

The  
**Farm**  
at Trinity Health

# Is there fresh produce in your waiting room?

## YES!

Look inside this  
**guidebook** for  
information about  
**storing** and  
**enjoying** these  
farm-fresh veggies!

## No...

We're sorry we  
missed you! Look  
inside to see items  
we typically bring as  
well as some other  
ways to get farm-  
fresh produce.

\*Information about more ways to get your hands  
on fresh produce on the last page!

# Ask us about our fresh produce in the clinic!

## The “Produce to Patients” Program

Produce to Patients is a partnership between healthcare providers and The Farm at Trinity Health to encourage healthy eating and improved nutrition.

## The Farm at Trinity Health

Our mission is to grow a healthy community by empowering people through food, education and relationships. Located on the campuses of Trinity Health Ann Arbor and Oakland.

Learn more at [www.trinityhealthmichigan.org/thefarm](http://www.trinityhealthmichigan.org/thefarm)

**\*\*Note: Consult with your healthcare provider before making changes to your diet.**



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# Apples



**About:** An apple is an edible fruit produced by an apple tree. Apple trees are cultivated worldwide and are the most widely grown species in the genus *Malus*. The tree originated in Central Asia

**Season:** Late September - January

**Storage:** Place them in the crisper drawer in a plastic bag with holes in it

**Tip:** Select apples that are firm to the touch when lightly pressed. Avoid apples that are noticeably soft, discolored, or indent easily after you press the skin.

# Savory Apple Hash

## Ingredients

- 1/2 cup bacon diced
- 1/2 medium yellow onion diced
- 2 cloves garlic minced
- 3 medium Honey crisp apples diced
- 1 tbsp apple cider vinegar
- 1 tbsp lemon juice

## Directions

1. Cook bacon in medium skillet until begins to crisp. Add onion and garlic until onion begins to soften.
2. Add apples, apple cider vinegar, and lemon juice to skillet. Cover and simmer for 15 minutes

# Applesauce

## Ingredients

- 4 apples - peeled, cored and chopped
- $\frac{3}{4}$  cup water
- $\frac{1}{4}$  cup white sugar
- $\frac{1}{2}$  teaspoon ground cinnamon

## Directions

1. Combine apples, water, sugar, and cinnamon in a saucepan; cover and cook over medium heat until apples are soft, about 15 to 20 minutes.
2. Allow apple mixture to cool, then mash with a fork or potato masher until it is the consistency you like.

# Arugula



**About:** A green with a spicier flavor, arugula is often eaten raw and commonly used in salads, sandwiches, and pizza.

**Season:** April-June, October-December

**Storage:** Refrigerate for 7-10 days.

**Tip:** It tastes the best within 3-6 days of being bought!

# Arugula Pesto

## Ingredients

- 2 cups packed arugula leaves
- ½ cup walnuts
- ½ cup parmesan cheese
- ½ cup extra virgin olive oil
- 6 garlic cloves, unpeeled
- ½ garlic clove, peeled and minced
- ½ teaspoon salt

## Directions

1. Brown 6 garlic cloves with their peels on in a skillet over medium high heat until lightly browned. Remove garlic, cool, and remove skins.
2. Toast the nuts over medium high heat until lightly brown.
3. Combine arugula, salt, walnuts, roasted and raw garlic into a food processor. Pulse while drizzling olive oil into the food processor.
4. Remove mixture and stir in parmesan cheese.
5. Adjust taste to your liking with salt and cheese.

# Sautéed Arugula

## Ingredients

- 1 Tbsp olive oil
- 10 oz mushrooms, quartered
- 1 red onion, diced
- 4 garlic cloves, minced
- 1/3 cup white wine or vermouth
- ¼ tsp salt
- 1 pinch red chili flakes
- ½ tsp dried herbs
- 8 cups arugula
- Grated cheese

## Directions

1. In a large pan, heat oil over medium high heat.
2. Add mushrooms, onions, and garlic, stirring and cooking for about 4 minutes.
3. Deglaze with vermouth or white wine.
4. Add salt, pepper flakes, herbs, and arugula. Cook until wilted for about 2-3 minutes.
5. Top with cheese.



# Beets



**About:** Beets have a sweet, earthy flavor. You can eat them raw, pickled, or cooked!

**Season:** June – September

**Storage:** Refrigerate in a sealed plastic bag for 7-10 days.

**Tip:** To remove beet juice from your hands, rub your fingers with wet salt and lemon juice and then wash with soap and water.

# Beet and Apple Slaw

## Ingredients

- 1 medium beet, trimmed and peeled
- 2 medium apples, peeled
- ½ head green cabbage, cored
- 3 tbsp red wine vinegar
- 1 tbsp honey
- 1 tbsp Dijon mustard
- ¼ tsp salt
- ¼ cup extra-virgin olive oil

## Directions

1. Use a box grater or food processor fitted with a shredding disk to coarsely shred the beet and apples, transferring them into a large mixing bowl.
2. Thinly slice the cabbage or use the large-holed side of a box grater and add it to the bowl.
3. Whisk together the vinegar, honey, mustard, and salt in a small bowl. Whisk in the oil to form an emulsified dressing.
4. Pour the dressing over the slaw mixture and toss to coat thoroughly.

# Roasted Beets and Sweet Potato

## Ingredients

- 6 medium beets, trimmed and peeled
- 3 medium sweet potatoes
- 1 yellow onion, diced
- 2 tbsp olive oil
- 1 clove garlic, minced
- Salt and pepper, to taste

## Directions

1. Preheat oven to 400 degrees.
2. Dice beets and sweet potatoes into ½” cubes.
3. Combine beets and sweet potatoes with onion, olive oil, garlic, salt, and pepper in a large bowl until evenly mixed. Transfer to a roasting pan.
4. Bake for 20 minutes. Stir and bake for additional 20 minutes or until tender when poked with a fork.

## Optional

Cut or tear the beet greens into bite-sized pieces and cook on the stove over medium heat with a little more olive oil, salt, pepper, and garlic while the beets and potatoes are roasting.

# Blueberries



**About:** Blueberries are a tasty summertime snack, delicious fresh, Frozen, baked into sweet treats, or as a jam

**Season:** July – September

**Storage:** Refrigerate in its original container and wash right before eating

# Fresh Blueberry Crisp

## Ingredients

**Filling:** 1 tablespoon unsalted butter, softened

12 oz fresh blueberries

1/3 cup granulated sugar

1 tablespoon all-purpose flour

1/2 teaspoon cinnamon

**Crisp:** 3/4 cup all-purpose flour

1/4 cup light brown sugar

1/2 teaspoon salt

1/4 cup unsalted butter, melted

1 tablespoon granulated sugar

## Directions

1. Preheat the oven to 350°F. Spread the 1 tablespoon of softened butter on the bottom of a 1 quart baking dish. (I used a 9-inch deep dish pie dish and it worked perfectly.)
2. Combine the blueberries, sugar, flour and cinnamon in a large bowl. Pour the berry mixture into the prepared pan.
3. In the same bowl, combine the flour, brown sugar and salt. Add the melted butter and use your fingers to mix the mixture so that it resembles coarse sand. Sprinkle the mixture evenly over the top of the berries. Sprinkle the tablespoon of sugar over the top.
4. Bake in the preheated oven for 40-45 minutes until the filling is bubbling and the crisp topping is browned.

# Spinach Blueberry Salad

## Ingredients

**Dressing:** 1/4 cup raspberry vinegar

2 teaspoons Dijon mustard

1 teaspoon sugar

1/2 teaspoon salt

1/2 cup canola oil

**salad:** 12 cups fresh baby spinach (about 10 ounces)

1 cup fresh blueberries

1 cup (4 ounces) crumbled blue cheese

1/2 cup chopped pecans, toasted

## Directions

1. Mix first four ingredients; gradually whisk in oil until blended. In a large bowl, combine salad ingredients; toss with dressing.

# Brussels Sprouts



**About:** A cool weather crop in the same family as broccoli, kale and collards, Brussels Sprouts offer a great way to get creative with your greens.

**Season:** September-November

**Storage:** You can refrigerate your Brussels for 12 weeks in an open plastic bag in your crisper drawer

# Simply Baked Brussels Sprouts

## Ingredients

- 1-2 stalks of Brussels Sprouts
- ¼ cup olive oil
- Sea salt

## Instructions

- Preheat the oven to 350 °F.
- Cut the stem off of each Brussels sprout and then cut each sprout in half.
- Toss in a large bowl with a generous amount of olive oil and sea salt and place evenly spaced on a cookie sheet.
- Bake for about 5-10 minutes. When they start looking a little brown, turn them over and baste sprouts with olive oil and sprinkle with a bit of sea salt. Return to oven and bake until slightly brown and crispy. About 30 minutes total cooking time.

# Buffalo Brussels

## Ingredients

- 1 pound brussels sprouts, stem removed, cut in half
- 1/2 cup buffalo wing sauce (like Frank's Red Hot), plus more for serving
- 2 tablespoons olive oil
- Salt and pepper, to taste
- Blue cheese crumbles, optional

## Instructions

- Preheat oven to 400 degrees F.
- Place the brussels sprouts in a large bowl. Pour wing sauce and olive oil over them. Sprinkle with salt and pepper. Toss until sprouts are coated. Spray a large baking sheet with non-stick spray. Arrange brussels sprouts in a single layer. Bake 30-45 minutes (depending on how crispy you like them).
- Serve drizzled with more buffalo sauce and sprinkled with blue cheese crumbles.

# Bok Choy



**About:** Similar in taste to cabbage, Bok Choy has a mild, fresh, and grassy flavor with a slight peppery kick. The stalks have a celery-like crunch, while the leaves are soft and crisp.

**Season:** April – June

**Storage:** Keep in a plastic bag or container in your fridge

## Grilled Bok Choy

### Ingredients

4 large heads baby bok choy cut in half lengthwise  
2 tablespoons sesame oil divided  
3 cloves garlic minced  
2 tablespoons grated fresh ginger  
½ teaspoon sriracha sauce or more to taste  
2 tablespoons soy sauce  
1 tablespoon toasted sesame oil  
toasted sesame seeds for garnish, optional

### Directions

1. Preheat a gas grill to medium (350°F).
2. Drizzle cut side of bok choy with 1 tablespoon of the sesame oil and rub all over to coat. Place cut side down on grill and close cover. Cook 6 minutes; turn and cook 6-8 minutes more until crisp-tender with lightly charred areas. Arrange on serving platter cut side up.
3. Heat remaining tablespoon of sesame oil in a small skillet over medium-high heat. Add garlic and ginger; cook and stir until fragrant, about 30 seconds. Remove from heat and stir in chili paste, soy sauce and toasted sesame oil. Drizzle evenly over grilled bok choy. Garnish with toasted sesame seeds if desired and serve.

## 10 Minute Garlic Bok Choy

### Ingredients

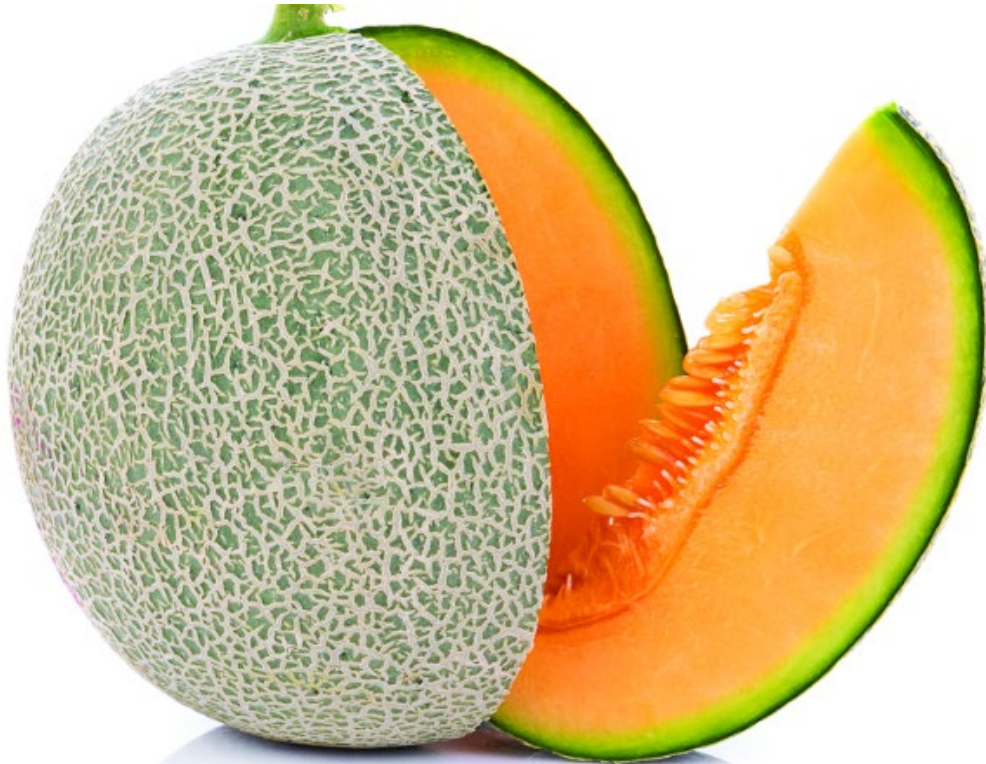
1 tablespoon Vegetable Oil  
5 cloves of garlic - minced  
2 large shallots or onions  
2 lbs baby bok choy  
2 tablespoons soy sauce  
1 teaspoon sesame oil  
1 teaspoon crushed red pepper (optional)

### Directions

1. Halve or quarter each Bok Choy and wash with cold water
2. In a large skillet or wok over medium-heat the oil. As soon as the oil is hot add the garlic and shallots, then saute them for 1-2 minutes, stirring continuously
3. Add the bok choy, soy sauce, and sesame oil. Toss and cover with a lid. Cook for two minutes. Continue to cook until the white parts reach desired tenderness
4. If using, sprinkle red pepper flakes to finish the dish



# Cantaloupe



**About:** Cantaloupes are a type of melon with a tan-green rind with a spiderweb-like pattern. Inside, the flesh is bright orange and sweet! It's rich in vitamins A & C, and a good source of potassium.

**Season:** July-September

**Storage:**

- Whole unripe cantaloupe can be kept at room temperature until they ripen.
- Only cut the cantaloupe when it's ready to be eaten. If uncut and left whole, ripened cantaloupe can be stored in the fridge where it'll stay juicy for up to one week.

# Tomato-Melon Gazpacho

## Ingredients

4 tomatoes, about 1 1/2 pounds  
1 3-pound cantaloupe  
5 tablespoons olive oil  
10 leaves basil  
Salt and freshly ground black pepper  
Juice of a lemon

## Directions

1. Cut tomatoes into 1 in chunks. Seed melon, and remove flesh from rind; cut into chunks. Place a tablespoon of olive oil in each of two 10- or 12-inch skillets and turn heat under both to high. Add melon to one and tomatoes to the other, and cook, stirring, until they become juicy, no longer than 2 minutes.
2. In a blender or food processor, puree melon with tomatoes, 1 1/2 cups water and basil, along with some salt and pepper. Stir in remaining olive oil. Chill, add lemon juice to taste and adjust seasoning. Serve.

# Cantaloupe Liquado

## Ingredients

2 1/2 cups chopped peeled cantaloupe  
1 1/2 cups cold milk  
2 cups chopped ice  
3 tablespoons honey

## Directions

1. Combine the cantaloupe, milk, ice, and honey in a blender or food processor and puree until smooth. Pour into tall glasses and serve immediately.

# Cabbage



**About:** Cabbage is the brassica family, along with broccoli, brussels sprouts, and kale. It's a very nutrient dense food! It's an incredibly versatile vegetable that can be enjoyed raw, cooked, or fermented and added to a variety of dishes.

**Season:** Spring and Fall

- **Storage:**
- Cabbage is best stored whole and unrinsed until you're ready to use it.
- Cutting into it will cause it to lose vitamin C, which will lead to faster spoilage.
- To store a head of cabbage, place it in a plastic bag in the crisper drawer of your fridge. A head of cabbage will last up to two mor when stored this way.

# Simple Sauteed Cabbage

## Ingredients

- 1 small head green cabbage *about 2 1/2 pounds*
- 1 tablespoon oil
- 1 tablespoon unsalted butter
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- ½ tablespoon apple cider vinegar *plus additional to taste*
- 1 tablespoon chopped fresh thyme

## Directions

- Cut the cabbage in half from its top down through its core. Place the cut-side down on your cutting board, then slice it as thinly as possible around the core so that you have fine ribbons. Discard the core.
- Heat a large sauté pan or similar heavy-bottomed pot over medium-high heat. Add olive oil and butter. Once the butter is melted, add the cabbage, salt, and pepper. Saute for 10 to 15 minutes, stirring occasionally, until the cabbage is tender and begins to brown.
- Remove from the heat and stir in the apple cider vinegar. Taste and add a bit of additional salt and pepper if you like, or a splash more vinegar if you'd like to add more zippy and acidic flavors. Sprinkle with thyme. Serve warm.

# Cabbage and Apples

## Ingredients

- 1 cabbage, finely shredded
- 2 bay leaves
- 5 star anise
- ½ tsp ground cinnamon
- ¾ cup vegetable stock or water
- 2 tbs sugar or honey
- 1/3 cup cider vinegar
- 2 apples, cored and cut into wedges

## Directions

1. Place all the ingredients except for the apples in a large saucepan and season.
2. Place over a medium heat, bring to the boil, then turn down the heat and simmer for 30 mins.
3. Add the apples, then continue cooking for 15 mins until tender.

# Carrots



**About:** Carrots are a root vegetable. You can eat the leaves and roots.

**Season:** July - November

**Storage:** Remove green tops and refrigerate in a closed container.

**Tips:** Look for carrots that are firm and colorful. Winter carrots are sweeter!

# Skillet Carrots

## Ingredients

1lb of carrots, trimmed

1 ½ tbsp olive oil

1 clove garlic, minced

Salt and pepper, to taste

*Optional seasonings:* Parsley, thyme, dijon mustard, honey mustard

## Directions

1. Cut carrots in half lengthwise, lay the halves flat-side down, and cut into bit-sized half circles.
2. In a small saucepan, combine carrots, olive oil, and garlic over low heat. Add additional seasoning, if desired.
3. Cover and cook, stirring occasionally. Cook until tender, about 15 minutes.

# Honey Roasted Carrots

## Ingredients

2 lbs carrots, trimmed

5 tbsp butter

4 cloves garlic, minced

2 tbsp honey

¼ tsp salt

¼ tsp pepper

## Directions

1. Preheat oven to 425 degrees.
2. Grease a rimmed baking sheet with cooking spray and set aside.
3. Cut carrots into coin-shaped slices about ½” thick.
4. Melt butter over medium heat in a large nonstick skillet. Add garlic and cook for 3 minutes, or until lightly browned, stirring frequently.
5. Remove butter from heat and stir in the honey until thoroughly combined.
6. Toss the carrots in the prepared sauce and season with salt and pepper.
7. Transfer carrots to baking sheet and arrange in 1 layer. Bake for 22-25 minutes, or until carrots are browned and tender.

# Chard



**About:** The large, firm leaves are mild, sweet, earthy and just slightly bitter; overall, it's a bit milder than spinach. The stalks -- which can be white, yellow, red, purple, pink, striped and so on -- resemble flat celery with a sweet taste slightly reminiscent of beets.

**Season:** Year-round but best in spring and fall

**Storage:** Keep in a plastic bag or container in the fridge. Use quick, but even slightly wilted, it's still delicious

# Simple Sauteed Rainbow Chard

## Ingredients

- 1 bundle Swiss Chard rainbow or any variety
- 1 tbsp extra light olive oil or coconut oil
- 1 clove garlic finely grated
- ½ tsp salt to taste
- ½ tsp ground black pepper to taste

## Directions

1. Rinse each leaf under cold running water to remove any dirt and pat them dry.
2. Slice the stems from the leaves and chop both sections up.
3. To a pan set on medium heat, add the oil and grated garlic and fry until just fragrant.
4. Add the stems and quick fry for 1 minute before adding in the chopped leaves and sauteing for 3-4 minutes until all the leaves have wilted.
5. Season your greens with salt (and pepper) to taste.
6. Optional: Allow your greens to cool a bit and top with nuts and cheese. Serve with wedges of lime or lemon (this pairs especially well is serving alongside seafood)
7. Store any leftovers in an airtight container for up to 5 days or freeze it for up to 9 months.

# Rainbow Chard Frittata

## Ingredients

- 12 eggs
- 2 tablespoons olive oil
- 1 onion, diced
- 1 bunch rainbow chard, chopped
- 2 pinch salt

## Directions

1. Preheat the oven to 400°F. In a mixing bowl, beat the eggs and add a pinch of salt.
2. In a large non-stick skillet gently sauté the onions in the oil until translucent, or about 10 minutes. Add the chopped rainbow chard / kale / spinach and allow to wilt. Season to taste.
3. Add the eggs and gently mix together. Bake in oven for about 20 mins or until the eggs have set.
4. For an extra touch, place under a low broil for a few mins to lightly brown the top. Be careful though, it will burn quickly if not watched!



# Cherry Tomatoes



**About:** These are small tomatoes that can be red or orange golden color. Buy cherry tomatoes that are firm and bright.

**Season:** July - September

**Storage:** Keep at room temperature on the counter.

**Tip:** A perfect addition to salads or simply as a snack.

# Roasted Cherry Tomatoes

## Ingredients

- 2 10-oz containers cherry tomatoes, halved
- 6 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp salt
- 2 tsp black pepper

## Directions

1. Preheat oven to 375 degrees.
2. In a medium bowl, toss together tomatoes, garlic, olive oil, salt, and pepper. Transfer to a baking sheet and spread into an even layer.
3. Bake for 20-25 minutes, or until tomatoes are soft and very fragrant.

# Caprese Salad

## Ingredients

- 1 pint cherry tomatoes, halved
- ½ cup fresh basil leaves
- 2 tbsp olive oil
- 4 ounces mozzarella (either pearls or a larger piece cut into bite-sized pieces)
- ½ tsp salt
- ¼ tsp pepper
- Optional:* 1 tbsp balsamic vinegar

## Directions

1. Roughly chop the basil leaves.
2. Combine basil, tomatoes, mozzarella, olive oil, and seasonings in a bowl and mix until combined well.

# Cilantro



**About:** This herb has a fresh and citrus taste and is commonly found in many Mexican foods .

**Season:** February- April and September- November

**Storage:** Wash and dry cilantro, store in a plastic bag in the fridge or for best storing, place cilantro in a cup of water stems down and loosely cover with a plastic bag.

**Tip:** Commonly referred to as coriander around the world, however the correct term for the actual plant is cilantro and the correct term for the seed is coriander.

# Cilantro Vinaigrette

## Ingredients

- 1 huge bunch of fresh cilantro (2 cups packed)
- 1/2 cup olive oil
- 2 tablespoons white vinegar
- 1 clove garlic
- 1 teaspoon kosher salt
- 1/2 teaspoon red pepper flakes
- 1/4 to 1/2 cup water, *if needed*

## Directions

1. Blend everything up for about a minute until smooth. Add the water if you need more volume in the blender to make it run smoothly. Season to taste!

# Cilantro Lime Rice

## Ingredients

- 2 tablespoons extra virgin olive oil
- 1 1/2 cups basmati rice, or other long-grain white rice
- 1 clove garlic, minced
- 2 1/4 cups water
- 1 teaspoon salt
- Finely grated zest of one lime
- 3 tablespoons lime juice
- 1 cup lightly packed chopped cilantro (leaves and tender stems only)

## Directions

1. Heat the olive oil in a medium saucepan on medium high heat. Add the raw rice and stir to coat with the olive oil. Cook, stirring occasionally, until the rice has started to brown.
2. Add the garlic and cook a minute more.
3. Add water, salt, and lime zest to the rice. Bring to a rolling boil, then cover and lower the heat to low to maintain a very low simmer.
4. Cook undisturbed for 15 minutes (check your rice package instructions), then remove from heat and let sit for 10 minutes.
5. Fluff the rice with a fork.
6. Transfer the rice to a serving bowl. Pour lime juice over the rice and toss with chopped cilantro.

# Collards



**About:** Collard green leaves are sturdy and thick. There's less bitterness than kale and an earthy flavor that's not overwhelming. They're best in the cooler months.

**Season:** June - November

**Storage:** Keep in a plastic bag or container in your fridge

## Southern Style Collard Greens

### Ingredients

2 bunches fresh collard greens, stem removed and torn into bite sized pieces

1 tablespoon extra virgin olive oil

½ cup finely diced onions

1 tablespoon minced garlic

½ teaspoon red pepper flakes

4-5 cups chicken broth (can replace 1 cup with water if desired)

1 fully-cooked smoked turkey leg or wing (about 13 oz)

1 tablespoon white distilled vinegar

Applewood smoked salt & black pepper, to season

### Directions

1. In a large pot, heat olive oil. Add onions and saute until tender.
2. Add garlic and red pepper flakes and cook until garlic is fragrant.
3. Pour in the broth and add the turkey leg. Bring to a boil.
1. Add collard greens and reduce heat to a simmer.
2. Cover and cook collard for 1 hour (or longer depending on your desired tenderness), stirring regularly.
3. Once done, stir and then taste the broth and the greens. (add a little water if the broth is too bold for your liking)
4. Stir in vinegar and smoked salt, and black pepper if desired.
5. Serve collard greens with pieces of the smoked turkey leg and hot sauce if desired.

## Quick Collard Greens

### Ingredients

1 large bunch (about 10 ounces)

collard greens

1 ½ tablespoons extra-virgin olive oil

¼ teaspoon fine sea salt

2 medium cloves garlic, pressed or minced

Pinch of red pepper flakes (optional, scale back or omit if sensitive to spice)

A couple lemon wedges, for serving

### Directions

1. To prepare the collards: Cut out the thick center rib out of each collard green. Stack the rib-less greens and roll them up into a cigar-like shape. Slice over the "cigar" as thinly as possible (⅛" to ¼") to make long strands. Shake up the greens and give them a few chops so the strands aren't so long.
2. Heat a large skillet over medium-high heat, then add the olive oil. Once the oil is shimmering, add all of the collard greens and the salt.
3. Stir until all of the greens are lightly coated in oil, then let them cook for about 30 seconds before stirring again. Continue stirring in 30-second intervals until the greens are wilted, dark green, and some are starting to turn browns on the edges (this is delicious). This will take between 3 to 6 minutes.
4. Once the collards are just about done, add the garlic and red pepper flakes (if using). Stir to break up the garlic and cook until it's fragrant, about 30 seconds. Remove the pan from the heat.
5. Immediately divide the cooked collards onto plates, and serve with a lemon wedge each.

Note: Don't be afraid to try out different seasonings! Add onions, garlic, bacon, balsamic or cider vinegars!

# Corn



**About:** Originally a plant of the Americas, corn is widely cultivated and has been integrated into many of the worlds' cuisines. Sweet corn is best eaten as soon as possible after picking: steamed, boiled, grilled, in salads, as a pizza topping, or even raw

**Season:** July-September

**Handling:** Shuck corn just before cooking it. You can scrape the kernels from the cob with a knife.

**Storing:** Corn can be refrigerated with husks on, but should be used quickly as it will decline in sweetness as it ages.

**Freezing:** Freezing corn, while not to be compared to fresh corn on the cob, is a good product for cooking. Cut from the cob, blanch in boiling water for 4-6 minutes, cool the kernels in ice water, place in a freezer bag and store in the freezer immediately.

# Tomato, Cucumber, and Corn Salad

## Ingredients

- 1 lb tomato, diced
- 1 regular cucumber, diced
- 2 ears corn, steamed for 4 minutes and kernels removed from the cob
- 1/4 c. chopped cilantro
- 2 tbs rice vinegar
- 1 tbs fresh lime juice
- 2 tbs extra virgin olive oil
- 1/4 c. feta, optional

## Directions

Mix together all of the ingredients. Let sit in or out of the refrigerator for 15 minutes before serving, then toss again.

## Corn & Scallion Griddle Cakes

### Ingredients

- 1/2 tbs olive oil
- 1/2 c. onion, diced
- 2 scallions, sliced on the diagonal, white and green parts separated
- 1/2 tsp minced garlic
- 3 ears corn, shaved
- 1/4 cup water
- 2 large eggs, separated
- 1 c. ricotta
- 1/2 c. milk
- 3/4 c. white cheddar
- 2 tbs Parmesan cheese, grated 2 to 3 tablespoons
- 1/2 cup all-purpose flour
- 1 tsp baking powder

## Directions

1. Sauté onions, white parts of the scallions, the garlic, 1/4 teaspoon salt, and a pinch of pepper over medium heat until the onions begin to soften, about 3 minutes. Add
2. Add the corn and the water, simmer 5 minutes.
3. Transfer to a bowl, toss in the scallion greens, and set aside to cool.
4. Combine the egg yolks, ricotta, milk, and the cheeses in a mixing bowl. Stir in the corn mixture, flour, baking powder, 1/4 teaspoon salt, and a pinch of pepper. Beat the egg whites with a pinch of salt until stiff and gently fold them into the batter. Spoon the batter into a generously oiled skillet or griddle over medium-high heat allowing about 1/4 cup batter per cake. Cook for about 3 minutes on each side, until the cakes are golden. Add fresh oil to the pan between batches of cakes.



# Cucamelon



**About:** Cucamelons look a lot like tiny watermelons and taste just like a cucumber but maybe a little more sour or lemony.

**Season:** May - August

**Storage:** Can be refrigerated or left out on countertop.

# Peach Cucamelon Salad

## Ingredients

½ medium red onion minced  
3 tbs lime juice  
2 large fresh peaches peeled, pitted, and diced  
½ cup cucamelon thinly sliced  
4 sprigs fresh cilantro chopped  
1 green chile pepper seeded and minced  
¼ tsp chili powder  
1 pinch salt

## Directions

1. Combine onion and lime juice in a bowl and marinate for 15 minutes.
2. Add peaches, cucamelons, cilantro, chile pepper, chili powder and salt to the bowl with the onion.
3. Stir to combine. Chill until serving..

# Pickled Cucamelons

## Ingredients

8 ounce cucamelons, halved, or any other pickling cucumbers, cut into 1/2-inch slices (1 1/2 cups)  
1 teaspoon dill seeds  
½ teaspoon celery seeds  
¾ cup cider vinegar  
⅓ cup water  
1 tablespoon sugar  
1 teaspoon salt

## Directions

1. In a clean pint canning jar combine cucamelons, dill seeds, and celery seeds.
2. In a small saucepan combine vinegar, 1/3 cup water, the sugar, and 1 teaspoon salt. Bring to boiling, stirring to dissolve sugar. Pour over cucamelon mixture, leaving 1/4 inch headspace. Seal. Let cool. Chill at least 24 hours and up to 2 weeks. Makes 6 servings.

# Cucumbers



**About:** Cucumbers are refreshing, crunchy, and a great addition to many summer meals.

**Season:** July – September

**Storage:** Can be refrigerated or left out on countertop.

**Tips:** Cucumber slices can be added to water for a refreshing beverage!

# Tomato, Cucumber, and Corn Salad

## Ingredients

- 1 lb tomato, diced
- 1 regular cucumber, diced
- 2 ears corn, steamed for 4 minutes and kernels removed from the cob
- 1/4 c. chopped cilantro
- 2 tbs rice vinegar
- 1 tbs fresh lime juice
- 2 tbs extra virgin olive oil
- 1/4 c. feta, optional

## Directions

Mix together all of the ingredients. Let sit in or out of the refrigerator for 15 minutes before serving, then toss again.

# Sesame-Ginger Cucumber Salad

## Ingredients

- 1 tbsp rice vinegar
- 4 tsp soy sauce
- 1 tbsp olive oil
- 2 tsp minced ginger
- 2 tsp sesame oil
- 1 tsp honey
- 1/4 tsp Sriracha
- 2 cucumbers
- 1 tsp sesame seeds
- Thinly sliced green onions

## Directions

1. Trim ends of cucumbers and cut crosswise into 3" sections. Cut sections into thin strips.
2. In a separate bowl, mix vinegar, soy sauce, olive oil, ginger, sesame oil, honey, and Sriracha.
3. Toss cucumbers with sesame seeds and dressing. Garnish with green onions.

# Dill



**About:** Commonly found in pickles, dill is a very strong herb in the celery and parsley family

**Season:** April – September

**Storage:** Refrigerate in plastic bag for 3 days

**Tips:** For longer storage, place in the fridge in a cup of water

# Tzatziki

## Ingredients

1 cup Greek whole milk yogurt  
1 English cucumber, seeded, finely grated and drained  
2 cloves garlic, finely minced  
1 teaspoon lemon zest plus 1 tablespoon fresh lemon juice  
2 tablespoons chopped fresh dill  
Kosher salt and freshly cracked black pepper

## Directions

In a medium bowl, whisk together the yogurt, cucumber, garlic, lemon zest, lemon juice and dill. Season with salt and pepper. Chill.

## Tip

For some extra flavor, add some olive oil and some coarsely chopped fresh mint. Serve with crudities at your next party. Brush a pita with some olive oil and sprinkle za'atar on top. Bake in the oven until crispy and serve.

# Lemon and Dill Chicken

## Ingredients

4 boneless, skinless chicken breasts, (-1 1/4 pounds)  
Salt & freshly ground pepper, to taste  
3 teaspoons extra-virgin olive oil, or canola oil, divided  
1/4 cup finely chopped onion  
3 cloves garlic, minced  
1 cup reduced-sodium chicken broth  
2 teaspoons flour  
2 tablespoons chopped fresh dill, divided  
1 tablespoon lemon juice

## Directions

1. Season chicken breasts on both sides with salt and pepper. Heat 1 1/2 teaspoons oil in a large heavy skillet over medium-high heat. Add the chicken and sear until well browned on both sides, about 3 minutes per side. Transfer chicken to a plate and tent with foil.
2. Reduce heat to medium. Add the remaining 1 1/2 teaspoons oil to the pan. Add onion and garlic and cook, stirring, for 1 minute. Whisk broth, flour, 1 tablespoon dill and lemon juice in a measuring cup and add to pan. Cook, whisking, until slightly thickened, about 3 minutes.
3. Return the chicken and any accumulated juices to the pan; reduce heat to low and simmer until the chicken is cooked through, about 4 minutes. Transfer the chicken to a warmed platter. Season sauce with salt and pepper and spoon over the chicken. Garnish with the remaining 1 tablespoon chopped fresh dill.

# Eggplant



**About:** Eggplant has a flavor similar to summer squash or zucchini: tender, mild, sweet, sometimes nutty. Eggplant will absorb the flavor of whatever it's cooked with. Its texture is firm and spongy when raw, and meltingly tender when cooked.

**Season:** July – Mid-October

**Storage:** Keep in a cool room for up to 4 days or the fridge up to a week

## Eggplant Dip (Baba Ganoush)

### Ingredients

1 to 2 globe eggplants (totaling 2 pounds or 900g)  
3 tablespoons extra virgin olive oil  
2 to 3 tablespoons roasted tahini (sesame paste or use peanut butter)  
1 to 2 garlic cloves (more or less depending on how garlicky you want your baba ghanouh to be), finely chopped  
1/2 teaspoon ground cumin  
Juice of 1 lemon (about 2 1/2 tablespoons)  
Salt and cayenne pepper to taste  
1 tablespoon chopped parsley

### Directions

1. Roast the eggplants: cut them lengthwise, poke a few holes into them with a fork, and brush the cut sides lightly with olive oil. Place on a baking sheet (cut side down) and roast at 400°F until very tender. 35-40 minutes.

**Alternate Grilling Instructions:** Preheat grill. Poke the eggplants in a few places with a fork, then rub the eggplants with olive oil.

Grill over high heat, turning as each side blackens. Put the charred eggplants in a paper bag, close the bag and let the eggplants steam in their skins for 15-20 minutes.

2. Scoop the eggplant flesh into a large bowl and mash well with a fork.
3. Add garlic, olive oil, tahini, cumin, lemon juice, salt, cayenne. Mix well
4. Cool and season to taste; add additional salt, lemon juice or cayenne to your liking.

Serve with pita bread, crackers, toast, sliced baguette, celery, or cucumber slices.

## Mini Eggplant Pizzas

### Ingredients

2 pounds globe eggplant\*  
2 tablespoons olive oil  
1 teaspoon dried oregano  
1 cup Easy Pizza Sauce  
½ cup mozzarella cheese  
½ cup Parmesan cheese  
¼ cup chopped fresh basil, plus more for garnish  
Kosher salt, to season

### Directions

1. Preheat the oven to 400 degrees Fahrenheit.
2. Slice the eggplant into ¾ inch thick slices. Brush both sides with 2 tablespoons olive oil. Sprinkle the tops liberally kosher salt (about ¼ teaspoon total) and the dried oregano.
3. Place the eggplant on a baking sheet and bake for 15 to 20 minutes, until tender but still holding their shape.
4. While the eggplant roasts, make the pizza sauce.
5. Top the eggplant with a thin layer of the pizza sauce, then add the chopped basil, divided between the rounds. Sprinkle with mozzarella cheese and Parmesan cheese, divided between the rounds, and sprinkle the tops with a little more kosher salt.
6. Broil the eggplant until the cheese is melted and lightly browned, about 3 to 5 minutes, rotating the pan as necessary for even cooking (alternatively, you can bake the pizzas until the cheese melts). Top with more fresh basil and serve.



# Frisee



**About:** Frisee is a member of the chicory family, a group of bitter, leafy vegetable

**Season:** December - April

**Storage:** Refrigerate in a sealed container or bag

**Tips:** This green tastes great when you add salty cheese and citrus fruits - add some nuts like pecan and walnuts for an added crunch and nutty taste to your salad! Add it with other salad greens to lighten the bitter taste if that's not your favorite. It can also be cooked - boiled or grilled.

# Sauteed Lemon Maple Frisee

## Ingredients

- 3 tablespoons olive oil, divided
- 1/2 cup coarse fresh breadcrumbs
- 3/4 teaspoon grated lemon zest
- 3/4 teaspoon anchovy paste
- 1 (1-pound) head frisée, torn
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon pure maple syrup

## Directions

1. Heat 1 tablespoon oil in a 12-inch heavy skillet over medium heat until it shimmers. Cook breadcrumbs until crisp and golden brown, about 4 minutes. Transfer to a bowl and stir in zest and a pinch of salt.
2. Wipe out skillet, then add anchovy paste and remaining 2 Tbsp oil and cook 15 seconds. Increase heat to medium-high and sauté half of frisée until slightly wilted, about 1 minute. Add remaining frisée and sauté until wilted, about 2 minutes more. Off heat, stir in juice, syrup, 1/8 teaspoon salt, and 1/4 teaspoon pepper.
3. Serve topped with breadcrumbs.

# Sesame-Ginger Cucumber Salad

## Ingredients

- 4 cup chopped frisée
- 1 apple sliced
- 1/4 cup crumbled goat cheese
- 1/4 cup pumpkin seeds
- 1/4 cup neutral flavored oil like canola or avocado oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon pure maple syrup
- 1 tablespoon dijon mustard
- salt to taste

## Directions

1. In a large bowl, combine the frisée, apple slices, goat cheese and pumpkin seeds.
2. In a small bowl, whisk together the oil, balsamic vinegar, maple syrup and dijon mustard. Season with salt.
3. Pour the dressing over the salad and toss until evenly coated.

# Garlic



**About:** Garlic, a close cousin of onions, shallots, leeks, and chives, is the primary flavoring agent in many dishes.

**Season:** May - August

**Storage:** Store in a dry, dark, well-ventilated place. The garlic's storage life will decrease once you start removing cloves from the bulb.

# Roasted Garlic Dip

## Ingredients

- 1 large garlic head
- 1 tbsp olive oil
- ½ cup sour cream
- ½ cup Greek yogurt
- 2 tbsp lemon juice
- 1 tsp lemon zest
- 2 tsp ground cumin
- Sea salt and black pepper to taste

## Directions

1. Preheat oven to 350 degrees.
2. Slice the bottom (root-end) off of the head of garlic so that all the cloves are exposed.
3. Drizzle the cloves with olive oil and place the bulb on a piece of aluminum foil and wrap tightly. Place in preheated oven and roast for 40 minutes, or until garlic is tender. Allow to cool.
4. Squeeze roasted garlic cloves into a blender or food processor. Add sour cream, Greek yogurt, lemon juice, lemon zest, cumin, and salt and pepper. Blend until smooth.
5. Serve with crackers, veggies, or shrimp.

# Garlic Mushrooms and Baby Potatoes

## Ingredients

- 2 tbsp butter
- 1 large garlic head
- 2 cups baby potatoes
- 2 cups champignons mushrooms
- 1 sprig fresh rosemary, chopped
- 1 tbsp fresh basil, chopped
- 3 tbsp soy sauce
- Salt and pepper to taste

## Directions

1. Wash potatoes thoroughly and place them in a small pot. Add water enough to cover the top. Pour in 2 tbsp of soy sauce.
2. Boil baby potatoes for 10-15 minutes or just until cooked.
3. Cut baby potatoes in halves.
4. In a pan or skillet, melt butter over medium heat and saute garlic until tender.
5. Add potatoes and mushrooms and cook until edges are browned.
6. Add rosemary and basil and 1 tbsp soy sauce. Season with salt and pepper.
7. Serve immediately.

# Garlic Scapes



**About:** Garlic scapes are the stem and flower bud of the hard neck garlic plant. They are long and curly, and generally found in the spring.

**Season:** May – June

**Storage:** Place the cut stems in a glass with some water and place in the refrigerator. Remember to change the water daily. You can also wrap them in moist paper towels and place them in a plastic bag.

# Garlic Scape and Cherry Tomato Pasta

## Ingredients

Kosher salt and freshly ground black pepper

1/2 lb. spaghetti

2 tbsp. olive oil

10 garlic scapes

1 pint multicolored cherry tomatoes

1 small red onion, thinly sliced

1 cup baby arugula

1 lemon, zested and juiced

## Directions

1. Preheat the oven to 400°F. Bring a large pot of salted water to a boil; add the spaghetti and cook, stirring occasionally, until al dente, about 8 minutes. Drain pasta and keep warm.
2. In a bowl, toss olive oil, scapes, tomatoes, red onion, salt, and pepper and spread in an even layer on a large rimmed baking sheet. Roast for 12–15 minutes.
3. Remove the vegetables from the oven and add to the bowl of spaghetti. Add the arugula and lemon zest and juice, toss to combine.

# Garlic Scape Hummus

## Ingredients

1/4 - 1/3 cup garlic scapes, chopped

2 cups chickpeas, cooked

juice of one lemon

1/3 cup extra virgin olive oil

1/2 tsp salt, more to taste

## Directions

1. In a food processor, pulse garlic scapes, lemon juice and salt.
2. Add chickpeas and blend until smooth adding olive oil as you go.
3. Top with herbs and spices such as dill and sumac.

# Green Beans



**About:** Green beans are a refreshing and crisp member of the legume family. They make a great side dish to your meal!

**Season:** July – September

**Storage:** Refrigerate in a sealed plastic bag.

**Tip:** Can be eaten raw or cooked.

# Green Bean Salad

## Ingredients

- 2 lbs green beans, trimmed
- ¼ cup olive oil
- 3 tbsp lemon juice
- 3 tbsp balsamic vinegar
- ¼ tsp salt
- ¼ tsp garlic powder
- ¼ tsp ground mustard
- ⅛ tsp pepper
- 1 large red onion, chopped
- 4 cups cherry tomatoes, halved
- 1 cup crumbled feta cheese

## Directions

1. Boil water and place beans in pot. Cover and cook for 8-10 minutes, or until beans are soft when poked with a fork. Drain and place beans in ice water.
2. Whisk oil, lemon juice, vinegar, salt, pepper, and garlic powder in small bowl. Drizzle over beans.
3. Stir in chopped onions, halved tomatoes, and feta cheese.

# Skillet Green Beans

## Ingredients

- 1 lb green beans, trimmed
- ¼ cup water
- 1 tbsp olive oil
- ¼ tsp salt
- ¼ tsp pepper

*Optional:* Use ½ teaspoon lemon pepper to replace the salt and pepper and reduce the sodium.

## Directions

1. Place green beans and water in a large skillet.
2. Bring to a boil over high heat. As soon as water comes to a boil, cover and cook for 3 minutes.
3. Uncover and add olive oil. Cook 1 minute or until water evaporates.
4. Add salt and pepper.



# Green Garlic



**About:** Also referred to as young garlic, green garlic is garlic that is not fully matured. They have a milder and sweeter taste than regular garlic.

**Season:** April-May

**Storage:** Wrap in damp paper towel and place in plastic bag, refrigerate.

**Tip:** This can be used wherever you would use green onion of regular bulb garlic.

# Green Garlic Butter

## Ingredients

½ cup unsalted butter, softened  
½ cup grated Parmesan  
2 ½ Tbsp chopped green garlic stalks, white and green parts  
1 Tbsp minced chives  
¼ tsp black pepper  
¼ tsp sea salt  
Large pinch red pepper flakes

## Directions

1. In a bowl, stir together butter, cheese, green garlic, chives, pepper, salt, and pepper flakes.
2. Spread over toasted bread or refrigerate to store.

# Green Garlic Spaghetti

## Ingredients

1 pound spaghetti  
1/3 cup extra virgin olive oil  
3 heads green garlic, thinly sliced  
1 Tbsp chopped parsley  
Small pinch of red pepper flakes

## Directions

1. Bring a large pot of salted water to a boil and add spaghetti.
2. Cook until al dente, reserving 1 cup of pasta water before draining.
3. Meanwhile, heat olive oil in a large saucepan over medium heat. Add garlic, parsley, red pepper flakes, and ¼ cup water.
4. Cover and stir occasionally until soft, adding more water if needed to keep garlic from caramelizing too much.
5. Add cooked pasta to garlic mixture and toss well to combine.
6. Add some pasta cooking water for creamier consistency
7. Serve with more olive oil and minced tops of green garlic.

# Hakurei Turnips



**About:** This Japanese variety of turnips is known for their crisp, delicious raw flavor.

**Season:** April-September

**Storage:** Store in the refrigerator, with the greens cut off and stored separately in the fridge

**Tip:** They taste great when raw, which is perfect as a snack or in salads

# Ginger Soy Hakurei Turnips

## Ingredients

- 1-2 tsp olive oil
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 bunch Hakurei turnips with greens, washed and chopped into 1-inch pieces
- 1-2 Tbsp low sodium soy sauce

## Directions

1. Heat oil over medium heat in a pan.
2. Add in garlic and ginger, and sauté for 1-2 minutes.
3. Add turnips and cook until slightly brown for about 3-4 minutes.
4. Add in turnip greens and soy sauce, cooking until greens begin to wilt for about 1-2 minutes.

# Sauteed Hakurei Turnips

## Ingredients

- Kosher salt
- 1 1/2 pounds (675g) Japanese (Hakurei) baby turnips, with green tops
- 3 tablespoons (45ml) extravirgin olive oil, plus more for drizzling
- Freshly ground black pepper

## Directions

1. Bring a medium pot of salted water to a boil. Meanwhile, cut greens from turnip bulbs, leaving a small portion of stem (less than 1/2 inch) attached to each bulb. Wash leafy greens and turnips well of any sand. Peel turnips. (You can also leave the turnip skin on, as it's edible, in which case, just wash and scrub them extra well.) Slice each turnip pole to pole into 4 to 6 wedges of 1/2 inch thick each.
2. Add leafy greens to boiling water and cook just until tender, 1 to 2 minutes. Using tongs or a spider, transfer greens to cold water to chill, then drain, squeeze out excess water, and chop into small pieces.
3. Heat oil in a cast iron, carbon steel, or stainless steel skillet over high heat, just until the first wisps of smoke appear. Add turnip wedges, season with salt and pepper, and cook, stirring and tossing occasionally, until well browned in spots, about 3 minutes; lower heat if turnips threaten to burn.
4. Add chopped greens and toss to combine, cooking just until greens are warmed through, about 1 minute longer. Drizzle with fresh oil, season with salt and pepper, and serve.

# Heirloom Tomatoes



**About:** No two heirlooms are the same. These colorful and strangely-shaped tomatoes are the perfect sweet and juicy addition to any salad.

**Season:** March - July

**Storage:** Keep on the counter! Only after cutting the tomato should you store it in the fridge.

# Avocado and Heirloom Tomato Toast

## Ingredients

½ cup balsamic vinegar  
2-3 slices hearty, seeded bread  
2 small heirloom tomatoes, thinly sliced  
½ avocado, mashed  
¼ cup fresh basil, chopped  
Sea salt  
Freshly ground black pepper

## Directions

1. Make balsamic reduction by adding the balsamic vinegar to a small saucepan over medium-high heat. Bring the balsamic to a boil, whisking constantly. Reduce heat and simmer for 10-15 minutes or until balsamic has reduced by half and is thick.
2. Toast the slices of bread.
3. Spread the mashed avocado evenly on the slices of toast.
4. Layer the sliced tomatoes on top of the avocado, sprinkle with fresh basil, and drizzle with the balsamic reduction.
5. Sprinkle with salt and pepper.

# Peach Salad with Heirloom Tomatoes

## Ingredients

2 tsp olive oil  
3 tbsp red wine vinegar  
2 tbsp fresh mint, chopped  
¼ tsp sea salt  
¼ tsp black pepper  
4 medium ripe peaches, sliced  
4 medium heirloom tomatoes, sliced into wedges  
2 tbsp crumbled feta cheese

## Directions

1. Combine oil, vinegar, mint, salt, and pepper in a small bowl. Whisk to blend.
2. Arrange peaches and tomatoes on large serving platter.
3. Drizzle evenly with dressing.
4. Top evenly with cheese.
5. Serve immediately.

# Kale



**About:** Kale comes in a variety of shapes and colors. Choose dark green leaves over browning or yellow leaves.

**Season:** June – October

**Storage:** Refrigerate in a closed container.

**Tips:** Be sure to remove the stalk. Kale can be eaten raw or cooked.

# Garlic Kale

## Ingredients

- 1 bunch kale
- 1 tbsp olive oil
- 1 tsp minced garlic

## Directions

1. Rinse kale leaves, remove stems.
2. Chop kale leaves into 1-inch pieces.
3. Heat olive oil in skillet over medium heat.
4. Cook and stir garlic until sizzling then add kale to skillet.
5. Cook kale, stirring occasionally with tongs for 5-7 minutes until kale is slightly tender.

# Kale Chips

## Ingredients

- 1 bunch of kale, washed and thoroughly dried
- 2 tbsp olive oil
- Salt, to taste

Optional seasonings: 1 tsp cumin powder, 1 tsp garlic powder, 1 tsp lemon zest

## Directions

1. Preheat oven to 275 degrees.
2. Remove stem and center rib from kale. Cut into about 1 ½ inch pieces.
3. Lay on a baking sheet and toss with olive oil and salt.
4. Bake until crisp, turning about halfway through (at about 20 minutes).



# Kohlrabi



**About:** Kohlrabi is an underrated vegetable! The bulb tastes similar to turnips or cabbage. The leaves are edible too!

**Season:** June – September

**Storage:** Refrigerate in a plastic bag. Store with leaf stems removed.

# Roasted Kohlrabi

## Ingredients

- 4 whole kohlrabi
- Olive oil, to coat
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp garlic powder (optional)

## Directions

1. Heat oven to 450 degrees.
2. Cut off kohlrabi leaves and peel.
3. Cut into ½ inch slices.
4. Drizzle olive oil on a sheet pan and coat each kohlrabi slice in oil on both sides. Toss with salt, pepper, and garlic powder (optional).
5. Place the sheet pan in oven and roast 8-10 on the first side and 4-6 minutes on the second. Kohlrabi should be brown on the surface and tender inside.
6. Taste and adjust seasonings accordingly. Serve hot.

# Kohlrabi & Apple Slaw

## Ingredients

- 1 medium kohlrabi, peeled
- 1 pound carrots
- 1 apple
- 1 stalk celery, thinly sliced
- ½ small red onion, thinly sliced
- 1 tbsp apple cider vinegar
- 1 tsp Dijon mustard
- 1 tsp honey
- 2 tbsp olive oil
- ¼ tsp salt
- Pinch of black pepper

## Directions

1. Cut the kohlrabi, carrots and apple into long rectangles that resemble french fries or matchsticks.
2. Combine the veggies in a large bowl.
3. In a small bowl, whisk together vinegar, mustard, honey, salt and pepper. While whisking, slowly pour in olive oil.
4. Mix the vinaigrette with the veggies and serve.

# Leeks



**About:** Leeks are a member of the onion family with a much milder flavor

**Season:** September- June

**Storage:** Refrigerate in an unsealed plastic bag

**Tips:** Be sure to wash leeks well. Cut leeks into coins and soak in water allowing sand and grit to sink to the bottom.

# Greek Lemon soup

## Ingredients

- 2 quarts vegetable or chicken stock, preferably homemade
- 1 pound (3 cups chopped) leeks, white and light green parts only, cleaned and sliced thin
- 2/3 cup rice (we used brown)
- 4 large eggs
- 2 lemons, juiced and strained, about 6 to 8 tablespoons, to taste
- 1 tablespoon dill, chopped, for garnish

## Directions

1. In a large pot, combine the stock and leeks and bring to a boil. Reduce the heat to medium-low and simmer for 20 minutes. Add the rice and continue to simmer until cooked through, 30-45 minutes. Remove from heat.
2. In a medium bowl, beat the eggs and lemon juice together until combined. Take a ladle of broth from the pot and slowly pour into the egg mixture, whisking while pouring (if you add the eggs directly into the pot, the eggs will curdle). Add one more ladle of broth to the eggs and whisk to combine. Then pour the egg mixture into the large pot of soup.

# Leeks with parmesan

## Ingredients

- 6 leeks
- 3 tablespoons olive oil
- ½ teaspoon
- ¼ teaspoon black pepper
- ¼ cup grated Parmesan

## Directions

1. Preheat your oven to 425 degrees F.
2. Trim the hairy bottom of the white part of the leeks. Trim the dark greens, leaving the white and light green part only.
3. Cut the leeks in half lengthwise, then rinse them well (there's often dirt trapped in there) and dry. Arrange them in a 9 X 13 baking dish, cut side down.
4. Drizzle the leeks with the olive oil and use your hands to thoroughly coat them. Sprinkle them with salt and pepper.
5. Roast them for 20 minutes. Remove from the oven, turn so that their cut side is up, sprinkle with the Parmesan, then continue roasting until fork-tender and golden brown, about 10 more minutes.

# Lettuce



**About:** There are many different varieties of lettuce, all of which taste delicious when fresh!

**Season:** April-October

**Storage:** Cut off any wilted pieces and store in the crisper drawer of a refrigerator. It stays fresh longer if the whole head is left intact.

**Notes:** This is a very versatile veggie, which can be used in salads, soups, wraps, sandwiches, and more!

# Chicken Lettuce Wraps

## Ingredients

3 lbs chicken breast, trimmed  
1 onion  
1 cup salsa  
2 tsp taco seasoning  
1 tsp garlic powder  
1 head lettuce  
1 cup shredded cheese  
Any desired taco toppings

## Directions

1. Add chicken breast to bottom of oiled slow cooker and sprinkle with onions.
2. Mix together the salsa, taco season, and garlic powder, and pour over chicken.
3. Cover and cook on high for 2-3 hours.
4. Remove chicken and shred, then return to slow cooker and mix with the sauce inside.
5. To serve, spoon chicken mixture into each leaf of lettuce and sprinkle with cheese. Top with any additional toppings.

# BLT Pizza

## Ingredients

1 prebaked 12-inch pizza crust  
½ cup mayonnaise  
2 tsp dried basil  
½ tsp garlic powder  
1/8 tsp onion powder  
12 bacon strips, cooked and crumbled  
¾ cup shredded cheddar cheese  
¾ cup shredded Parmesan cheese  
1 ½ cups shredded lettuce  
2 medium tomatoes, thinly sliced

## Directions

1. In a small bowl, combine mayonnaise, basil, garlic powder, and onion powder. Spread over crust.
2. Set aside ¼ cup bacon and spread cheese and remaining bacon over crust.
3. Bake at 425 degrees for 8-12 minutes or until cheese is melted.
4. Top with lettuce, tomatoes, and reserved bacon.

# Microgreens



**About:** There are many different types of microgreens. They're the just sprout seedling of a seed. The most common you'll see here are Rainbow Sprinkles (Chard, Beets, and Radish), Salad Mixes (A blend of brassicas that can be Spicy or Mild), or different herbs. \*Make sure to wash them and check for left over seeds\*

**Season:** Year round

**Storage:** Keep in a plastic bag or container in your fridge for 1-2 weeks depending on variety

## Micro Green Pesto

### **Ingredients:**

2 cups micro greens, or a mixture of micro greens and fresh herbs of choice  
2 tbsp garlic scapes or cloves, roughly chopped  
2 tbsp pine nuts or walnuts or sunflower seeds  
2-3 tbsp olive oil  
1 tbsp lemon juice  
1/2 cup parmesan cheese  
pinch of sea salt

### **Directions:**

1. Place micro greens in a food processor. Add garlic scapes or cloves, nuts, and lemon juice and pulse a few times to chop and blend well.
2. Add the parmesan to the bowl, and slowly add oil while pulsing to reach the consistency you desire.

**Microgreens are JAM PACKED with nutrients and flavor!**

### **The most popular ways to use microgreens are:**

1. Mixing into salads.
2. Layering in sandwiches.
3. Garnishing drinks.
4. Seasoning soups.
5. Juicing them.
6. Adding to stir fries.
7. Top a pizza, bagel with cream cheese, or pasta dish

**They can contain up to 40x the nutritional value of their full-grown counterparts.** They make it easy to fit in an extra serving of vegetables per day. Just add them to almost anything!



# Mushrooms



**About:** there are many varieties of mushrooms that are edible and they are a great meat substitute.

**Season:** March-October

**Storage:** refrigerate in its packaging or in a porous paper bag

# Mushrooms with Garlic and Parsley

## Ingredients

1 small clove fresh garlic end trimmed  
1 small handful Fresh Italian parsley 1/2 oz or so, very well dried  
8 ounces mixed fresh wild mushrooms  
Kosher salt to taste  
Fresh ground black pepper to taste  
1 tablespoon Cooking oil or poultry fat

## Directions

1. Clean the mushrooms, rinsing them lightly with water and drying on a towel if needed.
2. On a cutting board, mince the garlic and parsley together with a chefs knife until very fine.
3. In a large saute pan or cast iron skillet or two pans if you only have 10 inch saute pans, heat the water on high heat and add the mushrooms. Cover the pan with a lid to trap steam.
4. Cook the mushrooms until wilted and the pan is dry, then add the oil and allow them to brown gently.
5. Season to taste with salt and pepper. Turn off the heat, then stir in a generous tablespoon of the persillade.

# Cheesy Mushroom Omelet

## Ingredients

1 tbsp olive oil  
handful mushrooms, sliced  
25g cheddar, grated  
small handful parsley leaves, roughly chopped  
2 eggs, beaten

## Directions

- Heat the olive oil in a small non-stick frying pan. Tip in the mushrooms and fry over a high heat, stirring occasionally for 2-3 mins until golden. Lift out of the pan into a bowl and mix with the cheese and parsley.
- Place the pan back on the heat and swirl the eggs into it. Cook for 1 min or until set to your liking, swirling with a fork now and again.
- Spoon the mushroom mix over one half of the omelet. Using a spatula or palette knife, flip the omelet over to cover the mushrooms. Cook for a few moments more, lift onto a plate and serve with oven chips and salad.

# Napa Cabbage



**About:** Often referred to as a Chinese Cabbage is often used in many Asian dishes and is frequently used as a main ingredient in a traditional Korean dish called kimchi

**Season:** April- June

**Storage:** refrigerate in an airtight container or plastic bag

# Napa Cabbage Salad

## Ingredients

- 1 head napa cabbage
- 1 bunch minced green onions
- ⅓ cup butter
- 1 (3 ounce) package ramen noodles, broken
- 2 tablespoons sesame seeds
- 1 cup slivered almonds
- ¼ cup cider vinegar
- ¾ cup vegetable oil
- ½ cup white sugar
- 2 tablespoons soy sauce

## Directions

1. Finely shred the head of cabbage; do not chop. Combine the green onions and cabbage in a large bowl, cover and refrigerate until ready to serve.
2. Preheat oven to 350 degrees F.
3. Make the crunchies: Melt the butter in a pot. Mix the ramen noodles, sesame seeds and almonds into the pot with the melted butter. Spoon the mixture onto a baking sheet and bake the crunchies in the preheated 350 degrees oven, turning often to make sure they do not burn. When they are browned remove them from the oven.
4. Make the dressing: In a small saucepan, heat vinegar, oil, sugar, and soy sauce. Bring the mixture to a boil, let boil for 1 minute. Remove the pan from heat and let cool.
5. Combine dressing, crunchies, and cabbage immediately before serving. Serve right away or the crunchies will get soggy.

# Grilled Napa Cabbage

## Ingredients

- 1 head napa cabbage
- 2 to 3 tablespoons olive oil, or other cooking oil
- 1 teaspoon sea salt, or to taste

## Directions

1. Prepare a high (500°F to 600°F) gas or charcoal grill fire. Trim the cabbage of damaged outer leaves. Cut the cabbage into 8 wedges, being careful to keep a bit of the core in each piece to hold the wedge of leaves together.
2. For ease of handling, and to make sure the leaves don't fall between the grill grates, skewer each cabbage wedge onto a grill-proof metal skewer or wooden skewers which have been soaked for 30 minutes in water. Brush the cabbage wedges lightly with oil and sprinkle with salt.
3. With the cover opened, grill the cabbage until the edges are blackened and crispy, and the center wedges are warm, turning frequently to char on all sides, 10 to 15 minutes. For more tender cabbage, cover the grill while cooking. Serve hot, warm, or at room temperature.

# Noodle Beans



**About:** Referred as the Chinese Red Noodle bean, these beans are a burgundy color and can grow between 16 and 20 inches.

**Season:** July - September

**Storage:** refrigerate in an airtight container or plastic bag

# Chinese Red Noodle Beans

## Ingredients

1lb red Chinese noodle beans, washed but not cut  
salted water for cooking  
1 Tb coconut oil, or other cooking oil  
1 onion, sliced  
2 cloves garlic, minced  
1 jalapeno pepper, deseeded and minced  
2 tsp soy sauce  
1 Tb lime juice  
1 Tb toasted sesame seeds

## Directions

1. Bring a pot of salted water to a boil. Add in the whole noodle beans and cook for 3-5 minutes or until they are just tender.
2. Drain the beans and immediately put them in a bowl of ice water to stop the cooking process. Again drain the beans. Let the beans sit in a colander to fully drain while you begin the next steps.
3. In a large skillet or wok, heat the coconut oil and cook the sliced onion until they are tender and slightly golden.
4. Add in the minced garlic and jalapeno pepper and cook for just a minute.
5. Add in the beans and cook for about 2 minutes, until they are hot.
6. Add in the soy sauce and lime juice, and toss to coat.
7. Remove the beans from the heat and transfer to a serving dish.
8. Sprinkle with the toasted sesame seeds.

# Pickled Noodle Beans

## Ingredients

2 pounds Chinese long beans  
1 cup white vinegar  
1 tablespoon pickling salt  
6 garlic cloves  
2 bay leaves  
2 star anise  
1 teaspoon black peppercorns  
1/2 teaspoon red pepper flakes

## Directions

1. Prepare a boiling water bath canner and 2 wide mouth pint jars. Place lids in a small saucepan, cover them with water, and simmer over very low heat.
2. Wash and trim beans.
3. Combine vinegar with pickling salt and 1 cup water in small pot and bring to a simmer.
4. Divide garlic and spices between to the two pint jars.
5. Spiral the beans into the jars, packing them in as tightly as possible.
6. Pour brine over the beans. Gently tap jars to remove any trapped air bubbles and add more brine, if necessary.
7. Wipe rims, apply lids and rings and process in a hot water bath for 10 minutes.
8. When time is up, remove jars from canner and let cool. Check lids ensure a seal.
9. Let jars sit for at least 2 weeks before eating, to ensure sufficiently pickling.

# Onions



**About:** There are many types of onions, each differing in size and color. Every variety has a slightly different flavor. Some are stronger than others, some are sweeter.

**Season:** April – September

**Storage:** Store onions in a cool, dry, well-ventilated area.

**Notes:** To avoid tearing up while slicing, pop the onion in the freezer for 10 minutes before preparing.

# Caramelized Onions

## Ingredients

- 2 onions, sliced
- 2 tbsp butter or oil
- 1 tsp salt
- Water or broth, as needed

## Directions

1. Add the butter or oil and sliced onions to a large pan on medium heat.
2. Give them a stir to ensure the onions are fully coated, then sprinkle on the salt and stir again.
3. Reduce the heat to medium low and stir the onions every 2-3 minutes, allowing them to brown on the bottom in between stirring.
4. If the onions start to dry out and stick to the pan, add 1/2 tbsp of water or broth to deglaze the pan and rehydrate the onions.
5. Continue this process until the onions have cooked for 45 minutes or until they're cooked to your liking.

# Onion Fritters

## Ingredients

- 3/4 cup flour
- 1 tbsp sugar
- 1 tbsp cornmeal
- 2 tsp baking powder
- 2 tsp salt
- 3/4 cup milk
- 2 1/2 cups onions, chopped
- Oil for frying

## Directions

1. In a large bowl, mix flour, sugar, cornmeal, and baking powder.
2. Add milk to mixture and stir. This will give you a thick batter.
3. Add onions and mix until well blended.
4. Pour oil into skillet until it covers bottom of pan. Heat over medium high heat.
5. Once the oil is hot, drop batter by tablespoons into the hot oil. Flatten with the back of a spatula, then brown on both sides until crispy, golden brown.
6. Pat fritters with paper towel to remove excess oil. Sprinkle salt to taste.



# Parsnips



**About:** The parsnip is a root vegetable closely related to carrot and parsley. Its long taproot has cream-colored skin and flesh, and, left in the ground to mature, it becomes sweeter in flavor after winter frosts.

**Season:** Fall – Spring

**Storage:** coldest part of your fridge

**Notes:** The sap of the foliage on parsnip plants is poisonous, which can cause a type of burn on the skin

# Roasted Parsnips and Garlic Butter

## Ingredients

2 to 2½ pounds parsnips  
5 tablespoons butter  
4 cloves garlic, pressed  
½ tablespoon minced fresh rosemary, or any other fresh herbs that you prefer/have on hand  
¼ teaspoon salt, or to taste  
¼ teaspoon freshly ground black pepper, or to taste  
Chopped fresh parsley, for garnish  
crushed red pepper flakes, for garnish, optional

## Directions

1. Preheat oven to 450°F.
2. Prepare the Parsnips:
3. Wash and peel (optional) the parsnips. Cut parsnips down the center, longwise. Then cut each half into 3 to 4 batons. From there, cut away any tough, woody core.
4. Spread out the parsnips on a large rimmed baking sheet. Set aside.
5. Melt butter in a skillet set over medium heat.
6. Stir in the garlic and cook for 20 seconds, or until fragrant. DO NOT burn the garlic.
7. Remove from heat and stir in the rosemary.
8. Pour the garlic butter over the parsnips.
9. Season with salt and pepper.
10. Toss to coat.
11. Spread parsnips out in a single layer.
12. Roast for 10 minutes.
13. Stir the parsnips and continue to roast for 8 to 10 more minutes, or until tender.
14. Remove from oven.
15. Taste for salt and pepper, and adjust accordingly.
16. Garnish with parsley and pepper flakes. Serve.

# Parsnip Dip

## Ingredients

3 medium parsnips (about 1 lb.), trimmed, scrubbed  
3 Tbsp. blanched hazelnuts (OR Almonds, macadamia, or cashews)  
1 cup dill fronds  
½ cup grapeseed or avocado oil  
2 serrano chiles, finely chopped  
1 garlic clove, crushed  
¾ cup crumbled feta  
⅓ cup fresh lemon juice  
¼ cup extra-virgin olive oil  
Crackers (such as RITZ Crackers) (for serving)

## Directions

1. Preheat oven to 350°. Place parsnips in an 8x8" baking dish or medium ovenproof skillet. Cover tightly with foil or a lid and bake until very soft and mashable (like a baked potato), 45–60 minutes. Let cool, then coarsely chop.
2. Meanwhile, toast hazelnuts on a rimmed baking sheet, tossing once, until golden brown, 7–10 minutes. Let cool, then coarsely chop.
3. Blend dill and grapeseed oil in a blender until smooth. Transfer to a small bowl.
4. Purée chiles, garlic, feta, and lemon juice in a food processor until smooth. Add parsnips and pulse until mixture looks mostly smooth. With motor running, stream in olive oil and process until mixture is extremely smooth and aerated. Transfer dip to a serving bowl; top with hazelnuts and drizzle with dill oil.
5. Do Ahead: Dip (without hazelnuts and dill oil) can be made 3 days ahead. Cover and chill.

# Pea shoots



**About:** Pea shoots are the sprouts of pea plants! They taste like a mild pea crossed with spinach. They are high in vitamin A, C, and folic acid. They have 7 times more vitamin C than blueberries!

**Season:** Year round

**Storage:** Store in the bag they come packed in, add a moist paper towel. Use quickly to get the most flavor.

## Pea Shoot Salad

### Ingredients

- 3 ounces of pea shoots
- 3 ounces of crushed walnuts (or any nut!)
- 4 ounces of cheese (feta or cheddar work nicely)
- 2 ripe pears or apples cut into small wedges
- 3 scallions finely chopped
- 4 tbsp of olive oil
- ½ a lime – juiced
- 2 tsp Dijon mustard (or regular!)
- 2 tbsp of honey

### Directions

1. Mix the mustard, honey, lime, and olive oil together.
2. Place the pea shoots, nuts, cheese, fruit and scallion in a bowl and toss to combine
3. Add the dressing made in step one to the salad and enjoy.

### Try mixing it up!

Instead of walnuts use: sunflower seeds, almonds, or even toasted garbanzo beans

Instead of feta try: cheddar cheese, mozzarella, or colby jack

Instead of pears try: apples, blueberries, raspberries, strawberries, or your favorite!

Instead of Dijon mustard try: regular mustard, siracha, or skip step one and just use your favorite salad dressing!

## Other common ways to eat Pea Shoots:

1. Use them to top a salad, soup, sandwich, bagel and cream cheese
2. Add to your existing meal for a blast of freshness
3. Enjoy them on their own by the fistful
4. Add them to a stir fry or another dish at the very end of cooking
5. Juice them!
6. Fold them into an omelet or eggs

**The possibilities are endless!**

# Pinto Beans



**About:** Pinto beans are a type of common bean, native to northern Mexico and southern United States. They have a creamy, nutty flavor and are commonly found in many Mexican dishes

**Season:** May-September

**Storage:** Store beans in a cool, dry place away from direct sunlight.

# The Best Easy Pinto Beans

## Ingredients

1 lbs dry pinto beans  
1 small onion, diced  
4 cloves garlic, smashed  
1 jalapeno or serrano pepper  
¼ cup cilantro leaves  
Small ham hock, slice of bacon, or pork bone  
½ tsp salt  
1 tsp black pepper  
1 tsp paprika  
2 cups chicken or vegetable broth (optional)  
Water

## Directions

1. Soak beans overnight: Pour beans into a large bowl or pot. Sift through and pick out any small rocks that may be present. Cover beans with water (at least 3 inches over beans) and let sit on the counter overnight. If you forgot to soak the beans (it happens!), use the quick soak method (see notes).
2. Drain and rinse beans. Place in a large heavy-bottomed pot with a lid. Add onion, garlic, jalapeno, cilantro, and ham hock, if using. Add spices (this is also the time to add tomatoes and Mexican spices if you are making that version). Add chicken broth if using and fill with enough water to cover beans at least 2 inches with water.
3. Place lid on the pot and heat over medium-high heat. Boil beans for 1 minute, then turn heat to low.
4. Simmer 2-4 hours or until beans are tender.

# Easy Baked Beans

## Ingredients

3 cups dried pinto, red, or black beans, cooked  
½ cup canned tomatoes, puréed or chopped, with juice  
¼ onion, finely chopped  
2 tbsp mustard  
2 tbsp molasses or brown sugar  
2 tsp chipotle en adobo, or any chili sauce

## Directions

1. Cook everything in a pot on medium heat for approximately 5 minutes, or until the juices thicken.
2. Serve with rice, or just in a bowl. For an English-style breakfast, try spreading the beans over toast. Or throw them into a burrito, or scramble them with eggs, or stir-fry with onions and bell pepper.

# Pumpkin



**About:** Pumpkin is super versatile and easy to cook. It has a slightly sweet flavor and is great in sweet desserts or savory dishes. The flavor is like sweet potato but with a nutty twist. There are over 40 varieties of pumpkins!

**Season:** September-January (depending on variety.) Over 80% of all Pumpkins are

**Storage:** Whole pumpkins should be stored in a cool, dry place, away from moisture and pests. Depending on variety, they can last 3-4 months

# Pumpkin Soup!

## Ingredients

2½ lbs Pumpkin or butternut squash halved and seeded  
4-5 Garlic Cloves unpeeled  
Olive oil  
1 Onion peeled and diced  
2 Large Carrots peeled and chopped  
2 Celery Stalks chopped  
1 Tbsp Smoked Paprika  
1 Tbsp Olive Oil  
Kosher salt and pepper, to taste  
3 Cups Homemade or store-bought veggie broth  
Optional: Sour cream, pepitas, etc.. To top once finished

## Directions

1. Preheat your oven to 400F and line a large rimmed baking sheet with parchment paper.
  2. Peel and cut the pumpkin into 2-inch pieces and place them into the prepared baking tray, together with the garlic cloves.
  3. Season with salt and pepper, and lightly cover with olive oil to coat, then spread into a single layer.
  4. Place the tray on the middle rack of the oven, and roast until pumpkin is fork-tender, about 30 minutes.
  5. Meanwhile, prep the remaining veggies. Heat oil in a medium saucepan over medium heat. Add onion, carrots, celery and sauté until softens, about 5-6 minutes, stirring occasionally.
  6. Add in the smoked paprika, roasted pumpkin, and garlic (pop it out from the skins). Pour in the broth and bring to the boil, then continue to cook for a couple of minutes or so.
  7. Take it off the heat, and puree with an immersion blender until smooth.
- Season with salt and pepper to taste and garnish with desired toppings. Enjoy!

# Easy Baked Beans

## Ingredients

3 cups dried pinto, red, or black beans, cooked  
½ cup canned tomatoes, puréed or chopped, with juice  
¼ onion, finely chopped  
2 tbsp mustard  
2 tbsp molasses or brown sugar  
2 tsp chipotle en adobo, or any chili sauce

## Directions

1. Cook everything in a pot on medium heat for approximately 5 minutes, or until the juices thicken.
2. Serve with rice, or just in a bowl. For an English-style breakfast, try spreading the beans over toast. Or throw them into a burrito, or scramble them with eggs, or stir-fry with onions and bell pepper.



# Purple Potatoes



**About:** Purple potatoes are an antioxidant rich potato that have a slightly nuttier flavor than a normal potato.

**Season:** Can Be grown year round

**Storage:** Store your potatoes in a cool, dry, well-ventilated place and keep them out of direct light.

**Note:** Rarely maintain their purple color when cooked unless roasted

# Garlicky Roasted Purple potatoes

## Ingredients

3 pounds purple potatoes  
quartered  
1 Tablespoon Olive oil  
1/2 Teaspoon paprika  
1 head garlic  
Salt and pepper to taste

## Directions

1. Preheat the oven to 400°F.
2. Scrub and rinse the purple potatoes then pat them dry. Cut them into quarters (or evenly sized pieces) and put them in a bowl.
3. Mince or use a garlic press to cut the garlic. In a large bowl, mix the garlic, paprika, olive oil, salt and pepper until evenly coated. If the garlic clumps, just keep stirring until it breaks apart.
4. Transfer to a baking sheet and cook for 25 minutes, or until the outside is browned.

# Purple potato Gnocchi

## Ingredients

1 3/4 cup cooked purple potato  
(boiled)  
1/4 – 1/2 cup flour  
1 tsp salt  
Oil for pan frying

## Directions

1. In a large mixing bowl, use a fork to mash the purple potato until smooth and creamy. It's important that there are no clumps left or the gnocchi won't stay together.
2. Add salt and two tbsp of flour to start out. Knead the dough until no longer sticky, adding more flour as needed. Your dough will need more or less flour depending on the potato's moisture, but try to add as little as possible for light and fluffy gnocchi.
3. Roll the dough into several ropes and use a sharp knife or bench scraper to cut into 1 inch pieces.
4. To cook the gnocchi, heat a non stick skillet over medium low heat and add about 2-3 tbsp of oil, enough to thinly coat the bottom of the pan. add in gnocchi and fry undisturbed for 3-4 minutes or until crispy on one side. Flip the gnocchi and repeat for the other side.

# Potatoes



**About:** The potato is a starchy tuber of the plant *Solanum tuberosum* and is a root vegetable native to the Americas.

**Season:** Year round

**Storage:** Store your potatoes in a cool, dry, well-ventilated place and keep them out of direct light.

**Note:** The potato is about 80% water and 20% solids.

# Mashed Potatoes

## Ingredients

5-6 medium Russet or Yukon gold potatoes about 3 lb  
1/3 cup plain Greek yogurt or light sour cream  
1/2-2/3 cup skim milk or as needed to reach your desired consistency  
1/2 tsp seasoning kosher salt or to taste  
1/4 tsp ground pepper  
1/2 tsp dried parsley  
1/2 tsp dried chives  
1/8 tsp garlic powder  
1/8 tsp onion powder  
To garnish: fresh chives fresh thyme

## Directions

1. Peel and chop the potatoes into big chunks. Place them into a large soup pot and cover with water.
2. Place the pot over high heat and bring to a boil. Once boiling, reduce the heat to a simmer and cook until the potatoes are for tender, about 15 minutes.
3. Carefully drain the potatoes, keeping them in the same pot. Add in the remaining ingredients.
4. Using a potato masher, mash until smooth. Taste and adjust the seasonings.

# Roasted Smashed Potatoes

## Ingredients

2 pounds small yellow potatoes (Yukon Gold)  
1 tablespoon plus 1 teaspoon kosher salt  
3 tablespoons olive oil  
1/2 teaspoon black pepper plus more for serving  
2 tablespoons minced chives  
Salt

## Directions

1. Place the potatoes and 1 tablespoon kosher salt in a large pot. Fill with cold water covering the potatoes by 1 inch. On the stove over high heat, bring the water to a boil, reduce the heat, partially cover the pot with a lid and simmer the potatoes until they are tender and can be easily pierced with a knife, about 25-30 minutes.
2. Preheat the oven to 425 degrees F.
3. Coat a baking sheet with 2 tablespoons olive oil. Place the potatoes on the pan spacing them a couple inches apart, Use a potato masher or the bottom of a glass to smash them down.
4. Drizzle the tops of the potatoes with the remaining oil and season with salt and pepper.
5. Roast the potatoes for 35-40 minutes until they are golden brown and the edges are crispy.
6. Garnish with minced chives and flaky sea salt before serving.

# Radish



**About:** Radishes are a root vegetable that are most commonly found red and round but can be long and tapered in a variety of colors. They have a peppery bite to them and are in the same family as kale and cabbage.

Season: June - October

Storage: : Place in a plastic bag with a damp paper towel.

Fresh radishes will stay crisp for up to a week, but are still good even if they've lost their crunch.

## Quick Pickled Radishes

### Ingredients

- 1 bunch radishes
- ¾ cup white wine vinegar or apple cider vinegar
- ¾ cup water
- 3 tablespoons honey or maple syrup
- 2 teaspoons salt
- 1 teaspoon red pepper flakes (this yields very spicy pickles, so use ½ teaspoon for medium spicy pickles or none at all)
- ½ teaspoon whole mustard seeds (optional)

**Optional add-ins:** garlic cloves, black peppercorns, fennel seeds, coriander seeds

### Directions

1. slice the radishes into very thin rounds. Pack the rounds into a pint-sized canning jar. Top the rounds with red pepper flakes and mustard seeds.
2. To prepare the brine: In a small saucepan, combine the vinegar, water, honey or maple syrup and salt. Bring the mixture to a boil, stirring occasionally, then pour the mixture over the radishes.
3. To prepare the brine: In a small saucepan, combine the vinegar, water, honey or maple syrup and salt. Bring the mixture to a boil, stirring occasionally, then pour the mixture over the radishes.

## Roasted Garlic Radishes

### Ingredients

- 1 lb. fresh radishes, stems removed, ends trimmed, and halved
- 1 tablespoon melted butter or olive oil
- 1/2 teaspoon sea salt
- 1/8 teaspoon black pepper
- 1/4 teaspoon dried parsley, dried chives, or dried dill or mix
- 2 garlic cloves, finely minced

**Optional toppings:** Ranch dressing for drizzling or garnish of fresh parsley, dill, or chives

### Directions

1. Preheat oven to 425°F. In a bowl, combine the radishes, cooking fat (ghee, butter or oil), dried herbs, salt, and pepper; toss until the radishes are evenly coated. (Note: don't add the minced garlic until step 3).
2. Spread radishes out in a single layer in a large 9×13 inch baking dish.
3. Bake for 20-25 minutes, tossing every 10 minutes. After the first 10 minutes of baking add the minced garlic and toss. Return to oven to bake an additional 10-15 minutes or until radishes are golden brown and easily pierced with a fork.

If desired, serve with ranch dressing for dipping or drizzling on top and garnish with fresh parsley, dill, or chives.

# Rhubarb



**About:** Rhubarb as a spring vegetable with vibrant pink stalks used in many sweet recipes due to being very sour.

**Season:** April – July

**Storage:** refrigerate in an unsealed plastic bag

**Notes:** The leaves of this plant are generally considered inedible and will make you sick if eaten due to a high concentration of an acid called oxalic acid

# Fresh Rhubarb Pie

## Ingredients

- 1 ⅓ cups white sugar
- 6 tablespoons all-purpose flour
- 1 (14.1 ounce) package pastry for a double-crust 9-inch pie
- 4 cups chopped rhubarb
- 1 tablespoon butter

## Directions

1. Preheat the oven to 450 degrees F (230 degrees C). Place an oven rack in the lowest position.
2. Combine sugar and flour in a bowl. Sprinkle 1/4 of it over bottom crust in a pie dish. Heap rhubarb on top and sprinkle with remaining sugar mixture. Dot with butter and cover with top crust.
3. Bake pie in the preheated oven for 15 minutes.
4. Reduce temperature to 350 degrees F (175 degrees C) and continue baking until filling is bubbly and crust is golden brown, 40 to 45 minutes. Serve warm or cold.

# Savoury Rhubarb and Cinnamon Red Lentil Curry

## Ingredients

- 2 cups Rhubarb (very finely sliced)
- 2 Large Onions (finely diced)
- 4 Cloves Garlic (finely diced)
- 2 Teaspoons Caster Sugar
- 2 Teaspoons Cinnamon
- 2 Tablespoons Garam Masala
- 1/2 Teaspoon Cayenne Pepper (or generic chilli powder)
- 3 cups Vegetable Stock
- 3 cups Split Red Lentils
- 1 ½ Spinach
- 2 table spoons Fresh Cilantro (roughly chopped)
- 1 Tablespoon Vegetable Oil

## Directions

1. Heat the tablespoon of vegetable oil in a large saucepan over a medium-high heat. Pour in the chopped onions and garlic. Fry for about 2-3 minutes until the onions are nice and soft.
2. Add the 200g of sliced rhubarb into the frying pan along with the 1 tablespoon garam masala, 2 teaspoons of cinnamon, 2 teaspoons of caster sugar and 1/2 teaspoon of cayenne pepper. Cook for around a minute, stirring well to combine.
3. Tip in the 300g red lentils and 750ml of vegetable stock. Bring the pan to the boil, then turn down to a simmer, cover and cook for around 13 – 15 minutes until the lentils are cooked and the stock has reduced to a thick sauce.
4. Remove the pan from the heat and season to taste. Then stir in the 150g spinach and 30g chopped coriander. Stir the spinach and coriander until they have wilted sufficiently.
5. Serve the curry immediately. I recommend eating it with fluffy pilau rice or a fresh naan. Alternatively it can be eaten on its own as a semi-dhal. Enjoy!



# Rutabaga



**About:** Rutabagas are a root vegetable and are a cross between turnips and cabbage. When cooked, rutabagas become sweeter and taste similar to potatoes.

**Season:** Fall-Winter

**Storage:** cool dry storage place

**Notes:** You can roast them, boil them, mash them, or stick 'em in a stew!

# Rutabaga Au Gratin

## Ingredients

3 ½ to 4 pounds rutabaga cubed

½ cup onion chopped

3 tablespoons butter

3 tablespoons flour

½ teaspoon thyme

2 cups milk

1 cup sharp cheddar  
cheese shredded

½ cup gruyere cheese shredded  
(sub cheddar or swiss if you like)

## Directions

1. Preheat oven to 375°F.
2. Peel and cube rutabaga. Place in a pot of cold water and bring to a boil. Simmer 10-15 minutes or just until tender. Do not overcook, they will cook more in the oven. Drain well.
3. Meanwhile, cook onion in butter on medium low heat until translucent, about 5 minutes. Add flour and thyme, cook 2-3 minutes.
4. Add milk a little bit at a time stirring until smooth after each addition. It will seem thick at first but will smooth out with each addition. Cook over medium heat until thick and bubbly. Remove from heat and stir in cheeses until melted. Season with salt & pepper to taste.
5. Toss sauce with rutabaga and transfer to a 2QT baking dish. Bake uncovered for 35-40 minutes or until lightly browned.

# Rutabaga Fries

## Ingredients

1 rutabaga, peeled and cut into spears

1 teaspoon olive oil

4 sprigs fresh rosemary, minced

3 cloves garlic, minced

1 pinch salt to taste

## Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. Combine rutabaga spears with oil, minced rosemary, garlic, and salt. Toss until evenly coated.
3. Lay rutabaga spears onto a baking sheet, leaving space between for even crisping. Bake until rutabaga fries are cooked through and crisped on the outside, about 30 minutes.

# Scallions



**About:** Scallions are a variety of young onion with a white base that contains a bulb not fully developed and long green stalks.

**Season:** April-June

**Storage:** Wrap in damp paper towels and refrigerate, or to last longer, fill a jar with water and stand with white ends are the bottom and cover with plastic bag.

**Tip:** You can regrow them by leaving 2 inches of the bottom and placing in a jar with about 1 inch of water.

# Scallion Pancakes

## Ingredients

- 2 cups all-purpose flour
- 1 cup boiling water
- ¼ cup + 2 Tbsp vegetable oil
- 2 tbsp sesame oil
- 1 cup thinly sliced scallions
- Salt

## Directions

1. Combine flour and boiling water in a large bowl and stir to combine
2. Transfer to floured surface and knead until smooth
3. Transfer to bowl, cover, and let rest for 30 minutes
4. Mix 2 Tbsp oil and sesame oil in a small bowl
5. Separate dough into 4 equally-sized balls.
6. Roll each one into an 8" disk and brush with a thin layer of oil mixture
7. Roll tightly, twist into tight spiral, and roll again into 8" disk
8. Brush with another layer of oil, scatter ¼ cup sliced scallions, and repeat steps 6 & 7
9. Add vegetable oil to a skillet and add pancake. Cook until golden brown and flip.

# Mushroom and Scallion Frittata

## Ingredients

- 4 Tbsp olive oil
- 8 oz sliced mushrooms
- 1 cup sliced scallions
- 12 eggs, beaten
- 1 cup goat cheese, crumbled

## Directions

1. In a large ovenproof skillet, heat oil over medium-high.
2. Add mushrooms and scallions, then season as desired.
3. Cook, stirring occasionally, until mushrooms are brown.
4. Stir in eggs and cheese, cook over medium heat until edges are set (about 9 minutes).
5. Broil until set in the center (about 2 minutes).

# Snap Peas



**About:** Sugar snap peas are round, thick peas. Pods can be eaten whole or peas can be removed from shell and eaten.

**Season:** June - September

**Storage:** Store in sealed plastic bag.

**Tip:** Tastes great both raw and cooked!

# Parmesan Roasted Snap Peas

## Ingredients

- 1 cup snap peas
- 2 tsp olive oil
- ¼ cup panko breadcrumbs
- ½ cup parmesan cheese
- 1 tsp lemon zest

## Directions

1. Heat oven to 425 degrees.
2. Line a baking sheet with parchment paper and set aside.
3. Toss the peas with olive oil, salt and pepper, then with the parmesan, panko breadcrumbs and lemon zest.
4. Arrange on the baking sheet and bake in the oven for 8-10 minutes.
5. Serve immediately.

# Grilled Snap Peas with Feta and Mint

## Ingredients

- 1 cup snap peas
- spray oil
- salt & pepper
- ½ lemon, juiced
- 2 tbsp crumbled feta cheese
- 2 tsp fresh mint, chopped

## Directions

1. Heat an indoor grill for several minutes until hot. If you are using an outdoor grill, you may need a vegetable grilling plate so the peas don't fall between the grates.
2. Spray the peas with a thin layer of oil and toss with salt & pepper.
3. Add the peas to the grill and cook for 2-3 minutes, until bright green and slightly tender. You may need to work in batches, depending on how large your grill is.
4. Remove peas from heat, squeeze lemon juice over top and sprinkle with feta cheese and mint.
5. Serve immediately.

# Spaghetti Squash



**About:** Spaghetti squash is a part of the Winter squash family. For those looking for a low carb option to pasta, spaghetti squash is a great substitute! It is high in fiber, vitamins, manganese, and antioxidants. Overall, it can help your bowel movements, blood sugar control, eyesight, immunity, and bone health.

## **Storage and Preparation Tips:**

- Whole squash can last as long as a month, being stored in a cool dry place. It is best to not refrigerate.
- If it's cooked, it'll last up to 5 days and should be refrigerated.
- Spaghetti squash is most commonly sliced in half and then roasted for about 30-50 minutes. If the squash is too hard to cut, you can microwave it for a few minutes to soften it before roasting. Below are some links to help you get started!

# Spaghetti Squash Burrito Bowl

- 1 spaghetti squash
- 1 tablespoon olive oil
- 3 cloves garlic
- ½ red onion - peeled and diced
- 1 bell pepper- seeds and stem removed, chopped
- 1 cup black beans- drained and rinsed
- 1 cup corn
- ½ teaspoon chili powder
- ½ teaspoon cumin
- ¼ teaspoon black pepper
- ¾ cup salsa verde - more to taste
- 1 cup shredded cheese

1. Slice the squash in half lengthwise, scoop out the seeds and coat the squash in a thin layer of olive oil. Place the halves on a cookie sheet and bake in the oven for 35-50 minutes (cook time depends on the size of your squash) at 400F.

2. While the squash bakes, sauté the onion, bell pepper, garlic, on medium heat until cooked through. Add in corn and black beans and heat through.

3. Remove squash from the oven and pull the flesh away from the skin with a fork. This creates the 'spaghetti' texture. Add the squash to the sauté pan, or combine all ingredients in a bowl. You can then fill the skins with mixture, top them with cheese and return to the oven until cheese is bubbled and brown. Enjoy!

# Buffalo Chicken Spaghetti Squash

- 1 medium spaghetti squash
- 1lb chicken, shredded
- 1 tbs. olive oil
- 1 egg
- 1/3 cup hot sauce
- ½ tsp. onion powder
- ½ tsp. garlic powder
- Salt and Pepper to taste

1. Slice the squash in half lengthwise, scoop out the seeds and coat the squash in a thin layer of olive oil. Place the halves on a cookie sheet and bake in the oven for 35-50 minutes (cook time depends on the size of your squash) at 400F. Shred with a fork to create the "noodles."
2. Prepare shredded chicken of your choice. You can make your own, use leftovers, or use a rotisserie chicken!
3. In a large bowl, mix together egg, hot sauce, spices and olive oil. Add in spaghetti squash until combined.
4. Pour this mixture into a baking dish, and bake at 400 degrees for 25 minutes until the top begins to bubble and brown.
5. Enjoy!



# Delicata Squash



**About:** Also known as peanut squash, Bohemian squash, or sweet potato squash, Delicata Squash is aptly named because of its delicate, edible flesh.

**Season:** October through May

**Storage:** In a cool, dry place

**Notes:** The seeds can be left in while roasting and are also a delicious treat!

# Roasted Delicata Squash

## Ingredients

- 2 medium delicata squash (about 2 pounds, 907g total), washed and dried
- 2 tablespoons (28 grams) unsalted butter, melted
- 1 teaspoon (4g) Diamond Crystal kosher salt
- 1/2 teaspoon freshly ground black pepper

1. Adjust oven rack to lowest position and preheat oven to 425°F (218°C).
2. Trim both ends of each delicata squash. Stand one squash up on the larger cut side and, using a chef's knife, slice it lengthwise, down through the center of the squash, creating two even halves. Use a soup spoon to scrape out and discard seeds and any fibrous flesh. Repeat with second squash.
3. Place all 4 squash halves outside down on a large cutting board. Cut each squash half crosswise into 1/2-inch-thick slices. Transfer slices to large bowl. Add melted butter, salt, and pepper, and toss to evenly coat squash slices.
4. Transfer squash slices to a rimmed baking sheet, arranging them around the perimeter of the sheet with an even amount of space between each slice. Roast until squash slices are golden brown on the bottom, about 12 minutes. Use kitchen tweezers or tongs to flip each slice. Rotate baking sheet 180 degrees, return it to oven, and continue to roast until second side is golden brown, about 10 minutes. Remove sheet from oven, transfer squash slices to a platter, and serve.

# Stuffed Delicata Squash

- 2 Delicata squash, cut lengthwise
  - 2 teaspoon olive oil, divided
  - salt and pepper
  - 2 garlic cloves, minced
  - 1 small onion, chopped finely
  - 1 15 oz can cannellini or white beans, rinsed and drained
  - 3 handfuls fresh spinach, torn into small pieces
  - 1/4 cup panko or bread crumbs
  - 1/4 cup Parmesan cheese
  - red pepper flakes, for serving
1. Preheat oven to 400 degrees. Scoop seeds out of each half of squash. Place on baking sheet and sprinkle salt, pepper and 1 teaspoon olive oil. Cook for 20-25 minutes. Squash will be soft to the touch.
  2. While squash is baking, make stuffing for squash:
  3. Heat 1 teaspoons of olive oil in a non stick skillet over medium heat. Add minced garlic and chopped onion to pan and cook for about 2-3 minutes. Add spinach to pan and cook until wilted. Add rinsed beans to pan and stir, cook until warmed through.
  4. Spoon stuffing into each squash half.
  5. In a small bowl, combine panko and Parmesan. Sprinkle evenly over each squash. Place into oven for about 15 minutes until heated through and breadcrumbs and cheese are golden brown.
  6. Serve immediately with red pepper flakes and extra Parmesan cheese, if desired.

# Salad Mix



**About:** Salad Mixes, 'baby leaf' or 'mesclun' are an assortment of green, leafy vegetables grown in a seedbed and picked by removing the outside leaves at a 'baby leaf' stage.

**Season:** Can be grown all year

**Storage:** Refrigerate in a sealed plastic bag.

**Notes:** 'Mesclun' is French and the name comes from the word mescla, which means 'to mix' in the local dialect of Nice.

### **Mustard-y Vinaigrette**

- 2 tbsp finely chopped shallot
- (red onion would work)
- 1 tbsp dijon or grainy mustard
- 2 tbsp red wine vinegar
- 1/3 cup of olive oil
- Salt and pepper to taste

### **Amanda's Favorite**

- ½ cup canola oil, can substitute with any other vegetable oil
- ¼ cup apple cider vinegar
- 1 teaspoon salt
- 2 tablespoons honey
- 1 tablespoon garlic, minced

### **Lemon Vinaigrette**

- 2/3 cup lemon juice
- 1/3 cup olive oil
- 5 cloves garlic
- Salt and pepper to taste

### **Ranch Dressing (this is fun to make with kids!)**

- 1 clove garlic, minced
- 1 1/2 tsp. fresh dill, chopped
- 1 Tbs. fresh chives, chopped
- 1 Tbs. fresh parsley, chopped
- 1/2 tsp. lemon juice
- 1/2 cup buttermilk
- 1 Tbs. mayonnaise
- 1 Tbs. Greek yogurt (plain)
- Salt & pepper to taste

### **Italian Dressing**

- ¾ cup olive oil
- ¼ cup red wine vinegar
- 1 garlic clove, minced or ½ teaspoon garlic powder
- 1 tablespoon chopped fresh oregano or 1 teaspoon dried oregano leaves
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 3 tablespoons grated Parmesan cheese (optional)

# Spicy Salad Mix



**About:** The spicy salad mix packs a punch! Because of the strong flavor, you might want to mix it with other, milder greens for salads. The flavor also becomes more mild when cooked.

**Season:** October through May

**Storage:** Refrigerate in a sealed plastic bag.

# Spicy Greens with Vinaigrette

## Ingredients

2 tbsp finely chopped shallot  
1 tbsp Dijon or grainy mustard  
2 tbsp red wine vinegar  
 $\frac{1}{3}$  cup of olive oil  
Salt and pepper  
10 cups spicy greens

## Directions

1. Place all ingredients besides the greens in a jar or container with a sealed lid. Shake until well mixed. Pour into a larger bowl.
2. Place greens in a large bowl on top of vinaigrette, toss until greens are well coated.

# Steamed Greens with Honey Sesame Dressing

## Ingredients

1  $\frac{1}{2}$  pounds spicy greens  
3 tbsp low-sodium soy sauce  
2 tbsp rice wine vinegar  
1 tbsp honey  
1 tsp sesame oil  
1 tsp toasted sesame seeds, plus  
more for garnish

## Directions

1. Pour 1 inch of water into a pot and bring to a boil over high heat.
2. Put the greens into a steamer. Put the steamer into the pot and steam for about 5 minutes or until just tender.
3. Make the dressing by combining remaining ingredients in a small bowl.
4. Put the cooked greens onto a serving platter, drizzle the dressing on and toss well to coat.
5. Garnish with sesame seeds and serve immediately.

# Spinach



**About:** Dark, leafy green with a slight bitter taste.

**Season:** May - June; September – November.

**Storage:** Refrigerate in sealed bag.

**Tip:** Can be eaten raw, added to smoothies or salad, or sautéed.

# Veggie Wraps

## Ingredients

- 2 whole-grain flatbreads
- ½ cup roasted garlic hummus
- 1 small bell pepper, thinly sliced
- 1 cup baby spinach
- ¼ cup feta cheese

## Directions

1. Spread each flatbread with ¼ cup hummus.
2. Divide the bell pepper evenly between the flatbreads. Top each with ½ cup spinach and 2 tablespoons cheese.
3. Starting from one short side, roll up the wraps. Cut each wrap in half and secure with wooden picks.

# Sautéed Garlic Spinach

## Ingredients

- 1 ½ pounds spinach
- 2 tbsp good olive oil
- 2 tbsp chopped garlic
- 2 tsp kosher salt
- ¾ tsp black pepper
- 1 tbsp unsalted butter
- 1 lemon

## Directions

1. Rinse and dry the spinach.
2. In a large pot, heat the olive oil and sauté the garlic over medium heat for about 1 minute, lightly browned.
3. Add all the spinach, salt, and pepper to the pot, stir, cover, and cook it for 2 minutes. Uncover the pot, turn the heat on high, and cook for another minute, stirring until all the spinach is wilted.
4. Using a slotted spoon, lift the spinach to a serving bowl and top with butter, a squeeze of lemon, and a sprinkle of salt. Serve hot.



# Spring Onion



**About:** A young onion with a sweeter, mellow taste than a normal onion but a more intense flavor than a scallion.

**Season:** March - August

**Storage:** Refrigerate in sealed bag or container

# Spring Onion Pancakes

## Ingredients

2 cups all purpose flour  
salt  
2 cups water  
1 cup finely chopped spring onion  
oil for frying

## Directions

1. Line a flat plate or tray with paper napkins.
2. Into a medium bowl, add flour, spice and salt. Stir well.
3. Add water and stir to get a smooth batter. Add chopped spring onions (scallions) and mix well.
4. Leave to stand for a few minutes.
5. Heat about 2 tablespoons vegetable oil in a frying pan over medium heat.
6. When hot, pour in some batter, spread it out immediately to form a thin pancake.
7. Fry for 3-4 minutes until that side becomes golden brown. Turn pancake over to fry the other side. When browned fry both sides again for about 30 seconds each for a crisper finish.
8. Place on the lined plate and continue frying until the batter is finished.

# Butter Braised Spring Onions

## Ingredients

6 spring onions, bottom root trimmed  
¼ cup (½ stick) butter, divided  
½ cup water  
½ teaspoon sea salt  
⅛ teaspoon fresh cracked pepper  
2 tablespoons parsley, finely minced

## Directions

1. Lay the spring onions a single layer in a large skillet, trimming the top greens to fit if needed. Add half the butter and the water to skillet; season with salt and pepper. Bring to a boil and cover. Reduce heat to medium/low and simmer the onions until the bulbs are almost tender, about 15-20 minutes. Uncover and cook, turning the onions occasionally, until bulbs are completely tender, about 5-8 minutes longer.
2. Take the onions out of the skillet and set aside. Simmer the cooking liquid in skillet until reduced to 2 tablespoons, about 1 minute. Remove from heat and whisk in remaining butter. Return the onions to the skillet and turn to coat with sauce. Top with fresh parsley.
3. Serve hot alongside your favorite entrée or atop some rice or hearty grains.

# Strawberries



**About:** A delicious juicy, red berry with a short growing season. They make a great snack on their own but are also great as jams, in salads, in desserts and in smoothies

**Season:** June

**Storage:** Refrigerate in a sealed container lined with paper towels. Wash when you are ready to eat them

**Tip:** To thoroughly wash strawberries, allow them to soak in a saltwater solution (one teaspoon of salt for every cup of water) for 5 minutes.

# Strawberry Arugula Salad

## Ingredients

8 thinly sliced strawberries  
10 cups arugula  
4 ounces crumbled Parmesan 1  
tablespoon Dijon mustard  
1 tablespoon sugar,  
2 tablespoons fresh lime juice  
1/4 cup fresh orange juice  
1/4 cup olive oil

## Directions

1. Toss strawberries, arugula and crumbled Parmesan in a large bowl.
2. For the vinaigrette, whisk Dijon mustard, sugar, fresh lime juice and fresh orange juice.
3. Add olive oil in a thin stream while whisking.
4. Taste and season with salt and pepper.
5. Toss the salad with some of the dressing and serve the rest on the side.
6. Instead of 2-4, try it with your favorite salad dressing

# Strawberry Jam

## Ingredients

1 lb fresh strawberries  
1 1/2 cups sugar  
2 Tbs lemon juice  
1/2 tsp lemon zest *optional*

## Directions

1. Wash and slice the strawberries, removing the hulls and green tops.
2. Add them to a saucepan, and mix the sugar in well.
3. Stir continually over medium heat, and bring the strawberries to boil.
4. Once boiling, add the lemon juice and zest (if using).
5. Boil for about 15 minutes, or until the jam reaches 220F.
6. Stir often, to make sure the jam doesn't burn.
7. Pour into a jar and allow to cool.
8. Cover and refrigerate.
9. Use within about 2 weeks (if it lasts that long).

# Sweet Peppers



**About:** Green bell peppers are crunchy and taste more bitter than red, orange, or yellow peppers.

**Season:** July – October

**Storage:** Keep cut peppers in a sealed container.

**Tip:** They are great as a snack! Eat plain or dip in hummus.

# Marinated Peppers

## Ingredients

1.5lb mini sweet peppers rinsed and dried  
½ tbsp olive oil to sauté  
½ cup parsley chopped  
½ cup dill chopped  
6 garlic cloves minced or pressed  
6 tbsp sugar  
2 tbsp sea salt  
1¼ cup white vinegar  
1 cup cold water

## Directions

1. Preheat grill to 300 degrees.
2. Place peppers in a large mixing bowl, drizzle with olive oil, toss to combine. Place peppers on preheated grill and cook 2 min per side, or just until light grill marks appear. Transfer to a bowl.
3. For the marinade, mix together water, cup vinegar, garlic, sugar, and salt. Stir until sugar dissolves.
4. Place the parsley and dill in the bottom of a 1/2 gallon jar. Tightly fill with peppers.
5. Pour marinade over peppers and add remaining herbs. Cover and marinate overnight in the refrigerator.

# Fajitas

## Ingredients

Cooking Spray  
3 cups bell pepper strips  
2 cups sliced onion  
1lb boneless skinless chicken breasts, cut into thin slices  
1 tsp chili powder  
1/2 tsp ground cumin  
2 cans (10 oz each) Diced Tomatoes & Green Chilies, drained  
8 flour tortillas (6 inch), warmed

## Directions

1. Spray large skillet with cooking spray; heat over medium-high heat. Add bell peppers and onion; cook 7 minutes or until tender, stirring occasionally. Remove from skillet; set aside.
2. Add chicken to skillet. Sprinkle with chili powder and cumin. Cook until internal temperature of 165 degrees.
3. Return peppers and onion to skillet; add drained tomatoes. Cook 2 minutes more or until hot. Divide chicken mixture evenly between tortillas.

# Turnip Greens



**About:** Turnip greens taste a lot like the root. A little spicy but not as intense as a mustard green.

**Season:** June - October

**Storage:** Keep in a plastic bag or container in your fridge

## Healthy and Delicious Southern Turnip Greens

### Ingredients

- 1 (14 ounce) can chicken broth
- 1 ½ cups water
- 3 tablespoons extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 pound turnip greens, chopped
- ½ teaspoon white sugar

### Directions

1. Bring chicken broth, water, oil, salt, and pepper to a boil in a stockpot. Add turnip greens and sugar and return to a boil; reduce heat to medium-low and simmer, stirring every 15 minutes, until greens are tender, at least 30 minutes or up to 2 hours.

## Spicy Skillet Turnip Greens

### Ingredients

- 1 tablespoon olive oil
- 1 medium onion cut into wedges
- 1 pound turnip greens cleaned and chopped
- 1/4 cup water
- pinch brown sugar
- 1/8 teaspoon red pepper flakes adjust to preference

### Directions

1. Drizzle olive oil into skillet over medium heat.
2. Drizzle olive oil into skillet over medium heat.
3. Add water, brown sugar and red pepper flakes. Adjust the amount of red pepper to your personal taste.



# Watermelon



**About:** A delicious, refreshing summertime fruit, it is high in vitamins and is great for hydration

**Season:** May – September

**Storage:** Store at room temperature, cut right before serving and refrigerate in a sealed container after cutting

# Watermelon, feta, and mint salad

## Ingredients

3 pounds of watermelon. Cut into 1 inch chunks  
1 tablespoon of lemon juice  
1 teaspoon of lemon zest  
¼ cup of chopped mint leaves  
3 tablespoons of olive oil plus more for drizzling  
4 oz of feta cheese  
Salt and pepper to taste  
Arugula (optional)

## Directions

1. Place watermelon chunks in a large bowl. Finely chop lemon zest. Add lemon juice and half of zest to bowl with watermelon. Add mint, oil, and arugula (if using) and toss until watermelon is evenly dressed. Season lightly to taste with salt and pepper
2. Transfer salad to a wide, shallow bowl or a large plate and spread out evenly. Crumble feta over the top. Sprinkle with remaining lemon zest. Drizzle with more olive oil and a few grinds of black pepper. Serve immediately.

# Zucchini Bread

## Ingredients

2 cups watermelon  
½ lime juiced

## Directions

1. Dice your watermelon and place the pieces in the freezer overnight.
2. Place your diced, frozen watermelon into the food processor or blender and add some lime juice.
3. Continue to process your watermelon and lime juice in your food processor until you get a sorbet-like texture. You can add a little more lime juice as needed for taste and texture.
4. If you want a sweeter sorbet, you can add in a little honey or another sweetener of your choice.
5. Serve immediately.

# Zucchini



**About:** Zucchini is a member of the squash family. It varies in color from light to dark green and come in many different sizes.

**Season:** May – September

**Storage:** Store in plastic bag. Do not wash until ready to prepare.

**Tip:** Eat within 5-7 days of purchase. Can be eaten raw on salad or cooked.

# Baked Parmesan Zucchini

## Ingredients

2 medium zucchini sliced into ½” rounds  
1 tbsp olive oil  
½ tsp Italian seasoning  
salt & pepper to taste  
⅓ cup shredded parmesan cheese divided

## Directions

1. Preheat oven to 425 degrees.
2. Toss zucchini slices with olive oil, seasoning, salt & pepper and about 2 tablespoons of the parmesan cheese.
3. Place on a baking sheet and top with remaining parmesan cheese.
4. Bake 5 minutes.
5. Turn oven to broil, place pan near the top and broil 3-5 minutes or until cheese is melted and zucchini is tender crisp.

# Zucchini Bread

## Ingredients

3 cups all-purpose flour  
3 eggs  
1 tsp salt, baking soda, baking powder  
1 tbsp ground cinnamon  
1 cup vegetable oil  
2 ¼ cups white sugar  
3 tsp vanilla extract  
2 cups grated zucchini  
1 cup chopped walnuts

## Directions

1. Grease and flour two 8 x4 inch pans. Preheat oven to 325 degrees
2. Mix flour, salt, baking powder, soda, and cinnamon together in a bowl.
3. Beat eggs, oil, vanilla, and sugar together in bowl. Mix and stir in zucchini and nuts until well combined.
4. Pour batter into pans and bake for 40-60 minutes.
5. Cool in pan for 20 minutes. Remove bread from pan and completely cool.

# The Farm

at Trinity Health

## More Ways to Get Fresh Produce

### 1. **SNAP/EBT** (formerly known as “food stamps”)

- Apply online at: [tinyurl.com/mdhssapp](https://tinyurl.com/mdhssapp) **OR**
- Call or visit your local MDHHS (Michigan Department of Health and Human Services) county office.

Locate information here:

<https://www.michigan.gov/mdhhs/inside-mdhhs/county-offices>

SCAN ME



### 2. **Farm Share Assistance Program**

If you have trouble affording fresh produce, please visit <https://stjoesfarm.org/need-help-getting-food/> or email us to sign up for our 36 week produce program.

Oakland: [OaklandFarmShare@Trinity-Health.org](mailto:OaklandFarmShare@Trinity-Health.org)

Ann Arbor: [FarmShare@Trinity-Health.org](mailto:FarmShare@Trinity-Health.org)



# The Farm

at Trinity Health

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## Farm Share

Do you need help eating healthier? Join our farm share, a subsidized program providing weekly boxes of fresh fruits and vegetables. We take SNAP benefits and offer a sliding scale.

**Visit:** [www.trinityhealthmichigan.org/farmshare](http://www.trinityhealthmichigan.org/farmshare)

## Volunteer at The Farm

We welcome volunteers April through October to help with various farm tasks. Individuals and groups welcome. Contact us to sign up!

**Email:** [FarmVolunteers@trinity-health.org](mailto:FarmVolunteers@trinity-health.org)

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## Keep up with us on social media!

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