



2012

**COMMUNITY
SUPPORTED
AGRICULTURE**

**Garden Fresh
Vegetable Recipes**

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ARUGULA, AVOCADO AND GRAPEFRUIT SALAD

Arugula

1 perfect avocado, skinned and sliced

1 grapefruit, peeled and thin white covering removed

4 T rice vinegar (Nakano Original recommended)

Put avocado and grapefruit sections in bottom of salad bowl. Cover with vinegar and let stand 15 minutes. Put arugula and top, toss and serve.

ARUGULA AND MAYTAG BLUE CHEESE

Arugula

4 T rice vinegar (Nakano Original recommended)

2 oz blue cheese (Maytag recommended)

Handful raw pecan halves

Handful of dried cranberries, or fresh red seedless grapes, or any bite sized sweet fruit.

Crumble blue cheese into bite size pieces. Place in bottom of large bowl. Add pecans and cranberries. Cover with vinegar and let stand for 15 minutes. After the blue cheese has blended with the vinegar, toss, lightly salt and pepper and serve.

SWEET POTATO STRINGS



4 cups sweet potato strings (or shredded)
1 medium onion, chopped
1 cup soup stock
2 Tablespoons olive oil
2 teaspoons cumin
1 teaspoon cinnamon
½ teaspoon ground clove

Sauté onion and spices in olive oil until translucent, about 5 minutes. Add sweet potatoes and broth. Fold over frequently and cook until tender. Serve and enjoy.

MASHED TURNIP AND POTATOES

Twice as many potatoes as turnips

Peel turnips and potatoes and cut into 1 inch pieces. Put in sauce pan and cover with water. Bring to boil and simmer for 15 to 20 minutes, until soft. Mash, and lightly salt and pepper.

Take off heat and blend.

Serve in bowls with sprinkled coriander and parsley and lots of black pepper

BRUSCHETTA

BASIC RECIPE BRUSCHETTA RECIPE

Country bread, thickly sliced

Olive oil in a bowl

Pastry brush

1 clove fresh garlic

Toast bread in oven, both sides. A regular toaster is almost as good.

Brush olive oil on one side of the bread

Run garlic clove over bread and olive oil

Salt and pepper to taste. The Italians add red chili flakes as well. Enjoy!



TOPPINGS

TAKE 1: HEIRLOOM TOMATOES

2-3 heirloom tomatoes

1. Chop up heirloom tomatoes. The size is your choice and style.
2. Mound up on bruschetta.
3. Add fresh basil sprig or small pieces of artisan mozzarella, as you like.

TAKE 2: EGGPLANT

1 small onion, cut up in ½ inch pieces

1 garlic clove, diced

1 heirloom tomato, diced.

1 cup eggplant, cut up in ½ inch pieces

1. Saute onion in olive oil. When translucent, add garlic and eggplant.
2. Cool on low heat until eggplant is crisp on outside and soft on the inside. Add tomato.
3. Mound up on bruschetta.
4. Add fresh basil sprig or grated parmesan, romano or asagio cheese, as you like.

BUTTERNUT SQUASH SOUP

1 tablespoon olive oil
3 1/2 cups cubed peeled butternut squash (about 1 1/2 pounds)
3/4 cup chopped carrot
1/2 cup chopped sweet onion
2-1/2 cups soup stock
Salt

Put oil in a large saucepan over medium-high heat. Add squash, carrot, and onion; sauté for 12 minutes. Add chicken broth, and bring to a boil. Cover, reduce heat, and simmer for 30 minutes. Remove from heat; stir in half-and-half and salt.

Place squash mixture in a blender. Remove center piece of blender lid (to allow steam to escape), and secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.

ROASTED SWEET PEPPER SOUP

2 tablespoons olive oil
1 medium onion, chopped
2 lbs. mixed sweet peppers
2 lg. cloves garlic, minced
2 T. flour
2 c. vegetable stock
1/4 c. fresh cilantro, chopped
1 c. low-fat milk
1 c. non-fat yogurt
salt & pepper to taste

Place whole peppers on a baking pan about 6" under the broiler. Allow the skins to blacken before turning them to blacken the other side. Remove the pan from the oven and cover with a clean dish cloth. Allow to sit for 15-20 minutes, or until peppers are completely cool. Peel blackened skins from the peppers, remove membranes, stems, and seeds. Do not rinse! Coarsely chop the peppers and set aside.

Heat olive oil in a medium sauce pan over medium low heat, and then add the onion and garlic and sauté until transparent. Add the roasted peppers and stir to combine. Sprinkle the flour over the mixture and toss lightly, cooking for 2 minutes, but avoid browning.

Stir in the vegetable stock and raise the heat to allow the mixture to come to a boil. Reduce the heat to low simmering for 20 minutes.

In a food processor, blender, or with an immersion blender, carefully puree the hot mixture until smooth. Add the cilantro and blend well.

Return to the sauce pan, stir in the milk and yogurt, and reheat. Season with salt and pepper. Serve.

CABBAGE POCKETS

2-4 cabbage leaves
1 cup mung bean sprouts
1 small zucchini, shredded
1 carrot, shredded
Guacamole (optional)
Sauerkraut or Kim-chi (optional)
Nut spread
Dipping Sauce

Place cabbage leaf on plate and place a scoop of each ingredient on leaf and roll up. Dip in sauce and enjoy!

GUACAMOLE

1 avocado
1 small tomato
1 tablespoon minced cilantro
1 tablespoon minced onion or scallion or garlic clove
2 tablespoons lime juice
2 tablespoons jalapeño pepper (can substitute sweet red pepper)
Cut the avocado in half, remove pit and scoop out pulp with a spoon into a bowl. Add other ingredients and mix well.

NUT SPREAD

1 cup raw almonds
½ cup sunflower or pumpkin seeds
3 scallions
A carrot, shredded
1 celery stick
2 tablespoons olive oil
Pinch of salt and pepper
Blend until almonds and seeds in a food processor until fine. Add other ingredients and blend until smooth.



CHINESE DIPPING SAUCE

(can be used as dressing in cabbage salad)
¼ cup honey
¼ cup lemon juice
3 tablespoons orange juice
2 tablespoons olive oil
1 tablespoon fresh minced ginger
1 teaspoon apple cider vinegar
½ teaspoon dry ground mustard seed
Blend all ingredients thoroughly in a food processor or blender.

CHARD AND TOMATO PASTA

Chard
Garlic or Onion
1 Carrot, sliced
1 Heirloom tomato
2 Tbsp olive oil
2 Tbsp rice or coconut vinegar
1 pinch of diced mint
Pasta

Start to boil water for pasta. Add pasta to water when water boils. Drain when cooked.

Put olive oil and diced garlic or onion on medium heat in a frying pan.

Add carrot and chopped chard, including stems. Put sliced tomato on top to warm.

Cover and cook on medium low heat for 5 minutes.

When pasta and chard are ready, combine with mint and vinegar and toss well. Serve as main dish or side dish.

SWEET POTATO DIP

3 sweet potatoes
2 t curry
1/8 C extra virgin olive oil
1 can small white beans (15.5 oz), drained and rinsed
1/2 C feta cheese, crumbled
Pumpkin seeds, optional for topping

Roast potatoes in 400 degree oven about an hour. Scoop out potato and combine in food processor or blender with remainder of the ingredients. Top with seeds and serve!

GRILLED SWEET POTATOES



2 pounds sweet potatoes, peeled and sliced ¼ inch thick
3-4 Tbsp olive oil
Salt
1/4 cup finely chopped fresh cilantro
1 teaspoon of lime or lemon zest
2 tablespoons of fresh lime or lemon juice
1/4 cup olive oil
Pinch of salt

Coat the sweet potato slices with olive oil and lightly sprinkle with salt. Combine all of the dressing ingredients into a small bowl. Once the grill is hot, lay the sweet potato pieces down onto the grill grates. Cover the grill and cook until each side gets some grill marks, between 3-6 minutes for each side. Toss the sweet potatoes in a bowl with the dressing and serve hot.

CORN RELISH

1 cup fresh corn kernels removed from cob
1/4 cup chopped red bell peppers
¼ cup chopped onion
½ cup apple cider vinegar
1/4 cups sugar
1/4 teaspoon salt
1 tablespoon mustard seed

SCRUMMY TURNIP, POTATO AND BROCCOLI SOUP

Farnham Local Foods

2 teaspoons of coriander seeds
2 teaspoons of cumin seeds
1 teaspoon of turmeric
2 tablespoons of Olive Oil
1 large onion roughly chopped
2 large cloves of garlic finely chopped
3 to 4 Turnips peeled and chopped into 2cm cubes
2 to 3 largish potatoes peeled and chopped as above
Broccoli broken into small florets
3 cups soup stock

Heat oil in large saucepan

Add coriander and cumin seeds and let them sizzle for a minute or so

Add onions and garlic and cook until onions are translucent, add turmeric and stir

Add turnips, potatoes and broccoli and stir thoroughly

Add soup stock and simmer for 30 minutes

SZECHWAN EGGPLANT STIR FRY

Eggplant cut into chunks
3 tablespoons peanut oil
1 tablespoon dark sesame oil
2 green onions, white and green parts, sliced on a diagonal
1-inch piece fresh ginger, peeled and minced
3 garlic cloves, minced
1 fresh red chili, sliced
1/2 cup chicken broth
3 tablespoons soy sauce
1 tablespoon rice vinegar
1 tablespoon light brown sugar
1 tablespoon cornstarch
1 tablespoon toasted sesame seeds, for garnish
Thai holy basil and fresh cilantro leaves, for garnish

Heat oils on medium heat in wok or frying pan. Fry eggplant for 3 minutes, turning often. Remove the eggplant. Add the green onions, ginger, garlic, and chile; stir-fry for a minute until fragrant. Add the broth. In a small bowl, mix the soy sauce, vinegar, sugar, and cornstarch until the sugar and cornstarch are dissolved. Pour the soy sauce mixture into the wok and cook another minute, until the sauce has thickened. Put the eggplant back in the pan, tossing quickly, until the sauce is absorbed. Garnish with sesame seeds, Thai basil, and cilantro and serve.

Combine prepared vegetables in a large kettle. Add vinegar, sugar, salt, turmeric, and mustard seed. Heat to boiling and simmer 25 minutes or until the vegetables are tender. Seal in hot, sterilized canning jar.

KELLY'S VEGAN LEMON BARS

Crust

2 cups raw almonds
16 dates
Zest of 1 lemon
1 tablespoon coconut oil
1/4 teaspoon salt

Filling

3 cups raw cashews
2 cups lemon juice
Zest of 1 lemon
1/3 cup coconut oil
2 cups sugar
1 teaspoon almond extract

Soak cashews and zest in lemon juice for a minimum of 2 hours or even overnight. After cashews have been soaked, combine crust ingredients in food processor and blend into sticky, crumbly mix. Press crust mix into 9 x 13 pan. Combine filling ingredients in food processor and blend until creamy and smooth. Spread filling onto crust and refrigerate at least 6 hours. It is creamy, tangy and so, so good. Key limes can be substituted for lemons for key lime bars!

PEAR AND KALE SALAD

- 2 cups kale pieces
- 1 pear, sliced or diced.
- ½ cup pecan pieces
- ½ cup dried cranberries, dried raisons or dried cherries
- ½ plain yogurt
- 1 tablespoon honey
- 1 teaspoon Dijon mustard

Combine yogurt, honey and mustard in bottom of salad bowl. Stir together with whisk completely. Add pear, pecans and dried fruit to yogurt dressing, stir lightly. Add kale pieces and toss until kale is thoroughly covered.

KALE, BANANA AND BLUEBERRY SMOOTHIE

- 1 banana
- ½ cup blueberries
- 2 kale leaves, torn into pieces
- 2 cups water

Blend kale pieces and water until smooth. Add banana and blueberries. Blend until creamy. Add water as necessary.



FENNEL, CABBAGE AND KALE SLAW

- 1 cup finely slivered fennel
- 1 cup finely slivered cabbage
- 1 cup finely slivered kale
- 1 cup plain yogurt
- 1 tablespoon honey
- 1 teaspoon Dijon mustard

Shred greens and place in bowl. Combine yogurt, honey and mustard in bowl. Pour dressing on greens. Toss and serve.

ROASTED VEGETABLES



- 1 cup kale pieces
- 1 cup coarsely chopped fennel
- 1 cup broccoli pieces
- 1 cup cauliflower pieces
- 1 cup snap peas
- 2 tablespoons olive oil

Toss vegetables in olive oil and put in roasting dish. Roast at 400F for 15 minutes, toss and then roast for 15 additional minutes or until vegetables start to brown. Serve as main

PURSLANE, KALE, HONEY DEW AND CRANBERRY JUICE SALAD

2 cups kale, deveined and torn into large pieces
½ purslane leaves
½ honey dew melon
½ cup cranberry juice

Place kale as a salad bed and scatter purslane leaves on top.
Cut half of honey dew melon into chunks and put into blender. Add cranberry juice and blend until smooth. Pour over salad.



KOHLRABI, PEAR, FETA AND DATE SALAD

1 cup kohlrabi pieces about ½ inch square (guidance follows)
2 pears
2-4 oz feta cheese
2 cups salad leaves
6 dates, chopped
1 tablespoon honey
2 tablespoons balsamic vinegar
2 tablespoons olive oil

Pull stems from kohlrabi. Cut off tops and bottom. With a sharp knife, cut sides away. Cut center of kohlrabi into ½ inch chunks.
Put kohlrabi on baking tray and drizzle with olive oil. Bake at 200F for 20 minutes, or until softened.
Slice pears in half, cut away core and slice.
Place greens on serving plate and arrange pears and kohlrabi pieces on top. Crumble feta on top.
Combine honey, balsamic vinegar and olive oil and drizzle over salad.

GRANDMA STYLE HEIRLOOM TOMATO SALAD

4 small heirloom tomatoes of different colors (red, yellow, green, black)
1-1/2 c cottage cheese
Slice tomatoes. Divide cottage cheese onto two plates. Surround cottage cheese with tomato slices.
Salt and pepper to taste

ITALIAN STYLE HEIRLOOM TOMATO SALAD

4 small heirloom tomatoes of different colors (red, yellow, green, black)
4 oz artisan mozzarella cheese
Fresh sweet pepper (optional)
Sprigs of Genovese basil
Olive oil, salt and pepper

Slice tomatoes. Slice and arrange tomatoes and cheese on two plates. Drizzle with olive oil and salt and peppers to taste



SOBA NOODLES WITH HEIRLOOM TOMATOES

One sleeve soba noodles
2-3 colored heirloom tomatoes
2 tablespoons balsamic vinegar
2 tablespoons brown rice vinegar
1/4 cup olive oil.

Prepare noodles. When noodles are ready, drain water and add tomatoes. Stir together dressing and drizzle over noodles and tomatoes. Good warm or cold

ROASTED CARROTS

Carrots, carefully washed, patted dry, greens cropped to 1 inch above top of carrot
1 medium red onion, peeled, cut lengthwise (root to top) into 8-12 wedges
2 Tbsp olive oil
1 Tbsp fresh chopped rosemary or 1 teaspoon of dried rosemary
Garlic powder
Salt
Freshly ground black pepper

Preheat oven to 400°F. Gently toss together the carrots, red onion, rosemary to coat with the olive oil. Lay out on a rimmed baking pan, lined with aluminum foil. Sprinkle with garlic powder, salt, and pepper. Roast for 30 to 40 minutes on middle rack or bottom rack, until well browned.

ROASTED CARROT AND TOMATO SOUP



1 Tablespoon olive oil
1 large onion, thinly sliced
6 tomatoes, halved lengthwise
3 carrots, peeled, cut into 1/2-inch-thick rounds
1 garlic cloves, unpeeled
1 cups water
1 cups (about) low-fat (1%) milk
2 Tablespoons thinly sliced fresh basil

Preheat oven to 400°F. Spray large rimmed baking sheet with nonstick spray. Arrange onion, tomatoes, carrots and garlic cloves on prepared baking sheet. Drizzle with oil. Sprinkle with salt and pepper. Roast until vegetables are tender and brown, turning occasionally, about 55 minutes. Cool slightly. Peel garlic cloves. Transfer vegetables to large bowl (do not clean baking sheet).

Add 1/2 cup water to baking sheet, scraping up browned bits; add to blender, then add half of vegetables and puree until smooth. Transfer to large saucepan. Add remaining vegetables and 1/2 cups water to blender and puree. Transfer to same saucepan. Gradually add enough milk to soup to thin to desired consistency. Stir in 1 tablespoon basil. Simmer 10 minutes to blend flavors. Season with salt and pepper. Ladle soup into bowls. Sprinkle with remaining basil and serve.

BAKED SWEET POTATO FRIES

Sweet potatoes
2 Tablespoons olive oil
Salt, pepper and spices.

Preheat the oven to 450 F.

Peel the sweet potatoes and cut them into fry-shaped pieces (see photos). Try to cut them into similarly sized pieces so the fries will bake evenly.

Put uncooked fries into a mixing bowl, add olive oil salt and pepper. Toss to distribute evenly.

Arrange the fries in a single layer on baking sheet.

Bake for 15 minutes, then flip the fries so they can cook on all sides.

Bake for 10 to 15 more minutes, until the fries are crispy.

ZUCCHINI LASAGNA

2 tablespoons agave
½ cup olive oil
¼ cup apple cider vinegar
1 cup macadamia nuts, covered with water and soaked 20 minutes
1 cup cashews, covered with water and soaked 20 minutes
1 cup almonds, covered with water and soaked 20 minutes
2 tablespoons lemon juice
Tomatoes
4 cloves garlic, minced
1 small onion, minced
¼ teaspoon cayenne pepper
2 tablespoons sweet basil
6 tablespoons olive oil



Wash zucchini in cold water. Pass through mandolin or food processor for thin slices. Soak in agave, cider vinegar and oil for at least one hour.

Blend nuts and lemon juice.

Drain zucchini, and layer in baking dish with nut cheese, tomatoes, garlic, cayenne pepper and basil until done. Top with tomatoes and basil.

Dehydrate 4 to 8 hours at 105F or 20 minutes at 180F.

Serve hot or cold.

EGGPLANT BACON

Eggplant bacon is not a real substitute for real bacon. It will not satisfy a bacon lover. But it will satisfy a vegetable lover! Try it with a BLT!

Eggplant

¼ cup agave

¼ cup olive oil

5 to 10 drops of liquid smoke

Sea Salt

Slice eggplant using a mandolin. Lay in flat dish and rub sea salt into slices. Let the slices sit for 10 to 20 minutes.

Mix agave, olive oil and liquid smoke in a small bowl.

Combine sauce and eggplant in plastic bag. Toss until eggplant is thoroughly coated. Let eggplant sit in sauce for another 10 to 20 minutes. Remove and place on cookie sheet.

Dehydrate or bake in low temperature 180F oven until dry and crispy. Cooking time depends on thickness of slices.

ZUCCHINI NOODLES

Noodles

Salt

Olive oil

Wash zucchini in cold water. Leaving skin on or off is optional. Skin adds color!

Way 1: Using a potato peeler, cut long strips.

Way 2: Using a shredder, cut short strips.

Way 3: Using a food processor, shred for "risotto".



Put noodles in a bowl, add a drizzle of olive oil and lightly salt. Massage the noodles for about a minute to make the consistency of pasta.

THAI ZUCCHINI PASTA

2 cups of zucchini noodles

2 chopped green onion

Crushed peanuts

½ cup broccoli pieces

¼ cup peanut butter

½ teaspoon soy sauce

½ teaspoon red pepper flakes

A pinch of ground ginger

A pinch of garlic powder

Mix peanut butter, soy sauce, pepper flakes and spices. Combine in bowl with noodles, onion and broccoli. Top with peanuts and serve!

ITALIAN STYLE ZUCCHINI PASTA

2 cups zucchini noodles
1 onion, diced
1 cup chard, chopped into 1" pieces
1 medium or 4 small heirloom tomatoes, cut into 1" pieces
¼ cup chopped walnuts
Parmesan cheese

Sauté onion and chard about 5 minutes.
Add tomatoes and noodles. Toss well. Top with walnuts.
Serve with parmesan cheese and crusty artisan bread. Good warm or cold.

CHARD WRAPS

4-6 rinsed chard leaves (when using Swiss chard, cut the bottom 1/3 of the stem out).

1. Bring a pot of water with a pinch of salt to boil.
2. Dip each chard leaf in the boiling water for about 30 seconds, just until it becomes soft.
3. Pat dry.
4. Lay flat on a cutting board and place your fillings in the middle (make sure not to over fill, or it won't wrap properly)
5. Fold in all four sides and make a neat little package or wrap.
6. Cover and refrigerate until ready to serve.

VEGGIE FILLING

Combine:
2 cups hummus (or prepared bulgur wheat)
1 avocado, cut into ½" chunks
1 cup grated carrots
½ cup raw pecans
2 tablespoons minced garlic
¼ cup lemon or lime juice
1 teaspoon ground cumin
2 tablespoons olive oil

TUNA SALAD FILLING

Combine:
1 can tuna, drained of water
½ cup diced celery or apple
1 green onion, thinly sliced
2 tablespoons minced parsley or cilantro
2 tablespoons mayonnaise or olive oil

EGG SALAD FILLING

Combine:
4 hard boiled eggs, shelled and diced
1 green onion, thinly sliced
½ cup diced celery
1 teaspoon fresh or dried dill weed
2 Tablespoons prepared mustard (yellow or Dijon)
2 Tablespoons mayonnaise or olive oil

RICE SALAD

Combine:
2 cups cooked rice
¼ cup each of diced celery, shredded carrots,
walnut pieces and raisons
1 tablespoon curry powder
2 tablespoons olive oil

Kale Salad with Yogurt Dressing

3 cups shredded kale

1 long carrot, thinly sliced with a potato peeler

1/3 cup pecan halves

1 cup plain yogurt

1 tablespoon honey

1 teaspoon Dijon mustard

1 teaspoon minced fresh parsley

1 teaspoon minced chiv

Combine yogurt, honey, mustard and herbs in a bowl. Put dressing and pecans in bottom of salad bowl. Add kale and carrot slices. Toss to coat and enjoy.

CHARD, BEETS, RHUBARB AND GARLIC

2-3 cups chard

1 medium beet

1 stalk rhubarb

2 cloves garlic

2 tablespoons olive oil

Put oil in frying pan with lid on medium-low heat.

Dice garlic and add to oil.

Cut rhubarb in ½ inch pieces and add to garlic.

Cut chard in 1" ribbons, and chard stems into ½ inch pieces. Add stem pieces to garlic and rhubarb and cover with chard ribbons.

Cover for 5 minutes.



While chard is wilting, cut beet into 1 inch pieces and put in boiling water for 3 minutes.

Remove chard, rhubarb and garlic from pan and place in serving dish. Cut beets into slices and top chard dish and serve.

RHUBARB PIE

4 cups rhubarb cut into ½ inch pieces
1 cup sugar
6 tablespoons flour
1 tablespoon butter (optional)
1 recipe pastry for a 9 inch double crust pie
¼ cup raw sugar or other large crystal sugar

Preheat oven to 400 degrees F

Put cut rhubarb in a bowl and stir in the sugar. Adding sugar to fresh fruit will make it weep with juice.

Stir in 3 T flour to help absorb the juice.

Sprinkle the other 3 T of flour on the bottom of the pie crust to soak up the juice while baking.

Put the rhubarb on top of the flour and try to spread evenly and gently press out pockets.

Sprinkle with remaining sugar and flour.

Put dots with small pieces of butter. (this makes the fruit on top shiny).

Cover with top crust. Sprinkle raw sugar on top.

Take a long strip of aluminum foil, long enough to wrap around the outer circumference of the pie plate. Fold it twice to create one long strip. Wrap the outer edge of the pie, fold the ends together to keep it in place and fold the top gently over the crust. This will keep the outer edge of the crust from getting to brown while baking.

Place pie on lowest rack in oven. Bake for 15 minutes. Reduce oven temperature to 350 degrees F (175 degrees C), and continue baking for 40 to 45 minutes. Pie filling will be bubbling. Serve warm or cold.

SWEET POTATO HUMMUS



1 pound sweet potatoes, peeled and cut into 1-inch pieces

1 can (19.5 ounces) chickpeas, drained and rinsed

1/4 cup fresh lemon juice (from 1 lemon)

1/4 cup tahini

2 tablespoons olive oil

2 teaspoons ground cumin

1 garlic clove, chopped

Coarse salt and ground pepper

Whole-wheat pita and crudité's such as red pepper and broccoli

Set a steamer basket in a large pot. Fill with enough water to come just below basket; bring to a boil. Add potatoes; reduce to a simmer, cover, and cook until tender, 10 to 12 minutes. Transfer to a food processor. Combine chickpeas, lemon juice, tahini, oil, cumin, and garlic in the food processor. Puree, about 1 minute; thin with water if necessary. Season with salt and pepper and let cool; refrigerate, in an airtight container, up to 1 week.

Serve with pita and crudité's

SUMMER SALAD WITH RICE NOODLES AND KALE

1 cup rice noodles, cooked as directed, drained and rinsed with cold water
2 cups kale pieces, about 1 inch
¼ cup raisins
¼ cup nuts (walnuts or peanuts)
1 tablespoon soy sauce
2 tablespoons rice vinegar
2 tablespoons plum jam
Salt and pepper to taste

Toss and serve cold.

CUCUMBER DILL SALAD

2 medium cucumbers
Fresh dill leaf
¼ cup Nakano original rice wine vinegar (sweetened)

1. Peel cucumbers. Cut down the middle and using a teaspoon, scrape out the seeds.
2. Slice cucumbers either long way or into small crescents.
3. Add about ¼ cup vinegar and fold over cucumbers.
4. Sprinkle with fresh dill. Lightly salt and pepper.
5. Cover and chill for at least 20 minutes before serving.
6. If tightly covered, it will keep in the refrigerator for almost a week.

Baltic Eggplant Rolls

Eggplants 2-3
Walnuts ½ cup
Onion – 1
Garlic- 1-2
Greens- parsley or cilantro
Vinegar ¼ tsp
oil for frying
salt
pepper

Slice the eggplants thinly lengthwise. Salt each slice and leave for 20-30 min. Pour off the juice and pan fry the eggplant from both sides. Place the eggplant on some paper towel to absorb the excess. Finely chop the onion and pan fry. Combine the nuts, garlic, greens, onions, vinegar, salt, pepper, and a little water if needed in a food processor. Place some filling inside each slice, roll and serve.

EGGPLANT AND ZUCCHINI IN TOMATO-GARLIC SAUCE

1/4 cup extra-virgin olive oil plus more for drizzling
1 shallot, finely chopped
6 medium garlic cloves, very thinly sliced
1 1/2 pounds ripe tomatoes, cored, coarsely chopped
2 teaspoons kosher salt plus more for seasoning
2 bay leaves
1 pound Chinese or Japanese eggplants (2–3 medium), cut into 1/4-inch rounds
1 pound zucchini (2–3 medium), sliced into 1/4-inch rounds
1/2 cup coarsely chopped flat-leaf parsley, divided



Heat 1/4 cup oil in a large heavy skillet over medium heat. Add shallot and cook, stirring often, until translucent, about 2 minutes. Add garlic and cook until edges just start to brown, about 2 minutes. Stir in tomatoes, 2 tsp. salt, and bay leaves. Stir frequently until tomatoes are juicy and broken down, 5 minutes.

Add eggplants and cook, stirring often, until eggplants begin to soften, about 5 minutes. Stir in sliced zucchini, cover pan, and reduce heat to medium-low. Cook until vegetables are tender, about 5 minutes. Season to taste with salt. Stir in 1/4 cup parsley.

Divide vegetables among bowls; season to taste with pepper and garnish with remaining 1/4 cup parsley. Drizzle oil over.

EGGPLANT MEDALLIONS WITH HEIRLOOM TOMATO GARNISH

1 large or 2 medium eggplants, sliced thinly
Sea salt
2 tablespoons olive oil
1 medium onion, chopped
2 medium heirloom tomatoes, chopped
2 ounces artisan mozzarella cheese, cut into strips.

Sprinkle sea salt on both side of eggplant. Let stand for 20-30 minutes. Rinse with water and pat dry. Preheat oven to 400F. Arrange medallions in even layers in a shallow baking dish. Put in oven while preparing garnish. Sauté onions in oil until translucent, about 5 minutes. Add tomatoes and heat for about 5 minutes. Distribute the garnish over the eggplant slices. Arrange the cheese strips on top of the tomatoes and onions. Return to the oven and bake for 15 minutes. Remove and serve.

CURRIED GREENS

1 pound spinach, kale, collards or beet greens (or mixture of all)
2 cloves garlic, pressed or minced
2-3 tablespoons curry powder
1 cup finely chopped tomatoes (fresh or canned)
1 tablespoon tomato paste
1 tablespoon dark-brown sugar
1 tablespoon expeller-pressed canola oil
1 cup onion, finely diced
3/4 pound brown potatoes, peeled and cubed
1/4 cup chopped fresh cilantro (optional)

1. Wash and drain greens, removing any coarse stems and midribs. Cut into half-inch strips.
2. In a small bowl, mix together the garlic, curry powder, tomatoes, tomato paste and sugar.
3. Heat the canola oil in a skillet and sauté onion over medium-high heat until it begins to brown. Add the spice-and-tomato mixture, mix well, and cook for a few minutes.
4. Add the potatoes and 2 cups water.
5. Mix well, bring to a boil, reduce heat, cover, and cook for 10 minutes.
6. Add greens and cook for 10 minutes more, or until potatoes are done.
7. Correct seasoning to taste. Garnish with the chopped fresh cilantro if desired.

BROCCOLI SALAD

2 c broccoli pieces (use stems, too, if they are tender)
¼ c dried cranberries
¼ walnut pieces
3 T sweet rice vinegar
5 T olive oil

Toss ingredients in bowl. Keep chilled. Great for pot lucks or side dish.

ROASTED SNAP PEAS



Snap peas, rinsed and dried
3 tablespoons olive oil

Preheat oven to 425F.

Toss peas in olive oil. Place on cookie sheet. Roast in oven about 20-30 minutes, or until peas start to brown.

Remove and serve. Peas are slightly caramelized and insanely sweet.

KALE, PEANUT BUTTER AND PINEAPPLE STEW

Moosewood Restaurant Cooks at Home)

(
4-5 cups kale stems and pieces
1 tablespoon vegetable oil
1 cup chopped red onion
2 cloves garlic
2 cups crushed pineapple with juice
½ cup organic smooth peanut (or almond) butter
1 tablespoon Tabasco hot sauce
¼ cup chopped cilantro
1/4 cup spring onions
¼ cup lightly roasted peanuts
Salt to taste



Put oil in large skillet and lightly brown onion and garlic, about 5 to 6 minutes over a medium heat.

Add pineapple and bring to a simmer.

Add the chopped greens and continue to simmer until soft (about 5 minutes).

Add peanut butter, hot sauce and cilantro and simmer 2 to 3 more minutes.

Simmer for 2 or 3 more minutes and garnish with spring onions and peanuts.

Serve over cooked rice.

KALE LEMONADE

Tear kale into 1" pieces and put in blender. (Include stems)

Add 2 cups lemonade.

Serve over ice.

KALE CHIPS

2 cups kale

2 Tablespoons olive oil

sea salt

Preheat oven to 275F. De-vane kale: fold kale long ways, hold leaf in one hand and pull stem out with the other. Put kale in bowl and drizzle with olive oil. Salt lightly. Put kale on cookie sheet and put in oven for 10 minutes. Remove, flip kale over with spatula and put back in over for another 10 minutes.

Remove and enjoy as finger food!

BROCCOLI, TURNIP AND GINGER

1 turnip
Broccoli flowerets and stem pieces
Ginger, finely graded
2 tablespoons olive oil

Cut turnip in 1 inch pieces, Boil for 3 minutes. Remove and cut into narrow pieces (julienne).
Put oil and broccoli and ginger in skillet on medium low heat. Add broccoli pieces.
Add ¼ cup water and cover for 5 minutes..
Pour off excess water and salt and pepper to taste.
Serve as a side dish or topping with rice.

ROASTED BROCCOLI SIDE SHOOTS

broccoli flowerets and stem sections
3 tablespoons olive oil
2 tablespoons lemon juice
1/3 cup parmesan cheese

Preheat oven to 425F.
Toss broccoli in olive oil. Place on cookie sheet. Roast in oven about 20-30 minutes, or until flowerets start to brown.
Place in serving dish, drizzle with lemon juice and cover with parmesan cheese.

BUTTERNUT SQUASH SOUP

1 tablespoon olive oil
3 1/2 cups cubed peeled butternut squash (about 1 1/2 pounds)
3/4 cup chopped carrot
1/2 cup chopped sweet onion
2-1/2 cups soup stock
Salt

Put oil in a large saucepan over medium-high heat. Add squash, carrot, and onion; sauté for 12 minutes. Add chicken broth, and bring to a boil. Cover, reduce heat, and simmer for 30 minutes. Remove from heat; stir in half-and-half and salt.

Place squash mixture in a blender. Remove center piece of blender lid (to allow steam to escape), and secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend

WILTED KALE SALAD

Olive oil
2 tablespoons sweet rice vinegar or lemon juice
½ cup thinly sliced sweet pepper
2-3 cups finely shredded kale

Start frying pan on medium low heat, add oil and pepper slices. Add finely shredded kale, cover with lid and heat for 5 minutes. Do not stir because big pieces are on the bottom and the kale is steaming on the top. Toss and drizzle with vinegar or lemon juice.



GAZPACHO

5 ripe tomatoes seeded and peeled
1/2 cucumber seeded and peeled
1/2 onion
1 clove of garlic
1/4 green pepper
2 slices of bread (sourdough bread) - 2 or 3 days old if possible
1 teaspoon of oregano
4 tablespoons of olive oil
2 tablespoons of red wine vinegar
salt & pepper
½ cup of ice cold water

Soak thinly sliced cucumber for 30 minutes in ice water. Roast pepper until blackened and remove skin. Blend vegetables well. Add bread pieces. Add oil, vinegar, oregano, salt, pepper and water. Chill and serve cold. Add ice if needed.

ROASTED CAULIFLOWER



2-3 cups cauliflower flowerets
3 tablespoons olive oil
2 tablespoons lemon juice
1/3 cup parmesan cheese

Preheat oven to 425F.
Toss broccoli in olive oil. Place on cookie sheet. Roast in oven about 20-30 minutes, or until flowerets start to brown.
Place in serving dish, drizzle with lemon juice and cover with parmesan cheese.

GREENS AND FISH

An old authentic French recipe

1/2 pound chard

1/2 pound spinach

few leaves of sorrel

one garlic clove 1/2 cup soup stock

2 pounds thin fish fillets

Crusty bread

Place the greens and one peeled, crushed garlic clove in a pot and cook for ten minutes, then chop. Add the fish, and cook for 10-15 minutes. Place piece of crusty bread on a plate and serve the fish and the chopped greens beside one another with the liquid.

GREENZA PIZZA

1. Take one bunch of kale, chard and/or spinach and slice crosswise into ribbons about 1/2" wide.
2. Sauté greens in a TB of olive oil with chopped garlic to taste.
3. Meanwhile, prepare a crust. We have used whole grain ciabatta rolls sliced in half, homemade pizza dough baked 1/2 way, Trader Joe's whole wheat pizza crust baked 1/2 way, a thin Boboli crust, or bagels sliced in half.
4. Smear a nice layer of ricotta cheese on the crust and season to taste with thyme, garlic salt, or kosher salt and pepper.
5. Top with sautéed greens and garlic. Sprinkle with shredded Italian cheese (Provolone, mozzarella, parmesan, or a blend) and bake until the cheese is melted and bubbly and the crust is crisp.

Michelle Kavars

VINEGAR AND SALT POTATOES

1 pound of potatoes

2 tablespoons coconut oil

2 tablespoons rice or white wine vinegar

Salt

Wash potatoes and slice without peeling.

Add oil to frying pan on medium high heat. Add potato slices, turning frequently. Brown but do not burn.

Remove from heat. Drizzle with vinegar and add salt to taste.



UDON NOODLES WITH LEMON BALM PESTO

Udon Noodles
Lemon Balm leaves
½ cup walnuts
1-3 tablespoons olive oil
Salt

Prepare noodles as directed, drain, rinse with cold water and drain again.
Tear leaves from lemon balm stems and put in food processor. Process for several pulses.
Add walnuts and process about 15 seconds.
Add olive oil and process another 15 seconds until smooth.
Combine noodles and pesto. Add salt to taste.

KALE WITH RED PEPPER AND CASHEW DRESSING

2 cups kale leaves
1 cup raw cashews
1 medium red bell pepper
1 lemon
Salt

Place cashews in bowl and cover with water about 20 minutes. Blend until smooth in food processor.
Add pieces of raw red bell pepper, juice of lemon and salt to taste.
Clean kales leaves and tear into pieces.
Toss kale leaves and dressing and serve.

GARLIC MASHED POTATOES

4 medium potatoes
1 bulb garlic
2 tablespoons olive oil

Cut tip from garlic bulb, exposing tops of garlic cloves. Place bulb in pan of water about 1" deep and roast in 400 degree oven for about 30 minutes.
Cut potatoes into 1" pieces and boil in water for 15 minutes. Drain potatoes and mash and cover.
Remove garlic and press garlic meat from nature's garlic wrapper with the back of a spoon.
Blend garlic and olive oil with potatoes and serve. Salt and grated Italian cheese can be added.

Watermelon Juice

Watermelon
1 tablespoon lemon juice
Fresh mint, optional

Cut watermelon from rind and cut meat into chunks. Put watermelon in blender. Add lemon juice and enough water to blend. Pour over ice and garnish with mint leaves.

Watermelon Pickles

10 lb watermelon
6 cups water
1/3 cup pickling salt
3 1/2 cups sugar
1 1/2 cups white vinegar
1 1/2 cups water
15 inches cinnamon sticks, broken
2 teaspoons whole cloves

Cut the rind from the watermelon (you should have 4 1/2 lbs of rind); trim off any pink flesh and the green and pale green rind and discard.

Cut the remaining rind into 1-inch pieces; you'll have about 9 cups of rind to pickle.

Place the rind in a large nonreactive bowl; in another large bowl, combine 6 cups of water with the pickling salt.

Pour the salt mixture over the watermelon rind, adding more water if needed to cover; let stand, covered and at room temperature, overnight.

Next day pour rinds into a colander in the sink and rinse well with cold water, letting drain well.

Place rinds in a large pot and cover with cold water; bring to a boil, cover, reduce heat and let simmer until rinds are tender, about 20 to 25 minutes, then drain again.

Meanwhile, make a syrup in another large nonreactive pot, by combining sugar, vinegar, 1 1/2 cups water, cinnamon, and cloves; bring to a boil, stirring to dissolve sugar, then reduce heat and let simmer, uncovered, for 10 minutes.

Strain syrup, discarding solids; add rinds to syrup, bring to a boil, reduce heat and simmer until rinds are translucent, 25 to 30 minutes.

Pack into hot, sterilized jars, leaving 1/2-inch headspace, wipe rims clean, and tighten lids.

Process in a boiling water canner (begin timing once mixture returns to a boil); remove from canner and cool on wire racks.

CUCUMBER DILL SALAD

1 medium cucumber
Fresh dill leaf
Nakano original rice wine vinegar (sweetened)

Peel cucumbers. Cut down the middle and using a teaspoon, scrape out the seeds.

Slice cucumbers either long way or into small crescents.

Add about 1/4 cup vinegar and fold over cucumbers.

Sprinkle with fresh dill. Lightly salt and pepper.

Cover and chill for at least 20 minutes before serving.

If tightly covered, it will keep in the refrigerator for almost a week.