

### *Apple Beet Salad*

1 bunch beets with greens  
3-4 apples, diced, preferably a tart variety  
Olive oil  
Balsamic Vinegar  
Salt

Decide from the beginning if you want to use the beet greens or not. If the greens will be used, boil or steam until tender – 15 minutes, set aside. Steam or boil roots separately until tender. Remove beets from heat and allow to cool. Remove skin by running under cold water. Coarsely chop greens and place in bowl. Slice beets and add to greens. Add diced apples. Drizzle with balsamic vinegar, olive oil and salt to taste. Toss and serve.

### *Arugula Pesto*

4 cups arugula leaves (5-6 ounces)  
1/4 cup pine nuts, toasted OR walnuts, toasted  
6 cloves fresh garlic  
1/4 cup freshly grated Parmesan cheese  
1/4 cup olive oil

Blend arugula, toasted nuts, garlic and Parmesan cheese in processor until almost smooth. Add olive oil and process until well blended. Season pesto to taste with salt and pepper.

### *Arugula Pesto with Chickpeas*

1/3 cup olive oil  
6 cloves garlic, peeled and sliced  
6 ounces arugula  
3 ounces freshly grated pecorino romano or parmesan cheese  
1 cup canned chickpeas (garbanzo beans), drained and rinsed (about 5-1/2 ounces)

If desired, first cook the garlic: Heat oil in a small skillet over medium heat. Add sliced garlic to hot oil and cook for 2-3 minutes until barely golden, turning slices constantly to prevent burning. Combine all ingredients in a food processor and process until smooth. Add salt to taste and more oil if desired. Pesto will keep for at least a week in the refrigerator. May be frozen in plastic containers or ice cube trays (then remove from trays and store pesto cubes in a zipper freezer bag.)

### *Asian Sesame Dressing*

One of our all time favorite recipes. Created by a wonderful cook, mother and grandmother – Sarah Poeppel.

1/3 cup olive oil  
1/4 cup vinegar (red wine or apple cider)  
1 T sugar  
1 1/2 T soy sauce  
1 T toasted sesame oil (Toasted Sesame Oil has a wonderful fragrant flavor. Do not substitute.)  
1 garlic clove, crushed  
Toasted sesame seeds (optional)

Combine ingredients in a glass jar and shake well. This is good on everything: dress fresh or wilted greens, warm a few tablespoons of dressing in a sauce pan and toss

### *Balsamic and Roasted Garlic Vinaigrette*

This makes a lot of dressing. You can cut the recipe in half and use the rest of the roasted garlic to spread on bread or add to your steamed veggies!

12 Garlic Cloves  
8 oz Balsamic Vinegar  
1 T Dijon Mustard  
14 oz Olive Oil  
Salt and Pepper

Trim the top of the garlic bulb so the inside cloves are exposed. Place bulb on a sheet of aluminum foil and drizzle about a teaspoon of Olive Oil. Wrap foil around garlic to enclose. Roast the garlic in a 350 degree oven until soft, golden brown and fragrant. Peel the garlic cloves and mash them coarsely in a mixing bowl. Add the vinegar and mustard, whisking to incorporate. Whisk in the olive oil and season with salt and pepper.

### *Barely Wilted Salad*

From the Broad Branch Farm kitchen.

Fresh Spinach  
Olive oil  
Soy sauce  
Toasted Sesame Oil – use sparingly as a little goes a long way.  
Herbed or wine vinegar  
Fresh garlic, coarsely chopped, at least 2 cloves

In a large skillet, add olive oil, soy sauce, toasted sesame oil and chopped garlic. Stir fry garlic for a minute stirring to combine the ingredients. Remove from heat and add fresh spinach. Toss to coat with warm dressing. Add salt to taste and fresh ground pepper. The spinach is amazing and the garlic pieces infused with the soy and toasted sesame oil quite tasty. Make sure you serve spinach with lots of sautéed garlic pieces.

### *Buttermilk Dressing*

2 cup well-shaken buttermilk  
2 tablespoons sour cream ( or plain yogurt)  
1 tablespoon mayonnaise  
1/2 teaspoon minced garlic, mashed to a paste with 1/4 teaspoon salt  
1/4 teaspoon dry mustard, or to taste  
Salt & Pepper to taste

Combine all ingredients well. If you like a thicker dressing, use less buttermilk and/or more sour cream or mayonnaise.

**Hint:** For more flavor, add seasoning of choice, diced green onions, bacon bits, fresh or dried dill.

### *Basil Pesto*

Every year, we make a batch of basil pesto. I make enough to fill two ice cube trays, cover them, and freeze for use over the winter. The basil retains its beautiful color, aroma, and flavor when frozen. This is not difficult or too gourmet. It's throwing the ingredients into a food processor or blender and hitting the button. As with any wonderful food, it pays to start with good ingredients. This is a really basic recipe without pine nuts. You can add them or walnuts but even without the nuts, you will get the wonderful basil flavor.

Fresh Basil – 1 ½ c

Fresh Garlic – 3 – 4 cloves (more or less if you choose)

Olive Oil – ¼ cup

Fresh Grated Parmesan – ¼ cup

Blend basil, garlic and olive oil until you have a smooth mixture. Adjust ingredients as needed for consistency and flavor. Stir in Parmesan cheese. Use immediately or freeze in covered ice cube trays.

Serving Suggestions: Try adding a frozen pesto cube to drained warm pasta. It coats the noodles so they don't stick and gives wonderful flavor. Spread fresh pesto on pizza dough before adding other toppings.

### *Basil Pesto Sauce*

*From the 2007 Field Day Cooking Demo*

3 cups fresh packed basil

½ cup pine nuts

½ cup fresh parsley

4-5 cloves garlic

1 cup extra virgin olive oil

1 cup pecorino romano cheese

Salt to taste

In a food processor combine first 4 ingredients with ½ cup olive oil and ½ cup romano cheese. Slowly add remaining oil and cheese and pulse until creamy. If needed add a little more olive oil. Do not over process. Taste and add salt if needed.

To store in the refrigerator or freezer put pesto sauce in small containers and pour a little olive oil

### *Beef with Cilantro Garlic Sauce*

*For sauce*

1 medium garlic clove

1/2 teaspoon salt

1 cup coarsely chopped fresh cilantro

1/4 cup olive oil

2 tablespoons fresh lemon juice

1/8 teaspoon cayenne

*For steak*

1 teaspoon ground cumin

1/2 teaspoon salt

1/2 teaspoon black pepper

2 pound skirt steak, cut crosswise into 3- to 4-inch pieces

#### **Make sauce:**

Mince garlic and mash to a paste with salt. Transfer to a blender and add remaining sauce ingredients, then blend until smooth.

#### **Grill steak:**

Stir together cumin, salt, and pepper in a small bowl. Pat steak dry, then rub both sides of pieces with cumin mixture.

Heat an oiled well-seasoned ridged grill pan over high heat until hot but not smoking, then grill steak in 2 batches, turning over occasionally, about 2 minutes per batch for thin pieces or 6 to 8 minutes per batch for thicker pieces (medium-rare). Serve steak drizzled with sauce.

### *Beets and Beet Greens*

One bunch of beets with greens  
2 T chopped green onions  
Olive oil  
Fresh Parsley - chopped  
Salt and fresh ground pepper

Cut stems and leaves 1" above the beet crowns and put leaves aside. Wash beets and steam until tender and peel if desired. Set aside. Peeling may not be necessary with small young beets.

Cut leaves and stems into ½" slices. Sauté chopped green onions in olive oil until tender (about 2 minutes) Add beet greens. Sauté another 2-3 minutes just until greens are wilted. Season with salt and pepper and serve with warm steamed beets. Sprinkle with fresh parsley.

Variation: Serve beets and greens with a drizzle of Balsamic Vinegar.

### *Blueberry Cobbler*

For those of you who love blueberries, this may be the perfect dessert.  
Serves 6 to 8

While the blueberries are baking, prepare the ingredients for the topping, but do not stir the wet ingredients into the dry ingredients until just before the berries come out of the oven. A standard or deep-dish 9-inch pie pan works well; an 8-inch square baking dish can also be used. Vanilla ice cream or lightly sweetened whipped cream is the perfect accompaniment. To reheat leftovers, put the cobbler in a 350-degree oven for 10 to 15 minutes, until heated through.

#### *Filling*

¼ - ½ c sugar (depending on sweetness of berries)  
1 tablespoon cornstarch  
Pinch ground cinnamon  
Pinch salt  
6 cups (30 ounces) fresh blueberries, rinsed and picked over, or 36 ounces (about 6 cups) frozen berries  
1 1/2 teaspoons grated zest and 1 tablespoon juice from 1 lemon

#### *Biscuit Topping*

1 cup (5 ounces) unbleached all-purpose flour  
2 tablespoons stone-ground cornmeal  
1/4 cup (1 3/4 ounces) plus 2 teaspoons sugar  
2 teaspoons baking powder  
1/4 teaspoon baking soda  
1/4 teaspoon salt  
4 tablespoons (1/2 stick) unsalted butter, melted  
1/3 cup buttermilk  
1/2 teaspoon vanilla extract  
1/8 teaspoon ground cinnamon

Adjust an oven rack to the lower-middle position and heat the oven to 375 degrees.

For the filling: Stir the sugar, cornstarch, cinnamon, and salt together in a large bowl. Add the berries and mix gently with a rubber spatula until evenly coated; add the lemon zest and juice and mix to combine. Transfer the berry mixture to a 9-inch glass pie plate, place the pie plate on a rimmed baking sheet, and bake until the filling is hot and bubbling around the edges, about 25 minutes.

For the biscuit topping: Meanwhile, whisk the flour, cornmeal, 1/4 cup sugar, baking powder, baking soda, and salt in a large bowl to combine. Whisk the melted butter, buttermilk, and vanilla together in a small bowl. Mix the remaining 2 teaspoons sugar with the cinnamon in a second small bowl and set aside. One minute before the berries come out of the oven, add the wet ingredients to the dry ingredients; stir with a rubber spatula until just combined and no dry pockets remain.

To assemble and bake the cobbler: Remove the berries from the oven; increase the oven temperature to 425 degrees. Pinch off 8 equal pieces of biscuit dough and place them on the hot berry filling, spacing them at least 1/2 inch apart (they should not touch). Sprinkle each mound of dough with cinnamon sugar. Bake until the filling is bubbling and the biscuits are golden brown on top and cooked through, 15 to 18 minutes. Cool the cobbler on a wire rack 20 minutes and serve.

### *Braised Turnips*

2 T unsalted butter  
1 bunch Hakurei turnips, cut into 1-inch-thick wedges  
1 cup chicken stock  
1 teaspoon sugar  
1/2 tsp salt  
1 garlic scape, woody section removed, chopped fine  
1/4 t fresh thyme

Melt butter in a wide heavy pot over moderate heat, add turnips, stirring until well coated. Add stock, sugar, and salt and bring to a simmer. Cook covered, until turnips are almost tender, 10-15 minutes. Do not overcook. Remove lid, add fresh thyme and continue cooking until liquid is reduced enough to glaze turnips, about 15 minutes. Remove from pan and pour over any remaining glaze. Sprinkle with chopped scapes and serve.

Note: Do not overcook turnips. You can remove them in the final reduction of the glaze if they seem like they are getting over done and add back after the glaze has been reduced. The texture of the turnips should be al dente – not mushy.

### *Breaded Eggplant*

This is a simple appetizer or vegetable side. Vary the flavor by adding different spices or herbs to the final bread crumb or cornmeal coating.

Eggplant  
Eggs  
Flour  
Cornmeal or Bread Crumbs  
Seasoning of your choice: garlic powder, Italian seasoning, curry powder, etc.  
Olive oil  
Chopped tomatoes tossed with olive oil, fresh basil or pesto, and chopped garlic

Wash and slice eggplant in 1/4 inch slices. The 'Fairytale' eggplant can be sliced lengthwise or crosswise in small circles. If sliced lengthwise, you may have to peel the skin so breading will

stick. Place flour in a shallow dish or plate. Crack eggs into a shallow dish and whisk together. Place bread crumbs or cornmeal and any seasoning you would like in a third shallow dish. Dip eggplant slices in flour, then egg, then bread crumbs or corn meal. Fry eggplant on the stove in just a bit of vegetable oil so the slices don't stick. Brown on each side. Keep warm in oven until all slices are prepared. Serve with chopped tomato blend, fresh grated parmesan cheese, and a sprinkle of salt if you like.

### *Brian's Homemade Salsa*

Tomatoes – One quart. We like our 'Juliet' tomatoes but the red slicing tomatoes work just fine.

Onion – ½ medium, chopped fine

Peppers – raw, chopped fine. OR, roast on the grill or oven until skin is charred. Remove skin and chop fine.

Garlic – Four cloves garlic pressed

Cilantro – an absolute must for authentic tasting salsa

Cumin to taste

Salt to taste

Lemon or Lime Juice – ½ Tb

Core tomatoes then cut in half. Squeeze the seed pockets out of tomatoes and discard. Pulse tomato halves in blender or food processor until broken into chunks. Or chop fine by hand. Combine all ingredients in mixing bowl. Taste for seasoning and adjust if necessary. Let sit overnight for best flavor or eat immediately.

### *Cabbage and Radish Slaw with Peanut Dressing*

The peanut dressing can be made ahead and refrigerated in an airtight container up to four days; bring it to room temperature before using. You can let this slaw stand for up to one hour after dressing it; if you do so, stir in the peanuts and red radishes just before serving so they stay crunchy.

1 tablespoon finely chopped peeled fresh ginger

¼ cup coarsely chopped green onion

¼ cup natural peanut butter

½ cup rice-wine vinegar

3 tablespoons soy sauce

3 tablespoons packed dark-brown sugar

¼ cup olive oil

1 small green cabbage finely chopped

6 red radishes, chopped

4 green onions chopped

½ cup dry-roasted peanuts

Blend ginger, green onion, peanut butter, vinegar, soy sauce, sugar, and oil in a blender until smooth; set aside. Place cabbage, radishes, green onions, and peanuts in a large serving bowl. Pour in peanut dressing; toss thoroughly to combine.

### *Cabbage and White Bean Soup*

1 cup dried white beans such as Great Northern, navy, or cannellini (7 oz)

1 whole clove

1 medium onion, peeled and left whole

2 carrots, diced

2 celery stalks, diced

2 1/2 lb smoked ham hocks (can omit or use a vegetarian option)

3 qt water, vegetable or chicken stock

6 fresh parsley sprigs  
1 bay leaf  
1 fresh thyme sprig  
2 garlic cloves, finely chopped  
1 lb potatoes (3 to 4 medium)  
1 lb cabbage, cored and cut into 1/2-inch pieces (6 cups)  
1/2 stick (1/4 cup) unsalted butter, softened  
12 (1/2-inch-thick) slices from a baguette

Soak beans in cold water to cover by 2 inches at room temperature at least 8 hours, or quick-soak (see cooks' note, below). Drain in a colander. Stick clove into onion. Bring ham hocks and 3 quarts water to a boil in a wide 6- to 7-quart heavy pot, skimming off any froth, then reduce heat and simmer, covered, 1 hour. Add beans, onion, carrots, celery, parsley, bay leaf, thyme, and garlic and simmer, uncovered, stirring occasionally, until beans are almost tender, 40 to 50 minutes.

When beans are almost done, peel potatoes and cut into 1-inch pieces. Add potatoes and cabbage to beans, then simmer, uncovered, until vegetables are very tender, 20 to 25 minutes. Remove ham hocks. When ham hocks are cool enough to handle, discard skin and bones, then cut meat into bite-size pieces. Stir into soup with salt and pepper to taste. Discard bay leaf and onion.

Spread butter on both sides of bread, then toast in a 12-inch heavy skillet over moderate heat, turning over once, until golden, about 2 minutes total. Serve soup with toasts.

Cooks' notes:

Beans can be soaked up to 12 hours, chilled. • To quick-soak beans: Cover beans with cold water by 2 inches in a 5- to 6-quart pot and bring to a boil, uncovered. Boil beans, uncovered, 2 minutes, then remove from heat and let stand, uncovered, 1 hour. • Soup improves in flavor if made 1 day ahead, cooled completely, uncovered, then chilled, covered. Remove any solidified fat and reheat, thinning with water if necessary.

### *Cabbage with Apples and Walnuts*

1 small cabbage  
1/3 cup walnuts  
2 tablespoons cider vinegar  
1 tablespoon lemon juice  
Salt and pepper  
1/2 cup olive oil  
2 tablespoons sour cream  
2 apples  
1/3 cup crumbled blue cheese (optional)

Preheat the oven to 375°F. Cut cabbage in half and cut out its core. Slice the halves crosswise into fine shreds. Toast the walnuts in the oven for 8 minutes. Chop or coarsely crumble them. To prepare the dressing, mix the vinegar with the lemon juice, some salt, and a generous amount of pepper.

Whisk in the olive oil and sour cream. Taste and adjust the acid and salt as desired.

Quarter, peel, and core the apples. Slice the quarters lengthwise fairly thin and cut these slices lengthwise into a julienne. Toss the cabbage, apples, and walnuts (and blue cheese, if you're using it) with the dressing and an extra pinch of salt. Let the salad sit for 5 minutes, adjust the seasoning as needed, and serve.

### *Cauliflower and Penne*

1 cauliflower head, cut into florets

1 lb. penne pasta  
1/3 C extra virgin olive oil  
4 garlic cloves, thinly sliced  
1/2 C dry white wine  
1 1/2 tbsp. chopped fresh oregano  
1/4 C kalamata olives, pitted and chopped  
1 tsp. crushed red pepper flakes  
4 fresh parsley sprigs, chopped  
Salt and freshly ground black pepper  
1/4 C (1 oz.) shredded Asiago or Parmesan cheese

Bring a large pot of salted water to boil over high heat. Add the cauliflower and cook for 5 minutes, or until tender. Remove with a slotted spoon to a medium bowl, reserving the water. Cook the pasta according to package directions in the reserved water. Drain and place in a large serving bowl. Meanwhile, in a large skillet, heat the oil over medium-high heat. Add the garlic and cauliflower and cook for 5 minutes, stirring and breaking the cauliflower into bite-size pieces. Add the wine, oregano, olives, and red-pepper flakes and cook for 3 minutes, or until the cauliflower is very tender. Add the parsley and season with the salt and black pepper. Pour over the pasta and toss to coat well. Top with cheese.

### *Chicken Broth Soup with Ground Pork, Garlic, and Greens*

Recipe inspired by "True Thai" by Victor Sodsook

This is one of our favorite soups. Very few ingredients so each one is important to make the soup complete. Fish sauce can be found at a natural grocery.

1 lb ground pork  
10 garlic cloves, crushed  
1/2 tsp ground pepper  
1 T fish sauce  
1/2 lb greens swiss chard, kale, spinach work well  
6 cups chicken stock  
Cilantro, chopped

Combine ground pork with garlic, pepper, fish sauce, in a small mixing bowl. Mix by hand until well blended. Set aside. Chop greens into large but bite size pieces. Set aside. Pour chicken stock into soup pot and set over high heat. Bring to a low boil. Using a spoon, gather up scoops of the pork mixture and drop them one by one into broth. Bring the soup back to a slow simmer. Stir in greens and turn off heat. Allow greens to wilt in soup. Ladle into bowls and garnish with fresh cilantro.

### *Chickpea and Tomato Salad*

1-16 oz. can chickpeas (also called Garbanzo beans)  
1 pint 'Sungold' cherry tomatoes, sliced in half  
2 – red slicing tomatoes, diced  
1-medium zucchini, diced  
2 T Olive Oil  
2 T Vinegar – use a good red wine vinegar or herbal vinegar for best flavor  
1 T Dijon Mustard  
Salt/Pepper

In a mixing bowl, whisk together olive oil, vinegar, Dijon mustard, dash of salt and pepper. Drain chickpeas and rinse. Add to bowl. Add sliced 'Sungold' tomatoes and sliced red tomatoes. Toss

with dressing. Set aside. Sauté diced zucchini in a bit of olive oil just until tender. Add straight to bowl with tomatoes and chickpeas. Toss and serve.

Variations: So Many! Try diced cucumber, red onion, or crumbled feta cheese in this salad. In the original recipe, broccoli was steamed and added to the chickpeas and tomatoes instead of zucchini. Yum!

### *Cilantro Dressing*

Combining the salty olives with the fragrant cilantro makes a dressing very well suited to the robust flavors found in field salad mixes. It is also a good marinade for fish such as tuna. Never let fish marinate longer than 30 minutes, refrigerated, because the fish starts to become mushy.

3/4 cup pitted black olives, chopped  
1/2 cup packed cilantro leaves, chopped  
1/3 cup olive oil  
2 Tbsp. minced onion  
2 Tbsp. red wine vinegar  
1/4 tsp. pepper

In a small bowl, add all ingredients and whisk to combine. Makes 1 1/2 cups.

### *Cilantro Pesto*

1 bunch fresh cilantro  
5 cloves garlic, minced  
1 tablespoon white wine vinegar  
1/4 cup grated Parmesan cheese  
1/2 teaspoon cayenne pepper  
1/2 cup walnuts or pecans  
salt to taste  
1/2 cup olive oil

In an electric food processor or blender, blend cilantro, garlic, vinegar, Parmesan cheese, cayenne pepper, nuts, and salt. Add 1/4 cup of the olive oil, and blend the pesto. Add more olive oil until the pesto reaches your desired consistency.

### *Cool Mediterranean Pasta with Radish and Orange*

8 ounces (3 cups) pasta (bow tie or similar)  
2 cups fresh spinach leaves torn in bite-sized pieces  
1-1/2 cups thinly sliced radishes  
1 cup fresh orange chunks  
1/4 cup olive oil  
2 tablespoons red wine vinegar  
2 tablespoons mayonnaise  
1 teaspoon oregano leaves, crushed  
1 teaspoon minced garlic  
Salt, to taste

Cook pasta in salted water according to package directions; drain and rinse under cold water. Place in a large bowl along with spinach, radishes and orange. In a small bowl combine olive oil, vinegar, mayonnaise, oregano, garlic and salt. Pour over pasta mixture. Serve immediately or cover and refrigerate up to 3 hours. Yield: 4 to 6 portions, 7 cups

### *Couscous Salad with Arugula*

1 cup green lentils

1/2 teaspoon fine sea salt, plus more to taste  
1 cup couscous  
1/4 cup lemon juice  
3 tablespoons red wine vinegar  
1/4 cup olive oil  
2 garlic cloves, minced and mashed into a paste with a sprinkle of salt  
6 scallions, white and green parts, chopped  
2 cups packed coarsely chopped arugula or mesclun  
1 pint cherry tomatoes, cut into halves  
1 cup crumbled feta cheese or rindless chevre

Place the lentils in a medium saucepan and add enough water to cover by 2 inches. Bring to a boil over high heat. Reduce the heat to medium low and simmer until the lentils are just tender, about 45 minutes. Drain, rinse under cold water, and transfer to a bowl. In the meantime, bring 1 1/4 cups water and the salt to a boil over high heat. Stir in the couscous, remove from the heat, and cover tightly. Let stand until the couscous is tender and has absorbed the water, about 10 minutes. Fluff with a fork and stir into the lentils.

Whisk the lemon juice, vinegar, oil, and garlic in a small bowl to combine. Pour over the lentils and couscous and mix well. Add the scallions, arugula, and cherry tomatoes and mix. Season with the salt. Cover and refrigerate until chilled, at least 2 hours and up to 8 hours. Just before serving, mix in the cheese. Serve chilled.

### *Cream of Onion Soup*

2 tablespoons butter  
4 cups sliced onions  
2 large garlic cloves, peeled, halved  
4 1/2 c chicken stock  
1 medium potato, cut into pieces  
1/2 cup whipping cream  
1 tablespoon dry Sherry  
1 teaspoon minced fresh sage or thyme  
Minced fresh chives

Melt butter in heavy large pot over medium heat. Add onions and sauté until very tender and pale golden, about 25 minutes. Add garlic and stir 1 minute. Add broth and potato and bring to boil. Reduce heat; cover and simmer until potato is very tender, about 25 minutes. Cool slightly. Puree soup in blender or with a stick blender. Stir in cream, Sherry and sage or thyme. Simmer about 10 minutes. Season with salt and pepper. Sprinkle with chives before serving.

### *Cream of Swiss Chard Soup*

Swiss chard leaves – 1/2 to 3/4 lb  
1-1/2 cups potato cut into small cubes  
2-1/4 cups milk – 2 % or whole for richest flavor (can substitute goat or plain soy milk)  
3/4 cup onion minced  
1 clove garlic minced  
1/4 cup unsalted butter  
1 tsp. thyme  
Pepper  
1 Tbsp. fresh ground parmesan  
4 cups chicken broth  
Fresh chopped Basil

Steam or sauté swiss chard for 5 to 10 minutes or until wilted. Heat the milk just short of a boil. In a large pan place 3/4 cup minced onion, 1 clove garlic minced and 1/4 cup butter. Cook at a low heat until onion is translucent and tender. Add the potatoes and half of the milk. Simmer for 12 to 15 minutes or until the potatoes are cooked. Meanwhile squeeze the extra water from the Swiss chard and then slice into bite size pieces. Once the potatoes are cooked put them in a food processor or blender along with the remainder of the milk, the Swiss chard and the thyme. Blend or pulse until smooth. I like the Swiss Chard in small pieces, not pureed, in the soup. If you prefer this, leave the Swiss Chard out of the previous step and add along with the chicken broth in the next step.

Place soup back into pan along with the chicken broth. Bring to a boil and then simmer for 5 minutes. Taste and adjust the salt accordingly. Serve in bowls with a sprinkle of fresh parmesan and basil

### *Cream of Turnip Soup*

2 C chopped celery, chopped  
1 medium onion, chopped  
2 cloves garlic, chopped  
2 T butter  
4 C chicken broth  
1 bunch Hakurei turnips, tops removed, trimmed, peeled if necessary  
1 medium potato, peeled, chopped  
3/4 C heavy cream, half and half or whole milk  
salt, pepper

Cook the celery and onions slowly in the butter, covered, stirring occasionally, until very tender, around 20 minutes (add a little water if necessary). Add the garlic, turnips, potato and broth, cover and cook on medium until the potatoes and turnips are very tender. Purée with standard or stick blender and stir in the cream. Adjust seasoning.

### *Creamy Cilantro Salad Dressing/Dipping Sauce*

This sauce would be excellent on a taco salad, quesadilla, grilled chicken breast or fish.

1/3 cup chopped fresh cilantro leaves  
1/4 cup sour cream  
1/4 cup mayonnaise  
1/4 cup plain yogurt  
1/2 lemon, juiced  
Salt and freshly ground black pepper

Combine ingredients in mixing bowl. Whisk ingredients to incorporate them fully and season with salt and pepper, to taste. Yield: about 1 cup

### *Creamy Dill Dressing*

1 1/4 cups mayonnaise  
1/2 cup sour cream  
1/3 cup chopped fresh dill, leaves and/or stems chopped fine  
1/4 cup freshly grated Parmesan cheese  
3 tablespoons fresh lemon juice  
2 T chopped green onion, white or green parts or both  
1 clove fresh garlic, minced  
2 teaspoons Worcestershire sauce, optional

Whisk mayonaise and sour cream in medium bowl until smooth. Stir in remaining ingredients. Season with salt and pepper. Cover; chill 1 hour to blend flavors.  
Substitution: Try using plain yogurt for a portion of the mayo or sour cream.

### Curried Turnips

1 onion, chopped  
2 TBSP olive oil  
1 bunch turnips, washed and sliced thinly  
1 tart apple cored and chopped  
2 tsp curry powder  
1 tsp salt  
lemon wedges

Cook the onion, stirring, in the oil for 5 minutes over medium heat until it begins to brown. Stir in the turnips and cook 5 minutes more. Add the apple, curry powder and salt, and cook until tender, about 3 to 5 minutes. Squeeze a fresh lemon wedge over dish before serving. Serve hot with additional wedges.

### Dill Potatoes

A very simple but flavorful dish using fresh potatoes and dill. Wash and cut potatoes into 1" pieces to speed cooking time. Boil or steam potatoes until just tender – do not overcook. Drain and place in serving bowl. Add butter and fresh chopped dill. Allow butter to melt, sprinkle with salt and fresh ground pepper, toss to coat potatoes.

### Eggplant

No one ever said eggplant pulp was pretty, but it's a beautiful base for spreads and salads. To make it, just puncture a large eggplant in a few places and wrap it loosely in aluminum foil. Place it in a 400 degree oven until it's soft and mushy – it's usually ready in about an hour, but longer baking won't hurt it. Let it cool completely, then scrape all the flesh off the skin. You'll get about 1 ½ cups of pulp from a medium eggplant. Add whatever other vegetables and herbs you like – the eggplant's mild taste and pleasant texture blends and binds other ingredients.

### Eggplant Bruschetta

1 traditional eggplant or 8-10 mini Asian eggplants such as 'Fairy Tale'  
1/2 teaspoon salt  
2 medium tomatoes, chopped  
2 tablespoons minced fresh basil  
1 cup shredded mozzarella cheese or sliced fresh mozzarella  
2 tablespoons shredded Parmesan cheese

If using the larger eggplant, peel and slice into ¼" slices. If using the Fairy Tale variety, slice in half lengthwise AND take a thin slice off the outmost skin sides of each half so the pieces will not roll around on the pan. Place eggplant slices in a colander over a plate; sprinkle with salt and gently toss. Let stand for 30 minutes. Rinse and drain well. Coat both sides of each slice with olive oil. Place on a broiler pan. Top eggplant with tomatoes, basil and cheeses. Broil 6 in. from the heat for 5-7 minutes or until eggplant is tender and cheese is melted. Keep a close eye! These burn easily if left too long under the broiler!

### Eggplant Rounds with Cheese and Tomato Sauce

6-8 eggplant rounds per person, grilled, broiled or fried  
3/4 cup grated or sliced mozzarella  
1/2 cup crumbled gorgonzola or goat cheese  
about 4 cups favorite tomato sauce

chopped parsley or basil

Place the eggplant rounds on a sheet pan and cover with the cheeses. Bake at 375 degrees until the cheese melts. Serve with 2 or 3 spoonfuls of the sauce on each serving and garnish with the parsley or basil

### *Extra Virgin Mashed Potatoes*

1 1/2 lb potatoes, peeled or not depending on your preference, cut into equal size pieces  
4 T extra virgin olive oil

Place potatoes in heavy large pot. Cover with cold water. Boil over medium-high heat until potatoes are tender when pierced with fork. Drain, reserving 1 1/2 cups potato cooking liquid. Return potatoes to dry pot. Stir over medium heat until any excess liquid evaporates. Add 3 tablespoons olive oil and mash until almost smooth. Mix in enough potato cooking liquid as needed to moisten. Season to taste with salt and pepper. Transfer potatoes to large bowl. Drizzle with remaining tablespoon olive oil and serve.

### *Fall Radish Slaw*

1/2 lb. radishes, trimmed and grated coarse (about 2 cups)  
3 cups finely shredded cabbage  
1 cup coarsely grated carrots  
1/2 cup thinly sliced red onion  
2 tbsp. fresh lemon juice  
1/2 tsp. sugar  
2 tbsp. olive oil  
2 tbsp. chopped fresh cilantro, mint, or parsley leaves

In a bowl toss together the radishes, the cabbage, the carrots, the onion, the lemon juice, the sugar, the oil, the herbs, and salt and pepper to taste.

### *Fennel and Mushroom Saute*

1 or 2 Fennel Bulb and Leaves  
1 cup sliced mushrooms  
3 T butter  
1 T olive oil  
Salt and fresh pepper

Wash and trim fennel removing stems and leaves from bulb. Thinly slice bulb removing core. Mince 3 T of fennel leaves and set aside. Heat 1 T butter and oil until foamy, add mushrooms sautéing until browned. Remove and set aside. Add remaining butter and fennel to pan, cook until fennel is softened but still crunchy. Add mushrooms and stir to combine. Season with salt and pepper and minced fennel leaves.

### *Fennel- Tips On How To Use*

Add sliced fennel bulb and/or leaves to chicken or tuna salad

Roast fennel bulb in the oven drizzled with olive oil until just caramelized

Add halved fennel bulb to chicken cavity when roasting

Include Fennel with eggs - omelettes, frittatas, scrambled, egg salad

Serve raw fennel slices with an excellent cheese and fine olive oil – sharp cheddar, gorgonzola, creamy goat cheese

### *Fennel Vinaigrette Dressing*

1/2 cup olive oil  
1/2 cup fennel leaves  
1/4 cup lemon juice  
1 clove garlic, peeled  
pinch salt  
pinch sugar

In a small saucepan, heat oil, fennel leaves, lemon juice, crushed garlic and salt and sugar. Heat over low heat for 5 minutes. Remove and serve warm over fish, chicken or vegetables. Or allow to cool to room temperature and serve with salad.

### *French Sorrel Soup*

2 cups well-packed, washed and stemmed sorrel leaves  
1 medium onion, chopped  
3 tablespoons butter  
1 tablespoon unbleached white flour  
3 cups vegetable or chicken stock  
2 egg yolks  
1 cup milk or half-and-half  
salt and freshly ground black pepper  
dash of Tabasco or other hot sauce (optional)

Finely chop the sorrel leaves. In a medium saucepan, sauté the onion in the butter until translucent. Stir in the flour. Mix in the sorrel and cook it for a minute or so, just until it wilts. Add the vegetable stock. Bring the soup to a low simmer and cook for about 3 minutes. Beat the egg yolks and milk in a medium mixing bowl. Slowly add 2 cups of the hot soup while stirring constantly. Stir this soup-egg mixture into the soup pot. Reheat the soup gently but don't let it boil. Add salt and pepper to taste and a dash of Tabasco.

### *Fresh Pasta Bowl*

Here's a recipe to use up left over vegetables and greens but is still wonderful, fresh and easy. It's also kind of fun to assemble the ingredients and toss it together in front of your family. Enjoy the oohs! and aahhs! as you blend it all together and dish onto each person's plate.

Fresh vegetables chopped into bite size piece - Broccoli, green onions, sugar snap/snow peas, carrots etc.

Chopped greens of your choice – Arugula, spinach, kale, etc

Pasta – your choice

Olive oil

Pesto (if you have it)

Fresh garlic chopped

Fresh Parmesan or Asiago cheese, grated

Fresh Parsley chopped

Salt and Pepper to taste

Prepare pasta according to directions. In the meantime, sauté in olive oil OR steam your vegetables if you prefer. An easy method to steam is to add water to the bottom of a large skillet, add veggies and put on lid. Steam just a few minutes checking often so you don't overcook. Cook just until tender. Drain.

Place cooked pasta in a large bowl and toss with olive oil. Add prepared vegetables, chopped greens, fresh garlic, pesto, and grated cheese. Toss. Add chopped parsley and salt and pepper to taste.

There are any number of combinations that can be used to create this dish. Add what you like and leave out what you don't want. Want meat or beans? Add cooked chicken, fresh tuna, salmon, 15 oz can of garbanzos or Great Northern beans. It's just an easy way to fix supper.

### *Fried Green Tomatoes*

4-5 medium tomatoes, cored, thickly sliced  
Salt & Pepper to taste  
2 eggs, beaten  
½ c bread or cracker crumbs  
4 Tb butter or oil

Salt & pepper tomato slices and dip in beaten egg. Toss lightly in crumbs. Fry in skillet over moderate heat, browning on both sides.

### *Fried Rice*

This is your go to recipe for a simple, nourishing and very delicious meal all in one skillet.

2 cups of your favorite white or brown rice  
2 carrots, chopped  
3 stalks bok choy with leaves, chopped  
2 stalks celery, chopped  
1 pint sugar snap peas, stems removed, cut into bit size pieces or 1 cups frozen peas  
1 cup chopped cabbage  
2 garlic scapes chopped  
4 fresh eggs, ready to scramble  
Soy sauce – good soy or tamari sauce. We like San-J brand.  
Fish sauce – not necessary but adds flavor

More options: onion, fresh garlic, sliced mushrooms, turnips, radishes, broccoli, greens, just about any vegetable will work well in this dish. Roasted chicken, sliced beef or pork or shrimp can also be included. Quantities are approximate. Feel free to adjust, omit as you please.

Prepare rice. Chop all vegetables into bite size pieces. Heat a very large skillet or wok, add fat of choice and sauté vegetables until just tender. If your wok or skillet will scramble eggs without sticking, push vegetables to the sides, add more fat of choice to the center and add beaten eggs and scramble. Otherwise, scramble eggs separately and add to pan. Add rice – you may not need all of it. It is up to you the ratio of rice to vegetables. Incorporate the scrambled eggs, vegetables and rice. Add a few tablespoons of soy sauce and 1 T fish sauce (optional). Your done and supper is ready. This is great the first night – even better the next.

### *Garlic Scape Pesto*

1 cup garlic scapes (about 8 or 9 scapes), top bulbed part removed, cut into ¼-inch slices  
1/3 cup walnuts  
¾ cup olive oil  
¼-1/2 cup grated parmigiano  
½ teaspoon salt  
black pepper to taste

Place scapes and walnuts in the bowl of a food processor and process until well combined and somewhat smooth. Slowly drizzle in oil and process until integrated. With a rubber spatula, scoop pesto out of bowl and into a mixing bowl. Add parmigiano to taste; add salt and pepper. Makes about 6 ounces of pesto. Keeps for up to one week.

### *Ginger Mint Syrup*

1 cup water  
1/2 cup sugar  
1 (2-inch) piece fresh ginger, thinly sliced  
1/4 cup packed fresh mint leaves

Bring water and sugar to a boil in a saucepan and cook until sugar is melted, stirring occasionally. Add the ginger and cook for 1 minute. Remove from the heat, stir in the mint and steep for 5 minutes.

Syrup can be used to sweeten iced tea or to make lemonade by combining water, lemon juice and syrup to the level of sweetness you prefer. Try over freshly sliced strawberries or fruit salad as well as ice cream or frozen yogurt.

### *Glazed Turnips and Carrots*

2 tablespoons unsalted butter  
1 pound turnips cut into 3/4-inch cubes (about 2 c.)  
3 medium carrots (about 9 ounces) cut into 1/2" pieces  
2/3 cup chicken or vegetable broth  
1 tablespoon brown sugar  
1/2 teaspoon salt  
Ground black pepper

Heat butter in 12" skillet over medium-high heat. When foaming subsides, swirl to coat skillet. Add turnips and carrots in an even layer; cook without stirring until browned, about 4 minutes. Continue to cook, stirring occasionally, until well browned on all sides, about 4 minutes longer. Add broth, brown sugar, salt, pepper, cover skillet, reduce heat to medium-low, and simmer until vegetables are just tender, about 8 minutes. Uncover, increase heat to high, and cook, stirring frequently, until liquid in skillet reduces to glaze, about 1 minute. Serves 4.

### *Greek Fennel Skillet*

From the cookbook *Simply in Season*. Serve as a side dish or make it a meal by serving over pasta or polenta. It can also top Italian bread which has been brushed with olive oil and toasted in the oven.

2 cloves garlic, minced  
2 fennel bulbs, julienned  
1 onion, julienned  
1 T Lemon Juice  
2 medium Tomatoes, chopped  
1 1/2 cup feta cheese  
1/2 cup black olives

Saute in olive oil the minced garlic. Add onion and fennel, sauté until tender 5 – 10 minutes. Add lemon juice and tomatoes, cook over medium heat until part of liquid evaporates, about 10 minutes. Add salt and pepper to taste. Stir in feta cheese and black olives, serve.

### *Greek Salad Vinaigrette*

3 T red wine vinegar  
1 ½ t lemon juice  
2 t minced fresh oregano leaves or 1 tsp dried oregano  
½ t salt  
Fresh ground pepper  
1 medium clove garlic, minced  
6 T olive oil

Whisk the ingredients in a large bowl until combined. Serve over mixed greens with Kalamata olives and feta cheese.

### *Green Beans ala Broad Branch Farm*

Green beans  
Olive oil  
Soy sauce  
Toasted Sesame Oil – use sparingly as a little goes a long way.  
Herbed, balsamic or wine vinegar  
Fresh garlic, chopped

Steam green beans just until tender – no more than 10 minutes in a basket steamer. In a skillet, add olive oil, soy sauce, toasted sesame oil and chopped garlic. Stir fry garlic for a minute stirring to combine the ingredients. Remove from heat and add green beans, splash of vinegar, salt to taste, and fresh ground pepper. Toss to coat beans. The beans are outstanding and the garlic pieces infused with the soy and toasted sesame oil quite tasty.

### *Green Salad with Oranges and Radishes*

Try to find organic Navel oranges for this recipe. Choose fruit that is heavy for its size. The organic oranges are so much better than the conventional. Serves 6

1 lb lettuce or mixed greens of your choice  
2 oranges, peeled, (seeded, if necessary), sliced into chunks  
1 C thinly sliced radishes  
1/3 C sliced red onion or green onions  
4 tbsp. toasted/salted sunflower seeds  
4 T olive oil  
3 T Red Wine Vinegar  
1 T finely chopped garlic  
¼ tsp salt  
Freshly ground pepper

Combine vinegar and salt and let sit a few minutes. Then slowly drizzle olive oil into vinegar while whisking. Add garlic and fresh ground pepper. Prepare salad by placing washed drained greens in bowl, arrange prepared orange, onion and radishes on top. Drizzle with remaining dressing and sprinkle with sunflower seeds. Toss and serve.

### *Green Salad with Orange Tarragon Dressing*

6 tablespoons olive oil  
1/4 cup fresh orange juice  
3 green onions, minced  
3 tablespoons unseasoned rice vinegar  
1 tablespoon honey  
1 tablespoon chopped fresh tarragon  
1 teaspoon grated orange peel

4 oranges  
1/2 lb Greens of your choice  
2/3 cup sliced almonds, toasted

Whisk first 7 ingredients in small bowl. Season with salt and pepper. Slice oranges. Here's a tip on slicing oranges: Slice the whole orange in half lengthwise and then slice each half into quarters. Slice off any tough skin or white pith. Then, make 3 or 4 vertical cuts on each section so when the whole slice is bent, you can see the individual orange pieces. Run your knife under the orange segments to release. Combine greens, half of almonds, and all orange segments in large bowl with enough dressing to coat. Divide among 6 plates. Sprinkle with almonds.

### *Green Tomato Casserole*

This recipe is pure comfort food – easy, quick and warms the body on a cold day.

5-6 green tomatoes  
1lb ground beef, turkey, chicken or vegetarian substitute  
1/2 c chopped onion  
1/4 c chopped red pepper  
1/2 c chopped green pepper  
1 tsp salt  
1/4 tsp garlic powder  
1/2 tsp cumin  
1/2 tsp Worcestershire sauce  
1 c tomato sauce  
1 c whole kernel corn  
1/2 c grated Parmesan cheese  
Dash cayenne pepper

Cut tomatoes in small chunks. Set aside. Brown beef in a large skillet, drain if necessary, and place back into skillet. Add onions, peppers, and tomato chunks. Sauté several minutes. Stir in seasonings, tomato sauce, corn and cook several minutes stirring frequently. Pour ingredients into a buttered casserole dish, sprinkle with Parmesan cheese and cayenne. Bake in 350° oven for 35 minutes.

### *Green Tomato Cheese Pie*

1 unbaked 9-inch pie shell  
Milk  
4 T butter  
2 onions sliced  
1 clove garlic  
4-5 green tomatoes  
3 T chopped parsley  
1 T lemon juice  
2 T Flour  
1 1/2 tsp salt  
Freshly ground pepper  
1 c sharp Cheddar cheese, grated

Brush pie shell with milk, prick with fork and bake in a 450° oven 5 minutes. Remove from oven and cool. Melt butter in a large skillet and sauté onions and garlic until tender. Add sliced tomatoes and cook until tender. Add parsley, lemon juice, flour, salt, and pepper. Cook, stirring frequently for about 10 minutes. Pour into pie shell and sprinkle cheese evenly over top. Bake in 400° oven 10-15 minutes until top is browned.

### *Green Tomato Jam*

4 green tomatoes, peeled using a vegetable peeler and then diced into 1/2-inch cubes  
1 cup light colored honey  
1 cup water  
1 cup dry white wine  
2 fresh bay leaves or one dried  
8 sprigs of thyme  
1 clove of garlic, smashed  
Salt to taste  
1/4 cup olive oil  
Juice of 1 lemon

In a small sauté pan, bring the honey, water, and wine to a simmer on medium-low heat. Add bay leaf, garlic, and thyme and simmer for 3 minutes. Stir in tomatoes and season with salt. Reduce the heat to low and simmer the green tomatoes slowly for about 20 to 25 minutes (add more wine or water if the pan dries up too quickly) or until the tomatoes are soft and jam-like. Stir in olive oil and lemon juice. Season again with salt to taste. Cool and remove thyme sprigs and bay leaf.

### *Green Tomato Salsa*

4 c chopped green tomatoes  
2 c chopped, seeded sweet peppers  
Chopped and seeded jalapenos (control heat by removing or leaving in seeds and cavity that holds seeds)  
1 c chopped onion  
2 tsp salt  
1 1/2 c cider vinegar  
3 cloves crushed garlic

Chop all ingredients and place in saucepan. Bring to a boil, reduce heat and simmer for 10 minutes. Refrigerate to enjoy when cool OR pour salsa in clean hot pint jars. Seal with lids and bands and process in a water bath for 30 minutes.

### *Grilled Cabbage*

The grill gives the cabbage wonderful flavor.

One head of cabbage  
Olive oil  
Balsamic or Apple Cider Vinegar **OR** Soy Sauce

Wash cabbage and cut a 1" slice from the head. The slice should have some of the larger outside leaves on one side or the cabbage slice will fall apart. Brush with olive oil and sprinkle with salt. Grill until the cabbage slice starts to soften and become pliable. Start on low heat to begin with to get the inside cooked and then raise the heat to brown the outside if needed. Remove cabbage and slice into 1" pieces. Toss with vinegar of your choice or soy sauce. You choose.

Variation: Apples pair very well with cabbage. Peel apples and either sauté in olive oil or skewer and grill with the cabbage just until tender. Toss with chopped cabbage and sprinkle of cinnamon.

Leftover Idea: We tossed our left over cabbage into a stir fry with broccoli, zucchini, carrots, and green onions. Splashed with soy sauce and it was wonderful.

### *Grilled Endive and Bean Bruschetta*

This recipe assumes the endive is still in a head. For loose leaf endive, choose larger individual leaves to grill. Brush with olive oil and grill just a few minutes until browned and slightly wilted.

Italian round loaf (can be sourdough)  
1 head or ½ lb endive  
1 can Cannelinni beans  
1/4 cup olive oil  
1/4 teaspoon thyme (can sub other herbs too)  
1/2 tsp lemon juice  
salt and pepper to taste

Drain and rinse the beans and mash with a potato masher (leaves some texture in the beans). Add rest of ingredients and stir. Cut bread into slices and drizzle with extra olive oil. Grill bread on each side till toasted and set aside. To grill endive, grill with stem side down on lit burners for 3-5 minutes then flip and grill 1 min more. Remove endive to indirect heat for another few minutes until endive is slightly browned and wilted. Remove endive and chop into semi-fine pieces. Layer bean spread on grilled bread and top with endive in a fairly thick layer.

### *Grilled Greens*

Washed Greens – heartier leaves like kale and endive work well  
Olive oil

This is simple. Brush greens with olive oil and place on the grill. Grill just until wilted. The kale and endive turned out especially well.

### *Grilled Green Onions*

This recipe doesn't sound real exciting but they are fabulous. Such a simple dish but the flavor is outstanding. Give it a try. And make sure you eat the tops also – they're the best part!!

Large green onions with tops (usually described as thinnings from our storage onions)  
Olive oil

Wash onions. Leave outer skins, roots, and tops. Slice onions in half length wise. Brush with olive oil and place on grill cut side down. You will flip the onion halves only once when the cut side is browned. Once the center of the onion begins to cook and soften, if you flip it cut side down, the center will fall out. Once both sides are browned, remove from grill and serve– tops and all. You will find the tops to be rich and flavorful while the onion itself is sweet and tender. We ate the entire onion and found it all to be delicious.

### *Grilled Pizza*

This recipe is one that appears difficult but is absolutely easy and delicious. A bread machine makes excellent pizza dough. If you don't have a bread machine, making homemade pizza dough is not difficult and a recipe can be found in most basic cookbooks or online.

Fresh pizza dough – I use my bread machine which makes delicious pizza dough.  
Sautéed, steamed or grilled vegetables – zucchini, onions, eggplant, tomatoes  
Meat of choice – roasted chicken, sausage (precooked), pepperoni  
Cheese, grated or sliced thin – fresh mozzarella, parmesan, asiago, feta  
Pesto – arugula or basil based  
Fresh basil  
Olive oil

Prepare pizza dough. If using a bread machine, remove dough from machine when cycle completes and divide into 3 or 4 pieces. Cover with towel and allow to rest until the dough no longer springs back. Roll out one piece about 8-10". If the dough still springs back, cover with a towel and allow to rest another 10 minutes and then continue shaping. Pieces do not have to be perfect – bigger or smaller as you choose as long as you can get it off the grill. Place flattened dough onto a preheated grill. Cook on first side 3-4 minutes until the bottom just begins to brown. Flip it over and add toppings. This is the fun part. Spread pesto on browned crust. Add meat if using, prepared vegetables, and cheese. Close lid and let cook another 5 minutes or so until cheese melts. Remove from grill and add fresh basil and a drizzle of olive oil. Slice and serve. You will be amazed at the flavor when using homemade dough, fresh vegetables, and basil. Try all kinds of variations. We typically don't use a traditional red sauce but you can. Try topping the pizza with chopped tomatoes tossed with feta cheese, olive oil, and chopped basil. You quickly realize these pizzas work with all kinds of combinations.

Variation: One of our favorites – *Barbecue Chicken Grilled Pizza*. Toss roasted chicken with barbecue sauce of your choice. After cooking dough on first side and flipping, add chicken and cheese of choice. Cook another 5 minutes or until chicken is heated through and cheese is melted.

### *Honeyed Turnips With Lemon Thyme*

1 lb Hakurei turnips, trimmed and quartered  
2 T butter  
1/4 cup honey  
3 tsp fresh lemon juice  
1/2 tsp grated lemon zest  
3 tsp chopped fresh lemon thyme leaves or regular thyme

Boil sliced turnips for 1 minute. Drain and rinse under cold water, drain well. Melt butter in a medium pan, add honey. Bring mixture to a simmer. Add the lemon juice and zest. Simmer for 3 minutes. Add the turnips and toss to coat. Saute until turnips are almost tender and well glazed. Test that turnips are tender with paring knife or skewer. Add the lemon thyme. Remove the pan from the heat. Taste for seasoning and serve warm.

### *Kale - Tips To Use This Green*

Kale has a flavor very similar to cabbage. This makes sense as it's in the same plant family as cabbage, cauliflower, broccoli – the Brassica family. This group of plants was pointed out in recent years for its health benefits and possible cancer prevention. Either way, it tastes great either raw in salads or in one of the dishes below:

Chop coarsely and sauté with olive oil until wilted. Serve with your morning scrambled eggs or include in an omelette. The flavor goes very well with eggs.

Grill it by brushing with olive oil and wilting slightly on the grill.

Replace your lettuce with kale on your next sandwich.

### *Kohlrabi and Apple Salad*

1/4 cup mayonnaise  
1/4 cup sour cream  
1 tablespoons fresh lemon juice  
2 teaspoons coarse-grained or Dijon mustard  
1 tablespoon finely chopped fresh parsley leaves  
1 teaspoon sugar or more depending on your taste

2-3 kohlrabi bulbs peeled and cut into bite size pieces  
2 firm, crisp apples, cut into bite size pieces

In a bowl whisk the mayo, sour cream, lemon juice mustard, parsley, sugar, and salt and pepper to taste. Combine kohlrabi and apple slices in bowl and toss with the dressing. Adjust seasonings and serve. Excellent served over a bed of salad greens.

### Layered Eggplant Casserole

2-3 TBS olive oil  
1 large egg  
2 TBS milk  
¼ cup all purpose flour, more if needed  
1 large eggplant, peeled and cut into ¼ inch thick slices  
1 large onion, finely chopped  
4 large tomatoes, cut into ¼ inch thick slices  
4 ounces Monterey Jack or other cheese, grated  
1 TBS unsalted butter

Preheat the oven to 350 degrees. Oil a 2-quart casserole. Beat the egg and milk in a bowl and spread the flour on a plate. Heat 1 TBS of the oil in large skillet. Dip each slice of eggplant into the egg mixture, and then flour on both sides. Place the slices in the skillet in a single layer and fry until golden on both sides. Continue frying the eggplant in batches, adding oil as necessary, until done. Layer the fried eggplant, the onion, the tomato, and the cheese until they are all used up; the final layer should be the eggplant. Sprinkle any remaining flour (or use another 2 TBS of flour) over the top. Dot with the butter. Place in the oven, uncovered, for about 45 minutes, until bubbling and the eggplant is tender. Note: instead of frying the eggplant slices, you can drizzle them with oil and bake them on a cookie sheet for about 30 minutes in a 350 degree oven.

### Napa Cabbage Salad With Apples and Pecans

2 teaspoons butter  
1 cup pecan halves  
1 tablespoon brown sugar OR pure maple syrup  
Pinch of cayenne (optional)

2 tablespoons rice wine vinegar  
1 tablespoon apple cider vinegar  
1 teaspoon Dijon mustard  
1/4 cup olive oil

2 medium unpeeled firm, crisp apples, quartered, cored, thinly sliced  
2 tablespoons fresh lemon juice  
6 cups thinly sliced Napa cabbage, leaves and ribs are fine

Melt butter over medium-high heat and add pecans, stir 1 minute. Add sweetener of choice and cayenne; stir until nuts are coated, about 1 minute. Remove from heat and allow to cool. Whisk both vinegars and mustard in small bowl. Gradually whisk in olive oil. Season dressing to taste with salt and pepper. Toss apples with lemon juice in large bowl. Add cabbage and mix. Add dressing and toss. Stir in pecans and season salad with salt and pepper.

Optional extras – Cheese – feta, bleu, shaved parmesan; sunflower meats, dried cherries or cranberries.

### Orange Oregano Dressing

1/2 teaspoon orange zest, freshly grated  
2 T orange juice, preferably freshly squeezed  
2 T cup cider vinegar  
1 c extra-virgin olive oil  
2 teaspoons fresh oregano, chopped,  
1 teaspoon Dijon mustard  
1/2 teaspoon salt  
1/2 teaspoon freshly ground pepper

Combine orange zest, orange juice, vinegar, mustard, salt and pepper in bowl. Drizzle in olive oil whisking the entire time. Add fresh oregano.

### *Oven Roasted Sweet Potato*

An oven roasted sweet potato is one of the finer things to eat. Set oven to 400 degrees. Wash sweet potatoes and cut a thin slice away from each end. Place on cookie sheet and roast until a paring knife easily pierces the skin and flesh. We eat skin and all just like a regular potato.

### *Oven Roasted Sweet Potatoes With Maple Syrup*

2 pounds sweet potatoes  
2 tablespoons olive oil  
2 tablespoons pure maple syrup  
1 teaspoon fresh lemon juice  
1/2 teaspoon salt  
Preheat oven to 350 degrees F.

Peel and cut the sweet potatoes into 1-inch pieces and put in a 9 by 13 baking dish. In a small bowl whisk together olive oil, honey or maple syrup and lemon juice. Pour mixture over potatoes and toss to coat. Sprinkle with the salt, and bake, stirring occasionally, for about 1 hour, until potatoes are tender.

### *Parmesan-Roasted Butternut Squash*

2 1/2 pounds butternut squash, peeled and cut into 1-inch pieces  
3/4 cup heavy cream  
3 sage leaves  
2/3 cup finely grated Parmigiano-Reggiano

Preheat oven to 400°F with rack in middle. Toss squash with cream, sage, 1 teaspoon salt, and 1/4 teaspoon pepper in a 2-quart shallow baking dish. Bake, covered, 30 minutes.

Stir in half of cheese and sprinkle remainder on top. Roast, uncovered, until squash is tender and beginning to brown, about 20 minutes. Let stand about 5 minutes before serving (cream will thicken).

### *Pasta Sauce ala Broad Branch Farm*

Core and slice tomatoes in half. We don't remove skins but you can if they really bother you. Place tomatoes in stock pot and cook until tomatoes are broken down and soft in their own juice. Don't add water. If the tomatoes are scorching, turn down the heat.

Place a few garlic cloves (you judge how many based on how big your stock pot, flavor, etc.), fresh basil, and a few ladles of your tomatoes in a blender. Pulse blender until garlic and basil are chopped. Add to stock pot. Freeze at this point in plastic containers if you like for use over the winter. To use for dinner tonight, continue on to complete the sauce.

At this point, if you don't like the skins in the sauce, use a stick blender to chew up the skins. Or you could put the tomatoes in a food processor or blender and just pulse a few times to get rid of skins. We find this acceptable over putting the entire pot through a food mill. We add organic tomato paste to thicken and bring the sauce together (about one 6 oz can for every 2 quarts of sauce). We add roasted or sautéed vegetables (carrots, zucchini, onion, mushrooms) cooked just until tender. Preparing the vegetables separately cuts down on cooking time (vegetables cook slowly in the sauce) and roasting or sautéing adds lots of flavor. We also cook our protein choice and add – seasoned ground beef, Italian sausage, ground turkey, ground pork. We adjust the seasoning adding a couple teaspoons of sugar, salt and pepper. Sugar is key – just a little bit really rounds out the sauce and brings it all together.

### *Pasta with Fresh Tomato Sauce*

2 small garlic cloves  
1 tsp. salt  
1-2 lbs tomatoes  
1 Tbsp. extra virgin olive oil  
Freshly ground pepper  
Cooked pasta (either angel hair or thin spaghetti)  
Fresh basil, chopped  
Finely grated Parmigiano-Reggiano  
Extra-virgin olive oil for drizzling  
Additional Salt to taste

Mince garlic and mash to a paste with 1 tsp. salt using a large heavy knife. Coarsely chop tomatoes and place in colander to drain. Strain and reserve juice. Toss tomatoes with garlic paste, olive oil, and pepper. Let stand until ready to use, at least 10 minutes and up to 2 hours.

While tomatoes stand, cook pasta . Drain in a colander and place in a serving bowl. Top with tomato mixture, followed by a sprinkling of basil. If desired, add reserved tomato juice. Top with parmesan, olive oil and salt to taste.

### *Pasta With Sizzled Buttery Sage*

1 lb fresh pasta OR dried pasta of your choice  
4 T butter  
1/2 cup fresh sage leaves  
Freshly ground pepper  
1/4 cup freshly grated Parmigiano-Reggiano cheese

In a large skillet, melt the butter. Add the sage leaves and cook over moderate heat, turning once, until crisp, about 3 minutes. Season the sage with salt and pepper. Using a slotted spoon, transfer the sage to a plate; reserve the butter.

In a large pot of boiling salted water, cook the fresh or dried pasta, stirring, until al dente. Drain the pasta, reserving 1/4 cup of the pasta cooking water. Return the pasta to the pot, toss with the reserved butter and pasta cooking water and season with salt and pepper. You can add a bit of pasta to the sage skillet to gather all the butter and sage flavor – don't leave any behind. Transfer to a large bowl and scatter the sage leaves and the 1/4 cup of cheese on top. Serve at once, passing additional cheese at the table.

### *Preserved Eggplant in Olive Oil*

Eggplant – sliced in 1/2" rounds  
Salt  
White wine vinegar – 1-2 cups

Olive oil  
Fresh Garlic cloves 3 - 4

Place eggplant in large bowl and toss with salt. Lay salted slices on a layer of paper towels, place more paper towels on top and weigh down with a baking sheet. Let the eggplant sweat for 1 hour.

Bring vinegar to a boil, add eggplant and bring back to boil and simmer 5 minutes. Drain eggplant and pat dry.

Pour ½ "of oil into a sterilized pint jar and add eggplant slices and fresh garlic cloves. It does work better to have wide mouth jar if you have one available. Add enough of the remaining olive oil to cover eggplant. Store for one week in a cool dark place before eating. Once opened, make sure all eggplant slices remain immersed in oil to prevent them from spoiling.

Serving suggestion: Use Preserved Eggplant on a fresh pizza. Prepare pizza dough. Spread dough with red sauce, pesto, or both. Place eggplant slices on sauce and add fresh basil leaves, slices of onion, roasted chiles. Bake according to pizza dough recipe. Dress with fresh grated Parmesan or Asiago cheese. This would be wonderful with the Grilled Pizza recipe provided earlier in the season.

### *Pumpkin Pie*

If you don't make crust, purchase a non-hydrogenated oil (NO shortening) pie crust. Brian's mother Sarah makes a wonderful crust using olive oil. That recipe is included in any basic family cookbook or go online for help. We cut the sugar in half on this recipe but you can leave it at 1 cup if you like. I feel the 1 cup makes the pie too sweet masking the warm flavors of roasted pumpkin, cinnamon and spices.

1 organic pie pumpkin (Can substitute winter squash such as butternut)  
9-inch pie shell, preferably made with non-hydrogenated vegetable oil  
1 cup sugar (We cut the sugar in half and use the least processed variety like Sucanat)  
½ tsp salt  
1 ½ tsp cinnamon  
½ tsp ginger  
½ tsp cloves  
1 ½ c evaporated milk OR substitute 1 cup whole milk  
½ c milk  
2 eggs, slightly beaten

Wash the pie pumpkin and slice into into 6-8 pieces, removing any seeds and strings. Place in steamer rack over boiling water and cover. Steam until tender about 20-30 minutes. Remove from steamer, let cool. Using a spoon, scrape flesh away from skin. Mash or puree the cooked pumpkin and measure out 1 ½ cups for the pie. Remaining pumpkin can be enjoyed just like winter squash or frozen for later use.

Preheat oven to 425 F. Line a pie pan with 9-inch pie shell. Combine the mashed pumpkin and remaining ingredients in a large bowl and beat until smooth. Pour into lined pie pan. Bake for 10 minutes, then lower heat to 300 F and bake for another 45 minutes or until the filling is firm. If any pie filling remains, place in oiled baking dish and bake until firm. If only a thin layer, it will only take 10-15 minutes. It's delicious without any crust.

### *Quesadillas on the Grill*

We love Quesadillas and find they are even better on the grill. You have to start with good tortillas with no shortening or hydrogenated oils. Go to a natural grocery and buy delicious varieties that are whole wheat, spelt, or sprouted grain. Add fresh vegetables, creamy melting cheese, and good salsa and you've got a great dish. Once your ingredients are chopped, sautéed, cooked, etc., these go together very quickly and have wonderful flavor.

Tortillas – please choose non-hydrogenated torts such as Rudi's brand  
Cheese – any good melting variety like Colby-Jack, American, Pepper Jack, etc.  
Fresh Vegetables – onions, zucchini, peppers, tomatoes  
1 – 15 oz can of organic beans of your choice – black, kidney, great northern, refried  
Seasoned, cooked meat if you choose  
Chopped greens  
Fresh Tomatoes - chopped  
Sour Cream or Yogurt  
Salsa – can be eliminated if using fresh tomatoes and cilantro  
Fresh Cilantro - chopped

Fire up the grill and let it preheat. In the meantime, sauté or steam your fresh veggies just until tender. Place tortilla on the grill and add cheese on one half of tortilla. Add a few sautéed vegetables, beans and meat. Fold in half. Grill just until cheese is melted and tortillas are just starting to brown a bit. Remove from grill and top with chopped greens (try some kale!), fresh tomatoes, salsa, sour cream or yogurt, and fresh cilantro. We find using one tortilla folded in half works better than two tortillas with the toppings in between. You don't lose toppings when trying to flip one tortilla over. This dish is so flexible and easy. Try any combination of fillings to make your Quesadillas just right!

Variation: For an even more intense grill flavor, grill the vegetables until just tender.

### *Quick Radish Pickles*

makes about 1 cup

1 bunch radishes, quartered (large radishes will need to be cut into eighths)  
3 tablespoons rice vinegar (not seasoned)  
2 tablespoons sugar  
1 T pickling spice  
1 (1-inch) piece peeled ginger, cut into thin matchsticks (1 tablespoon)

Toss radishes with 1 tsp salt in a bowl and let stand 30 minutes. Drain in a sieve but do not rinse. Heat vinegar with sugar in a small saucepan over medium-low heat, stirring, until sugar has dissolved. Remove from heat and add radishes, then stir in ginger. Transfer to a small bowl and marinate, chilled, at least 2 hours or overnight.

### *Quinoa Salad With Fresh Mint*

1 cup dry quinoa  
2 tablespoons fruity extra virgin olive oil  
Juice from 2 limes  
2-3 fresh mint sprigs, leaves removed and chopped  
2 tablespoons chopped fresh cilantro leaves or parsley  
Sea salt and fresh ground pepper, to taste  
A handful of sweet and ripe cherry or grape tomatoes, quartered  
2 tablespoons diced red onion- or use 2 chopped scallions  
1 garlic clove, minced

Cook the quinoa. Scoop the cooked quinoa into a bowl and add the rest of the ingredients, tossing lightly with a fork until combined. Taste test and adjust seasonings. Cover and chill. Makes 4-6 servings.

### *Radish Salad With Raisins and Pecans*

1 bunch radishes  
½ cup golden raisins  
½ cup toasted pecans  
3 tablespoons honey  
2 tablespoons rice vinegar  
Salt and pepper

Remove greens and slice radishes in half. Lay the halves flat and thinly slice them into half moons. Toast the pecans on a cookie sheet in a 300-degree oven for about 15 minutes or until a toasty aroma is present. In a bowl combine the radishes, raisins, nuts, honey, vinegar, salt, and black pepper. Let this salad rest in the refrigerator for at least an hour before serving.

### *Raspberry Vinaigrette*

4 T Red Wine Vinegar  
4 T Rice Wine Vinegar  
1 T Lemon Juice  
1 tsp Dried Thyme  
1 tsp salt  
1 tsp Pepper  
1 tsp Garlic, minced (optional)  
2-3 T Honey  
1 cup Fresh Raspberries  
1 ¼ c Olive Oil

In blender or food processor combine all ingredients except oils until smooth. Slowly add oils until combined

### *Rice Salad with Lemon, Dill, and Red Onion*

¾ tsp coarse salt, plus more for cooking water  
1c white long-grain rice  
½ small onion, finely chopped (about 1/3 cup)  
3 T red wine vinegar  
3 T freshly squeezed lemon juice (1 lemon)  
2 ½ T extra-virgin olive oil  
1 ½ tsp finely chopped garlic  
¼ tsp freshly ground pepper  
3 T roughly chopped fresh dill  
Grated zest of 1 lemon

Bring a medium saucepan three-quarters full of water to a boil; add salt. Stir in rice, and return water to a boil. Reduce heat to a simmer; cook uncovered until rice is tender, about 14 minutes. Drain rice in a sieve, and transfer to a medium bowl. Meanwhile, mix together onion and vinegar in a small bowl. Let sit 5 minutes; strain onion in a sieve, discarding vinegar. Place lemon juice, oil, garlic, ¾ teaspoon salt, and the pepper in another small bowl, and whisk to combine. Drizzle lemon mixture over hot rice. Add reserved onion, dill, and lemon zest; toss to combine. Serve.

### *Roasted Beet Soup*

1/2 pound red beets (about 3 medium)  
1 1/2 teaspoons butter  
1 1/2 teaspoons olive oil  
1 small onion, thinly sliced  
1 celery stalk, chopped  
1/8 teaspoon ground ginger  
1/8 teaspoon ground allspice  
1/8 teaspoon ground pepper  
2 cups chicken or vegetable stock  
1 small bay leaf  
1 fresh thyme sprig  
1 fresh parsley sprig  
1/4 cup whipping cream

2 tablespoons crème fraîche or sour cream

Preheat oven to 350°F. Wrap beets in foil and roast until tender when pierced with fork, Cool. Peel beets – skin will rub off easily. Cut 1/4 of 1 beet into 1/4-inch cubes; reserve for garnish. Cut remaining beets into 1/2-inch pieces.

Melt butter with olive oil in heavy medium saucepan over medium-high heat. Add onion and celery and cook until beginning to brown, stirring frequently, about 10 minutes. Stir in ginger, allspice, pepper, and 1/2-inch beet pieces. Cook until vegetables begin to stick to bottom of pot, stirring frequently, about 10 minutes. Add 2 cups stock, bay leaf, thyme sprig, and parsley sprig. Bring to boil. Reduce heat to low, cover, and simmer until vegetables are very tender, about 25 minutes. Remove bay leaf, thyme sprig, and parsley sprig. Cool soup slightly. Working in batches, puree soup in blender with cream OR use a stick blender (much easier than the stand alone blender). Season to taste with salt and pepper. Garnish with sour cream and reserved beet cubes.

### *Roasted Beet, Spinach and Walnut Salad*

5 T olive oil  
3-4 beets, whole, tops removed  
1/2 c walnut pieces  
2 garlic cloves, minced  
2 T balsamic vinegar  
2 c spinach  
1/2 c crumbled Bleu Cheese (or cheese of your liking)

Lightly brush a baking sheet with olive oil and roast beets in a preheated 400 degree oven until beets are tender- approx. 30-45 min. (If you don't want to fire up the oven, try grilling the beets instead. Toast walnuts in the oven for just a few minutes) For the last 5 minutes of roasting beets in the oven, add the walnuts to the pan. Whisk the remaining olive oil with the balsamic vinegar, garlic, salt & pepper until well blended. Slice the beets. In a large mixing bowl, place spinach and combine with sliced beets, walnuts, vinaigrette. Sprinkle with Bleu Cheese. Substitute Feta or Parmesan if you don't care for the strong flavor of Bleu Cheese.

### *Roasted Cauliflower*

1 head of cauliflower  
2-3 cloves of garlic, peeled and coarsely minced  
1 lemon  
Olive oil  
Salt and Pepper

Parmesan cheese

Preheat oven to 400°F. Cut cauliflower into florets and put in a single layer in an oven-proof baking dish. Add garlic. Squeeze a lemon over cauliflower and drizzle each piece with olive oil. Sprinkle with salt and pepper. If the oven hasn't reached 400°F yet, set aside until it has. Place casserole in the hot oven, uncovered, for 15-25 minutes, until the top is lightly brown. Test with a fork for desired doneness. Remove from oven and sprinkle generously with Parmesan cheese.

### *Roasted Cherry Tomatoes*

2 pints cherry tomatoes  
3 garlic cloves, peeled and thinly sliced  
2 tablespoons olive oil  
2 tablespoons balsamic vinegar  
½ teaspoon kosher salt  
1/8 teaspoon freshly ground black pepper  
¼ cup packed fresh basil leaves, torn if large

Heat oven to 400° F. Combine all the ingredients except the basil in a roasting pan. Roast for 20 minutes, stirring occasionally, until the tomatoes are just bursting. Carefully transfer the tomatoes to a bowl and set aside. Place the roasting pan on the stove over medium heat (or transfer the liquid to a small saucepan) and reduce the liquid until slightly thickened, about 5 minutes. Toss the tomatoes with the basil. Drizzle some of the thickened balsamic sauce on each serving.

### *Roasted Eggplant and Onion Pasta*

1 eggplant, cut into 3/4-inch-thick slices  
1 c onion sliced  
8 ounces uncooked tube shaped pasta  
1 tablespoon olive oil  
3 garlic cloves, minced  
2 cups diced tomatoes  
2 tablespoons chopped fresh herbs (dill, parsley, basil or any combination)  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
3/4 cup finely crumbled feta cheese  
4 teaspoons pine nuts, toasted, optional  
1/4 cup grated fresh Parmesan cheese

Preheat broiler. Place eggplant slices & onion on baking sheet, brush with olive oil; broil 20 minute, turn once or until both sides are golden brown. Remove from oven; cool. Cut into bite-size pieces. While eggplant & onion broil, cook pasta according to package directions. Heat oil in skillet over medium heat. Add garlic & saute 1 minute. Add tomato, fresh herbs, salt & pepper; cook over low heat for 10 minutes. Stir in eggplant & onion; cook 5 minutes. Add pasta, stir well. Top with feta and Parmesan & pine nuts.

### *Roasted Peppers*

You can roast whole peppers (sweet or hot, depending on what you intend to use them for) over a very hot wood or charcoal fire. Place peppers directly on the grill (if it's still flaming a bit, so much the better!) and turn frequently with tongs to allow the skins to blister and blacken.

Roasted peppers are wonderful on their own or added to a recipe.

When the peppers are charred, remove them from the fire and place in a food grade plastic bag. Allow some air to remain in the bag and loosely tie. The steam that will form in the bag will help to remove the skin. Let cool for about fifteen minutes or until you can easily handle the peppers.

Remove from bag and use your hands to peel off the skins. Cut off the stem end and slice the peppers open. Remove the core and seeds and cut into strips.

Alternatively, you can use one of these other methods to roast peppers:

- You can roast and blacken the pepper on the burner directly over the gas flame on your stovetop.
- If you don't have an open fire, you can also roast peppers in the oven or under a broiler. Put the peppers directly on the oven rack and roast until blistered and charred. Proceed as above. Quarter, core and seed larger peppers before roasting this way.

### *Roasted Vegetable Salsa*

This recipe is taken from Yankee Magazine. It is great for using up any extra vegetables you haven't been able to use. This is REALLY good and REALLY easy.

1 small eggplant, unpeeled, cut into ½ inch cubes  
1 summer squash, cut into ½ inch pieces  
1 cup cherry tomatoes cut in half  
1 small onion coarsely chopped  
1 small pepper coarsely chopped  
Kernels from 2 ears of sweet corn  
2 cloves garlic, minced  
1 T fresh herbs (and combination or one of the following: basil, parsley, oregano, rosemary, sage, thyme)  
3-4 T olive oil  
1 T fresh lemon juice

Heat oven to 450. Lightly oil a 15x10x1 inch baking pan. Place eggplant in colander and sprinkle with salt. Let it stand about 15 minutes, rinse and pat dry. Place vegetables in pan, sprinkle with salt, pepper, garlic and herbs. Drizzle with olive oil. Bake 10 minutes then give vegetables a stir. Bake another 10 minutes or until vegetables are tender and just begin to caramelize (brown a bit); cool slightly. Drizzle with lemon juice, season with additional salt and pepper if necessary. Serve on pita chips, as filling for a wrap or quesadilla, as a topping on warm crusty French bread sprinkled generously with fresh Parmesan cheese, tossed with pasta, or served with an omelet with crumbly fresh goat cheese. You will find many uses for these delicious roasted vegetables.

### *Rolled Stuffed Lasagna with Greens and Tomato Cream Sauce*

1 pound greens (kale, spinach, collards, chard, or a combo)  
3 tablespoons butter or oil  
2 garlic cloves, minced  
1 medium-size onion, chopped  
1 container (15 ounces) ricotta cheese  
1 cup finely diced mozzarella cheese  
1/2 cup grated Parmesan cheese  
8 lasagna noodles, cooked al dente  
salt and pepper

### *Tomato Cream Sauce*

4 tablespoons butter  
4 tablespoons flour  
3 cups milk  
1 cup tomato puree

1/8 teaspoon ground nutmeg  
salt and pepper

Preheat oven to 350 degrees. Rinse greens well; cut off any tough stems or ribs and discard. Chop greens. Heat butter or oil in large skillet. Add garlic and onion; saute 5 minutes. Add greens and cook 5 minutes longer, until wilted. Mix greens-and-onion mixture with ricotta, mozzarella, and 1/4 cup Parmesan cheese in large bowl. Stir in salt and pepper.

**For the sauce:** Melt butter in saucepan; whisk in flour. Cook 2 minutes, whisk in rest of ingredients, and cook 5 minutes or until boiling. Remove from heat. To assemble lasagna: Coat bottom of a large baking dish with sauce. Lay a noodle on a work surface; spread one-eighth of greens mixture evenly over it. Roll the noodle up loosely, like a jellyroll, and place seam side down in baking dish. Repeat with rest of noodles. Pour remaining sauce over noodles and sprinkle remainder of Parmesan cheese on top. Bake, uncovered, 30 minutes or until hot and bubbly.

**Substitution:** Marinara sauce would work just fine instead of the Tomato Cream Sauce. Meat of your choice could be added to the sauce, also.

### *Root Vegetable Hash with Poached Eggs and Parsley Pesto*

#### *Pesto*

2 cups (packed) fresh Italian parsley leaves (from 2 bunches)  
1/4 cup extra-virgin olive oil  
2 tablespoons pine nuts, toasted  
2 tablespoons fresh lemon juice  
2 tablespoons water  
1 small garlic clove, peeled

#### *Hash*

2 1/2 cups 1/2-inch dice potatoes OR sweet potatoes  
2 1/2 cups 1/2-inch dice peeled beets  
1 1/2 cups 1/2-inch dice peeled carrots  
1/2 cup 1/2-inch dice red bell pepper  
2 tablespoons extra-virgin olive oil  
3 garlic cloves, minced  
4 green onions, sliced

4 large eggs

#### **For pesto:**

Blend all ingredients in processor until almost smooth. Season with salt and pepper.

#### **For hash:**

Preheat oven to 400°F. Oil a baking sheet. Toss diced root vegetables onto prepared sheet; spread in single layer. Sprinkle generously with salt and pepper. Roast vegetables until tender, stirring and turning occasionally, about 45 minutes. Stir in garlic; roast 5 minutes longer. Mix in green onions. Fill a large skillet halfway with generously salted water; bring to boil. Reduce heat to maintain steady gently simmer. Crack eggs, 1 at a time, into custard cup, then slide eggs into simmering water. Poach eggs until softly set, about 3 minutes.

Divide hash among 4 plates. Using slotted spoon, top each serving with 1 poached egg. Drizzle with pesto.

### *Rustic Roasted Tomato Salsa - 2007 Field Day Cooking Demo*

(Makes about 2 cups)

2 fresh jalapeno chilies (or any fresh chiles of your choice) – roasted and peeled  
3 garlic cloves, roasted  
½ cup white onion, finely chopped,  
1 ½ lbs fresh tomatoes, roasted, peeled and chopped  
1/3 cup (loosely packed cilantro, roughly chopped  
1 teaspoon (to taste) fresh lime juice or cider vinegar  
Salt

Rinse onions in colander under cold water. Shake off the excess water and pour into a medium bowl. Put roasted garlic and peeled chiles in a food processor and pulse until finely chopped. Add the tomatoes and their juice, and pulse a few more times until the mixture is as coarse or fine as you want it to be. Pour the tomato mixture into the bowl with the onion. Add cilantro and stir thoroughly. Thin with water if necessary. Taste and season with lime juice or vinegar, if using salt try about ½ teaspoon. If not using within an hour or two, cover and refrigerate. If your not planning to use the salsa within a few hours, wait until your ready to serve to add the onions and cilantro.

### *Sautéed Summer Squash*

Summer Squash – trim & dice larger zucchini or patty pan squash, leave tiny zucchini trimmed but whole  
Fresh Garlic – peel cloves, leave whole

Heat olive oil or butter in pan. Add summer squash and garlic. Saute until lightly browned. Sprinkle with salt and pepper. Lower heat, cover, and cook just until tender 5-10 minutes. Sprinkle with lemon juice before serving.

Variation: Add fresh chopped dill with lemon juice. Toss and serve.

### *Squash Cornmeal Muffins*

1/2 cup unsalted butter, softened  
3/4 cup light brown sugar  
1/2 cup milk  
4 eggs  
1 ½ cups cooked, mashed winter squash (can use pumpkin, butternut or other favorite winter squash variety)  
1 1/2 cups whole wheat flour  
1 cup yellow cornmeal  
2 teaspoons baking powder  
1 teaspoon baking soda  
1 teaspoon ground cinnamon  
1/2 teaspoon salt  
1/2 teaspoon ground cloves

Heat oven to 350F. Lightly coat muffin tins with butter. In a large bowl, beat the butter and brown sugar until light and fluffy. Add the remaining ingredients and beat until smooth. Spoon the batter into the muffin pans. Bake 25 to 30 minutes or until a toothpick inserted into a muffin comes out clean. Cool on a wire rack.

### *Sorrel Frittata*

1 Tbsp. butter  
1 onion, minced  
1 bunch sorrel, cut into strips

6 eggs  
1 Tbsp. chopped fennel or parsley  
2 Tbsp. grated Parmesan cheese  
1 Tbsp. bread crumbs  
salt and pepper to taste  
1 Tbsp. olive oil

Heat butter in medium skillet over low heat. Add onion and cook 5 minutes, or until softened. Add sorrel and cook until wilted. Set aside.

In a medium bowl, beat eggs until frothy. Add sorrel, parsley, cheese and bread crumbs. Season with salt and pepper.

Preheat broiler. In a medium ovenproof skillet, heat oil over medium-high heat, swirling to coat the pan. Add egg mixture, reduce heat to low and cook, stirring until large curds form. Stop stirring and cook until eggs are set except for top. Place under broiler and cook until golden brown, watching carefully. Do not overcook. Let frittata cool in pan for a minute, place a serving plate over the skillet and invert.

### *Sorrel Tart*

6 oz sorrel, rinsed and trimmed  
¾ c milk  
¼ cu crème fraiche  
2 eggs  
2 egg yolks  
¼ tsp salt  
1 prebaked pie shell  
½ c grated gruyere cheese

Preheat oven to 400. Place rinsed sorrel with water still clinging to it in medium sized pan over medium heat. Cook until it "melts", about 3 minutes. It will turn olive green. Stir, continue cooking for 2 or 3 more minutes until it turns into a thick puree. Remove pan from heat and set aside.

In medium bowl, whisk together milk and crème fraiche. Add the whole eggs, one at a time and whisk until blended. Whisk in egg yolks, season with salt and pepper.

Place prebaked pie shell, still in pan, on baking sheet. Spread sorrel in the shell and top with cheese. Then pour in egg mixture. Bake in center of the oven until tart is puffed and golden 25-30 minutes.

### *Swiss Chard and Scape Frittata*

3 Tbsp. olive oil  
10 eggs  
1 cup (1/2 lb.) chopped raw Swiss Chard  
1/2 c. grated Parmesan cheese  
1 Tbsp. chopped parsley or basil  
1/2 c. finely chopped garlic scapes  
salt and pepper to taste

Preheat oven to 350°. In a large bowl mix all ingredients except oil and scapes. Heat oil in a 10-inch ovenproof skillet on the stove. Add the scapes and saute until tender on medium heat for about five minutes. Pour egg mixture in skillet with garlic and cook over low for three minutes. Place in oven and bake uncovered for 10 minutes or until top is set. Cut into wedges and serve.

### *Thyme Roasted Sweet Potatoes*

3 medium sweet potatoes, peeled and cut into 1 1/2-inch-thick rounds

1 tablespoon olive oil  
2 garlic cloves, minced  
1 tsp fresh thyme leaves  
Salt  
red pepper flakes, optional

Preheat oven to 450°F. In large mixing bowl, combine all ingredients and toss. Arrange potato slices in single layer on heavyweight rimmed baking sheet or in 13x9-inch baking dish. Place on top rack of oven and roast until tender and slightly browned, about 30 minutes.

### *Tomato Relish*

Try this relish on top of salads, roasted or grilled meats, wraps, quesadillas or as a simple side.

1 pound ripe tomatoes, finely chopped (with seeds and juices)  
2/3 cup finely chopped red onion  
2 sweet peppers, seeded, finely chopped  
1 rib celery, finely diced  
1 clove garlic finely chopped  
1/4 cup chopped fresh Italian flat leaf parsley  
1/4 cup extra-virgin olive oil  
3 tablespoons fresh lemon juice  
1-2 teaspoons sugar or as needed

Combine tomatoes, red onion, peppers, celery, garlic, parsley, olive oil, lemon juice, and sugar in medium bowl. Season with salt and pepper. *DO AHEAD: Can be made 4 hours ahead.* Cover and chill.

Options For a spicier relish, add half or whole chopped Jalapeno pepper.

### *Tzatziki Cucumbers with Dill*

1 medium cucumber, chopped  
2 garlic cloves, chopped  
2 Tbs. olive oil  
1 Tbs. lemon juice  
8 oz. yogurt  
1 Tbs. chopped fresh dill

Combine all ingredients, chill and serve. Excellent dressing for salads, dip for pita chips and sauce for a falafel sandwich. Makes 2-3 servings.

### *Vichyssoise*

3 large potatoes, peeled and diced  
4 cups chicken stock  
2 large leeks, thoroughly washed and sliced  
4 tbsp butter  
1/2 to 1 cup light cream  
salt  
white pepper  
fresh chives for garnish

Cook potatoes in chicken stock until tender. Sauté leeks in butter over medium-low heat until soft. Add leeks to potatoes and stock and puree in a blender. Stir in the cream and season with salt and pepper to taste. Serve very hot (but don't boil) or extremely cold. Garnish with chives.

### *Vinaigrette*

Here is a classic recipe for simple vinaigrette from a now out of print magazine called *Kitchen Gardener* from Taunton Press. Use high quality ingredients and you will be rewarded with a perfect salad dressing – one that cannot be recreated in a store bought brand. Double or triple the recipe so you always have it handy when you have a wonderful salad.

4 T olive oil  
1 T red wine vinegar  
1 tsp fresh lemon juice  
Pinch of lemon zest  
1 ½ tsp Dijon mustard  
Salt and pepper to taste  
2 pinches sugar (optional)  
One garlic clove, chopped  
1-2 T fresh herbs (oregano, basil, and thyme work well)

Put all ingredients except the herbs in a jar with a tight fitting lid and shake to mix. Add the fresh herbs right before serving.

### *Warm Cabbage, Onion, and Apple Slaw*

1 medium yellow or red onion  
1 medium red or green cabbage  
2 large crisp, sweet apples  
Salt and pepper  
Vinegar  
Olive Oil

Peel and slice the onion very thin. Trim the cabbage, core it, cut in half, and slice fine as for coleslaw. Peel, core, and slice the apples very thin. In a large saute pan, heat a little oil and begin to saute the onions. When they are translucent and just beginning to brown, add the apples. Saute about 1 minute so everything is sizzling, and add the cabbage, the seasoning, a dash of vinegar, and a little water. Stir on a hot flame just long enough to barely cook the cabbage. It should retain a little crunch. Serve with pork, roast chicken or savory grain, or by itself.

Note: You can add herbs and mushrooms, or go in another direction with such spices as cinnamon or allspice. Add a splash of balsamic vinegar or sugar for sweetness.

### *White Beans and Pasta with Sweet Pepper, Pea Pods, and Parmesan*

This makes an easy, tasty meatless dish. Perfect served with a tossed greens salad.

1- 15 oz can white beans – Cannellini or Great Northern, rinsed and drained  
Cooked, drained pasta of your choice  
Bell Pepper – preferably red, yellow, or orange, chopped fine  
Pea Pods or other seasonable green vegetable, steamed

This is a great way to use leftover pasta if you have it available. Leftover pasta can be heated through by adding to the basket steamer with vegetables in last minute of cooking. If no leftovers, cook, drain, and toss new pasta with olive oil to prevent sticking.

In a bowl, toss together the noodles, white beans, chopped pepper, and steamed peapods, zucchini or what ever steamed vegetable you choose. Generously grate fresh parmesan cheese over bowl, drizzle with a little more olive oil, sprinkle of salt if you like and toss.

I made this a kid friendly dish for our daughters by omitting onions, and chopping the sweet peppers very fine – 2 ingredients they pick over. The onions would be wonderful in this dish, sautéed in olive oil until just golden before tossing with the rest of the ingredients.

### *Winter Squash with Onions*

The sweet flavor of winter squash combined with sautéed onions is a real match. Another simple recipe bringing together the great flavors of fall.

One winter squash  
One medium onion

Peel and slice onion into fairly thin rings. Sauté in butter or olive oil until browned. You want a good sweet aroma from these onions when they are ready.

Dice winter squash. You can leave the skin on if you like. I do enjoy eating the skin but it's not for everyone. Sauté winter squash in olive oil until tender. Covering the squash for 10 minutes will help cook it through. Remove lid to let the moisture cook off. Allow squash to brown a bit to bring out its flavor. When squash is cooked through, toss with onions and serve.

Variation: Add an apple to the mix. Peel and slice apple into ¼" slices. Combine with onions after onions have become translucent. They will not need to cook the entire time with the onions. Serve apple slices and onions with prepared squash. Don't like onions? Leave them out and just sauté apples. It's all good!