



***TRACIE'S COMMUNITY FARM
COOKBOOK – 2009-2011***

***FAVORITE FAMILY AND FOUND RECIPES
OF CSA MEMBERS***

COMPILED/UPDATED BY SUE WESSELS SEPTEMBER 2011

Dairy Free (or Not) NH Lasagna, by Alex Simpson

Tomato Sauce:

1 lb ground local pork, beef, chicken, turkey
3/4 cup chopped onion
3 cups frozen/canned tomatoes (or fresh in summer)
1/2 tsp salt
1/2 tsp fresh cracked pepper

Saute meat with onion until cooked through. Add tomatoes, salt, pepper and bring to boil. Simmer to bring flavors together. You want to keep liquid in sauce.

Bring water to boil lasagna noodles and begin to make vegetable layer below. Can use brown rice noodles for gluten free option.

Veggie Layer:

10 cups greens chopped
3/4 cup onion
2 carrots, shredded
2 eggs
1/2 tsp salt
1/2 tsp pepper
Prepared noodles

Saute onion with tbsp fat or oil. Add greens and saute till wilted. Add this to grated carrots. Beat two eggs and add to carrot mixture. Add salt and pepper and stir.

Layer 1/3 tomato sauce, cover with noodles. Layer half vegetables (and mozzarella and ricotta cheese if you want). Add another 1/3rd of sauce. Cover with noodles and then rest of vegetables, cheese if desired, and another layer of noodles. Then last 1/3rd of sauce and cheese if desired. Bake 375 till heated through.

Roasted Vegetable and Kale Stew By Liza Drew, Keene State College Dietetic Intern

3 medium carrots, peeled, quartered lengthwise
1 large onion, cut into 8 wedges
1 small butternut squash, peeled, seeded, cut into 1 inch chunks
6 garlic cloves, unpeeled
1 tablespoon olive oil
6 cups vegetable broth
4 cups chopped kale
3 large fresh thyme sprigs
2 tbsp. tomato paste
1 bay leaf
2 cups cooked white beans or garbanzo beans
Salt and Pepper to taste

Roast carrots, onions, squash and garlic on an oiled baking sheet at 400° for about 40 minutes, or until brown and tender. Allow vegetables to cool and chop roughly into small cubes. Transfer vegetables to a large stock-pot and add remaining ingredients. Allow soup to simmer for about 20 minutes. Season with salt and pepper. Serve with crusty bread and local cheese for a delicious meal.

Kale soup with kielbasa. Serves 4.

Boerenkool soep met rookworst.

4 potatoes
1 onion
2 cloves of garlic, or more
2 Tbs oil
1 can tomatoes
7/8/9 kale leaves without the stems
4 cups chicken or vegetable stock

1 kielbasa, cooked or use vegetable sausages. At the food co-op they sell them without preservatives. Wash the potatoes and cut them in bite size pieces with or without the skin. Do the same with the kale. At first the kale seems a lot but it is wilting down.

In a soup pan fry the chopped onion and garlic till soft. Add the tomatoes, potatoes and kale and after a minute add the stock.

Bring to a boil. Lower the heat and with the lid on but not completely covered let the soup simmer for 25-30 minutes until the vegetables are tender.

Slice up the kielbasa and warm it in the soup for the last 5 minutes, add salt and pepper to taste.

Root Vegetable Hash. submitted by Grace Lilly from *Moosewood Restaurant Cookbook*

Serves 6

Hands-on Time: 30 minutes

Cooking Time: 30 minutes

Use a total of 8 cups of diced root vegetables in any proportion you like. The beets give a magenta color.

SEASONING MIXTURE

2 teaspoons dried marjoram

2 teaspoons dried oregano

1/2 teaspoon dried thyme

1 and 1/2 teaspoons salt

1/2 teaspoon ground black pepper

HASH

3 tablespoons olive oil

2 and 1/2 cups chopped onions

4 garlic cloves, minced or pressed

2 cups carrots cut into 1/2-inch dice

2 cups sweet potatoes peeled and cut into 1/2-inch dice

2 cups beets peeled and cut into 1/4-inch dice

2 cups turnips and/or rutabagas peeled and cut into 1/2-inch dice

3 tablespoons water

1. Stir together all of the seasoning ingredients in a small bowl and set aside.
2. In a 10-inch or larger skillet on medium-high heat, warm the oil.
3. Cook the onions and garlic for about 5 minutes.
4. Add all of the vegetables and stir well.
5. Sprinkle with the seasoning mixture and water and stir well.
6. Reduce the heat to medium-low, cover, and cook, stirring every 10 minutes or so, until the vegetables are tender, about 30 minutes.

Submitted by Heather (who says you'll like this even if you don't like many vegetables!) and Brian Shaver: From the following link, I used this recipe. I substituted skim milk for the water, and only boiled the chard for about 10 minutes. I would call this a Chard quiche."

<http://www.mariquita.com/recipes/chard.html>

Swiss Chard Tian

from *A Complete Menu Cookbook for All Occasions* by Brother Victor-Antoine d'Avila-Latourrette

4-6 servings

1 pound (or one generous bunch, if that's what you've got!), trimmed

Olive oil, as needed

1 leek or 1 onion, chopped (if using a leek, make sure it's cleaned, and only use the white and light green parts)

3 garlic cloves, minced

3 eggs

S and P to taste

4 teaspoons water

Bread Crumbs, as needed

1. Chop the chard, both leaves and stems, and then boil the chard for about 20 minutes (yikes, I think I would do 5-10 in my kitchen-julia) in lightly salted water. Drain the chard and set it aside.

2. Preheat the oven to 350degrees. Pour some olive oil into a large skillet. Add the onion and saute lightly over low-medium heat for 2-3 minutes. Add the garlic, and saute for another minute. Add the Swiss chard and continue sauteing for 2-3 minutes more, blending the ingredients well. Beat the eggs in a deep bowl, add the salt, pepper, and water. Mix well.

4. Butter thoroughly a long, ovenproof dish. Place the chard mixture in it and spread evenly. Pour the egg mixture on the top and also spread evenly. Sprinkle some bread crumbs over the top surface. Place the dish in the oven for about 25-30 minutes. Serve hot.

Following recipe submitted by GG Lilly from-1986 cookbook "The Nine Seasons Cookbook" More than 150 recipes to get you from mud season to fall foliage and back again. by Pat Haley who then was then the **Keene Sentinel** Living Section Editor.

Beatrice Trum Hunter's **Carrot Sunflower** Cake-who lives in a small NH town and is a well-known author on food and nutrition. Haley wrote, "She continues to write and warn consumers about the harmful ingredients in processed foods."

Ingredients

2 eggs

1/2 cup honey

3/4 cup vegetable oil

1/4 cup plain yogurt

1 1/2 cups firmly packed grated raw carrots

1/2 cup sunflowers seeds

1 1/4 cups whole wheat flour

1 teaspoon salt

1 teaspoon baking soda

1 tablespoon ground cinnamon

Directions

1. Preheat oven to 300 degrees.

2. Beat the eggs

3. Add the honey, oil, and yogurt. Blend well.

4. Stir in the carrots and seed

5. In another bowl, sift together the flour, salt, baking soda, and cinnamon.

6. Fold these dry ingredients into the carrot mix. Blend well, but do not beat.

7. Pour into a buttered 8-inch by 8"inch pan and bake for about 1 hours.

Remove from the oven and cool until the edges separate from the pan. Carefully turn out onto a cake cooling rack.

note: You can double the recipe and store 1 cake in the freezer. The cake freezes well.

Baked Squash

1 local, organic butternut or other type winter squash

1 cup seasoned bread crumbs (purchased or made by grinding dry bread with salt, pepper, and dried herbs)

Olive oil

Preheat your oven to 400°F. Cut the squash in half lengthwise and scoop out the seeds. Place the squash cut-side-down and cut the squash cross-wise into half-inch slices. Spread the pieces out on an oiled baking sheet. Brush the tops with oil. Sprinkle a tablespoon of bread crumbs on each slice and bake for 15- 25 minutes. Your baking times will vary based on your oven (less for commercial, more for home).

Enjoy on a bed of winter greens. Exeter High School Food Service Director, Jeanne Pierce, suggests a lightly dressed kale salad!

Butternut Squash and Sweet Potato Soup with Indian Spices: by Katrina Hall out of *Local Table Monadnock*

Bhindi Masala Spice:

2 tsp cumin
1 tsp ground coriander
1/8 tsp ground cayenne
3/4 tsp turmeric
1/2 tsp salt
1/2 tsp curry powder

Soup:

2 tbsp olive oil
1 med onion, sliced
2 tsp bhindi masala spice
1/2 tsp thyme
1 tsp cumin
1 stick celery in 1" pieces (or celeriac)
2 cups butternut squash in 2" chunks
1 cup sweet potato in 2" chunks
2-3 cups veg stock

Heat olive oil over high heat. Add onion and masala spice, thyme cumin and stir for a minute. Add celery, squash, sweet potato and stir. Lower heat to med. Add veg stock, stir. Cook med till veg tender. Remove from heat. Puree soup using blender. Add salt and pepper or more cumin or masala to taste. Serve with homemade crotons, bread, biscuits or a drizzle of greek yogurt and sprinkle with thyme or cilantro.

LemonGrass Pumpkin Bisque

1 Whole, small sugar pumpkin
2 cups chicken or veg broth
Fresh lemongrass
4 allspice berries
1/4 teaspoon turmeric
Pumpkin seeds and skins
5.5 ounce whole coconut milk
To taste: salt, pepper, sugar, nutmeg

Preheat oven to 400°F. Cut pumpkin in half, deseed, and bake until cooked through, about 30 minutes. Toast the seeds or put them in a pot with the broth. Scrape out the pumpkin. Put the skins in the broth pot and the cooked flesh into a separate bowl. Simmer the broth with the pumpkin seeds, skins, lemongrass, allspice berries, and turmeric for about 30 minutes, strain. Add the pumpkin flesh to the strained broth, then the coconut milk. Puree in the blender or with an immersion blender.

White Bean Soup with Kale and Chorizo:

4 servings in Cooking Light November 2010.

Remove beet tops to within 1" of the root. Boil whole beet roots covered in four quarts of water 45 min-one hr (or longer if beets are larger than 3"). Drain cooked beets and cool under cold running water or ice-water bath. Skins should slip off with gentle pressure but be careful they are slippery when wet! Dice beets into approx. ½" by 1" pieces.

Combine corn starch with water and mix til dissolved. In a med saucepan combine diced beets, corn starch mixture, sugar and vinegar and bring to a boil over med heat. Stir often. They hold well in a warm oven and re-heat easily on stove-top or microwave just add a bit of water and enjoy! Wayne Barton, Tracie's Community Farm Fan

2 oz smoked (not raw) Spanish chorizo sausage, finely chopped

1 cup chopped onion

3 garlic cloves minced

3 cups chicken broth

2 (15 ounce) cans cannelloni beans rinsed and drained

4 cups chopped kale

½ tsp freshly ground black pepper

Heat a large saucepan over med-high heat. Add chorizo to pan, sauté 1 min. Add onion and garlic sauté 5 minutes or till tender.

Add broth and beans to pan, bring to boil. Partially mash beans with potato masher. Stir in kale and ½ tsp pepper. Cook over med heat 6 minutes. Sprinkle with cracked pepper.

Root Veggie Curry. Thanks to Elsie Miner! I sauteed the onions and garlic in the fat that came up from chicken drippings I had saved in the fridge (you could use turkey fat or butter or oil). Then added all the veggies to that, then added the stock. At the end I added spinach, kale would work too.

Chop any root/winter veggies you feel like eating (turnips, rhutabagas, squash, carrots, beets, sweet potatoes, potatoes, onions, cabbage, garlic, etc.) Throw into pot with curry, cayenne, and several cups of broth.

Once simmered to integration, puree half and return to pot. Add half a cup of peanut butter (thickens and flavor) and juice from half a lemon. Splash of red wine (and into your glass too)!

Crock Pot Chicken Dinner: Inspiration by Bonnie Hudspeth-

quick, easy way to cook a hearty wholesome almost 100% local meal!

Chunk up pieces of potatoes, rutabagas, turnips carrots, winter squash, garlic, onions, celery and/or celeriac and put in bottom of crock pot. Place 1 whole chicken (check out website links to local meat) over veggies.

Over chicken, add rosemary, salt, pepper, ½ cup chicken stock or ½ cup water with chicken bouillon.

Cover and cook on low for 8-10 hours or high for 4-5 hours. Low and longer is better.

Winter Lasagna . Yellie Rothberg from <http://www.harvesteasting.com/>

1 pound leeks
4 garlic gloves
kale a whole bunch
winter squash
lasagna sheets, I like the ones that you don't have to boil anymore
butter
flour
milk
chicken stock (optional)
salt, pepper, marjoram, oregano, sage
cheddar cheese and goat cheese

To make the bechamel sauce bring 2 cups of chicken stock and 2 cups of milk to a boil. In another pan, add 4 tbsp and melt, then add 6 tbsp of flour and stir well, than add the broth and milk. Keep on stirring till you have a smooth thick sauce. I use chicken stock and milk instead of 4 cups of milk. That way I have more flavor I think.

Saute the kale in some olive oil with the garlic until soft. Then add the leeks until they are soft. I added some oregano, sage and marjoram, just made that up so use what you like. Season with salt and pepper. Thinly slice the uncooked winter squash.

Layering; put a little of the bechamel sauce in a lasagna pan, mine is 9 by 9 inches, add the pasta, a layer of winter squash and add some of the kale and leek mixture, some bechamel sauce and some of the cheese.

Make one more layer like this and finish with sheets of pasta, sauce and cheese.
Bake in the oven for 30, 35 minutes on 350 degrees.

Squash or Pumpkin Puree: Cut squash in half, remove seeds, place in baking pan with 1" water and cover with tinfoil. Cook squash in 350 degree oven for about an hour or until done. Then puree in a food processor or blender (skins and all-more nutrition, or scoop out flesh if you can't tolerate skins), adding enough water to puree (sometimes none is needed). That will be your pumpkin puree. Any extra can be used to make a double recipe or you can freeze for future soup/bread/pie making or add some brown sugar and butter and you have a delicious side dish.

Pumpkin Bread: (This recipe makes 3 large loaves, you can freeze extras, I use any combination of squash/pumpkin puree)
Grease bottom and sides of 3 8x4x2 loaf pans. In large mixing bowl beat 3 cups sugar and 1 cup oil. Add 4 eggs and beat well. In large mixing bowl, combine 4 cups flour, 2.25 tsp baking soda, 1.75 tsp salt, 1.5 tsp cinnamon, and 1 tsp nutmeg.

Add dry mixture and 2/3 cup water alternately to sugar mixture, beating on low speed after each addition just until combined. Beat in puree. Spoon into pans. Bake in 350 degree oven 55-60 minutes or till toothpick inserted in center comes out clean. Cool in pans on wire racks for 10 minutes. Remove from pans and cool completely on racks. Wrap and store overnight before slicing (if you can wait!).

Winter squash curry soup: (better to use thicker fleshed varieties for ease of cutting): Saute onions and ginger in olive oil. When translucent, add 1" cubed winter squash and sauté/steam with cover on, adding water or stock as necessary. Over time the squash will turn into soup. Add cumin, garlic, salt, fresh pepper, thai basil and/or any other herbs you love.

Margo Edelfelt wrote: You can make green **Enchilada sauce** with the tomatillos. Chop them up and saute them in olive oil with minced garlic and chopped onions. Add chopped cilantro and chopped green chiles to taste. Thin with chicken broth. Puree in blender.

Stuffed Tomatoes (Domates Yemistes) -Submitted by Chris House.

10 medium-large tomatos

1 1/2 cups chopped onions

1/2 cup rice

1 lb. ground beef

2 cloves garlic, crushed

1/2 cup chopped parsley

olive oil

salt & pepper to taste

Cut off bottom of tomatos and scoop much of insides into a sieve which is resting on a bowl. Place tomatos and their lids around the sides of a roasting pan.

Start browning ground beef in a dry frying pan (if beef is very lean, add olive oil first). When beef is browned, add onions and cook until they become translucent. Add rice, garlic, parsley, and salt and pepper and about 1/3 of the scooped tomato innards, cut up into smaller pieces. Add juice from draining tomato innards and water, if necessary.

When rice is about half done, put mixture into each scooped-out tomato. Top with a piece of scooped tomato and then the cut off bottom. When all are filled, pour a bit of olive oil on the lid and then salt that top.

In the center of the pan, lay in 2 medium sliced and parboiled potatos and 4-6 sliced and parboiled carrots. Also slice into strips 2 or 3 zucchini, 1 medium onion and 3 cloves of garlic. Mix these vegetables gently in the center of pan. Sprinkle with chopped parsley and the rest of the tomato scoops (cut-up). Pour some olive oil and salt over the veggies. Bake at 350 for 45 minutes.

Tourlou Tourlou- If you use eggplant, it is called Tourlou-Briani. Submitted by Chris House.

Tourloo, tourloo is a Greek dish (but it might be Turkish in origin) which means mixed together vegetables and you can use any vegetables you like but my favorite is the following:

3 medium potatoes, cut up and cooked
3 medium zucchini or yellow squash, cut up and cooked
1 medium onion cut-up
Finely chopped parsley
olive oil
salt

Cook potatoes and squash separately. Combine with onion and parsley. Olive oil and salt to taste. Prepare about a hour before serving so that the flavors meld a bit.

Salad with marinated beets and avocado. Serves 4 people.

1 pound of beets, cooked
1 Tbs spoon white vinegar
2 Tbs spoons dry sherry
4 Tbs oil, or walnut oil
1 Tbs thyme, fresh if you have
1 red onion
pecan nuts
lemon pepper
half a head of lettuce
1 avocado

Peel the skin of the beets and dice them in small pieces. In a bowl, whisk the vinegar, sherry, oil and thyme with salt and pepper.

Add the beets and the red onion and let it marinate for 30 minutes turning it over from time to time.

Fry the pecan nuts in a dry frying pan, for 2, 3 minutes. Plate the lettuce on 4 plates, spoon the beet mixture in the middle, sprinkle the avocado around the beets, top it with the pecan nuts and sprinkle some lemon pepper over it. Nice with some French bread.

Oven Roasted Tomatoes:

6 medium tomatoes, sliced crosswise 1/2 - to 3/4 inch thick
Olive oil Salt, pepper and sugar

Heat oven to 300° F. Line two baking sheets with aluminum foil; generously rub with oil. Arrange tomato slices in a single layer on prepared baking sheets. Sprinkle with salt, pepper and sugar. Roast until the tomatoes shrivel, the edges start to turn brown and most of the liquid around the tomatoes has caramelized, about 1 hour. Roasted tomatoes will keep 4 or 5 days in the refrigerator.

Very Veggie Chili

2 tablespoons vegetable oil
1 large onion, diced
3 cloves garlic, minced
1 large carrot, peeled and finely diced
1 stalk celery, finely diced
1 small parsnip, peeled and finely diced
1 small green pepper diced
1 zucchini, diced
1 yellow squash, diced
1 small eggplant, peeled and diced

(15-ounce) diced tomatoes with juice

1 (28-ounce) can plain tomato sauce (or more fresh tomatoes cooked down!)

2 cups frozen corn

1(15-ounce) can kidney beans, drained and rinsed
1 and one-half teaspoons ground cumin

1 and one-half tablespoons mild chili powder (or fresh hot peppers)

Salt and pepper to taste

Shredded cheddar cheese to garnish

In a large, heavy-bottomed soup pot or Dutch oven set over medium heat, heat oil. Add onion, garlic, carrot, celery, and parsnip and saute, stirring occasionally, 5 to 7 minutes until onion is soft. Add green pepper, zucchini, and yellow squash and cook, stirring occasionally, another 5 minutes. Add eggplant and cook, stirring occasionally, for another 5 minutes. Add tomatoes with juice, tomato sauce, corn, and beans. Stir to combine well and increase heat to medium-high. Cook, stirring occasionally, until chili starts to gently bubble. Stir in cumin and chili powder. Reduce heat to low and simmer for 8 to 10 minutes. Taste and add more chili powder as desired along with salt and pepper to taste. Served topped with shredded cheddar.

Roasted Sumer Beans with soy-ginger-garlic-lemongrass glaze: submitted by Heidi Graff

Position rack in middle of oven. Preheat to 400 degrees. Put 2# mixed color beans in medium roasting pan or ovenproof skillet. Add ¼ cup soy sauce, 2 tbsp lemongrass or 1 tsp grated lemon zest, 1 ½ tbsp chopped fresh ginger, 3 cloves garlic (my addition!), 1 tsp Asian sesame oil and toss well. Roast for 15-22 min till just cooked and still slightly crunchy tossing beans once or twice. Remove from oven, transfer to serving platter and serve hot or room temp.

Green Beans and Garlic: Saute green beans in olive oil. Meanwhile chop up 3 cloves garlic add and sauté till dark green but still crispy. Salt to taste, absolutely delicious.

I wanted to tell you how yummy those long green beans were!!! I steamed them a bit with my own royal burgundy beans then added them to sliced raw onion and some of your shredded red cabbage...with fresh herbs, sherry vinegar and olive oil...oh so good. Marino Ann Marino.

Try making a **cucumber salad** by slicing cukes, adding salt, pepper, sliced onions, tomatoes (when they begin to come in), (olive oil and vinegar) or (yogurt), herbs like dill, basil or oregano...very cooling.

Harvard Beets: 8 to 10 medium beets, 1 tablespoon of corn starch, 1/4 cup of cider vinegar, 1/2 cup of granulated sugar, splash of water. Measurements are flexible, I just guess.

Melita Baltgalvis, **Potato/cucumber salad**, from Kris Finegan. Potatoes and equal amount of cucs. sliced thinly, minced Dill, fresh is best, Onions, red or white, very thinly sliced, salt and pepper, Dressing: 2/3 olive oil and 1/3 vinegar.

Cook the potatoes only until a knife goes thru but still firm enough to slice. Thinner slices make a more blended salad. Layer potatoes, cucs, onions, dill, salt and pepper. Keep layering, one thickness of the vegetables at a time until they are all used up. I do this in a jar with a leak proof lid. Pour on dressing. Cover, refridgerate, and flip the jar over occasionally. Good after a few hours and esp. the next day.

Alternative to above: Instead of onions add a half cup of tomatillo salsa that in heavy on the onions....this needs less dressing too. It gives the onion flavor with out having to eat onion pieces.

Grilling Vegetables to Preserve, From Edith Notman:

Slice yellow squash, zucchini, Japanese eggplant into rounds. Cut onions into quarters or eighths, depending on size. Brush with olive oil and grill on both/all sides. Cool, put into plastic bags and freeze for winter use. I add them to spaghetti sauces and stirfries, and a friend has suggested they'd also be good in soups. (I'm sure you could expand the veggie selection to anything grillable.

This year we are canning food for the extra tomatoes, cucumbers (pickled) and peppers. I found this website www.canningusa.com. The website has very good video's on how to can, with very clear and easy instructions.

Make **a simple salsa** with tomatoes, onion, and peppers, you can use that for so many things in the winter time. Just add beans for a chilly, corn or beans and put it in a piecrust with some cheese, use it as a pizza sauce, for soups, tortilla's. (I add to these ingredients fresh lemon juice and cumin powder or cumin seed roasted, salt and cilantro...farmer tracie)

My Grandma's Zucchini Bread: Grease 2 loaf pans. Preheat oven to 325 degrees. Beat 2 eggs. Add 1 cup oil, 2 cups sugar, 2 cups zucchini, 3 tsp vanilla. Mix lightly, but well. Add, after mixing together: 3 cups flour, 1 tsp salt, 1 tsp baking powder, 3 tsp cinnamon, ¼ tsp baking powder. Add walnuts, if desired. Pour into pans, bake 1 hour or till done. Let sit for 10 minutes on rack and remove from pans to rack to cool. (used to call it grandma's green bean bread when I was little as I didn't know what zucchini was!...farmer tracie)

Chocolate Zucchini Cake:

Combine in medium bowl: 2 ½ cups flour, 2 ½ tsp baking powder, 1tsp salt, 1 ½ tsp baking soda, 1 tsp cinnamon, ½ cup cocoa.

Combine in large bowl and beat till smooth: ½ cup butter, ½ cup oil, 1 ¾ cup sugar.

Add 3 eggs, one at a time and beat. Stir in 2 tsp vanilla and 2 cups grated zucchini.

Alternately add ½ cup buttermilk (or ½ tbsp lemon juice w/milk and let sit 5 minutes) and dry ingredients. If desired fold in ½ cup chopped walnuts and/or chocolate chips. Pour into greased 9x13" pan and bake at 350 degrees for 40 minutes or till done.

Oriental Cole Slaw: Shred in food processor: 1# cabbage, 2 carrots. Chop up 1 bunch scallions or ½ cup onions and mix with 1 cup sunflower seeds, 1 cup toasted slivered almonds, and 2 pkg of ramen noodles. Whisk ¾ cup olive oil, 1/3 cup white vinegar, and ¼ cup maple syrup. Stir into above veggies and add cilantro, parsley and soy sauce to taste.

Here's a really good recipe using all that **Chinese cabbage**. This makes a good slaw, and you can keep it a couple of days. And kids like it; my grandchildren called it **SUNSHINE SALAD**. Here's for community gardens!! Lucia Bequaert. Cut up a good half head of the cabbage, using the inner leaves only. (I throw the tough outer leaves into the stock pot). Chop fine or shred. Add one whole carrot grated. Add one can of crushed pineapple, well drained. I also add golden raisins, but any raisins or cran/raisins are fine. Mix well with cole slaw dressing; in a pinch, I've used 1/2 mayo, ½ plain yogurt.

Submitted by Caryl Procita: I make **Asian-style noodle soups** with all the greens, especially bok choy and Chinese cabbage. I saute onions and garlic (scapes), sometimes carrots and celery, and I add chicken stock, diluted with a bit of water to make it less strong. Then I add soy sauce to taste, and minced fresh ginger but powdered will do in a pinch and simmer for 20 to 30 min. At the end, I add chopped cabbage or bok choy or even your salad greens will do nicely, scallions or chives and some cooked chicken if I have it. I let this simmer for 5 min. to wilt the greens and let the chicken heat through. Taste the seasonings and adjust--and that's it. You could add chopped cilantro or Thai basil in at the end as well. My husband will eat this for breakfast (although most folks would have it for lunch or dinner)--and then as I heat it up, I break an egg into it and scramble it in with a fork. He then adds Vietnamese hot sauce--yum.

Cilantro/Peanut Spicy Sauce

Mix 1 cup chopped cilantro, fresh juice of 1 lime, along with zest from lime, 1 clove garlic chopped, 1 chile pepper, 1 tbsp peanuts and salt and pepper to taste. Use on veggies and/or noodles.

Penelope's Tabouli (with a bow to Moosewood for some of the quantities)

1.5 cups bulghar wheat

2 cups boiling water

Put wheat and water in a BIG bowl. While wheat is softening chop up:

2 cups or more chopped cukes

1 bunch chopped parsley (makes about 2 packed cups, without thick stems)

1/2 cup sweet onion, finely chopped

Dressing:

juice of one lemon or lime (about 6 or more tablespoons)

1 tablespoon honey

salt to taste, at least 1/2 teaspoon

Add this to your regular oil and vinegar dressing (1/3 vinegar and 2/3 oil) Mix up all the veggies with the wheat. Pour the dressing over and mix it up. Put in fridge for at least 30 minutes. This is very good. You can add tomatoes and/or radishes if you want.

Zucchini Pizza Crust:

Grate 4 cups zucchini and sprinkle w/1 tsp salt and let sit for 30 minutes in colander. Squeeze out excess moisture. Meanwhile mix 2 eggs 1/3 cup flour, 1 cup shredded cheese of choice, and 1 tsp salt, 2 tbsp basil, 1 tsp oregano, 1 tbsp parsley. Add zucc mixture and spread on oiled pizza pan. Bake for 20 minutes at 350 and broil for 5 min more. Remove from oven and spread with sliced tomatoes, chopped peppers, onions, summer squash, garlic, cheese, etc. Bake till melted.

Cheesy Squash Bake

2 lbs yellow squash and/or zucchini

¼ tsp salt

2 eggs, separated

1 cup sour cream

2 tbs flour

1 ½ cups shredded cheese (cheddar, swiss,)

4 slices bacon crumbled *(optional)

½ c fine bread crumbs

1 tbs melted butter

Wash and trim squash. Place in boiling salted water for 15 minutes. Drain and cool slightly. Thinly slice squash. Sprinkle with salt. Preheat oven to 350 degrees. Beat egg yolks until thick and lemon colored. Stir in sour cream and flour. Beat egg whites until stiff peaks form. Fold into yolk mixture. Layer ½ the squash, eggs, and cheese in lightly greased 12x8x2 pan. Sprinkle with crumbled bacon. Top with remaining layers of squash, cheese and egg. Combine breadcrumbs and butter. Sprinkle over top. Bake at 350 degrees for 20-25 minutes.

Jamie Larsen's Roasted Garlic & Eggplant Salad or Dip Sheryl Cornett, Independent Weekly

1 medium to large eggplant
2-3 cloves fresh garlic
1/2 cup olive oil
1 tablespoon fresh squeezed lemon juice (half a lemon)
1 tablespoon chopped fresh oregano (or 1 teaspoon dried)
1/2 teaspoon ground cumin
Sea salt and freshly ground pepper to taste
Red leaf lettuce (or any tender salad green)
Garden ripe tomatoes: grape, cherry, plum or thick-sliced slicers Pita bread
Parmesan cheese (optional)

Preheat oven to 350. Peel garlic and cut into slivers. Cut a few long slits into skin of each half of the eggplant and insert garlic slivers. Place on foil-lined baking sheet brushed with olive oil and bake 1 to 1 1/2 hours or until silky tender when pierced through. During baking, Jamie turns hers every 30 minutes or so, but I put mine in the oven and went back to grading summer school finals and never turned them once and they were fine. Remove from oven and cut eggplants in half; cool slightly.

Scrape eggplant pulp out of skin into food processor. Add remaining ingredients and process until smooth. Taste and add more seasoning if necessary. Transfer to bowl and cool completely in refrigerator. Keeps well for a day or two. When ready to use, set out the bowl as a dip with pita bread or fix individual salads by lining plates with lettuce leaves, spooning the eggplant puree into the middle and arranging tomatoes around edges. Drizzle top with olive oil and freshly grated Parmesan cheese. Garnish with oregano sprigs.

4-6

Mac's Summer Squash Curry:

Saute 3 garlic cloves and 1 cup onion.

Then add ½ cup raisins, ½ cup cashews, 1 cup water, sliced summer squash and or zucchini (about 3 medium squash), 1 tsp turmeric, 1 tbsp curry powder, 5 drops hot sauce, 1 tbsp soy sauce or to taste and splash cinnamon.

Preheat heat oven to 350 degrees. Beat egg yolks until thick and lemon colored. Stir in sour cream and flour. Beat egg whites until stiff peaks form. Fold into yolk mixture. Layer ½ the squash, eggs, and cheese in lightly greased 12x8x2 pan. Sprinkle with crumbled bacon. Top with remaining layers of squash, cheese and egg. Combine breadcrumbs and butter. Sprinkle over top. Bake at 350 degrees for 20-25 minutes.

Mom's Carrot Salad - (a family favorite from my childhood!)

Mix shredded carrots with ½ cup raisins. Sprinkle with cinnamon to taste. Add drained canned or fresh pineapple chunks. Save juice for dressing. Add dressing made from ¼ cup mayonnaise, and some of the reserved pineapple juice. Mix into carrots. Chill and serve.

GREAT LINK:

Heidi Graff sent me a great link to recipes <http://www.101cookbooks.com/> Thanks Heidi!

Submitted by Lisa Abohatab:

The most **authentic tabouli** is made with several times more parsley than bulgar wheat (at least two large bunches of parsley to only 3/4-1C bulgar. So, if you want to use up extra parsley, make tabouli!

There's also another **Syrian salad** that's made with equal parts parsley, mint and green onions, lots of thyme, a cuke, torn, unsoftened Syrian (pita) bread, olive oil and lemon juice. Interesting flavor and another great use of herbs.

One thing that is really popular with both my sons is to spread some cream cheese on bread and then top with a layer of **pesto (either the garlic scape pesto or regular)** and then another piece of bread to make a tasty sandwich. These are awesome with the bread from the bread share we've been getting! (by Jane Pitts!)

JUICING From Kayti Gilbert: I dug out the blender, juicer & dehydrator, and have found that if I take a big chunk of whatever vegetables I have, and about a half an apple, any berries that are around and some homemade ginger tea & run it through the juicer I end up w/a delicious breakfast that holds me through the morning without needing coffee. Raw vegetable juice is so mineral rich that salty and sweet cravings disappear. A good sampling: beets, greens, onions, celery, tomato, radish, lettuce, kale, cabbage, apple, raspberries & carrots. Sprouts work too.

Falafel --4 sandwiches

Soak 1/4 cups chickpeas overnight. Stir together 1/3 cup tahini, clove chopped garlic, 1/3 cup cold water, 4 tsp lemon juice, chopped parsley and pinch salt to taste.

Place in food processor and finely chop the following until coarsely pureed:

1/2 cup chopped onion
1/4 cup packed parsley leaves
2 garlic clove
2 tsp ground cumin
1 1/2 tsp salt
1/2 tsp ground coriander
1/2 tsp baking soda
1/4 tsp ground red pepper
1/2 tsp turmeric

Remove to bowl and stir in 2 tbsp flour. With wet hands form the mixture into 12 balls. Let stand for 15 minutes. Meanwhile make the Yogurt Sauce topping 1 cup yogurt, 4 scallions chopped, 1 cucumber diced, cilantro and salt to taste, and stir.

Heat 1/2" vegetable oil till hot. Fry chickpea patties turning when golden. Drain on paper towels. Divide patties on 4 tortillas or pita bread. Drizzle 1/2 tahini sauce, then add lettuce, diced tomatoes, and yogurt sauce. Drizzle with remaining sauce.

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Broccoli Fritters from Yellie Rothberg

1 inch fresh ginger, chop it really fine
5 Tbs yogurt mayonnaise, or make your own
2 Tbs sherry
1 little clove of garlic
broccoli
1 egg
4 Tbs sesame seeds
3.5 oz ice cold water
flour
oil for frying

Whisk the ginger, garlic yogurt mayonnaise, sherry with salt and pepper till a sauce. In a low flat bowl whisk ice cold water together with the egg, a little salt, sesame seeds and then add enough flour to make a sticky butter. Coat the broccoli with the butter.

In a wok heat up the oil till you see damp coming of the pan. Fry the broccoli heads (if too big cut them in half) 4 at the time in the oil for 3 minutes. Drain on kitchen paper. Serve with the ginger sauce.

Cream of Refrigerator Soup-Submitted by Deb Weissman.

You can vary the vegetables to your taste or according to what needs to be used up!

Put in large pot: 1 head of broccoli, separated into stalks, 2-3 carrots, roughly chopped, Several small summer squash and/or zucchini, sliced into chunks, Garlic scapes or garlic -- roughly chopped, Herbs of your choice, roughly chopped, 2 onions, quartered, Green onions, Several stalks of celery, roughly chopped, chopped greens (kale, chard, bok choy, etc. in a large soup pot, and cover with 1 quart chicken broth. Bring to a boil, and then simmer until vegetables are soft. Puree soup to desired thickness, and season with fresh ground pepper.

Raw Beet Sandwiches submitted by Martha Raymond

A slice of good bread

Good butter

A sprinkle of good salt if the butter is unsalted

A thin layer of good mustard (I love-love this gorgeous [Homemade Finnish Mustard](#))

Thin slices of raw beet (a sharp knife will work, so would a [mandoline](#))

Thin slices of tomato

Thin slices of cucumber

Roasted Beet, Dried Cherry, Cabrales and Arugula Salad

Sent in by Sharon LaFlamme

Cut away the leafy greens from the beets (if they're fresh, you can add them to a mixed salad or sauté with garlic and olive oil). Lay roots in single layer of dish pan with couple tsp water. Cover with foil and poke a pair of holes and roast at 425 till can pierce with fork (30 min for small, 40+ for larger). Carefully lift off foil. When cool, slice thinly.

When ready to serve, toss arugula with a little olive oil and a drop of vinegar or juice. Salt and pepper and make a layer of arugula bottom of serving platter. Season beets with same as arugula and pile beets in center of greens. Scatter dried cherries, Cabrales and toasted walnuts, and drizzle salad with a little honey. Toss salad at table.

Roasted Kohlrabi submitted by Martha Raymond

1 1/2 pounds fresh kohlrabi, ends trimmed, thick green skin sliced off with a knife, diced

1 tablespoon olive oil

1 tablespoon garlic (garlic is optional, to my taste)

Salt

Good vinegar

Set oven to 450F. Toss the diced kohlrabi with olive oil, garlic and salt in a bowl. (The kohlrabi can be tossed with oil and seasonings right on the pan but uses more oil.) Spread evenly on a rimmed baking sheet and put into oven (it needn't be fully preheated) and roast for 30 - 35 minutes, stirring every five minutes after about 20 minutes. Sprinkle with a good vinegar (probably at the table so the kohlrabi doesn't get squishy).

Beet Chips: My favorite thing to do with beets is cut the roots into thin slices. Place in mixing bowl and add olive oil using your hands to get the beets lightly covered in oil. Add salt and mix again (I like cumin as well though you may just want to try salt your first time). Place a single layer of beets on a cooking sheet and bake at 425 degrees till slightly crispy but not burnt or dried out. The baking brings out a sweet crisp flavor and they taste better than potato chips. You can even get kids hooked on these. by farmertracie

Kale Chips

Submitted by Jess Wignall: A great way to prepare kale is to toast it in the oven. Brush on olive oil and sprinkle with some fresh parmesan. Bake at a low temperature (250?) until crispy. It is a great snack or appetizer.

Salad with marinated beets and avocado. Serves 4 people.

1 pound of beets, cooked
1 Tbs spoon white vinegar
2 Tbs spoons dry sherry
4 Tbs oil, or walnut oil
1 Tbs thyme, fresh if you have
1 red onion
pecan nuts
lemon pepper
half a head of lettuce
1 avocado

Peel the skin of the beets and dice them in small pieces. In a bowl, whisk the vinegar, sherry, oil and thyme with salt and pepper.

Add the beets and the red onion and let it marinate for 30 minutes turning it over from time to time.

Fry the pecan nuts in a dry frying pan, for 2, 3 minutes. Plate the lettuce on 4 plates, spoon the beet mixture in the middle, sprinkle the avocado around the beets, top it with the pecan nuts and sprinkle some lemon pepper over it. Nice with some French bread

Red Cabbage Slaw Recipe

Submitted by Sonya and Chr Martino

Prep Time: 20 min

Inactive Prep Time: 30 min

Serves: 4 servings

- 1/2 cup freshly squeezed orange juice
- 1/4 cup freshly squeezed lime juice
- 1/2 small red onion, coarsely chopped
- 2 cloves garlic, coarsely chopped
- 1/4 cup fresh basil leaves
- 2 tablespoons chopped cilantro leaves
- 1 tablespoon honey
- 1/2 cup canola oil
- Salt and pepper
- 1/2 head red cabbage, finely shredded

Directions

Combine all ingredients, except cabbage, in a blender and blend until smooth. Season with salt and pepper, to taste. Place cabbage in a large bowl and toss with the vinaigrette. Season with salt and pepper and let sit 30 minutes in the refrigerator before serving.

Try making a **cucumber salad** by slicing cukes, adding salt, pepper, sliced onions, tomatoes (when they begin to come in), (olive oil and vinegar) or (yogurt), herbs like dill, basil or oregano...very cooling.

Tzatziki: CUCUMBER DIP (pronounced Sat ziki , I think)

2 cups thick yogurt, eg a 17 oz cup of Fage strained Greek yogurt if you don't want to drip/strain
Stonyfield I prefer whole not 1 or 2%

1 cup cucumber, finely chopped or one long shrink wrapped "english" cucumber or pack of seedless cucumbers

1 clove garlic, crushed three medium to large better

2 teaspoons olive oil

1 tablespoon lemon juice

1 tablespoon dill dried, fresh better or use fresh mint instead for variation

To thicken yogurt, place 3 1/2 cups yogurt mixed with 1 teaspoon salt, in dish towel. Hang over bowl until dripping stops, about 2 hours. Sprinkle salt over cucumber; Let stand 15 minutes and press dry. Combine all ingredients. Chill. Makes 3 cups.

Spinach Salad with Strawberries and Oranges, submitted by Cathy Shanahan

1 lb. spinach leaves, washed, with stems

- 3 green onions, chopped
- 2 c. whole strawberries
- 1 sm. can mandarin oranges, drained
- 1/4 c. cashews, coarsely chopped
- 3 tbsp. honey
- 1/2 tsp. salt
- 1/2 tsp. dry mustard
- 1/2 tsp. paprika
- 1/2 c. oil
- 2 tbsp. vinegar
- 1/2 tsp. celery seed

Be sure the spinach is very well washed, then dry it, wrap in a towel and refrigerate to make it crisp. Wash, hull, and drain the strawberries. In a large bowl, combine the spinach, chopped onions, strawberries, oranges, and cashews.

Beat all the remaining ingredients together with a fork or mix in a blender. Do not pour the dressing over the salad until ready to serve or the spinach will be limp. Makes 6 servings.

Italian Style Green Beans (Jamie Oliver) submitted by Jennie Norman

This dish can be eaten either cold as an antipasto or warm as a side dish. If you chop the greens and leaves, it also makes a great topping for whole wheat pasta or filling for a frittata. The great thing about it is that you can use any combination of greens such as pac choi, Chinese cabbage, kale, chard, spinach and even lettuce and arugula, plus herbs like basil, parsley, sorrel, mint and fennel tops.

6 big handfuls of mixed greens, lettuces and herbs (left large or chopped)

olive oil

2 cloves garlic, peeled and sliced

sea salt and freshly ground black pepper

very good quality extra virgin olive oil for finishing

juice of 1 lemon

Blanch the more robust leaves like cabbage, kale and chard for a couple of minutes in a pot of boiling salted water then drain and allow to cool a bit. If these greens are young and tender, this step is unnecessary. Put a couple of good glugs of olive oil in a large sauté pan and add the sliced garlic over medium heat. As soon as it starts to take on the smallest amount of color, throw in your sturdiest greens and toss with tongs for a minute or two, then add lettuces and toss for another couple of minutes, then add herbs and toss one minute more. Remove from heat and season with salt and pepper, good extra virgin olive oil and lemon juice to taste. Yummy!

Italian Tortino of Vegetables (Isa Marvelli)

This is an egg and ricotta tart which is a great basic recipe to which any vegetables you like can be added. Isa made this for us with fresh Italian artichokes. We can't get really good artichokes locally, but you can substitute asparagus, potatoes, peppers, chard, broccoli or a combination. It is simple and delicious warm, or at room temperature. Add a green salad and good bread and you have a meal.

3-4 cups cleaned, chopped vegetables of choice
1 thinly sliced small onion
thinly sliced zest of a small lemon
chopped fresh marjoram (use less if dried)
bit of crumbled sausage or chopped bacon (optional, but delicious)
sea salt and freshly ground black pepper
1 cup cubed stale bread soaked in water and squeezed dry
1 cup ricotta
4 eggs
fine dry breadcrumbs
1-2 T. butter
good olive oil

Saute zest, marjoram, onion and sausage or bacon in olive oil until soft and meat cooked. Add veggies and crank heat, tossing for a few minutes. Season with salt and pepper. Add about ¼ cup water, cover and reduce heat to simmer about 10 minutes. Remove from heat and mix in bread. Transfer to a bowl and cool a bit. Mix in ricotta, then add eggs and mix. Pour into buttered round baking dish coated with fine dry breadcrumbs and smooth top. Top with more dry crumbs. Dot with butter and drizzle with oil. Bake at 325-350 degrees until set/puffed/golden, about 30 minutes or so. Serve warm or at room temperature.

Sorrel Pesto: great as an interesting pasta coating or a thick sauce for fish.

2 cups coarsely chopped fresh sorrel, ribs removed
1/3 cup packed fresh parsley leaves
2 garlic cloves, roughly chopped
1/3 cup freshly grated parmesan
1/4 cup pine nuts
1/2 teaspoon salt
1/4 cup olive oil

In a food processor or blender puree the sorrel, the parsley, the garlic, the parmesan, the pine nuts and the oil, transfer the pesto to a jar with a tight fitting lid and chill it, covered. The pesto keeps, covered and chilled, for 2 weeks. Makes about 1 cup.

To use the pesto: For every pound of dried pasta cooking in a kettle of boiling water, stir together in a heated serving bowl 3/4 cup of the pesto and 2/3 cup of the hot cooking water. When the pasta is al dente, drain it in a colander, add it to the pesto mixture, and toss the mixture until the pasta is coated well. Vermicelli works very well with this recipe.

Sorrel and Goat Cheese Quiche Submitted by Ginette Fosher

2-3 cups sorrel, coarsely chopped
a few scallions, chopped
3-4 ounces goat cheese (chevre)
3 eggs
1½ cups milk
¼ teaspoon salt
Parmesan cheese

Preheat oven to 375 degrees. Spread goat cheese (or any strong flavored cheese) in the bottom of a piecrust. Cover with chopped sorrel and scallions. Beat eggs, salt and milk together. Pour over greens. Sprinkle with parmesan cheese. Bake for 35 to 40 minutes or until top is golden [brown.ps.](#)

Source: A Luna Circle Farm original recipe

Cream of Sorrel Soup

Clean, shred from the midrib and chop:
½ cup sorrel leaves
1½ cups leaf lettuce

Sauté them until wilted in:

1 to 2 tablespoons butter

When they are sufficiently wilted, there will be only about 3 tablespoons of leaves.

Add:

5 cups poultry or vegetable stock

Simmer about 2 minutes. Remove from the heat and add a small amount of the soup to:

½ cup cream

3 beaten egg yolks

Combine all ingredients and heat until the soup thickens slightly, but do not boil. Makes 5 to 6 cups.

Source: Joy of Cooking

Kale and Avocado Salad/Dip

1 bunch kale

1 avocado

1 T olive oil

½ lemon (1 whole lemon if small)

1 tsp. coarse salt

Tomato (optional)

Cayenne (optional)

Massage all of this for a minute or so until the kale all looks wilted (this aids digestion and palatability of the kale). Now add one ripe avocado and mash that all through with your hands also.

Kale/Mango Smoothie submitted by Jamie Hupfer "even my kids like it!" Equal parts Kale and Frozen Mango Cinnamon to taste and Water. Put it all in the blender...So easy and so good. You can also make a Kale Pesto substituting Kale for basil

Submitted by Jess Wignall: A great way to prepare **Kale** is to toast it in the oven. Brush on olive oil and sprinkle with some fresh parmesan. Bake at a low temperature (250?) until crispy. It is a great snack or appetizer.

Greens w/Garlic and Ginger, from Jaime Hupfer

1 1/2 lbs. turnip greens, mustard greens, kale, collards roughly chopped. (I use Swiss Chard also or spinach - usu a combo) 1/2 tsp light sesame oil OR 1/2 tsp canola (I use safflower) 1/2 tsp sesame oil

3 garlic cloves

1/2 tsp minced peeled fresh ginger

1/8 tsp red pepper flakes opt - I did not use last time

1/4 c water

1/2 tsp tamari

2 tsp maple syrup

toasted sesame seeds for garnish

1. Wash greens very well (they tend to be sandy). If using kale or collards, steam for 5 minutes prior to sauteeing. (my notes - I don't steam them, I just fold the leaves in half and cut the larger ribs out of them then chop up the ribs smaller like celery and add those to the pan first until soft then add leaves)
2. Heat oil in a large skillet. Add the garlic, ginger and red pepper flakes. Cook over med heat for 30 seconds stirring often.
3. Add the greens and stir to blend for 1 minute. Add the water and continue to saute, stirring until greens are completely wilted.
4. Combine tamari and maple syrup. Add to greens, stir and saute for 3 minutes. Remove the greens to a platter with a slotted spoon. Bring to a boil and reduce the liquid in the pan to a syrup. Drizzle over the greens. Serve immediately, garnished with toasted sesame seeds...To toast sesame seeds, stir in a dry pan over med heat until lightly browned.

My Notes: Here's how you cut ginger so it's not stringy... After peeling ginger cut it lengthwise in half then with flat side down, cut it into thin slices against the "grain" - meaning perpendicular the long fibers. After you have all your slices, you can mince it with a chef's knife

Garlic scape pesto: from Nikki Kyrias

1 pound garlic scapes
1 cup grated parmesan cheese
Olive oil (about 1/2 to 1 cup)
Pine nuts if available

Chop the garlic scapes into 3 inch lengths. Put it into the food processor and process until pureed. Add the parmesan and pine nuts and process until smooth. Slowly add the olive oil as the food processor runs and continue until all the oil is combined into the garlic. Store in an air-tight jar in the refrigerator.

Hummus

Blend 2 cups cooked chick peas, 1 cup sesame tahini, juice of 1 lemon, 3+ garlic scapes/chives, chopped parsley, cilantro, and salt to taste. Add cooking water from chick peas as necessary to blend. Satisfying light food for hot days in lettuce leaves and bread.

Spinach Artichoke Dip:

Combine 14 oz can artichokes, 1 can grated Parmesan, 1 cup grated Mozzarella, 1 cup mayonnaise, 1 cup yogurt, garlic powder or chopped cloves, hot pepper sauce, Worcestershire sauce, Dijon mustard, salt/pepper to taste. Mix with drained wilted spinach. Heat through at 375 degrees about 20 min

Mint and/or Lemon Balm Tea: Boil water. Take off heat, add whole sprigs of mint and/or Lemon Balm. Let steep till golden.

Bruschetta:

6 plum tomatoes – diced
1 c Mozzarella cheese – diced
2 clove garlic – diced
1 bunch basil – chopped
1/3 c extra virgin olive oil
salt and pepper to taste
1 baguete - thinly sliced, baked with olive oil drizzled on top

Italian Tortino of Vegetables (Isa Marvelli)

This is an egg and ricotta tart which is a great basic recipe to which any vegetables you like can be added. Isa made this for us with fresh Italian artichokes. We can't get really good artichokes locally, but you can substitute asparagus, potatoes, peppers, chard, broccoli or a combination. It is simple and delicious warm, or at room temperature. Add a green salad and good bread and you have a meal.

3-4 cups cleaned, chopped vegetables of choice
1 thinly sliced small onion
thinly sliced zest of a small lemon
chopped fresh marjoram (use less if dried)
bit of crumbled sausage or chopped bacon (optional, but delicious)
sea salt and freshly ground black pepper
1 cup cubed stale bread soaked in water and squeezed dry
1 cup ricotta
4 eggs
fine dry breadcrumbs
1-2 T. butter
good olive oil

Saute zest, marjoram, onion and sausage or bacon in olive oil until soft and meat cooked. Add veggies and crank heat, tossing for a few minutes. Season with salt and pepper. Add about ¼ cup water, cover and reduce heat to simmer about 10 minutes. Remove from heat and mix in bread. Transfer to a bowl and cool a bit. Mix in ricotta, then add eggs and mix. Pour into buttered round baking dish coated with fine dry breadcrumbs and smooth top. Top with more dry crumbs. Dot with butter and drizzle with oil. Bake at 325-350 degrees until set/puffed/golden, **about 30 minutes or so. Serve warm or at room temp.**

TOMATO - BASIL - GARLIC PASTA - Jude Gregory

FRESH RIPE TOMATOES

BASIL

OLIVE OIL

GARLIC

PASTA

FETA

BLACK OLIVES

This is practically the yummiest dish I've ever eaten, and I am not alone in so considering it. One of the things I like about it is that it is seasonal; it can be made only when fresh, ripe tomatoes and fresh basil are available. The basis for the recipe is a simpler one in John Thorne's delightful pamphlet, *Aglio, Ooglio, Basilico* (Boston, The Jackdraw Press, 1981). He might well consider my version heretical, but it is so good!

I cut up roughly a bunch of fresh,ripe tomatoes in a bowl, crush a lot of garlic onto them, add oil (a generous amount), then add several fistfulls of roughly-cut fresh basil (the order in which you add these is unimportant). Be generous. Stir until all ingredients have touched the oil, and set aside. Keep at room temperature. You can make this mixture well ahead of time. At any time, sooner or later, you can add the black olives and crumbled feta cheese. Then, just before you want to eat, cook the pasta and add it hotto the sauce, including some of the liquid the pasta was boiled in (to taste). Eat at once! It is edible cold, but not nearly so good.

Basil is not difficult to grow. Start indoors early (I start mine in mid-April) and set out when all danger of frost is past, or plant it directly outdoors. Basil is extremely sensitive to frost. When frost threatens in the fall, pull up the whole basil plants and put them (with the earth on their roots) in a bucket with an inch or so of water in it. They should keep for two weeks at least. Basil doesn't seem to grow well in pots indoors in the winter. Perhaps it's just as well. When the season for this dish comes around again, it is such a joy to anticipate.

Spaghetti With Braised Kale:

2 bunch Kale cut into 1/2-inch slices
3 tablespoons olive oil, divided
1 onion, finely chopped (about 1 1/2 cups)
8 large garlic cloves, thinly sliced
1/2-pound spaghetti
2 teaspoons fresh lemon juice
Finely grated Parmesan cheese

Heat 2 tbsp olive oil in heavy large pot over medium heat. Add chopped onion and cook till soft and translucent, stirring occasionally. Add garlic and sprinkle with salt; cook till onion is golden brown, stirring occasionally. Add kale and 1 tbsp olive oil and toss till wilted, about 3 min. Cover pot and reduce heat to med-low. Continue till kale is very tender, stirring occasionally and add water if dry.

Cook spaghetti till tender but still firm to bite. Drain, reserving 1/4 cup cooking liquid. Add cooked spaghetti to kale mixture. Add lemon juice and 2 tbsp reserved cooking liquid; toss to combine, adding more liquid if dry. Sprinkle with grated Parmesan cheese and serve.

Roasted Beet, Dried Cherry, Cabrales and Arugula Salad, in by Sharon LaFlamme

Cut away the leafy greens from the beets (if they're fresh, you can add them to a mixed salad or sauté with garlic and olive oil). Lay roots in single layer of dish pan with couple tsp water. Cover with foil and poke a pair of holes and roast at 425 till can pierce with fork (30 min for small, 40+ for larger). Carefully lift off foil. When cool, slice thinly.

When ready to serve, toss arugula with a little olive oil and a drop of vinegar or juice. Salt and pepper and make a layer of arugula bottom of serving platter. Season beets with same as arugula and pile beets in center of greens. Scatter dried cherries, Cabrales and toasted walnuts, and drizzle salad with a little honey. Toss salad at table.

Green Smoothies-sent in by Adrienne Roberts-I've been making a lot of smoothies, and whenever I have extra greens (mesclun, lettuce, spinach, kale, even chard without the veins), I put it in the freezer, and add a handful to the smoothies....you really can't taste it at all, I swear, and it is a great way to get more raw veggies into your diet!

SPRING POTATO SALAD submitted by Jude Gregory

Potatoes
Mayonnaise
Green onions
Asparagus
Chives
Parsley
Mint
Sorrel
Tarragon
Lovage
Any other fresh greens or herbs
Lemon Juice
Tamari

The key to this potato salad is lovage, an herb similar to celery in form, more pungent in taste and an excellent flavoring in potato salad. It is a perennial, and sends up its shoots in May and early June here in Southern New Hampshire. The slender, tender shoots are the only ones I use, and when they are all up, I abandon this salad until next year. The other plants mentioned are also all sprouting at this time of year and are extremely fresh and tasty.

I cut and boil the potatoes, squeeze lemon juice over them, and sprinkle tamari, then add as many greens as I like, with plenty of mayonnaise. It is a popular dish, an excellent leftover also.

Pizza Dough: Makes 2 pizzas.

Mix 1 cup flour with 1 tbsp yeast, 1 tbsp sugar, 2 tsp salt, 2 tsp oregano, 1 tsp garlic powder.

Mix in 2 1/4 cups hot water from your tap along with 1 tbsp olive oil, you should be able to put your finger in it without burning yourself (that's how you know it's the right temp but not too hot). Continue to stir in flour as long as you can. Then begin to kneed adding flour as needed. Once you've kneeded in all the flour you can, place in large enough oiled pan that will allow the dough to at least double in size. Cover with wet towel and place in warm area. Allow to rise for 1 hour.

Take out dough and break into 2 pieces. Flatten both out on pizza stones (I use stoneware). Cover with tomato slices or sauce and/or pesto, then layer of greens (spinach, kale, chard), then sliced onions, cheese, then red/green peppers, mushrooms, broccoli, garlic, chives, chive flowers, asparagus, kalamata olives and/or whatever else you have! Bake at 415 until crust is finished and cheese melted and slightly browned if you like it crispier.

Tomatoes slowly simmered with fennel, onion, garlic, molasses, vinegar and spices to create home-made ketchup. Submitted by Nathan Lambshed

Ingredients:

6 large ripe tomatoes, quartered
1 bulb fennel, chopped
1 yellow onion, chopped
4 cloves garlic
1/4 cup white sugar
1/4 cup molasses
1/4 cup red wine vinegar
1/4 Balsamic vinegar
1 whole clove
2 whole star anise pods (if you have them)
1 tablespoon salt

Directions:

1. In a large saucepan combine tomatoes, fennel, onion, garlic, sugar, molasses, vinegar, clove, anise pods and salt. Reduce over low heat until mixture becomes very thick. Should be roughly 4 hours or so.
2. Puree mixture in a blender and strain through a mesh strainer to separate the watery liquid. If you prefer it thinner, leave some in.

Chill and keep in refrigerator.

Pesto: Blend in a food processor or blender 2 packed cups of basil, 2/3 cup olive oil, up to 5 cloves chopped garlic, _ tsp salt (to taste), adding more oil until reaching desired consistency. Then add _ cup chopped walnuts (to taste), almonds or pine nuts, 1/3 cup Parmesan and 1/3 cup Romano cheese. Pesto can be used on pizza, pasta, toasted bread, for dressing or to stuff cherry tomatoes. When I make for freezing I leave out cheese. Farmer Tracie

One thing that is really popular with both my sons is to spread some cream cheese on bread and then top with a layer of pesto (either the garlic scape pesto or regular) and then another piece of bread to make a tasty sandwich. These are awesome with the bread from the bread share we've been getting! (by Jane Pitts!)

Submitted by Lisa Abohatab:

The most authentic **tabouli** is made with several times more parsley than bulgar wheat (at least two large bunches of parsley to only 3/4-1C bulgar. So, if you want to use up extra parsley, make tabouli! There's also another Syrian salad that's made with equal parts parsley, mint and green onions, lots of thyme, a cuke, torn, unsoftened Syrian (pita) bread, olive oil and lemon juice. Interesting flavor and another great use of herbs.

Baked Burritos , farm worker/amazing chef Shannon Aubin

4 tbsp oil (olive or vegetable)
2 cans refried beans
1 package shredded cheese (Monterrey jack, cheddar)
3 cloves garlic minced
3 onions chopped
2 tbsp chili powder
½ tsp red pepper flakes
2-3 cups vegetable of choice (winter squash, zucchini, summer squash etc.) or rice
1 cup salsa
¼ cup ketchup
4 tbsp hot sauce
½ cup chopped cilantro
2 packages of large wraps (corn, flour, or wheat)

In a large bowl combine refried beans $\frac{3}{4}$ package of shredded cheese and $\frac{1}{4}$ cup cilantro. Heat oil and sauté the onions and garlic until soft. Add chili powder and red pepper flakes and continue cooking the onions, reduce heat to medium for 2-3 minutes and remove from heat.

Add the onion mixture into the beans, rice and cilantro. Stir well. Add vegetables, rice, and $\frac{3}{4}$ cup salsa at this time. In a small bowl combine ketchup and hot sauce, stir well.

In a 13x9 greased glass baking dish (metal is fine it will just be more likely to stick) pour the remaining salsa in the bottom of the dish.

Construct the burritos, roughly $\frac{1}{2}$ - $\frac{3}{4}$ cup of filling per wrap. Wrap leaving the ends open and place in the baking dish. Pour the ketchup and hot sauce mixture over the tops of the burritos, covering any dry areas. You may need to make more depending on the number of burritos.

Bake at 375 until heated through. Sprinkle remaining cheese and cilantro on top of the burritos and return to oven until melted. Serves 6

Pad Thai, farm worker/amazing chef Shannon Aubin

8oz rice noodles
1 tbsp fish sauce or soy sauce
3 tbsp lime juice
2 tbsp sugar
1 tbsp ketchup
½ tsp crushed red pepper flakes (or red chili paste)
¼ cup vegetable or sesame oil
2 cups firm tofu cubed into ¼ inch pieces (can substitute meat here if desired)
1 tbsp chopped garlic
2 eggs beaten
2 cups bean sprouts (or any vegetables of choice)
3 green onions slivered
½ cup ground or finely chopped peanuts or ¼ cup peanut butter
2 tbsp cilantro, chopped
½ can coconut milk or crème

Cook rice noodles according to the package directions. And set aside. Combine the fish or soy sauce, lime juice, ketchup, sugar, and crushed red pepper flakes. Set aside.

Heat oil in a large pan or wok. Add cubed tofu and fry golden and beginning to get crisp on all sides. Remove to a bowl leaving the oil behind. Add the garlic to the hot oil cook for 30 seconds then add the eggs and cook stirring until scrambled. Now add the noodles to the wok, mix well and pour in the fish or soy sauce mixture. Cook, stirring constantly, until the noodles are soft and tender. Add coconut milk then stir in bean sprouts, green onions, fried tofu, and peanuts. Fry this for a minute or two to heat through and fry. More lime and chili can be added for taste and cilantro just prior to serving.

Indonesian Style Peanut Sauce:

½ cup smooth peanut butter
1 tbsp Asian sesame oil
2 tbsp soy sauce
2 tbsp lemon juice
¼ cup water
1 clove garlic
½ tsp hot red pepper flakes/to taste
1 tsp sugar

Combine all ingredients in food processor. Process until smooth. The sauce can be made up to 3 days before serving stored in fridge. Great on noodles and veggies.

Snobby Joes (Vegan Sloppy Joe Mix!) www.ppk.com (post punk kitchen)

1 cup lentils in 4 cups water. Cover and bring to a boil, then simmer for 20 min until soft. Add chopped carrots early on and greens near the end for more nutrition. Drain, set aside.

About 10 min before lentils are done, preheat a med soup pot over medium heat. Saute 1 med diced onion and pepper in 1 tbsp olive oil for 7 min till soft. Add 2 cloves minced garlic for 1 min. Add cooked lentils, 3 tbsp chili powder, 2 tsp oregano, 1 tsp salt, 1 ½ cup chopped tomato, 3 tbsp maple syrup and 1 tbsp yellow mustard and heat through. We eat with rice but can serve traditional sloppy joe style on a bun. Delicious you won't miss the meat! I can even say this as a meat eater.

Salsa Verde: (green salsa): Remove the paper-like wrapping on the tomatillos and wash them. Put them in water to cover, bring to a boil, and simmer until they have softened and turned yellow(er) (about 15 minutes). Reserve the liquid in which they cooked, and put them in the blender along with a few slices of sweet onion and a clove of garlic. Reheat the reserved liquid (adding enough water to make about 1-1/2 cups) and dissolve a cube of chicken bouillon in it. Add the pureed tomatillo mix. Thicken to gravy consistency with a mixture of cornstarch and water (1 T cornstarch to 3 T water). Season to taste with salt and pepper. We'll use the salsa verde for enchiladas.

SPRING POTATO SALAD submitted by Jude Gregory

Potatoes
Mayonnaise
Green onions
Asparagus
Chives
Parsley
Mint
Sorrel
Tarragon
Lovage
Any other fresh greens or herbs
Lemon Juice
Tamari

The key to this potato salad is lovage, an herb similar to celery in form, more pungent in taste and an excellent flavoring in potato salad. It is a perennial, and sends up its shoots in May and early June here in Southern New Hampshire. The slender, tender shoots are the only ones I use, and when they are all up, I abandon this salad until next year. The other plants mentioned are also all sprouting at this time of year and are extremely fresh and tasty.

I cut and boil the potatoes, squeeze lemon juice over them, and sprinkle tamari, then add as many greens as I like, with plenty of mayonnaise. It is a popular dish, an excellent leftover also.

Oven Baked Thai Chicken Wings

Ingredients:

5 pounds fresh or frozen chicken wings
1 cup chicken broth
1/2 cup sugar
1/4 cup fish sauce (white wine vinegar or even plain distilled white vinegar works)
1/4 cup crushed garlic
1/4 cup finely chopped jalapeno peppers
2 tablespoons cornstarch
3 teaspoons paprika
1 tablespoon sesame oil (olive oil will do)

The wings:

Cut the wings into the two wing sections, discarding the wing tips if they have them. Steam the wings for about 5 minutes using boiling water. Pat dry on paper towels or cloth, lay out in a baking tray keeping them separated, and place in the refrigerator for a couple of hours to dry.

Preheat oven to 400-425 degrees.

Spray just a little grease on the baking tray. Bake in the preheated oven for 45 minutes to 1 hour, making sure the wings are not touching each other, turning once, until golden brown and skin rendered. Put wings in a serving bowl and pour on the sauce and stir them all up to coat. Serve with napkins and/or wet naps. It is messy, but good.

The sauce:

In sauce pot add all ingredients except the corn starch and the wings. Bring to a quick boil, then reduce heat to simmer.

Add the corn starch to a little cold water and stir into a paste. Bring to a quick boil again, and whisk the corn starch paste into it. Turn heat down to very low, stirring often, for about 15 minutes. Take off heat. Re-heat when wings are ready, or time it to be ready when wings are.

