



Food Book

One Step at a Time Gardens
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The Recipe Collection

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 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.

Eating with farm fresh food is so good on so many levels. It does bring with it a learning curve. Among the rhythms members learn are eating seasonally, learning to build meals with the ingredients looking them in the face, stretching their comfort zone at times with new and unfamiliar vegetables, and having patience with themselves and their refrigerators as they work to balance busy schedules with regular, weekly or bi weekly supplies of fresh vegetables

The organization of the *Food Book* is based on seasonal availability and is alphabetized in each section.. Because you may want to search for a specific vegetable, we also provide an alphabetized index in the back.

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Spring Vegetables in this section: Brassica Family, Garlic Scapes, Greens, Green Onion, Kale, Peas, Radish, Spinach

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)	1/4 cup hot water
2 tablespoons butter	1/4 to 1/2 teaspoon salt(or less)
1/4 cup chopped green pepper	dash of pepper
1 small clove garlic, minced	pinch of ground sage
1 large head cauliflower broken into small pieces	1/4 teaspoon ground thyme
3 large tomatoes, quartered	3 strips crisp, nitrite-free bacon(optional)
2 small zucchini, cubed	

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 **Bok Choi, Cauliflower or Broccoli**

Pac Choi - separate leaf from stem, cook leaf last	Snow & Sugar Snap Peas
Tatsoi – separate leaf from stem, cook leaf last	Radishes
Onion	

In medium saucepan, combine and heat:

1/2 C. pineapple juice	
3 T. Oil	If you want thicker sauce,
2 T. Brown sugar	add approximately 1 T. cornstarch,
1 t. soy sauce	thinned with water and simmer.
1/2 t. pepper	Stir constantly until mixture thickens.
1/4 C. mild vinegar	Pour sauce over stir-fried vegetables and enjo

Grilled Broccoli – *quick and easy, one of our favorite go to ways to fix 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 an 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	1 bunch broccoli, cut into flowerettes (about. 6 cups)	2 strips bacon, cooked crisp and crumbled
2 tablespoons sugar	4 c spinach, loosely packed	½ c. red onion, cut into strips
2 tablespoons vinegar		¼ cup raisins

Mix dressing with other ingredients, chill and serve.

Broccoli Tomato Salad

Cut up the broccoli in bite size pieces (not real small).

Par boil 1 to 2 minutes.

Drain. Cut up some tomatoes in fairly large pieces. Add to broccoli. Sprinkle with garlic salt. Toss with some mayonnaise. Chill.

Roasted Broccoli Gratin with Blue Cheese (from *How to Cook Everything*)

1 lb. broccoli or cauliflower, trimmed, the stems cut into 1/4 inch pieces	2 cloves garlic, smashed
2 tablespoons olive oil	1/2 cup crumbled blue cheese
salt and pepper	1/2 cup bread crumbs

Heat the oven to 425. Put broccoli in a glass baking dish and toss with olive oil, salt and pepper. Nestle the garlic cloves in with the broccoli and cook 10 - 15 minutes, until the tops begin to brown. Remove from oven and sprinkle the cheese and then the bread crumbs over the broccoli. Return to the oven and cook until cheese is bubbling and the bread crumbs are golden brown, about 10 more minutes.

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	3 T. Butter, melted – then combine with cabbage.
½ C. Milk	Stir in
1 C. Flour	1 ½ T chopped Chives or Onion

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

Stir-fried Broccoli Florets & Kale

1/8 C. OO

7 cloves garlic, sliced

1 head broccoli, chopped

1 bunch kale, stemmed

Heat oil in a skillet over high heat. Stir in garlic and cook for 2 min.s stirring often.

Stir in broccoli and cook for 1 min. Add kale and cook for 2 min.s, stirring often, Stir in sun-dried tomatoes, then pour in lime juice.

Season with salt to taste

Mix it all up

1/4 C. sun-dried tomatoes,

Juice of 2 limes

Salt to taste

Cauliflower Cilantro Salad - from Pat Hansen

1 1/2 c. cauliflower, cut into 1/2" pieces, cooked semi-crisp (2 minutes in microwave with 2T water), and cooled

1 c. tomatoes, cut into 1/2" pieces

1 green onion, diced

6 sprigs of fresh cilantro, stems removed, diced

1t lemon zest

juice of 1/2 lemon

2 T rice wine vinegar

I'm guessing on some of the measurements. I don't think you'd have to cook the cauliflower, but it may have absorbed the flavors better that way. I think the surprise was the flavorful dressing with just lemon juice & zest, cilantro, and green onions. I think I'll make more and use it on other salads or noodles.

Summertime Peanut Sauce Loosely based on "Wonderful Peanut Sauce" in *The Vegetable Dishes I Can't Live Without* by Mollie Katzen

1 cup crunchy peanut butter

hot water

1 tablespoon honey

1/2 teaspoon molasses

3-4 tablespoons tamari sauce (or soy sauce)

4 large cloves garlic, crushed

3 teaspoons apple cider vinegar

3-4 tablespoons minced cilantro

Few dashes cayenne powder to taste

Place peanut butter, honey, and molasses in a bowl. Add about a half cup of the hot water and stir/mash the mixture until uniformly blended, adding more hot water as needed to reach desired consistency. Add the remaining ingredients and stir well to incorporate fully. Toss with broccoli or vegetable of your choice – also good over pasta, tofu, or chicken!

*Is it **Pac Choi** or Bok Choy? Both spellings and pronunciations are correct. 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.*



Garlic Scapes

GARLIC SCAPE PESTO

(from: The Omnivore's Solution website)

1/2 lb. organic scapes, top bulbs removed (chopped into 1" sections)

1/2 C pine nuts

2 c. grated parmesan cheese (substitute romano or asiago)

1/2 c. extra virgin olive oil (to achieve the correct texture)

Use only the tender parts of the scapes, peeling bottom ends if tough.

In a food processor, combine the scapes and pine nuts, pulse to chop into a rough paste. Add cheese and pulse. With processor running, drizzle in just enough olive oil to achieve a moist spreading consistency.

Taste for salt and add some sea salt if necessary. It depends on the saltiness of the cheese. Possible additions: 1/2 C fresh herbs – parsley, dill, or cilantro

Place in processor with scapes and pine nuts.

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 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 peppe

Serve on mound of brown rice. Serves 4

Ginger Dressing

In a jar with a tight fitting lid combine:

6 T olive oil,	1 t paprika,
3 T balsamic vinegar,	2 – 3 cloves minced garlic,
2 T brown sugar,	2 – 3 inches peeled and minced fresh ginger,
2 T soy sauce,	Pepper to taste.

Shake vigorously. This is particularly good with green onions, also in this week's box. The bottom line here is don't be afraid to experiment! Vinaigrettes are incredibly forgiving and can take a lot of tinkering. Just don't forget to taste as you go.

Honey Mustard Marinade *From The Vegetable Dishes I Can't Live Without by Mollie Katzen*

2 tablespoons apple cider vinegar	dash of salt
2 tablespoons Dijon mustard	2 teaspoons honey
1 large clove garlic, crushed	5 tablespoons extra virgin olive oil

Measure the vinegar into a bowl. Add the mustard, garlic, salt, and honey while stirring or constantly. Keep stirring as you add the oil in a steady drizzle, which will thicken the mixture.

Basic Vinaigrette *from Simply in Season, a World Community Cookbook.*

In a jar with a tight fitting lid, combine:

2 T Dijon mustard,	3 T olive oil,
2 T red wine vinegar (or balsamic, apple cider, white wine, or any other kind of vinegar),	1 T lemon or lime juice

Salt and pepper to taste. Shake vigorously.

Try experimenting with different vinegars, fresh or dried herbs, citrus additions, and/or sweeteners. You can also include a splash of maple syrup or a dollop of honey.

Ranch Dressing (from Genesis McKiernan-Allen)

Whisk together equal parts mayo and milk, splash white vinegar, finely diced onion and garlic, green onion (including the greens), splash of lemon juice, small pinch salt, and generous pinches of: black pepper, dill, tarragon, thyme, parsley (or whatever herbs are handy). A little sour cream or plain yogurt would probably be good also, in addition to mayo.

Green Onion

Homemade Ranch Style Dressing

(adapted from *How to Cook Everything Vegetarian*)

½ cup mayonnaise (or plain yogurt)	2 ts minced fresh dill (or chives or parsley or tarragon or some combination)
½ cup milk	1 small garlic clove, pressed or finely minced.
2 ts white wine vinegar (or regular vinegar)	Salt and pepper to taste
2 green onions, white and pale green parts minced (save the dark green tops to toss right in with eggs or salad)	

In a bowl, whisk together the mayo, milk, and 1 teaspoon vinegar. Add the onions, herbs, garlic, and pepper. Add second teaspoon of vinegar to taste and then taste for salt – if you are using store bought mayo you may not need to add any. Cover and refrigerate up to 3 days

Savory Green Onion Noodle Cake

4 Eggs, 2-3 T. sesame oil,
½ C. chopped green onions, Salt and pepper,
2 T. chopped cilantro or parsley, 3 T. peanut oil, divided.
8 oz. Cooked angle hair pasta,

Beat eggs, stir in green onions, cilantro and ginger. Add spaghetti and salt and pepper to taste; mix very well with your hands. Heat half the peanut oil in a 8-10 in. nonstick skillet over medium-high flame. Spread pasta mixture into pan, press it down and even the edges with a spatula. Cook until bottom is golden and cake is “set”, 6-10 min.s Wearing oven mitts, place a platter over skillet and flip noodle cake onto platter. Heat remaining oil in skillet, slide cake back in, and cook until second side is golden. Slide noodle cake back onto platter and garnish with cilantro springs.

Kale

Strip the leaves from the stem. Chop and use fresh among salad fixings or steam (for 4-5 min.s) depending upon age, size and amount in steamer. It’s ready when it’s limp, but still retaining some texture. Toss steamed kale with olive oil, lemon juice and a dash of salt and pepper. Try adding raw garlic (use your garlic scapes). Add sautéed kale to omelets, quiches, scrambled eggs, casseroles or mashed potatoes.

African Pineapple Peanut Stew (from Moosewood Restaurant Cooks at Home)

1 C. chopped onions, ½ C Peanut butter
2 cloves garlic (4-6 inches Garlic Scapes), minced 1 T Tabasco sauce or other hot pepper sauce
1 T vegetable oil ½ C chopped fresh Cilantro
4 C sliced Greens – kale, Chard, Spinach, Lettuce, Salt
or radish tops crushed, salted peanuts and chopped scallions
2 C undrained, crushed Pineapple (20 oz. Can)

Sauté onions and garlic in oil until lightly browned. Wash and slice greens crosswise into 1” thick slices. Add pineapple to onions. Bring to a simmer. Stir in greens, cover, and simmer for 5 minutes, stirring a couple of times until tender. Mix in peanut butter, Tabasco sauce, and cilantro. Simmer for 5 minutes and add salt to taste. Top with peanuts and scallions. Serve with rice

Chard or Kale Cheese Bake (Source: *Simply in Season*)

1 lb. Chard – cook and thoroughly drain 1 C. bread, cubed
4 eggs, beat 1 C. green onions, sliced
1 C. milk ¼ C. Parmesan cheese, grated
1 C. Swiss or other cheese

Combine with cooked greens. Pour into a greased 2 – quart baking dish. Cover and bake in preheated oven at 375 F until set, 25-30 minutes.

Homemade Dressing (Madelyne Priebe, , Ventura Schools)

1 T. Honey
1 T. Apple cider Vinegar
1 T. Olive oil

Crispy Kale Chips:

½ lb Kale;

Kosher or sea salt

1 T olive oil;

Preheat the oven to 250 degrees F. Strip the leaf from the central rib (keep the rib for cooking). Wash and thoroughly dry the Kale leaves. Put them in a large bowl, drizzle with the olive oil, sprinkle with salt and toss to coat them evenly with the oil. Arrange them on baking sheets in a single layer. Bake in batches if necessary until the leaves become fully crisp, 25-30 min.s. You can serve them immediately or let them cool. They will stay crisp for least a couple of hours.

Braised Kale with White Beans and Turnips - Serves 4-6

2 Tablespoons olive oil;

2 cups cooked White Beans;

4 strips Bacon, cut into 1" pieces;

2 large bundles of Kale, washed, stems discarded, and leaves roughly chopped;

1 large onion, diced (about 2 cups);

3 cloves garlic, minced;

2 Tablespoons sugar;

1 1/2 lbs Turnips, ends and tops trimmed off;

1/2 teaspoon hot sauce;

3 cups Chicken broth;

1 lemon, juiced;

1/8 - 1/4 cup Apple cider vinegar (adjust to taste);

Salt and Pepper

Place a large heavy bottomed pot over medium heat. Add the bacon strips to the pot and cook until the fat is rendered and the bacon is lightly browned. Add the onion, garlic, and turnips to the pot.

Stir and cook until the vegetables are softened and beginning to turn brown on the edges. Pour the chicken broth and apple cider vinegar into the pot, and stir while scraping the bottom to deglaze and browned bits stuck to the pot. Next add the beans and kale (pressing down on the kale if it threatens to overflow the pot).

Cover the pot with a lid and reduce the heat to medium-low. Braise the kale for 20 minutes, stirring occasionally, until the leaves are tender and wilted and the turnips are cooked through. Once the kale is tender, remove the lid and add in the sugar, hot sauce, and lemon juice. Stir and taste the liquid.

Add salt, pepper, and apple cider vinegar, until the flavors are to your liking. Turn off the heat and serve the braised kale with slices of thick crusty bread to sop up the liquid.

Easy Vinaigrette

1/8 cup red wine vinegar

1-2 cloves garlic

1/8 cup balsamic vinegar

1/2 cup extra virgin olive oil

1 teaspoon Dijon mustard

Salt and pepper or lemon juice

Combine all of the ingredients and mix well. I like to use mini-food processors—they work great. You may want to add some salt and pepper, or some lemon juice to bring out the flavor, but this is pretty good all by itself. The next step is to prepare the bowl. If you like the flavor of garlic, take a clove and rub the inside of the bowl before the lettuce leaves go in. Then when you put in the greens, make sure they're dry. Otherwise the vinaigrette won't stick to them. You can use a salad spinner or just pat them dry with a paper towel.

There you have it; easy vinaigrette that makes tossed green salad taste like it's summer all year round!

Savory Kale or Chard (Source: *Simply in Season*)

1 Onion , *slice thinly*

1 lg. Bunch fresh Kale or Chard – *stack leaves, roll together and slice about ¼ in, sauté in the frypan for 1 minute.*

Several T. water

¼ t. salt – *add , cover, reduce heat and steam until tender. Add water as needed. Kale cooks in 10-15 minutes. Chard cooks a bit faster. When the greens are tender, drain in a colander. Return onions to pan and heat to sizzling.*

1 T. Tomato paste

Add and stir. When the mixture is hot, return the greens to the pan. Mix, heat through, and serve.

Green Surprise Dip (Simply in Season)

1 C. steamed Kale or Spinach

1 C. plain Yogurt

1 C. cooked Chickpeas

¼ C. Mayonnaise

2 cloves Garlic

½ Onion

1 T. lemon juice or to taste

½ t. salt or to taste

Puree in blender or food processor

One-Pot Kale and Quinoa Pilaf from The Food 52 Cookbook)

1 C. quinoa

1 bunch lacinato (or regular) kale, washed and chopped into 1” lengths

1 Meyer lemon, zested and juiced

2 scallions, minced

1 T. toasted walnut oil (or olive oil)

3 T. toasted pine nuts

¼ C. crumbled soft goat cheese

Salt and freshly ground black pepper

Bring 2 C. salted water to a boil over high heat in a large pot with a cover. Add the quinoa, cover, and lower the heat until it is just high enough to maintain a simmer. Cook for 10 minutes, then top the quinoa with the kale, re-cover. Simmer another 5 minutes, then turn off the heat and allow the quinoa and kale to steam for 5 more minutes.

While the quinoa is cooking, take a large serving bowl and combine the lemon zest, half the lemon juice, the scallions, walnut oil, pine nuts, and goat cheese.

Check the quinoa and kale—the water should have absorbed, and the quinoa will be tender but firm, and the kale tender and bright green. If the quinoa still has a hard white center, you can steam it a bit longer, adding more water if needed. When the quinoa and kale are done, fluff the pilaf and tip it into the waiting

bowl with the remaining ingredients. As the hot quinoa hits the scallions and lemon, it should smell lovely. Toss to combine, seasoning with salt and pepper and the remaining lemon juice if needed. Serves 2-4 (I found it would serve at least 6)

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*

Garlic Stir-Fried Snow Peas

3 cups snow peas,

1 tablespoon oil,

3-4 scapes minced (to taste),

2 teaspoons fresh lemon juice,

salt and pepper to taste

Heat oil in skillet. Stir in scapes. Add peas, cook and stir 2-4 minutes on medium heat. Remove from heat and add lemon juice and salt and pepper. Serve over rice, if desired. Makes 3-4 servings.

Recipe from Asparagus to Zucchini

Sugar Snap Peas with Toasted Sesame Seeds

1 tablespoon peanut oil

3 baby portabella mushrooms, sliced (1/2 cup)

2 cups fresh sugar snap peas, fresh snow peas or thawed frozen snow peas cut in half

1 teaspoon soy sauce

1 to 2 tablespoons toasted sesame seed

Wash and string peas, slice mushrooms measure soy and sesame seeds and set aside. Heat oil in a wok or large skillet over medium-high heat. Add mushrooms and stir-fry until lightly browned. Add peas and stir-fry until crisp-tender, about 2 minutes. Stir in soy sauce. Cover and cook 1 minute longer. Sprinkle with sesame seed and serve. Makes 4 servings

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*
½ 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*
½ C. Snow or Sugar snap Peas
6 **Radishes**, including ½ 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
1 T. snipped chives
Serve immediately.

2 t. parsley, *finely chopped*
1 t. tarragon, *chopped cook for 1 min.*

Braised and Glazed Radishes, *From The Victory Garden Cookbook*

Heat 2 T butter or oil in a pan.
Add ½ - 1 lb. topped radishes, washed and cut in half, and sprinkle with salt and pepper.
Sauté for 3 – 4 minutes, until radishes begin to soften.
Add enough liquid – chicken stock, juice, wine, or water – to come about halfway up the vegetables. Usually ¼ - ½ cup is plenty.
Bring to a boil then lower the heat to a light simmer, stirring occasionally. Cook until liquid has reduced by half. I especially love veggies this way with beans and rice – enjoy!

Radish Top Soup From *The Victory Garden Cookbook*

6 tablespoons butter, divided	6 cups water, chicken stock or combination
1 cup chopped onions or white leek portions	Salt
8 cups loosely packed radish leaves	1/2 cup heavy cream (optional)
2 cups diced peeled potatoes	Freshly ground pepper

Melt 4 tablespoons butter in large saucepan, add onions, and cook until golden, about 5 minutes. Stir in radish tops, cover, and cook over low heat until wilted, 8-10 minutes. Meanwhile, cook potatoes until soft in water or stock with 1 teaspoon salt. Combine with radish tops and cook, covered, 5 minutes to mingle flavors. Puree in food processor or blender. Add cream and remaining butter, if desired. Season to taste with salt and pepper. Serve hot. (Note: To serve cold, omit butter enrichment.) Makes 4-6 servings.

Summer Vegetables in this section: Basil, Beans, Beets,

Cantaloupe, Carrots, Cucumbers, Eggplant, Garlic, Kohlrabi, Parsley/Oregano, Potatoes, Peppers, Sweet Corn, Summer Squash-Zucchini, Tomato

Basil

Basil Honey Mustard Dressing (Source: Wheatsfield Co-op Newsletter)

1 really large bunch fresh Basil	1/3 C. honey
1 C. Olive Oil	1 ½ t. yellow mustard
½ C. Apple Cider Vinegar	½ t. salt

Put all ingredients into a blender and liquefy. Dressing will keep in the refrigerator for at least a week.

Beans

Green Beans with Summer Savory (adapted from www.moscowfood.coop)

2 lb. fresh, young green beans, trimmed
4 tbsp. unsalted butter
2 tbsp. finely chopped fresh summer savory, *or* 2 tsp. dried savory
fresh ground black pepper

Steam beans until tender and bright green, drain, keep cool until ready to eat. At that time, melt butter, add savory to the beans, cook 1-2 minutes and serve hot, seasoned as desired with pepper.

Roasted Bean Salad with Pine Nuts and Parmesan

1 lb. beans (the slenderer the better)	2 T wine vinegar
4 T olive oil	¼ C pine nuts
2 garlic cloves	¼ C parmesan cheese

Salt and pepper to taste

Heat oven to 425 degrees

Toss beans with 1T olive oil, spread in single layer on a baking sheet; roast on top shelf in over about 15 minutes, stirring halfway through cooking time. Mash garlic – with salt and pepper to taste.

For dressing: whisk in wine vinegar – add remaining 3 T olive oil. When beans are done roasting, reduce oven temp to 350 degrees. On baking sheet spread pine nuts. Roast them, shaking pan occasionally, until lightly browned. Toss bean, and dressing, sprinkle with pine nut and parmesan cheese; season with salt and pepper as desired. Serve warm or at room temp. Makes 4-6 servings.

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.

Beets

Quick Grated Beets

4 medium Beets
1 T Butter or Olive oil
1-3 T. lemon juice
3-6 T. Water or Vegetable Stock

½ t. Salt
freshly ground black pepper to taste
chopped fresh Dill or Parsley

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, *peeled and thinly sliced*
1 1/2 lb. Beets, *cooked, peeled, sliced*
1 medium Red onion, *sliced*; 1/2 C. Olive oil

1/4 C. Raspberry vinegar; 1 t. Honey mustard; 1/4 t. Salt; 1/4 t. Pepper;
1 C. Cottage cheese

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
2 C. Flour
1/2 t. Salt
2 t. Baking powder
1 t. Baking Soda

1/4 C. Oil
3-4 oz. Unsweetened Chocolate
4 Eggs
3 C. Beets, grated

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

2 T. mixed pickling spices
few sticks cinnamon

*Add beets, bring to boil again and heat through.
Fill jars and seal.*

Beet Salad from “Boots in the Oven

3 medium beets, sliced 1/16th to 1/8th inch thick (love your mandolin)

1 orange, zested and then supremed, juices reserved

¼ cup roasted or steamed edamame

2 oz. soft goat cheese

2 T. extra virgin olive oil

1 T. Lemon juice

salt and pepper

Whisk the reserved orange juice, lemon juice and a pinch of salt together until salt dissolves. Continue to whisk while drizzling in olive oil. Toss beets with dressing. Arrange all of the remaining ingredients on a platter and top with extra dressing and fresh black pepper as desired. Eat.

Grated Raw Beet Salad

2 medium sized beets, washed and peeled

Juice of 1 lime

1 teaspoon olive oil

salt and pepper to taste

Grate the beets and put in a medium sized serving bowl. Make a simple dressing with the lime juice, olive oil, and salt and pepper. Pour the dressing over the beets and gently mix. You can keep this salad refrigerated up to 5 days. Yields- 4 large servings

Spring Clean Raw Beet, Carrot, & Apple Salad Adapted from [Chocolate and Zucchini](#).

2 medium carrots, peeled

1 large red beet, peeled

1 large golden beet, peeled

1 apple (sweet variety), chopped

1 garlic clove, minced (or less if you are not a garlic fan)

1 tbsp extra virgin olive oil

2 tsp fresh lemon juice

1 tbsp balsamic vinegar

Red pepper flakes, to taste (I used a couple shakes)

1/2 tbsp pure maple syrup, to taste

Kosher salt & freshly ground black pepper, to taste (I used about 1/4 tsp salt)

2-3 tbsp Sesame seeds

3-4 tbsp Chopped almonds

Trim, peel, and grate the carrots and beets. You can use a food processor with a grater attachment if preferred). Chop apple and place the grates beets, carrot, and chopped apple into a large bowl. Assemble the dressing by whisking together the minced garlic, EVOO, lemon juice, vinegar, red pepper flakes, maple syrup, salt, and pepper. Adjust dressing to taste. Pour the dressing onto the vegetables and mix well. Allow to sit for at least a half hour so the flavours can develop. Add in your desired seeds and nuts and serve chilled or at room temperature over a bed of greens. Makes 2 servings.

Cantaloupe

Frosty Cantaloupe Smoothie (Rolling Prairie Cookbook)

2 C. Cantaloupe chunks

2 T. sugar or honey

1 C. orange juice

8 ice cubes

Place all ingredients in a blender and whir until well blended.

Pour into large, frosty mugs.

Two servings.

Carrots

Garden Salad Vinaigrette with Roasted Carrot Puree

½ cup apple cider	1 tablespoon cumin
1 tablespoon Dijon mustard	1/3 cup white wine vinegar
Six basil leaves	1 cup roasted carrot puree
2 tablespoons minced shallots	Salad greens
1 tablespoon sugar	

Put the apple cider, mustard, basil leaves, shallots, sugar and cumin in a saucepan, and over a slow heat, reduce the mixture until it is somewhat thickened and like a glaze. Next, add the vinegar and instead of olive oil, add roasted carrot puree. A quick toss with your salad greens, and you have a delicious, fat free dressing.

Carrot Soup with Ginger & Lemon - From *Epicurious* via Leigh Trembath.

This beautiful and delicious soup is served at The Kinloch Lodge Hotel.

1/4 cup (1/2 stick) butter	1 1/2 teaspoons grated lemon peel
1 1/2 cups chopped onion	3 cups (or more) chicken stock or canned low-salt broth
1 tablespoon finely chopped peeled fresh ginger	2 tablespoons fresh lemon juice
1 1/2 teaspoons minced garlic	4 tablespoons sour cream
1 1/4 pounds medium carrots, peeled, chopped (about 3 cups)	1 small carrot, peeled, grated
2 tomatoes, seeded, chopped (about 1 1/3 cups)	

Melt butter in heavy large pot over medium-high heat. Add onion; sauté 4 minutes. Add ginger and garlic; sauté 2 minutes. Add chopped carrots, tomatoes and lemon peel; sauté 1 minute. Add 3 cups stock and bring to boil. Reduce heat, cover partially and simmer until carrots are very tender, about 20 minutes. Cool slightly.

Puree soup in batches in blender. Return soup to pot. Mix in lemon juice. Season with salt and pepper. (Can be made 1 day ahead. Cover and chill.)

Cucumbers

Gazpacho

1 C. Tomatoes, <i>finely chopped</i>	3 T. wine vinegar
½ C. each - Green pepper, celery, cucumber, onion - <i>chopped</i>	2 T. salad oil
2 t. snipped Parsley	1 t. Salt
1 t. snipped Chives	¼ t. freshly ground pepper
1 small clove Garlic, <i>minced</i>	½ t. Worcestershire Sauce
<i>Mix all ingredients together, Chill - serve as an appetizer or cold soup</i>	3 C. Tomato juice.

Chilled cucumber soup

Blend cucumbers with plain yogurt, a pinch of fresh mint, basil and salt and pepper.

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

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

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.

Cucumbers in Herb Yogurt

1 large cucumber, thinly sliced
Boiling water
2 cups low fat yogurt
3 Tablespoons minced basil

2 Tablespoons minced mint
1 Tablespoon minced green onion
1 clove minced garlic
¼-teaspoon pepper

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.

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.*

Raw Tea Sandwiches (from Rawmazing)

2 beets
1 cucumber (half sliced, half diced)
1 cup pine nuts
1 tablespoon nutritional yeast
¼ cup water
2 tablespoons lemon juice

½ cup thinly sliced scallions
1 cup cucumber, diced (use the other half of the cucumber from above)
1 tablespoon tarragon
Himalayan salt and pepper to taste

Slice the beets and half of the cucumber into thin rounds. Place pine nuts, nutritional yeast, water, and lemon juice in food processor. Process until very well blended.

Cucumber Salad

½ C. sour cream
2 T lemon juice
2 T. fresh dill, chopped

3 cucumbers, halved lengthwise and sliced thinly cross wise
½ C. red onion, thinly sliced
Salt & pepper to taste

Mix sour cream, lemon juice and dill together in a bowl

Add cucumber and onion, Stir together, and then season with salt and pepper to taste.

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.

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*
¼ C. Flour
¼ C. Butter
1 clove Garlic, *minced*

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

Stir in:

¼ C. Cream - *til thickened, fill eggplant shell, top with*

1 T. Parmesan cheese, or butter bread crumbs

Bake 350 degrees F. for 40 min.s

Eggplant Parmesan

¼ C. Flour
½ t. Salt - *combine with flour*
1 Med. Eggplant, *slice thin*

1 Egg—*beat, dip eggplant into egg, then flour mix*
¼ 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

1/3 C. Parmesan cheese - *sprinkle half on eggplant la cheese—add half the cheese.*

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.

½ C. grated cheese
¾ 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

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, sautéés, 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.

Roasted Garlic Spread

~20 cloves of garlic, peeled

5 tablespoons extra virgin olive oil

pinch of salt

1 teaspoon lemon juice

1-2 teaspoons fresh oregano, minced

Preheat oven 375 °F. Put garlic cloves, 1 tablespoon of oil, and a pinch of salt in a baking dish, tossing to coat the cloves completely with oil. Bake for about 40 minutes, until cloves are fragrant and very soft. Place cloves in a bowl with the remaining oil and other ingredients and mash with a fork until uniform, adding more oil to thin if needed.

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. Worcestershire 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.

Kohlrabi

Braise diced or sliced kohlrabi in just enough chicken or beef stock to cover it. Add a little butter and some caraway seeds to the stock and simmer until tender, about 12 minutes. Sprinkle with parsley.

Serve kohlrabi either raw or steamed with bagna cauda sauce (cook 1/2 C. butter, 1/4 C. olive oil, and 6 thinly sliced garlic cloves very gently for about 15 minutes. Add 4 oz. (2 cans) of anchovy filets, minced and stir until they dissolve into the sauce. Keep the sauce hot for dunking the kohlrabi.

Sauté kohlrabi Chinese-style in a little peanut oil with shiitake mushrooms, sweet red peppers, shallots, minced gingerroot, and cashew or pine nuts. Season with rice wine, soy sauce, sesame oil, and a pinch of sugar. You can also thicken this with a little cornstarch mixed with water.

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.

Chilled Curried Kohlrabi and Chick-Pea Soup

Mix all ingredients except lemon

1 qt. Buttermilk

1 lg. Or 2 med. Kohlrabi, peeled and diced

1 can (15 oz.) chick peas, rinsed and drained

3 T. Parsley, fresh, chopped

3 T. Olive oil

2 t. minced garlic, mashed to a paste

1 t. curry powder

1/2 t. ea. – cumin, coriander, ginger

Dash cayenne pepper

Salt to taste

Grated zest and juice of 1 lemon

Thin slices of lemon

slices in glass bowl; cover and chill well. Ladle into bowls. Serve each bowl garnished with a lemon slice.

Makes 4-6 servings.

Recipes from [Asparagus to Zucchini: A Guide to Cooking Farm-fresh, Seasonal Produce](#)

Parsley/Oregano

Herbed Greek Salad

½ C. crumbled Feta cheese
½ C. sliced black greek olives
1 C. sliced radishes
¼ C. chopped green onions
2 small cucumbers
½ C. Extra Virgin Olive oil
2 T. Lemon juice
(from Simply in Season)

2 T. fresh parsley
2 T. fresh oregano
1 t. fresh basil
½ t. fresh thyme
1-2 T. minced garlic (try your scapes)
Salt and pepper to taste

Rule of thumb: 1 t, dried or 2-3 t. fresh herbs

Potatoes

Potatoes – Alone potatoes are an excellent source of complex carbohydrates and minerals, particularly potassium (leaving the skin on) and a good source of vegetable protein. They form a complete protein when consumed with meat, dairy, or grains.

Pasta Genovese , Serves 4-6 (reheats well)

6 small new potatoes (*unpeeled*)

16 oz penne pasta
¾ lb green beans cut into 2 inch lengths

Cook all until desired tenderness. If potatoes are large, cut into cubes.

Pesto:

6 tablespoons freshly chopped basil (a couple handfuls)
2-6 crushed garlic cloves
⅔ cup pine nuts

½ cup parmesan cheese - shredded or grated
⅔ cup olive oil

Toss all the pesto ingredients in the food processor and puree smooth consistency. Then mix with above as dressing and serve.

Potato-Zucchini Bake

3 medium potatoes - *pared & sliced 1/8 inch. thick*
2 Cups *grated cheddar cheese (save half)*

6 T. oleo (divide as directed)
2 T. flour
1 T. salt
1/8 t. pepper

1 Cup milk
2 or 3 medium sized zucchini - *sliced thin*
1 Cup bread crumbs

Layer potato slices with 1 cup cheese in buttered 10 by 6 inch baking dish. Melt 2 T. oleo in medium pan, remove from heat and blend in flour, salt, and pepper. Stir in milk. Return to heat and cook, stirring constantly until liquid thickens slightly and comes to a boil. Pour sauce over potato slices. Cover and bake at 350 degrees for 50 minutes. Remove cover, layer zucchini slices and remaining cheese over the potatoes. Combine crumbs and remaining oleo (melted). Sprinkle over the zucchini and bake uncovered 40 minutes longer. Makes 6 to 8 servings

Barbecued Vegetable Toss (from A to Z)

1 t minced garlic;
1 T minced herb of choice;
½ t salt

4 T red wine vinegar;
4 T olive oil,
Salt and pepper to taste

8 C assorted vegetables into equal-sized pieces such as zucchini, onions, peppers, mushrooms, eggplant, parboiled potatoes,

Mash garlic, herb, and salt into a paste. Stir in the vinegar, olive oil, and salt/pepper to taste.

Toss the assorted veggies into dressing to coat. Heat coals for outdoor grill. Skewer vegetables, and then grill over medium hot coals, turning often, until tender. Toss vegetables with marinade again to soak it all up; serve hot or at room temperature. Makes 4 servings.

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

Stuffed peppers – serves 9

9 large Peppers, tops cut off, seeds removed

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 jce.

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.

(I like to add some corn; you also can add other leftover vegetables in the refrig., like carrots)

Sweet Corn

Garlicky Corn on the Cob:

1 teaspoon lemon zest
2 tablespoons soy sauce
4 tablespoons olive oil
1 garlic clove, minced
Pepper to taste
6 ears corn, husked

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

How Sweet it Is Corn & Pepper Salad, pg. 176 A to Z

4 ears sweet corn,
2 green or red bell pepper,
¼ C diced onion,
2 T diced basil,
3 T balsamic vinegar,
1 t Dijon mustard,
½ C olive oil,
salt and pepper to taste.

Prepare vegetables separate from dressing. Toss vegetables with dressing, allow to sit for flavors to blend. Makes 4 servings.

Corn Tortilla Quiche (from Simply in Season)

5 Corn Tortillas
2 Green Onions, *chopped*
½ Green Pepper (optional), *chopped*
2 t oil
1 C milk,
1 C cottage cheese,
3 eggs, (*beaten*)
2 C sweet corn (*drained*), ½ C cheese (*grated*),
¼ C fresh Cilantro (*chopped*),
½ t chili powder,
½ t cumin,
½ t salt,
¼ t peppe

. Place 3 tortillas in middle of a 9" pie pan; cut remaining in half and overlap to mostly cover pan sides. Set aside.

Optional: sauté green pepper in oil and onion until onion is translucent – roughly 2 min. Transfer sauté to large bowl. Add milk, cottage cheese, and eggs, mixing well. Mix remaining ingredients and stir in with other ingredients. Pour into tortilla-lined pan. Bake at 425 F for 10 min., reduce oven temp to 350 F, bake until eggs are set (30-35 min.). Serves 4

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

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
2 T. Olive oil
1 ½ t. Salt
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
½ t. Salt
½ C. Sour cream
2 t. chopped dill
1 Lg. Garlic clove
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. Veg. Oil
2 Eggs
1 ¼ C. Sugar – cream 1st 3 ingred.s together, add;
½ C. milk, plus ½ T vinegar
or ½ C. Buttermilk
1 t. Vanilla – Next combine dry ingredients:
1 t. Soda
2 ½ C. Flour
½ t. Baking powder
½ t. Salt
1 t. Cinnamon
¼ C. Cocoa – add alternatively with milk mixture to creamed mixture

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.*

Chocolate Spice Zucchini Cake

Combine
½ C. Canola Oil
½ C. Honey
½ C. brown sugar –, and then mix in:
Sift together:
1 ¾ C. whole wheat pastry flour, unbleached white flour or a combination
1/3 c. Cocoa powder
1 t. Baking powder
1½ t. Cinnamon
2 eggs, beaten
½ C. Buttermilk
2 t. Vanilla extract
¼ t. ground Cloves
¼ t. ground ginger
½ t. salt

Add to the wet mixture. Mix well. Stir in:

2 t. finely grated orange rind
1 ½ C. grated Zucchini

Pour batter into prepared pan and bake for approximately 45 minutes at 350 degrees F or until firm to the touch. Serves 12.

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

4 C. Zucchini – *chop fine* 1 C. Milk ½ C. Butter
1 t. Salt and pepper 1 ½ C. Cracker crumbs Onion, *chopped*
3 Eggs 1 C. Cheese, *grated* Ham, *diced (optional)*
Bake at 350 degrees until tender (about 40 min.s)

Almond Zucchini Fritata

1 T. olive oil - *heat, add next 4 ingredients:* 1 clove garlic, *minced*
2 C. grated zucchini 1 T. fresh basil, *minced*, or 1 1/4 t. dried - *cook 3 min.s*
2 C. yellow summer squash
Optional: Add chopped yellow and red pepper or mushroom
Beat:
6 eggs, *add:* *Pour over squash. Add:*
Parmesan cheese sliced, *toasted almonds*
Cook until eggs set. Sprinkle with some more parmesan cheese. Broil until fritata is golden brown.
Serve as a pie

Zucchini Chips

1 zucchini, *sliced into thin rounds* Ground black pepper *to taste*
1 T olive oil 1 pinch paprik
Seas salt *to taste*
Preheat over to 450 o, Toss zucchini, olive oil, salt, and pepper together in a bowl.
Place zucchini slices on a baking sheet.
Sprinkle paprika over the top of the slices.
Bake in the oven, until +golden and crispy, 25-30 min.

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

Squash and Basil Salad –

3-4 med summer squash (*julienned*), 3-4 T. *Parmesan Cheese,*
2-3 T. *fresh basil (chop),* 1-2 *cloves garlic (minced), Toss together.*
Dressing:
1.4 C. *red wine vinegar,* ¼ t. *pepper,*
¼ C. *olive oil,* ¼ *sugar*
½ t *salt,*
Combine and pour over the salad. Mix. Chill 1 hour and serve.
Best eaten the same day. I added lots of other ingredients from previous days dishes to make our refrigerator garbage salad. Tasty, cool and quick!

We had a focaccia on the side with this very tasty topping:

2 C. cherry tomatoes (or dice up larger tomatoes),
3 cloves garlic(minced),
½ c. goat cheese,
Salt and pepper,
2 T. olive oil –

Mix together, press into surface of dough (or use as a spread on toasted bread), bake dough. Delicious!

Oven-fried Zucchini spears (*Asparagus to Zucchini*)

Heat oven to 425 degrees. Lightly oil a baking sheet

2 med. Zucchini or yellow summer squash – *cut into 8th s lengthwise, then 1/2s crosswise.*

3 T bread crumbs,	¼ t Garlic powder,
1 T Parmesan cheese,	¼ t Black Pepper, ground
1 t Oregano, dried,	2 t corn oil
½ t Basil, dried,	2 T water
1 t Summer Savory, dried,	

Toss bread, cheese, herbs, garlic powder, and pepper on a sheet of waxpaper. Whisk oil and water in a small bowl. Moisten zucchini spears in the water/oil mixture, then roll them in crumb mixture, covering all sides. Arrange on baking sheet. Bake 7 min.s or until spears are lightly browned. Turn spears over, bake 3 min.s more serve immediately with Prepared marinara sauce (optional), if desired. Makes 4 servings.

Sweet Zucchini Biscuits

1/2 cup soft butter,	1/2 t ground cinnamon,
1 cup brown sugar,	1/4 t salt,
2 eggs,	1/2 chopped pecans,
1 T orange or lemon juice,	1 1/2 cups shredded zucchini, drained,
2 1/2 cups flour,	1 T grated orange or lemon zest
2 t baking powder,	

Heat oven to 350 and grease 2 cookie sheets. Beat butter until fluffy and beat in sugar, eggs, and OJ or lemon juice. Combine dry ingredients in a separate bowl. Stir into egg mixture. Add zucchini, pecans, and zest. Drop by teaspoonfuls onto cookie sheets. Bake about 10 minutes. Dust with powdered sugar if you like.

Zucchini Crust Pizza Bake

1 small onion, chopped,	2 eggs, beaten,
1 clove garlic, chopped,	1/4 C all-purpose flour,
1 green pepper, sliced	1/2 t salt and pepper,
1/2 pint cherry tomatoes, halved,	2 T extra virgin olive oil,
1 T basil, chopped,	1 C shredded low fat mozzarella cheese.
3 C zucchini, shredded,	

Pre-heat the broiler. In a large, cast iron skillet over medium heat, sauté the onion, garlic, green pepper and tomatoes until softened. Fold in the basil and remove to a bowl. While the onion and pepper are cooking, in a bowl, combine the zucchini, eggs, flour, salt and pepper and stir well. Drizzle a little olive oil into the same skillet the onion and pepper where cooked in. Drop four equal mounds of the zucchini egg mixture onto the skillet and cook over medium heat for about 2 minutes on each side. Top each of the zucchini-egg rounds with some of the cooked tomato mixture and shredded cheese. Pop them under the broiler until golden brown and bubbly, 1-2 minutes.

Zucchini Pancakes

1 lb. zucchini (about 2 cups packed),
1/2 onion, grated,
1 egg, lightly beaten,
1 cup flour,
1 cup basil,

3 cloves garlic,
salt and pepper,
milk as needed,
2 T melted butter or olive oil

Grate the zucchini on the largest holes of a box grater or run it through the grating disk of a food processor. Mince basil and garlic. Mix these items with onion, egg, and flour. Sprinkle with salt and pepper. Add just enough milk so the mixture drops easily from a large spoon. Stir in 2 TB butter or oil. Put another pat or butter or drip of oil in a large skillet over medium heat. When oil or butter is hot, drop spoonfuls of the batter in the pan. Use a fork to spread the veggies in an even layer. Cook, turning once, until browned on both sides, about 15 minutes. Serve with a wedge of juicy tomato and a sprinkle of parmesan cheese.

Zucchini sauce – Sarah Buck, former OSTG crew member.

Slice zucchini in half, seed it, steam or roast it, scoop out the flesh, puree in blender, add sweetener (brown sugar, honey, agave nectar, etc.), season with cinnamon, nutmeg to taste – chill and you have a sauce that resembles apple sauce. This has been a sweet, cool treat at our lunches this week and can use up a lot of zucchini if your bounty is spilling out your refrigerator.

Yellow Squash Casserole - suggested by Riki Saltzman, DM

Slice and microwave in 2 Qt casserole dish until soft~10 min:

2-3 yellow squashes (about 3-4 C - it's a forgiving recipe);
1/2 bell pepper (red is better but green is fine), diced small;
chopped small onion (about 3/4 C);
chopped 2 cloves garlic (about 2 T).

Mash w/potato masher or pastry cutter after microwaved (should not be slices of squash left—if so, microwave for another 5 min or so and re-mash).

In another bowl mix together:

2 beaten eggs;
2 C shredded cheddar cheese;
1 cup or so of bread crumbs (cut up into 1/4" cubes a few slices of good quality whole wheat, whole grain, or sour dough bread);
1/2 C milk (or soymilk);
Salt & pepper to taste;
2 T ketchup.

Stir cheese mixture into squash mixture, sprinkle with paprika. Bake at 350 for 30-35 min. until browned and bubbly. Mixture should also pull away from sides.

Tomatoes

Homemade Fresh Salsa

1 c. fresh tomatoes, diced	1 T. chopped jalapeno peppers	2 T. limejuice
½ c. corn, fresh or frozen	(optional) or	2 cloves fresh garlic, finely
½ c. onion, diced	½ c. chopped green or red bell	diced
	peppers	

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.

Veggie Stuffed Tomatoes

1 ½ C. peas and carrots (diced)	4 lg. ripe tomatoes
½ 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.

Simple Tomato Sauce from (The Art of Simple Food, by Alice Waters)

2 lb.s tomatoes	¼ C. olive oil
5 lg. cloves of garlic	Salt

Peel, seed and dice tomatoes, saving the juice and straining seeds. Add the juice to diced tomatoes. Smash garlic cloves and chop them coarsely. Put a heavy-bottomed pot over medium heat, and when hot pour in olive oil, adding garlic.

When it starts to sizzle, immediately add the tomatoes and their juice with salt. Simmer for 15 minutes. For a smooth sauce, pass through a food mill. Makes 2 cups.

Tom sauce that freezes well – Rachel Binning 8/21/13

About 10 medium to large tomatoes, peeled and roughly chopped, a stick of butter (optional but magical), 2 onions halved, and salt to taste.

Put it all in a big pot and simmer on stove or in oven uncovered, stirring occasionally, until desired consistency. This time it took about 3 hrs in 350 oven, then finished for 20 minutes on stove. Remove onion and discard. Adjust seasoning as needed. Good in eggplant Parmesan, spaghetti and meatballs, to poach eggs in, braise chicken thighs in, and many more!

Vegetarian Harvest Chili (Anne Bakke, Creative Kitchen Cooking School, Forest City)

1 med. Red bell pepper, *chopped* – *Saute with...*

1 med. Onion, *chopped*; 2 cloves Garlic, *minced*, and 2 T. vegetable oil for about 5 min.s, *stir in...*

1 T. chili powder; 1 t. oregano; 1 t. cumin; 2 C. peeled, cubed butternut squash, *and...*

2 cans (28 oz.) diced tomatoes (Anne recommends using ½ fresh) – *bring to a boil. Reduce heat, cover and simmer 10-15 min.s, then add...*

1 can black beans, *drained* ½ lb. sweet corn (frozen, fresh, or canned), *and*; 2 T. Parsley, *minced.*; *simmer covered for 10 min.s*

Serve with Parmesan cheese

Fall Vegetables in this section: Leeks, Pumpkin, Sweet Potato, Winter Squash

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.

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*

Pumpkin Dip (Simply in Season)

A dip for fruits or cookies such as ginger snaps or vanilla wafers

12 oz. Cream cheese, softened

1 C. brown sugar (*I use less*) – *beat together until well blended.*

1 C Pumpkin or Winter squash, *cooked and pureed*

2 t. maple syrup

1 t ground cinnamon – *add and beat until smooth*

Sweet Potato

Nutty Sweet Potato Biscuits (*Sal Amander Farm*)

Mix dry ingredients together

2 ¾ cup flour

½ teaspoon cinnamon

4 teaspoons baking powder

½ teaspoon nutmeg

1 ¼ teaspoon salt

Combine next five ingredients together

¾ cup chopped pecans

½ cup butter, melted

2 cups cooked mashed sweet potatoes

1 teaspoon vanilla extract

2/3 cup sugar

Add moist ingredients to flour mixture and mix well. Turn onto lightly floured surface and knead lightly.

Roll to ½ 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 - *saute together until onions translucent, Add:*

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

1/2 t. dried Oregano

1 t. Chili powder

2 t. ground Cumin

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

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

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.

Pepper

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

1/4 C. Olive oil

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

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 mins, then uncovered for 15 mins The apples should be tender and the topping bubbly and golden.

Cranberry Acorn Squash

1/2 C raw cranberries,
1 sm. Apple, cored, *chopped into small pieces*,
1/4 C currants,
1/2 C orange juice or apple cider,
1 1/2 T honey,
1 T melted butter,
pinch salt,
2 acorn squash, *half and seed*

Preheat oven to 350 degrees. Combine all ingredients except squash in a saucepan. Heat until berries are tender. Place squash in ovenproof dish. Fill cavities with fruit, Cover dish and bake until squash is tender, about 35-40 minutes. Makes 4 servings.

Easy to Cook Winter Squash

Slice in half lengthwise Scoop out seeds Place face down on baking dish Water may be added to avoid drying out and hasten cooking. Cook approx. 45 min to one hour. Cook until tender, but not charred

Squash Soup (Edible Iowa magazine, 2008)

6 T. chopped Onion
4 T. butter – *melt, sauté onion until tender, add*
6 C. peeled and cubed butternut squash
3 C. chicken stock (from an OSTG chicken of course)
1/2 t. marjoram
1/4 t. pepper

1/8 t. cayenne pepper (*I omit this*) – *until squash is tender. Puree squash and*

2 8 oz. Cream cheese, softened *in food processor.*
Return to saucepan and heat. Do not allow to boil.

Squash Sauce (From Asparagus to Zucchini) use in place of spaghetti sauce on pasta - *Delicious!*

3 T. Olive oil – heat in large skillet, add...

2 Onions, finely chopped – cook until very soft and translucent

4 C. peeled and chopped winter squash or pumpkin flesh

1 Garlic clove - in a food processor fitted with a knife blade, pulse the squash and garlic together in 2 batches until very fine. Add to onions with ...

¼ t. crushed red chile pepper (or cayenne); ½ t. sea salt; ¼ t. freshly ground nutmeg plus 1 C. water. Cover and simmer until squash is soft and of a saucelike consistency, 10-20 minutes. Stir in...

2 T. chopped fresh sage

1 lb. Penne pasta or spaghetti – Cook pasta in lots of boiling water until just tender. Strain, reserving 1 C. pasta cooking liquid. Add pasta to hot sauce in pan, stir, and cook over high heat, adding cooking liquid if necessary until pasta is coated. Stir in ...

1/3. C. grated Parmesan cheese – serve. Make 4-6 servings

Roasted butternut squash & red onion with tahini & za'atar - From Jerusalem by Ottolenghi and Tamimi

1 large butternut squash cut into ¾ by 2 ½ inch wedges

2 red onions, cut into 1 ¼ inch wedges

3 ½ tbsp. olive oil

3 ½ tbsp. light tahini paste

1 ½ tbsp. lemon juice

2 tbsp. or more water

2 small clove crushed garlic

3 ½ tbsp. pine nuts

1 tbsp. za'atar

1 tbsp. coarsely chopped flat-leaf parsley

Maldon sea salt and freshly ground black pepper.

Preheat oven to 475 degrees; Put squash and onion in a large mixing bowl, add 3 tablespoons of the oil, 1 tsp salt and some black pepper and toss well. Spread on baking sheet with the skin facing down and roast in the oven for 30 to 40 minutes, until the vegetables have taken on some color and are cooked through. Keep an eye on the onions as they might cook faster than the squash and need to be removed earlier. Remove from the oven and leave to cool.

Sauce: place tahini in a small bowl along with lemon juice, water, garlic and ¼ tsp salt. Whisk until the sauce is the consistency of honey, adding more water or tahini if necessary.

Pour the remaining 1 ½ tsp oil into a small frying pan and place over medium-low heat. Add the pine nuts along with ½ tsp salt and cook for 2 minutes, stirring often, until the nuts are golden brown. Remove from heat and transfer the nuts and oil to a small bowl to stop the cooking.

To serve, spread the vegetables out on a large serving platter and drizzle over the tahini. Sprinkle the pine nuts and their oil on top, followed by the za'atar and parsley.

Note - I just use any sea salt. The za'atar is found online or in the spice shops found in Des Moines. The onions and squash should look a little charred but not burnt.

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 over 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

2 T prepared mustard

1 t. Curry powder

1/3 C. honey

1 t. salt

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

Roasted Chicken

1 Chicken from One Step at a Time Gardens

Prep chicken (remove skin if desired) – Place in roasting dish with lid. Rub with olive oil, salt and pepper.

Rub with herb of choice, tuck extra herb around body and in body cavity. Chop onion and garlic and tuck in and around chicken. Dice up potatoes, winter squash (seeded and peeled) and place in roasting dish with chicken. Bake at 350 degrees for approximately 1 1/5 hours, until fully done.

Enjoy the feast!

Extra bonus: Make broth out of the carcass.

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