

The Recipe Collection

from



One Step at a Time Gardens

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One Step at a Time Gardens

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Introduction

Cooking is a fascinating, creative process. Cooking great food from great ingredients invites cook(s) and eaters to reconsider just how much a priority food and our meals can be. Every week farm members receive the ingredients for good meals. The challenge is turning those ingredients into meals. This resource, *The Recipe Collection*, provides recipes we've featured through our Weekly Note all in one place. This edition includes recipes we have tried at home and really liked and some of our favorites. We invite you to share your recipes and other tips with us as this collection will surely continue to evolve.

The organization of the sections is based on use and familiarity – from demanding vegetables to unusual vegetables to veggies that are great to stuff and more. Because you may want to search for a specific vegetable, we also provide an alphabetized index in the back.

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In addition to this resource, one of our favorite foodbooks to recommend to our members is [Asparagus to Zucchini: A Seasonal Guide to Farm Fresh Produce](#). The book is available for order from the farm.

Most demanding of your summer vegetables

What makes these the most demanding vegetables? They have been listed in this section because they either 1) Come in great quantities such as zucchini (as Garrison Keillor likes to say “When zucchini is producing, it’s a good idea to lock your car lest you end up with a backseat full!”) or 2) are common fixed only one or two ways such as beets and radishes.

Vegetables in this section: Beets, Cucumbers, Garlic, Radishes, Summer squash/Zucchini

Beets

Quick Grated Beets

4 medium Beets	½ t. Salt
1 T Butter or Olive oil	freshly ground black pepper to taste
1-3 T. lemon juice	chopped fresh Dill or Parsley
3-6 T. Water or Vegetable Stock	

Wash, peel and coarsely grate beets. Heat butter or oil in med. Skillet over med. Heat. Add beets, and stir to coat well. Sprinkle with lemon juice, cover and cook for approx. 10 min. Stir occasionally and add water or stock as needed to prevent scorching. Cook until just tender. Season with salt and pepper. Sprinkle with dill or parsley. Serve immediately. Serves 4

Beet Fruit Salad with Raspberry Dressing

6 Beet leaves; 1 small Cantaloupe melon, <i>peeled and thinly sliced</i>	1/4 C. Raspberry vinegar; 1 t. Honey mustard; 1/4 t. Salt; 1/4 t. Pepper;
1 1/2 lb. Beets, <i>cooked, peeled, sliced</i>	1 C. Cottage cheese
1 medium Red onion, <i>sliced</i> ; 1/2 C. Olive oil	

Arrange chard on six salad plates, arrange melon, beets, and onion over chard. Combine remaining ingredients (except cheese) and drizzles over salad. Sprinkle cheese over each salad.

Beet Chocolate Cake (Source: Asparagus to Zucchini: A Guide to Farm-Fresh, Seasonal, Produce)

2 C. Sugar	1/4 C. Oil
2 C. Flour	3-4 oz. Unsweetened Chocolate
1/2 t. Salt	4 Eggs
2 t. Baking powder	3 C. Beets, grated
1 t. Baking Soda	

Combine dry ingredients - mix well. Melt chocolate very slowly over low heat or in a double boiler. Allow chocolate to cool then blend thoroughly with eggs and oil. Combine flour mixture with chocolate mixture, alternating with beets. Pour into 2 greased 9 in. cake pans. Bake at 325 for 40-50 minutes, or until toothpick can be removed from center cleanly. Ten servings.

Pickled Beets

ingredients listed enough for 24 med. beets

24 med. beets - *boil in water until just tender, cool, peel skins off with fingers (skin will slip off easily). Cut into bite size chunks*

Mix following ingredients and bring to boil

2 C. vinegar

2C. sugar

2 C. beet juice - in which they were cooked

Add beets, bring to boil again and heat through.

Fill jars and seal.

2 T. mixed pickling spices

few sticks cinnamon

Cucumbers

Gazpacho

1 C. Tomatoes, *finely chopped*

½ C. each - Green pepper, celery, cucumber, onion - *chopped*

2 t. snipped Parsley

1 t. snipped Chives

1 small clove Garlic, *minced*

Mix all ingredients together, Chill - serve as an appetizer or cold soup

3 T. wine vinegar

2 T. salad oil

1 t. Salt

¼ t. freshly ground pepper

½ t. Worchester Sauce

3 C. Tomato juice.

Cucumber-Yogurt Soup

1 cup green seedless grapes

3 cups diced cucumber, *seeded and skinned*

4 scallions, *minced*

1 small red onion, *diced finely*

¼ cup fresh dill

2 T tarragon

You MUST try this soup! It's a delicious way to use that plethora of cucumbers from your garden.

Blend all ingredients except the red onion together in a food processor or blender.

Season and stir in the onion as a garnish. Chill for about 6 or 7 hours to allow garlic and herb flavors to bloom. Correct the seasoning, then serve.

1 garlic clove

1 and ½ cups plain yogurt (low-fat or no fat alternative)

2 T honey

2 T lime juice

Salt and pepper to taste

Cucumbers in Herb Yogurt

1 large cucumber, thinly sliced

Boiling water

2 cups low fat yogurt

3 Tablespoons minced basil

Pour water over cucumbers; drain and dry. Combine all ingredients and chill up to 24 hours. Fresh herbs make this especially tasty. Makes 8 servings.

2 Tablespoons minced mint

1 Tablespoon minced green onion

1 clove minced garlic

1/4-teaspoon pepper

Tatsiki (from Alicia Claypool, West Des Moines member)

2-3 cucumbers, *peel and slice thin - sprinkle slices with:*

½ t. salt – *let stand in colander for 1 hour to release excess water. Rinse and pat dry. Put cucumbers in a bowl with remaining ingredients* 1 C. plain Yogurt; 1 clove Garlic, *minced*; 2 T. fresh mint leaves, *chopped*

Salt to taste – *Serve with pita chips, hard crusty bread or crisp crackers. Makes about 2 cups.*

Tabouli

1-2 large cucumber, *chopped*
2-3 medium tomatoes, *chopped*
1 medium onion, *chopped*
½ cup fresh parsley or fresh mint
1 cup bulghur wheat

Olive oil
Lemon juice
1 tsp. salt
Ground cumin (optional)

Boil one cup water and pour over bulghur wheat, let soak for about 30 minutes or until tender and strain excess water if necessary. Mix in chopped vegetables and parsley or mint. Add the salt. Add olive oil and lemon juice to taste (approximately 2-3 Tbsp. each). Add a dash or so of cumin.

Garlic... *all season long*

Just as our heads of garlic stored over the winter are drying up or sprouting, up comes fresh garlic. We love our fresh garlic from the “green” stage on through full, mature dried heads. In between we will have one or two supplies of garlic scapes (flower stalks) that you can use for cooking.

We harvest garlic in early July. Each year we leave some garlic to overwinter. That garlic is now what we harvest as green garlic. “**Green**” or “**Spring**” **Garlic** is much like green onions. Pulled early, it’s immature cloves chop up nicely for sauces, sautés, garlic butter, and more.

You will likely receive green garlic along with green onions. How can you tell the difference? Check out the whole plant and use your nose – You can sniff out the difference and you can see the difference. Onions have round leaves, garlic have flattened, alternating leaves.

After green garlic comes **Garlic scapes**. A scape is the flower stalk of the garlic plant. These smooth, round stalks curve and twist, topped with a flower bud. We snap the scapes off to encourage the plant to direct its energy into the bulb. Look at the scape and you can determine where the flower would emerge – it’s the swollen, soft end. All the rest of the scape can be cooked with just as you would fresh garlic. Just dice and cook! Keep refrigerated and the scapes will last 2-3 weeks easily.

Finally, in early July, it is time to harvest the whole plant. When the bottom pair of leaves on the plant begin to brown, it’s time to assemble our garlic crew. It will be a long day or two. The garlic drying shed will be transformed into a jungle of garlic plants and we will have collected garlic heads both for delivery, sale, storage and seed. Garlic heads are made up of a bunch of cloves held together by the “wrapper/papers”. Some recipes call for a specific number of cloves

We grow several kinds of hard neck garlic - German Porcelain (4-5 large cloves), Spanish Roja and Killarney Red (both Roja and Red have up to 10 smaller cloves). All are delicious, a culinary must and a documented boost to circulation and heart health.

Roasted Garlic

1 head of garlic – *keeping the head whole, slice off tips of cloves, brush with*
Olive oil

Wrap in aluminum foil and roast in oven or on grill for 45 min.s.

When done the cloves will be soft and pastey and the garlic will be caramelized and more mellow than fresh garlic. Roasted garlic is delicious mixed with mashed potatoes, smeared on grilled meat, or spread on crusty bread.

10 Garlic Clove Marinade

(from allrecipes.com)

10 cloves Garlic - peel and mince

1/2 Yellow Onion, minced

2/3 C. Vegetable oil

1/3 C. Worcester Sauce

1/4 C. Soysauce

1/4 C. Steaksauce

1/4 C. Water

1 t. Salt

1/2 t. Pepper

In a bowl, whisk ingredients together. Pierce several holes into the meat, place in shallow dish, pour marinade over. Cover & refrigerate up to 36 hours. Cook meat as desired.

Radishes

There's more to a radish than butter and radish sandwiches.

Radish dip – Asparagus to Zucchini

1 C. Radishes, finely chopped

1 T. fresh Chives or green onion tops

8 oz. Cream Cheese

1 t. fresh dill, *chopped*

1/2 t. Salt

Mix thoroughly. Chill 1-2 hours. Serve as vegetable dip, spread on crackers, crusty bread, etc.

Spring Vegetable Stew - From *Vegetarian Cooking for Everyone* by Deborah Madison

Salt and milled pepper

2 Carrots, *peeled and thinly sliced*

1/2 C. Snow or Sugar snap Peas

6 **Radishes**, *including 1/2 in. of the stems, halved*

18 – 3 inch Asparagus tips

6 green onions, *including part of the stems, cut into 3 inch. lengths*

2 broccoli stems, *thickly peeled and sliced diagonally*

Bring 3 Qt. of water to a boil and add 1 T. salt. Blanch the veg.s until barely tender, remove to a bowl of cold water to stop the cooking, drain. When all are blanched, reserve 1 C. of cooking water.

In wide skillet, melt 4 T. butter with

4 thyme sprigs, *add reserved liquid. Add veg.s,*

simmer until they're warmed through. Add

1 T. fresh lemon juice

Salt/pepper to taste

Serve at once.

1 T. snipped chives

2 t. parsley, *finely chopped*

1 t. tarragon, *chopped cook for 1 min. more.*

Summer Squash/ Zucchini

Summer squash or Zucchini? Summer squash describes squashes that are tender and abundant July through September. Zucchini is the most familiar, but we also grow yellow summer squash and patty pan summer squash. We grow the familiar green, slightly speckled squash, a variety with stripes and another with stripped ridges. We strive to harvest squash at the prime size, but admittedly they hide under leaves and we will likely harvest some great candidates for zucchini bread. All summer squash are a great source of vitamins A & C, potassium, and calcium and may be used interchangeably.

Zucchini Casserole (from WDM member, Kathy Oplt)

3 C. Zucchini, shredded	½ t. Oregano	1/8 t. garlic, <i>minced</i>
½ bisquick (1 C. if for appetizer)	2 T. Parsley	½ C. Vegetable oil
½ C. Onion, <i>chopped</i>	½ t. Salt	4 eggs, <i>slightly beaten</i>
½ C. Parmesan cheese	½ t. seasoned salt	
	dash pepper	

Grease 9 x 13 inch pan. Bake at 350 degrees for 25 minutes or until brown

Zucchini Matchsticks with Yogurt Sauce – (Vegetarian Cooking for Everyone – Deborah Madison)

1 ½ lb. Zucchini	1 ½ t. Salt
2 T. Olive oil	½ C. yogurt sauce (see below)

Slice each zucchini crosswise in half, then into long slabs about 1/3" thick. Angling your knife, cut the slabs into strips also about 1/3" wide. Toss with salt, set them in colander, and let stand for 30 min.s Rinse and pat dry. Heat the oil in wide skillet, add the zucchini, and sauté over high heat until lightly browned in places (~ 5 min.) Steam zucchini if you prefer. Turn into a bowl and serve the sauce spooned over the top.

• **Yogurt Sauce with Cayenne & Dill**

1 C. Yogurt	2 t. chopped dill
½ t. Salt	1 Lg. Garlic clove
½ C. Sour cream	¾ t. Cayenne pepper

Whisk yogurt and sour cream together. In a mortar, mash garlic to a paste with ½ t. salt; measure 1 t. then add it to the yogurt with the dill and cayenne. If you have time, refrigerate for 1 hr. before serving. The author is adamant that mashing the garlic does bring out a distinct flavor.

Zucchini Chocolate Cake (Mason City Globe Gazette – Janet Clark)

1 stick margerine, melted	½ C. milk, plus ½ T vinegar	½ t. Baking powder
½ C. Veg. Oil	or ½ C. Buttermilk	½ t. Salt
2 Eggs	1 t. Vanilla – <i>Next combine dry</i>	1 t. Cinnamon
1 ¼ C. Sugar – <i>cream 1st 3</i>	<i>ingredients:</i>	¼ C. Cocoa – <i>add alternatively</i>
<i>ingred.s together, add;</i>	1 t. Soda	<i>with milk mixture to creamed</i>
	2 ½ C. Flour	<i>mixture</i>

Fold in:

2 C. Zucchini, finely grated, drained – *Pour into 9 x 13 pan. Sprinkle:*
½ C. Chocolate chips; ½ C. Walnuts, chopped, optional – *evenly over top. Bake 425 degrees about 50-60 minutes.*

Zucchini Egg Casserole (*Rozena Van Lent, Mason City*)

4 C. Zucchini – *chop fine*

1 t. Salt and pepper

3 Eggs

Bake at 350 degrees until tender (about 40 min.s)

1 C. Milk

1 ½ C. Cracker crumbs

1 C. Cheese, *grated*

½ C. Butter

Onion, *chopped*

Ham, *diced (optional)*

Almond Zucchini Fritata

1 T. olive oil - *heat, add next 4 ingredients:*

2 C. grated zucchini

2 C. yellow summer squash

1 clove garlic, minced

1 T. fresh basil, minced, or 1 ¼ t. dried - *cook 3 min.s*

Optional: Add chopped yellow and red pepper or mushroom

Beat:

6 eggs, *add:*

Parmesan cheese

Cook until eggs set. Sprinkle with some more parmesan cheese. Broil until fritata is golden brown. Serve as a pie

Pour over squash. Add:

sliced, toasted almonds

Most Unusual of your Summer Vegetables

What makes these the most unusual vegetables? These vegetables are often unfamiliar or less popular and only prepared in a limited, “classic” form. Here is some introduction and a variety of tips to serve and enjoy them. Many of these items are available only through the Go Gourmet Add-on.

Vegetables in this section: Dragon tongue beans, Eggplant, Leeks, Greens (Arugula, Chard, Tatsoi, Pac Choi, Raddichio)

Dragon tongue beans

Dragon Tongue Beans are as exotic looking as their name suggests. These broad, creamy beans are beautiful with their purple streaks. These beans are great raw in fresh salads, and just as good in stir fries, sauté dishes, etc. Note: cooking will break the purple pigment down.

Eggplant

Mushroom-stuffed Eggplant

1 Med. Eggplant, *cut lengthwise slice off widest lobe of eggplant, scoop out eggplant, leaving shell for stuffing. Saute scooped out eggplant (chopped) with:*

4 oz. mushrooms, *slice*
1/4 C. Flour
1/4 C. Butter
1 clove Garlic, *minced*

2 T. Onion, *chopped*
2 T. Green pepper, *chopped*
1 t. Salt
1/8 t. Pepper

Stir in:

1/4 C. Cream - *til thickened, fill eggplant shell, top with*
Bake 350 degrees F. for 40 min.s

1 T. Parmesan cheese, or butter bread crumbs

Eggplant Parmesan

1/4 C. Flour
1/2 t. Salt - *combine with flour*
1 Med. Eggplant, *slice thin*

1 Egg—*beat, dip eggplant into egg, then flour mix*
1/4 C. Olive oil - *brown eggplant in oil, drain well.*

Place half the eggplant in a baking dish.

2 C. Marinara sauce (try OSTG’s Roasted Tomato recipe on page 17) - *spread half the sauce, add*
6 oz. Mozzarella – *sprinkle half on this layer, add*

1/3 C. Parmesan cheese - *sprinkle half on eggplant*
Repeat layers. Bake 400 degrees F., 15-20 min.s

Escalloped Eggplant

1 medium eggplant, *dice, boil until soft ~ 20 min., drain*
2 T butter - *melt, stir into:*
2 T. flour – *add milk*
1 C. milk – *cook, stirring until thickened and smooth*

Mash well-drained eggplant, drain and stir it and all other ingredients (except egg whites) into white sauce. Mix well.

1/2 C. grated cheese
3/4 C. soft bread crumbs

2 T. onion, minced
1 t. salt

2 eggs (*separate, beat yolks. Beat in egg whites until stiff – reserve and fold in at last*)

Put in well-greased casserole dish in a shallow pan with hot water. Bake 1 hour at 375.

Leeks

Cleaning leeks – When you wash a leek, split it horizontally and flush any soil from between the many layers of leaves. Once thoroughly cleaned, it will be ready for use any of the following ways.

Here's a list of cooking tips for leeks from the *Asparagus to Zucchini Cookbook* that goes well beyond the classic Leek Potato Soup.

Try leeks **raw** – chopped in a variety of salads; cooked whole – **braised or baked; steam or boil** for 10-12 min.s - top with butter, a dash of salt, pepper and Parmesan cheese; **Layer thin slices** of leek in a favorite sandwich – leek, tomato, melted cheese –YUM!; **Lightly sauté** chopped leeks alone or with other vegetables; **Chop or slice** into quiches, egg dishes, casseroles, stews, stocks, soups and stir-fries; Puree cooked leeks for a soup base. **Add leek leaves to long cooking dishes** such as grains, beans, or stews for added flavor; add cooked leeks to mashed potato.

Greens

Lettuce and spinach are among the most familiar greens. We also grow three additional greens – Arugula, Mizuna and Tatsoi. These greens add texture, flavor and pizzazz to any salad mix; they also work well as stir fry, braised ingredients. Dark, leafy greens are a good source of Vitamin A, C, some B vitamins, and folic acid, as well as minerals such as calcium and iron. Don't forget to eat your greens!

Arugula, Tatsoi and Mizuna are three greens that

Arugula is known for its peppery flavor (leaves look just a bit like dandelion leaf shape). Add to sandwiches, Tacos, Taco Salad

Tatsoi (dark green, rounded leaf) is known for its dark, green color and

Mizuna (bright green, long, feathery leaves) – Sauté with olive oil, onions and toss with Parmesan cheese Mix in with other salad greens, on sandwiches, with tacos and burritos

Add to soups and stir fries.

Mizuna with Minced Tofu (Rolling Prairie Cookbook)

3 cloves garlic, pressed/minced

1 t. finely grated fresh ginger

2 t. soy sauce - *combine above with 2 t. peanut oil for marinade*

4 t. Peanut oil

1 lb. tofu, minced (fresh *not silken variety* and firm)

Mix into marinade set aside for 30 min. Heat 1 t. peanut oil in skillet, add tofu & marinade, saute for 10 min.s.

Remove, set aside. Heat remaining 1 t. oil, add:

1 carrot, diced

1 sm. onion, minced

1/3 C. minced water chesnuts - *saute for 3-4 min.s. Add:*

juice of 1 lemon

1/2 t. chili paste (optional)

~ 1 lb. **Mizuna/Arugula** - *stir until leaves wilt slightly. Add tofu and toss. Season with*

1/2 t. salt & freshly g

round black pepper.

Serve on mound of brown rice. Serves 4.

Raddichio, related to chicory, has a degree of bitterness that turns sweet when cooked. You may be familiar with the deep scarlet leaves in a tossed salad. Try this week's recipe to bring out rich flavors.

Braised raddichio - Serves 4

1 head raddichio – *chop coarsely*; 2 cloves garlic – *mince*

Olive oil

Pasta – type of your choice – enough to feed 4 people

Parmesan cheese - *Sauté raddichio with garlic in the oil until slightly browned. Toss with pasta and serve with freshly grated Parmesan cheese.*

The Classic Core Vegetables

This section includes the following garden classics:

Brassica family (Broccoli, Cabbage, Cauliflower, Pac Choi, Kohlrabi), Cantaloupe, Carrots, Lettuce, Potatoes, Pepper, Pumpkin, Sugar Snap Peas, Snow Peas, Spinach, Sweet corn, Sweet Potatoes, Tomatoes, Winter Squash.

Brassica family

The **Brassica family** includes broccoli, cabbage, cauliflower, but also pac choi and kohlrabi. Many of these are early season crops, preferring the cooler temperatures of spring. Many are also known as nutrition powerhouses. Broccoli, specifically, is well known for Vitamin A, C, calcium, potassium, iron, and sulforaphane, an enzyme that gives broccoli its special “anti-cancer” properties. In many recipes brassicas are interchangeable.

Garden Salad - *recipe developed by Kathy Deimerly, Fancy That Catering, Clarion, IA*

Mix together for marinade:

1 C. Sugar 1/2 C. oil

1 t. Salt 1 C. vinegar

Dash pepper 1 T. Basil

*Add 1 C. each of several vegetables - **cauliflower, broccoli, onion, carrot, cucumbers, green pepper, tomato, etc.** Using many colorful vegetables makes an attractive and tasty salad. You may want the firmer vegetables par boiled/steamed ahead - just cool quickly in cold water before adding to salad.*

Marinate vegetables overnight. Serves 8

Vegetable Garden Stew

1/2 cup chopped onion(1 small)

2 tablespoons butter

1/4 cup chopped green pepper

1 small clove garlic, minced

1 large head **cauliflower** broken into small pieces

3 large tomatoes, quartered

2 small zucchini, cubed

1/4 cup hot water

1/4 to 1/2 teaspoon salt(or less)

dash of pepper

pinch of ground sage

1/4 teaspoon ground thyme

3 strips crisp, nitrite-free bacon(optional)

In large skillet, sauté onion in butter until tender. Add remaining ingredients: cover and simmer 10 to 15 minutes until tender. Serve immediately, garnished with crumbled bacon, if desired.

Stir-fried Vegetables with Chinese Sweet & Sour Sauce *(from Joy of Cooking)*

Prepare & stir-fry 2 lb. of fresh, in-season vegetables, such as

Cauliflower or Broccoli

Pac Choi - *separate leaf from stem, cook leaf last*

Tatsoi – *separate leaf from stem, cook leaf last*

Onion

Snow & Sugar Snap Peas

Radishes

In medium saucepan, combine and heat:

½ C. pineapple juice

3 T. Oil

2 T. Brown sugar

1 t. soy sauce

½ t. pepper

¼ C. mild vinegar

If you want thicker sauce,

add approximately 1 T. cornstarch,

thinned with water and simmer.

Stir constantly until mixture thickens.

Pour sauce over stir-fried vegetables and enjoy

Grilled Broccoli

1 lb. Fresh Broccoli, washed and trimmed

2 T. extra-virgin olive oil

1 T. favorite seasoning salt

Place broccoli in large bowl. Drizzle with olive oil and sprinkle with seasonings to taste. Toss to coat evenly. Place vegetables in grilling basket. Grill over medium-high heat for 5-8 minutes, turning occasionally, until broccoli is fork-tender. Simple, nutritious, delicious!

Tangy Broccoli Salad

1 cup mayo-like salad dressing

2 tablespoons sugar

2 tablespoons vinegar

1 bunch broccoli, *cut into flowerettes (about. 6 cups)*

4 c spinach, *loosely packed*

2 strips bacon, *cooked crisp and crumbled*

½ c. red onion, *cut into strips*

¼ cup raisins

Mix dressing with other ingredients, chill and serve.

Cabbage Pancakes

1 lb. Green cabbage, *shredded*

½ t. Salt - *boil in 1 Qt. of water 5 min.s Drain well, pressing with a spoon to get all the water out. Or cook in microwave, faster, less heat in kitchen. You want it bright and soft*

whisk next 4 ingred.s together til smooth :

3 Eggs

½ C. Milk

1 C. Flour

3 T. Butter, melted – *then combine with cabbage.*

Stir in

1 ½ T chopped Chives or Onions

Melt 1 T. butter in large skillet over med. Heat. Spoon batter into skillet, using a tablespoon of batter for each pancake. Cook til golden brown on each side. Serve hot

Kohlrabi is actually the swollen stem of the plant. Kohlrabi's outer layer may be light green or purple. You'll be able to see where the many leaves have been clipped off at harvest. To prepare, simply peel off the outer layer. Once peeled, kohlrabi is ready for use as a raw vegetable for dips, out of hand, salads and more. Kohlrabi also good in soups and stir-fries.

Is it **Pac Choi** or Bok Choy? The books we've read say both spellings and pronunciations are correct. We use "Pac Choi". This classic Asian vegetable with dark, green leaves and white stalks, is another classic stir fry addition. Cook with in two phases – trim off and chop up leaves and set aside. Chop up the leaf stem and stir-fry with other vegetables. Toss leaves in last as they cook down fast.

Peppers

Pepperonata

5-7 Green Peppers – *core and slice*

2-3 Onions (3 C. diced) - *slice lengthwise into strips, Heat:*

2 T. Olive oil – *add peppers and onion and sauté on medium heat, stirring frequently, for 10-15 min.s until tender and lightly browned, While vegetables sauté, chop:*

2 Tomatoes – *stir tomatoes and*

2 T. Red wine vinegar (optional) into peppers

Cook for 5 more minutes until the liquid has evaporated. Add:

Salt and pepper to taste – *add:*

1 t. Sugar (*optional*)

Serve hot or at room temperature. Covered, in the refrigerator. Pepperonata will keep for about 1 week.

Allow to come to at least room temp. before serving. Serve on toasted bread, over pasta, as a vegetable side dish, on baked potato, mix. with steamed green beans with hard-boiled eggs as a salad or as a quesadilla filling. Wonderful in frittatas

Pumpkin

Pumpkin Custard

1 ½ c. cooked, *mashed pumpkin*

¼ C. apple juice

3 egg whites, *slightly beaten*

1 can (12 oz) evaporated skim milk, *scalded*

1 T. pumpkin pie spice

¼ c. brown sugar

Stir all ingredients thoroughly in a mixing bowl. Pour mixture into 1 1/2-quart soufflé dish or 9-inch glass pie plate, sprayed with nonstick cooking spray.

Sprinkle with brown sugar. Bake at 400°F for 35 to 45 minutes or until knife inserted near center comes out clean. Makes 6 servings.

Pumpkin Pie

1 unbaked pastry shell

Combine well:

2 Eggs, *lightly beaten*

¼ C. Sugar

½ C. brown sugar, *packed*

1 T. Flour

1 t. Cinnamon

Gradually mix in and stir thoroughly:

12 oz. Evaporated milk

Pour filling into pie shell

Bake 450 degrees for 10 min., 350 for 65-75 min.s

½ t. Salt

¼ t. each nutmeg and ginger

2 C. raw pumpkin or winter squash - *cooked and mashed*

Spinach

Wilted Spinach Salad (*from our 2006 Summer intern, Vanessa's mom*)

Prepare in a bowl:

1 lb. Spinach – *wash, spin, and tear, add:*

4 green onions - *chopped*

Coarsely ground black pepper

1 hard cooked egg - *coarsely chopped* – *reserve for final topping*

5 Slices bacon – *cut into small pieces, fry in stir-fry pan, drain fat from bacon, reserving for dressing.*

For dressing:

Mix 3 T. of hot, reserved bacon fat back into fry pan along with:

2 T. Wine vinegar

1 t. sugar

1 T. lemon juice

½ t. Salt

Add spinach to frying pan (heat off) and toss with hot dressing until coated and slightly wilted. Return wilted spinach to bowl, mix in cooked, bacon, top with egg.

Sugar Snap & Snow peas

These edible-pod peas are a classic early summer treat.

SNAP & ZIP – You'll discover that peas have two halves, each with a fiber running down the side. To remove these fibers, snap the end off the pea and zip the fiber down the sides of the pea. Now they're ready to eat right out of hand. YUM!

Snow Peas are harvested when the pea is tiny and pod flat. *Stir-fry, in salad, steam for side dish*

Sugar snaps are harvested when the pea is full and the pod plump - *great snack food, salad addition, steamed as side dish, stir-fries*

Sweet Corn

Garlicky Corn on the Cob:

Combine all, marinate overnight, wrap in foil, grill 30 minutes. Serves 6.

1 teaspoon lemon zest

2 tablespoons soy sauce

4 tablespoons olive oil

1 garlic clove, minced

Pepper to taste

6 ears corn, husked

Sweet Potato

Nutty Sweet Potato Biscuits (*Sal Amander Farm*)

Mix dry ingredients together

2 ¾ cup flour

4 teaspoons baking powder

1 ¼ teaspoon salt

Combine next five ingredients together

¾ cup chopped pecans

2 cups cooked mashed sweet potatoes

2/3 cup sugar

½ teaspoon cinnamon

½ teaspoon nutmeg

½ cup butter, melted

1 teaspoon vanilla extract

Add moist ingredients to flour mixture and mix well. Turn onto lightly floured surface and knead lightly. Roll to 1/2 inch thickness, cut for biscuits. Place on lightly greased baking sheets. Bake at 450 degrees for 12 minutes or until golden brown

Sweet Potato Quesadillas (*Moosewood Restaurant Cooks at Home*)

8 Tortillas (8-10 inch)

Tomato salsa, sour cream

1.5 C. Onion, chopped

2 cloves Garlic, minced

3 T. Olive oil - *sauté together until onions translucent, Add:*

4 C. grated, peeled sweet potato (about three potatoes)

Generous pinch of Cayene - *until potatoes are tender, about 10 min.s, add:*

1/2 t. dried Oregano

Salt & pepper to taste - *remove filling from the heat*

1 t. Chili powder

2 t. ground Cumin

Spread 1/8th of the filling and 1/8th of

1 C. grated sharp Cheddar cheese - on each tortilla.

Eat as a burrito or cook the filled tortillas as a quesadilla. Serve immediately topped with salsa and sour cream.

Tomatoes

Homemade Fresh Salsa

1 c. fresh tomatoes, diced

1 T. chopped jalapeno peppers
(optional) or

2 T. limejuice

1/2 c. corn, fresh or frozen

1/2 c. chopped green or red bell
peppers

2 cloves fresh garlic, finely
diced

1/2 c. onion, diced

Combine all ingredients. Chill & serve. Serving Suggestion: Use as filler in wrap-ups or as a dip with bread sticks, or tortilla chips.

Source: Food, Family and Fun: A seasonal Guide to Healthy Eating, 1996, published by the United States Department of Agriculture.

Roasted Tomatoes

2 Qt. Tomatoes, *washed, quartered, unpeeled*

Pepper

1 Onion, *peeled, quartered*

Fresh Basil & Oregano -*Toss all ingredients with:*

2-3 cloves Garlic, *chopped*

1/4 C. Olive oil

1/2 t. Salt

Roast at 400 degrees F., 1 hour, stirring occasionally. Cool slightly, puree in food processor. Serve over pasta for a wonderful marinara sauce or add equal parts milk or half & half for cream of tomato soup.

Winter Squash

Squash-Apple Cheddar Gratin (The Moosewood Restaurant Kitchen Garden)

2 C. sliced Onion 1 1/2 C. Cheddar cheese, *grated*
1 t. fresh Thyme leaves 2 T. Bread crumbs
2 T. Vegetable oil 3 C. Winter squash, *cooked, mashed*
2 1/2 C. Apples, *thinly sliced* Salt & Pepper to taste
1 T. Flour

Sauté onion and thyme in oil for about 20 min.s until onion is soft and golden. Meanwhile, toss apples and flour. In a separate bowl, mix cheese and bread crumbs.

Preheat oven to 350 degrees F.

Oil a casserole/baking dish - approximately 8x8x3 inches and layer the ingredients as follows: squash, salt and pepper, sautéed onions, apples slices, bit more salt and pepper, cheese/bread crumb mix.

Bake covered for 30 min.s, then uncovered for 15 min.s. The apples should be tender and the topping bubbly and golden.

Great Stuff...ed

Vegetables included in this section include: Peppers, Summer squash, Tomatoes

Veggie Stuffed Tomatoes

1 1/2 C. peas and carrots (*diced*) 4 lg. ripe tomatoes
1/2 t. dried dill (optional) 2 t. Parmesan cheese
2 t. ranch salad dressing

Rinse vegetables in a colander under cold water. Mix together salad dressing and vegetables. Cut tops off tomatoes and hollow out centers. Fill tomatoes with vegetable mixture. Sprinkle with dill and cheese.

Refrigerate 1 hour before serving.

Stuffed peppers – serves 9

9 large Peppers, *cut tops off, remove seeds* - Cook peppers in boiling water 2 minutes. Drain and set aside while making rice mixture. *Sauté*

2 cloves garlic, *minced*

2 onions, chopped, *in oil in large skillet, Add*

3 C. raw brown rice *brown about 5 minutes. Add*

6 C. water, chicken or veg. stock or tomato juice.

1/2 t. allspice

salt and pepper to taste. - Cover and cook until rice is done, about 40 minutes. Meanwhile toast

1/2 C. almonds, *chopped in dry skillet or hot oven several minutes, tossing often. To rice mixture, add:*

Toasted almonds

1 C. chopped tomatoes

3/4# Cheddar cheese, *grated* - *stuff peppers with rice mixture.*

Bake at 350 degrees 30 minutes.

Summer Squash stuffed with Chana Masala

Chana Masala is an Indian dish introduced to us by our 2006 interns. It's great alone with rice, but we also found it works wonderfully for stuffed summer squash.

Several medium summer squash, *scoop seeds out, cook in microwave until soft, and stuff with Chana Masala (Masala = spiced and Chana = chick peas)*

2 medium Onions – *chop finely*
2 T. Olive oil – *sauté onions, add:*
2 large cloves Garlic, *mince – add some Curry powder, cook briefly and add:*
3 Tomatoes, *chop finely...or 2 T. tomato paste*
3 ½ C. cooked and drained Chick peas
2 T. Lemon juice
1 t. Salt

Farm Fresh Chicken

Crunchy Chicken Salad

2 cups cooked, diced chicken
2 cups cooked brown rice, cooled
½ cup chopped green onion
¼ cup oil
¼ cup wine vinegar
½ cup chopped celery

¾ cup mayonnaise
6 ounces unsweetened pineapple, diced or
crushed, drained
½ teaspoon salt
dash of pepper

The night before, mix rice onion, oil, and vinegar. Chill overnight. Prepare remaining ingredients and refrigerate. Next day, combine ingredients. For more crunch, try adding chopped pecans or walnuts, chopped apple, sliced water chestnuts or chopped green pepper. Add mayonnaise as needed. Chill at least 2 hours

Honey-baked Chicken (from More with Less Cookbook)

Preheat oven to 350 degrees. Arrange a shallow baking pan, skin- side up:

1 chicken from One Step at a Time Gardens ☺

Combine and pour over:

1/3 C. margarine, melted
1/3 C. honey

2 T prepared mustard
1 t. salt

1 t. Curry powder

Bake 1 ¼ hr., basting every 15 minutes until chicken is tender and nicely browned. Good served with rice

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