25 to 45 min. until tender with a fork. The time will depend on which squash you choose.
2. Meantime, sauté onions in oil until soft. Add chopped celery. Cover and simmer on medium heat until just tender. Add spinach; stir to wilt. (if using kale add just before celery and chop small to avoid chewiness).
3. Stuff squashes with vegetable mixture. Sprinkle with salted bread crumbs. Return to oven for 10 to 15 minutes.

SQUASH LASAGNA

From Katie

2 Pkg. Lasagna Noodles	Black pepper
5 large tomatoes or 2 qt canned tomatoes	3 cups cooked, mashed winter squash
2 cloves garlic, minced	1 Pkg. ricotta cheese
1 medium onion	1 lb. mozzarella cheese, grated
1 T olive oil	¼ lb. fresh parmesan or Romano cheese, grated
¼ cup fresh basil or 1 T dried basil	
1 t oregano	

1. Preheat oven to 350 F.
2. In a large sauce pan, sauté onions and garlic for 2 minutes in olive oil. Add tomatoes and cook down with the lid off until your sauce is not too runny, ~20 minutes. Add basil, oregano and pepper when you turn off the heat.

3. Meanwhile, start boiling water for the lasagna. Cook noodles until they bend but not until they are fully cooked. Be sure to use plenty of water and stir the noodles so they don't stick together.
4. Get a large, deep Pyrex pan or metal cake pan and spread a ½ cup of liquid from the tomato sauce in the bottom. Lay out all of the remaining ingredients.
5. Over the liquid on the bottom of the pan, spread a layer of noodles so the entire pan is covered. Next spread 2 cups of winter squash and ½ of your ricotta cheese. Add another layer of noodles, the remainder of your squash and ricotta, 1/3 of your tomato sauce and 1/3 of your mozzarella. Add another layer of noodles, 1/3 of your tomatoes and 1/3 of your mozzarella. Add a final layer of noodles, the remainder of your tomatoes and mozzarella, then all of your Romano cheese.
6. Bake for ~50 minutes or until the cheese is golden brown.

SQUASH SOUP

Great for leftover baked squash!

5 cups cubed raw winter squash or
pumpkin or 3 cups cooked
2½ cups water
1 cup chopped onion
1 T oil or butter
½ cup chopped parsley
2 t salt
2-4 cups tender greens

1. If you use raw squash or pumpkin, simmer in water until tender. Puree the cooked squash.
2. Sauté the onion in the oil. When the onion is golden, add the parsley. Cook just long enough to soften the parsley; then combine with squash and add salt. Bring the soup to a simmer—don't boil or it will stick.
3. Near the end of the cooking time, add spinach, chard or other tender greens, chopped bite-size. Makes about 7 cups.

APPLE-FLAVORED WINTER SQUASH CAKE

From Gardeners' Community Cookbook

Butter and flour for the pan	½ t ground cinnamon
8 T (1 stick) butter, at room temperature	½ t ground nutmeg
1½ cups sugar	¼ t ground cloves
2 large eggs	¼ t ground ginger or 1 t fresh ginger
1½ cups cooked, mashed winter squash	Apple cider glaze, if desired
½ cup apple cider	1½ cups confectioner's sugar
1 ¾ cups all purpose flour	¼ cup apple cider
1 t baking soda	

1. Preheat the oven to 350 F. Butter and flour a 9 to 10-inch tube or bundt pan
2. In a large bowl, beat the butter until fluffy. Slowly beat in the sugar until mixed. Add the eggs, one at a time, beating after each addition. Add the squash and apple cider and beat until well mixed.
3. Sift together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger. Add the creamed mixture in 3 batches, beating well after each addition.
4. Pour into the pan and bake for 45 minutes, or until a knife inserted in the center comes out clean. Remove and cool for 10 minutes, then turn the cake out onto a wire rack to cool completely.
5. If making the glaze, sift together the confectioners sugar into a small bowl. Add the cider and whisk until smooth. Use right away, while still pourable and not yet crystallized

Everything of Autumn

RUSSIAN VEGETABLE BREAD

From New Recipes from Moosewood Restaurant: "A rather solid, interesting bread . . . a natural for serving with soups and stews."

- | | |
|------------------------|---|
| 1 T dry yeast | 2 t caraway seeds |
| ½ cup warm water | 2 cups grated raw vegetables (beets, potatoes, carrots, parsnips, etc.) |
| 1½ cups hot water | 2 cups whole wheat flour |
| 3 T molasses | 3 – 4 cups unbleached white flour |
| 3 T vegetable oil | 2 cups rye flour |
| 1 T salt | |
| 3 T chopped fresh dill | |

1. Oil two 5x9-inch bread pans.
2. Proof the yeast by sprinkling it over ½ cup of warm water and adding a teaspoon of molasses. Stir and let sit about five minutes or until yeast begins to foam.
3. In a large bowl, combine 1½ cups of hot water with the molasses, oil, salt, dill, caraway seeds and grated vegetables. Cool to lukewarm.
4. Add the yeast to the bowl along with the whole wheat flour and 1 cup of the white flour. Beat the batter for 300 strokes. Add the rye flour and enough of the remaining white flour to make a stiff dough. Turn the dough onto a floured surface and knead it for 10 to 15 minutes.
5. Place the dough in an oiled bowl, turn it to coat all sides with oil, cover it with a cloth and allow it to rise for about 1½ hours. Punch down the dough and let it rise

- again for about 1 hour. Shape the dough into two loaves and place them in oiled bread pans. Cover the loaves and allow them to rise for about 45 minutes.
6. Bake in a preheated oven at 375 F for 35 to 40 minutes.

SUMMER IN WINTER SALAD

From Katie: “This is one of my favorites—a fresh, local salad is really a treat in midwinter.”

Grated Veggies: Carrots with any combination Celeriac, Beets, Kohlrabi, Cabbage, etc.

Dressing: Your choice or

Easy Dressing:

Mix to taste:

Lemon or lime juice and/or vinegar

Oil, tahini, coconut milk, pureed avocado or a combination

Tamari, salt or soy sauce (optional)

Your choice of spices

If too intense, tone it down with water, more oil or tahini or add finely chopped nuts. Walnuts are great for this.

WINTER STEW

From *the New Laurel's Kitchen*

cups of kale, chopped
3 large or 5 small parsnips
1 rutabaga or $\frac{3}{4}$ cup cabbage
1 smallish turnip or beet

Sauce

1 onion, chopped	3T. shoyu
2 whole cloves garlic	1-2 T. molasses
2 stalks celery	2 T. lemon juice
2 T. olive oil	2 tsp. dried basil
2-4 C. stock	

1. Steam kale until nearly tender. It may take more or less time than the rest of the recipe ingredients, depending on whether it is tender or tough; if it cooks quickly, take it off earlier. You should have about 2 cups. Drain well. While kale is cooking, peel roots and dice in $\frac{1}{2}$ inch cubes.
2. Sauté onion, garlic, and celery in olive oil. Mash the garlic cloves with a fork and add the remaining sauce ingredients, as well as the parsnips, rutabaga, and turnip or beet. Simmer 10 minutes. (Adjust the amount of stock to suit the way you will be serving the stew.) Simmer until parsnips etc. are nearly tender, about 20 minutes. Add kale and cook briefly, until everything is tender. Serve with grain, potatoes or hot rolls.

WINTER VEGETABLE PASTA WITH GOAT CHEESE

From *The Roasted Vegetable*

2 medium beets, cut to ½ inch dice	1 t fresh rosemary leaves or ½ t dried
1 small butternut squash (~1 lb.) peeled, seeded, and cut into ½ inch dice	Salt
1 small rutabaga, peeled, cut ½ inch dice	Black pepper
1 medium onion, halved and slivered	1 lb. penne, ziti or other tubular pasta
6 garlic cloves, thinly sliced	4 oz. mild fresh goat cheese
3 T olive oil	¼ cup dry white wine

1. Preheat oven to 425 F. Lightly oil a large shallow roasting or half sheet pan.
2. In a large bowl, combine the beets, squash, rutabaga, onion and garlic. Add the oil, rosemary and salt and pepper to taste. Toss to coat well. Arrange in a single layer in the pan.
3. Roast for 35 to 45 minutes, until the vegetables are tender and lightly browned, stirring or shaking the pan occasionally for even cooking. Remove from the oven and keep warm.
4. Meanwhile, cook the pasta in plenty of boiling salted water until al dente. Drain well, reserving ½ cup of the cooking water. Transfer the pasta to a large serving bowl and keep warm.
5. In a small bowl, mash the cheese with a fork. Add the pasta cooking water and wine. Stir with the fork until creamy.
6. Toss the pasta with the cheese mixture. Top with the roasted vegetables and toss to mix. Season generously with salt and pepper. Serve at once.

VEGETABLE PUREE PANCAKES

From *Nourishing Traditions*

1 cup leftover vegetable puree or mashed vegetables, such as winter squash, potatoes, etc.	
1 small onion, peeled and finely chopped	Black pepper
1 egg, slightly beaten	2 T butter
¼ cup flour	2 T olive oil
Sea salt	Grated cheese, optional

1. Puree leftovers if they are not already mashed or pureed. Mix with chopped onion, egg and flour and season to taste.
2. Melt butter and olive oil in a heavy skillet. Drop puree mixture in by spoonfuls and sauté pancakes until golden. Turn and sauté other side until golden.
3. Eat immediately or remove to a heated platter or warm oven until ready to serve. Sprinkle grated cheese on top if desired.

WINTER-VEGETABLE SHEPHERD'S PIE

From *Vegetable Main Dishes* “You have considerable leeway in assembling the ingredients for this English-inspired meal in a dish, but there should always be carrots, onions, and at least three other vegetables, one of them green. Leftover mashed potatoes work fine to top the vegetable stew, which can be browned under the broiler or in a hot oven. Serves 4.

2 pounds baking potatoes (about 4), peeled or scrubbed and cut into large pieces.

1- ½ tsp. salt

¾ tsp. fresh ground black pepper

1 cup heavy cream

1 clove garlic, minced

6 T. butter

2 large onions, sliced

4 cups sliced mixed winter vegetables, such as celery, turnips, parsnips, cabbage, celeriac, beets, Swiss chard or kale

2 carrots, sliced

3 cups canned low-sodium chicken broth or homemade stock

½ tsp. dried thyme

1. Put potatoes in a medium saucepan of salted water. Bring to a boil, reduce the heat, and simmer until the potatoes are tender, about 15 minutes. Drain the potatoes and put them back into the saucepan along with 1 tsp. of the salt and ¼ tsp. of the pepper. Mash the potatoes over a very low heat, gradually incorporating the cream and 4 T. of the butter. Cover and set aside.
2. Meanwhile, in a Dutch oven, melt the remaining 2 tablespoons of butter over moderately low heat. Add the onions and cook, stirring occasionally, until golden brown, about 10 minutes. Add the garlic and cook, stirring, until fragrant, about 1 minute. Stir in the sliced mixed vegetables, carrots, thyme, and the remaining ½ tsp. each of salt and pepper. Mix well.
3. Stir in the broth and bring to a simmer. Cook over moderate heat, covered, until the vegetables start to soften, 5 to 10 minutes. Uncover, increase the heat to moderately high and cook until the vegetables are tender and almost no liquid remains in the pan, about 10 minutes longer.
4. Heat the broiler. Transfer the vegetables to a 9-inch pie plate, spread the potatoes over the top, and cook until lightly browned, about 5 minutes.

HERBS:

Basil

We excitedly proclaim that we can smell the basil when, in the greenhouse, it is barely bigger than the top of a pencil. The scent of this herb evokes the memory of summers past and the hours spent harvesting this popular herb. Here are some of the many ways to use fresh basil:

Chopped-- add to salads (green, pasta and fruit salads all benefit from fresh basil). Top your pizza with basil as a final fresh ingredient after you pull it from the oven.

To preserve we don't recommend drying but to put in a food processor with a little olive oil you can freeze or refrigerate in glass containers or ice cube trays and you are halfway to making pesto anytime, even next winter!

PASTA W/ TOMATOES, BASIL AND FETA

From Margie Kuhn: "This is a simple and great-tasting recipe for all the wonderful basil we're getting now. You can use spinach instead of basil, or add more spinach. It will be great when those tomatoes start coming in. And, it's easy to adapt to your own tastes by increasing or decreasing ingredients."

1. Cook 1 lb. pasta of your choice (corkscrew, farfalle, and radiatore all work well) according to directions.
2. While waiting for water to boil and pasta to cook, combine the following:
 - ½ cup extra virgin olive oil
 - 3-4 cloves garlic, minced
 - about ½ cup basil leaves, torn into small pieces or cut into shreds
 - 1 cup crumbled feta cheese
 - 3-4 Tablespoons grated parmesan cheese
 - 2-3 cups cherry or grape tomatoes, cut in half (or, regular tomatoes seeded and chopped)
 - a splash or two of balsamic vinegar
 - salt and pepper to taste

Sometimes I mix these ingredients an hour or two before boiling the water, to let the flavors really infuse into the olive oil.

3. Drain pasta and return it to pot, toss with the olive oil mixture. The heat from the pasta will wilt the basil (and/or spinach) and melt the cheese.
4. Enjoy.

BASIC BASIL PESTO

3 c. packed fresh basil
¼ c. fresh parsley (optional)
several large cloves of garlic (optional)
1/3 c. pine nuts or walnuts or pumpkin seeds

1/3 c. olive oil
1/3 c. fresh parmesan
salt and pepper

Chop basil, parsley and garlic in food processor. Add the pine nuts, then the olive oil. Stir in the cheese. Season with salt and pepper if desired. Refrigerate in air tight container.

LEMON BASIL CAKE

From *One United Harvest* “Any fresh sweet basil will work in this unique cake.”

2-1/2 c. cake flour
2-1/2 tsp. baking powder
½ tsp. salt
½ c. butter
1-1/2 c. sugar

2 eggs
½ cup chopped basil
2 T finely chopped lemon peel
1 t vanilla
1 cup plus 2 T buttermilk

1. Preheat oven to 375 F. Grease a 9x13 pan. Combine the flour, baking powder, salt, butter and sugar.
2. Mix the next five ingredients in a separate bowl. Alternating with the buttermilk, mix all ingredients together.
3. Bake at 375 degrees for approximately 40 minutes or until toothpick inserted in center comes out clean. Top with your favorite fruit.

Chives

A versatile flavoring and garnish. Finely sniped chives go well with eggs, salads, soft cheeses, potatoes, and fish. When cooking with chives, add at the last minute to retain their delicate flavor. – from *Simply in Season*

Nutrients: raw, chopped, 1 tablespoon, 2.12 Calories, .193 g fiber, .343 g Carbohydrate, 259 IU Vitamin A, 3.18 mg Vitamin C, 3.5 mg Calcium, 1.28 mg Magnesium, .137 mg Iron, .437 mg Sodium, 16.2 mg Potassium.

Cilantro

Also called Chinese parsley, used as a flavorful topping in many Middle Eastern, Mexican, Asian dishes. It is a favorite chopped up in salsa and in other spicy dishes, both

hot and cold. Best when added at the end of cooking time. I love it chopped on top of rice and beans!

Dill

Nothing like the smell of dill while harvesting it in the field, it is invigorating. I like to dry it and use it in tomato and potato soups in the winter. Dill also wonderfully flavors cucumber and potato salads in the summer. And of course there are pickles to be made!

DILLED CUCUMBER AND YOGURT SALAD

From the *New Laurel's Kitchen*

1 cup water	2 cucumbers, thinly sliced
¼ cup vinegar	1-cup yogurt
1-teaspoon dill weed	½ teaspoon salt
1 slice raw onion	dash of pepper
1/8 tsp. turmeric	leafy lettuce, or mixed greens.

Combine water, vinegar, dill and onion. Add cucumber slices and let stand half an hour or longer. Drain, and discard the onion. Mix yogurt, salt, pepper, and turmeric. Stir cucumbers into the mixture and serve on beds of salad greens, cut into bite-sized pieces. Serves 4.

Parsley

Italian flat leaf parsley has the most flavor and is best for cooking. Sauté finely chopped leaves with garlic and add at the last minute to steak, fried fish, or vegetables. Sprinkle finely chopped curly parsley over boiled potatoes. From *Simply in Season*

FETA-RICOTTA SPREAD

From *New Recipes from Moosewood Restaurant*

2 cups ricotta cheese	¼ to ½ cup chopped fresh parsley
1 ½ to 2 cups feta, crumbled or grated	1 T chopped fresh chives or scallions
1 T olive oil	1 t fresh dill (¼ t dried)

1. Mix all the ingredients together with a fork and chill for 30 minutes so that the flavors mingle. For a creamier consistency, mix all the ingredients in a food processor.

Serve with toasted pita or crackers as an appetizer.

TABOULI

From Anna: “You can prepare steps one and two as much as a day or two in advance. The flavors get deeper as it sits around. A food processor does a perfect job of mincing scallions, parsley and mint, but you can chop it by hand if you don’t have one.”

1 c. dry bulgur wheat	4 scallions, finely minced (whites & greens)
1 ½ c. boiling water	1 packed cup minced parsley
1 to 1 ½ tsp. salt	10 to 15 fresh mint leaves, minced
¼ c. fresh lemon juice	2 medium-sized ripe tomatoes, diced
2 med. Cloves garlic	1 small cucumber, seeded and minced

1. Combine bulgur and boiling water in a medium- large bowl. Cover and let stand until the bulgur is tender (20-30 minutes, minimum). (Try substituting quinoa for a higher protein salad or if you have wheat allergies- follow cooking directions for quinoa.)
2. Add salt, lemon juice, olive oil, garlic, and black pepper, and mix thoroughly. Cover tightly and refrigerate until about 30 minutes before serving.
3. About 30 minutes before serving, stir in remaining ingredients and mix well. Serve cold with warm wedges of lightly toasted pita bread.

All the Herbs

WALNUT PASTA

From Margie Kuhn: “I’ve used all parsley, and the recipe still tastes wonderful.”

1 pound linguine or other pasta	1/3 cup fresh basil, finely chopped
2 Tablespoons unsalted butter	1/3 cup fresh parsley, finely chopped
2 Tablespoons olive oil	3 Tablespoons cream
1 ¼ cup walnuts, finely chopped	½ teaspoon salt
4 large cloves garlic, minced	½ teaspoon pepper
½ cup grated Parmesan cheese, plus extra for sprinkling on top	

1. While pasta is cooking, heat butter in skillet over medium heat until it begins to brown (4-5 minutes)
2. Add olive oil & walnuts; cook until walnuts start to brown (3-4 minutes)
3. Add garlic & cook until soft (1 minute)
4. Remove from heat, stir in cheese, basil, parsley, cream, salt and pepper
5. Toss with cooked linguine.

Bibliography

CSA members and friends!

Discovered a new recipe with your vegetables or want to share what your favorite vegetable was last week? Post it on our webpage to share with other members.
www.groundswellfarm.org Or write: groundswellfarmer@yahoo.com

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One United Harvest- we sold this book to a friendly market visitor with the intention of ordering more. We haven't yet.

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