

Arugula-

Blueberry and Smoked Salmon Salad

Serves 4

Adapted from a recipe by Greg Atkinson, noted chef of the Pacific Northwest

For the Dressing

¼ cup rice wine vinegar
1 tablespoon Dijon mustard
1 tablespoon sugar
1 teaspoon kosher salt
¾ cup canola oil
½ teaspoon coarsely ground black pepper
1 tablespoon poppy seeds (optional)

For the Salad

5 ounces (3 cups packed) baby arugula leaves
½ cup sweet onion, sliced thin
1 pint fresh blueberries
12 ounces alder-smoked salmon, broken into large flakes

1. To make the dressing: Combine the vinegar, mustard, sugar and salt and whisk until smooth. Dribble the oil, whisking all the while, then stir in the pepper and the poppy seeds to create a smooth emulsion. You will have more dressing than you need. Keep any extra dressing refrigerated for another day.
2. Toss the arugula in a large salad bowl with the sliced onion and about ½ cup of the salad dressing. Distribute the salad between four plates and top each serving with a handful of blueberries. Distribute the smoked salmon evenly between the salads.

Basil-

Pesto

Edited from *The Moosewood Cookbook*

3 packed cups fresh basil leaves (removed from stems)
2 large cloves fresh garlic
½ cup pine nuts, walnuts, almonds or a combination
½ cup (packed) fresh-chopped parsley
¾ cup fresh-grated parmesan
½ cup olive oil
¼ cup melted butter
Salt to taste

While butter is melting, combine half the basil, garlic and oil in a blender on low, then medium speed. Thoroughly work it into a smooth paste. Then add melted butter, rest of basil, and parsley. Mix to a paste, then add nuts. Add parmesan and salt to taste, then toss with hot, drained pasta and serve. Also good as a pizza topping.

Note: Basil freezes really well. Wash and de-stem fresh basil, then measure out 3 heaping cups and store in 1-qt. freezer bags to be pulled out for future pesto making.

Beans-

Dilly Beans:

INGREDIENTS

2 lbs green beans

¼ cup kosher or canning salt

2 ½ cups vinegar

2 ½ cups water

1 teaspoon cayenne pepper, divided (optional – we found it made the beans quite hot)

4 cloves garlic

4 heads dill

Trim ends off green beans. Combine salt, vinegar and water in a large saucepot. Bring to a boil. Pack beans lengthwise into hot jars, leaving ½ inch headspace. Add ¼ teaspoon cayenne pepper, 1 clove garlic, and 1 head dill to each pint jar. Add ½ teaspoon cayenne pepper, 2 cloves garlic and 2 heads dill to each quart jar. Ladle hot liquid over beans, leaving ½ inch headspace. Remove air bubbles. Adjust two-piece caps. Process both pints and quarts for 10 minutes in a boiling-water canner.

Green Beans with Summer Savory and Garlic

INGREDIENTS:

Ice

2 tablespoons olive oil

1 1/2 pounds trimmed green beans

3 cloves garlic, minced

1 tablespoon fresh summer savory removed from stem

Salt and pepper

INSTRUCTIONS

Fill a large bowl with cold water and ice.

Bring a large pot of water to boil. Once boiling salt liberally and add in green beans. Cook 3 - 4 minutes or just until bright green.

Use a slotted spoon to transfer beans to ice bath to stop cooking process. Once cool, remove and pat dry.

Heat oil in a skillet over medium-high heat. Add beans, cook 3 - 5 minutes or until beans are tender but crisp. Add in garlic and summer savory. Cook just until garlic becomes fragrant, about a minute. Season to taste with salt and pepper and serve.

Bell Peppers-

Mom's Stuffed Bell Peppers

Serves 4 to 6

Adapted from www.simplyrecipes.com/recipes/moms_stuffed_bell_peppers/#ixzz4O8qwOiMCr

Ingredients

- 1 1/2 to 2 cups cooked white rice (starting from about 3/4 to 1 cup raw white rice)
- 6 large bell peppers, red, yellow, or green. They all have different flavors. Red, especially, is much sweeter
- 1 to 1 1/4 lb of ground beef (ground chuck, 16% fat)
- 6 large fresh basil leaves, chopped (or 1 1/2 teaspoons dried basil)
- 2 teaspoons fresh summer savory or thyme, chopped (or 1/2 teaspoon dry)
- 2 teaspoons fresh marjoram, chopped (or 1/2 teaspoon dry)
- 1 teaspoon salt
- Freshly ground black pepper
- 1/4 cup olive oil – more if your meat is lean
- Paprika

Instructions

1 Cook the rice and fry the ground beef: If you haven't already made the rice, start cooking the rice following the package instructions (usually 1 cup of raw white rice plus 1 1/2 cups of water and 1/2 teaspoon of salt, bring to boil, reduce heat to low, cover and cook for 15 minutes.)

2 Steam the bell peppers: Cut the tops off of the bell peppers. Remove and discard (compost) the stem and seeds.

Place bell peppers cut side up on a steaming rack over an inch of water in a large covered pot. Bring to boil, let steam for 10 minutes. (Note you can skip this step if you want, but steaming the pepper shells first will make them more tender and easier to eat.)

3 Mix the filling: Heat oven to 350°F. In a large bowl mix together the ground beef, basil, summer savory, marjoram, salt, several turns of black pepper, and the cooked rice.

4 Fill the bell peppers: Remove bell peppers from steamer pan. Place cut side up in a Pyrex or other oven-proof casserole dish. Gently stuff the peppers with the ground beef rice mixture. Dribble olive oil over the stuffed peppers, along the outside of the peppers, and into the pan. Rub the oil over the outside of the peppers; it will help with browning. Sprinkle the tops generously with paprika.

5 Bake: Place on the middle rack of the oven and bake at 350°F for 35-40 minutes.

Brussels Sprouts-

Brussels sprouts with brown butter and sage

<https://www.myrecipes.com/recipe/brussels-sprouts-with-brown-butter-sage>

Ingredients

2 pounds fresh Brussels sprouts (40 to 50 sprouts), trimmed and halved

3 tablespoons butter

1/4 cup coarsely chopped sage leaves (6 to 8 leaves)

1 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

Directions

In a large saucepan, add the sprouts to boiling salted water and cook until bright green and just tender, 6 to 8 minutes; drain and set aside.

In a 12-inch skillet, over medium heat, melt the butter and cook until nutty brown in color, being careful not to burn it. Add the sage, stirring until fragrant, about 1 minute. Add the sprouts, salt, and pepper. Toss to coat in the butter and cook until heated through, 5 to 7 minutes. Serve warm or at room temperature.

Cabbage-

Cabbage pockets

Serves 4-6

Filling Ingredients

1 large onion

1 large cabbage

1 lb. ground beef

Salt

Pepper

Dough Ingredients

- 2 to 2-1/3 cups all-purpose flour
- 2 teaspoons yeast
- 1 1/2 teaspoons sugar
- 3/4 teaspoon salt
- 2 Tablespoons olive oil
- 3/4 cup warm water (105–115 F) [Instructions](#)

Begin with dough, combining 1 cup of flour with the yeast, sugar, and salt in a large bowl. Add olive oil and warm water and use a wooden spoon to stir well. Gradually add another cup of flour. Add any additional flour as needed (sometimes as much as an additional 1/3 cup), stirring until the dough forms into a cohesive, elastic ball and is beginning to pull away from the sides of the bowl. Lightly grease sides and bottom of a large bowl. Place ball of dough in bowl, cover, and allow to rise for 30 minutes.

Preheat oven to 350 degrees F. Grease 1-2 casserole dishes.

Fry onion in a little oil until soft. Add ground beef and cook until done. Set aside. Chop cabbage into narrow strips and cook in frying pan until soft. Add to onion and beef mixture. Add salt and pepper to taste. Let cool slightly.

Tear off 1-2 in. chunks of the dough and roll flat. Place a healthy portion of meat and cabbage mixture into the center of the dough. Fold the outside edges in and pinch firmly to contain the filling. Set in casserole dish and roll out more. Place pockets up against each other for softer pockets, or leave space between each for crisper ones.

Bake at 350 degrees for 30 minutes, or until golden brown

Corn-

Creamed Corn (without cream) Serves: 4

Adapted from Ball's Blue Book: Guide to Preserving and www.cooking.nytimes.com/recipes/12693-creamed-corn-without-cream

If the corn is sweet, as corn should be, let the dish stand alone with no additional flavorings. This is best served right away.

INGREDIENTS

- 4 large ears of corn, husked
- 2 tablespoons unsalted butter
- 2 tablespoons minced shallot or red onion (optional)
- Salt to taste
- 2 to 3 teaspoons minced fresh herbs such as sage, tarragon, thyme, chives (optional)

PREPARATION

1. Husk corn; remove silk. Wash. Cut kernels from cob, leaving tip ends behind. Scrape cob to extract pulp and milk.
2. Melt 1 tablespoon of the butter in a medium saucepan over medium heat, and add shallots if using. Cook, stirring, until shallot is tender and fragrant, about 2 minutes, and add the corn and salt to taste. Cook for 5 minutes, stirring often, until the mixture is sweet and creamy. Taste and adjust salt. Stir in the remaining tablespoon of butter and remove from the heat. Serve hot, garnished with fresh herbs if desired.

Elote (Mexican grilled corn)

Adapted from Bon Appétit

INGREDIENTS

- Vegetable oil, for brushing
- ½ teaspoon chili powder
- ¼ teaspoon cayenne powder
- 4 ears of corn, husked
- 1/8 cup mayonnaise or unsalted butter
- ¼ cup crumbled cotija cheese, Parmesan, or ricotta salata
- 1 lime, cut into 4 wedges

RECIPE PREPARATION

- Build a medium-hot fire in a charcoal grill or heat a gas grill to high. Brush grill grate with oil. Combine chili powder and cayenne in a small bowl.
- Grill corn, turning occasionally with tongs, until cooked through and lightly charred, about 10 minutes. Remove from grill and immediately brush each ear with 1½ tsp. mayonnaise or butter. Sprinkle each with 1 Tbsp. cheese and a pinch of chili powder mixture. Squeeze 1 lime wedge over each ear and serve.

Cucumber-

Cucumber-Basil Agua Fresca

Makes about 7 cups

<https://www.epicurious.com/recipes/food/views/cucumber-basil-agua-fresca-56389827>

INGREDIENTS

2 large cucumbers

1/2 cup fresh lime juice

1/4 cup (packed) basil leaves

1/4 cup sugar or agave syrup, or 1/8 cup honey plus more to taste

PREPARATION

Slice a few thin slices of cucumber; reserve for garnish. Peel and coarsely chop remaining cucumber. Purée chopped cucumber, lime juice, basil, 1/4 cup sugar, and 2 cups water in a food processor until very smooth. Strain into a pitcher and add 2 cups water, adding more sugar or water if needed, then chill until ready to serve over ice. Add reserved cucumber slices just before serving.

Cucumber salad

Serves 4 - 8

3 cucumbers – some like to peel them, others like the color and nutrition of skin intact

1 medium onion (red is best, then white – or try green onions)

1/4 cup white wine vinegar

1/4 cup water
1 Tbsp sugar
1 tsp salt
1/2 tsp black pepper
Optional: 1/3 cup fresh dill, chopped. Or try mint!

INSTRUCTIONS

1. Slice the cucumber in half (to assure it is not bitter) and then cut in thin slices. Slice the onion in thin strips. Mix cucumber and onions in a large bowl. Season with salt and pepper.
2. Mix white wine vinegar, water, sugar in a small bowl. Pour over the cucumbers and onions, and stir well.
3. Sprinkle with fresh chopped dill and stir.

RECIPE NOTES

If you are not planning to eat the salad right away, or if you are planning to refrigerate it overnight, make sure you follow this step:

Before making the recipe above, season the sliced cucumbers with salt and place them in a colander sitting in a bowl in the refrigerator for about 30 minutes to 1 hour. Allow the salt to draw out the excess moisture. Once the cucumbers have drained, discard the liquid and continue with the recipe.

Cucumber and Tomato Salad With Cilantro and Mint

Serves 4

<https://cooking.nytimes.com/recipes/1014916-cucumber-and-tomato-salad-with-cilantro-and-mint>

INGREDIENTS

4 ripe tomatoes, chopped
4 cucumbers, chopped
½ small white onion, chopped
2 tablespoons chopped purple or green basil
1 tablespoon chopped cilantro
1 tablespoon mint
½ teaspoon crushed red chili powder (or ancho chile powder) -- optional
½ teaspoon salt
2 tablespoons lemon juice
1 tablespoon olive oil

PREPARATION

Combine all of the ingredients in a bowl; toss, and serve.

Dill Pickles Yield: about 7 pints

Adapted from Ball's Blue Book: Guide to Preserving

4 lbs cucumbers
6 tablespoons kosher salt
4 ½ c water
4 c vinegar
14 heads fresh dill
3 ½ teaspoons mustard seed
14 peppercorns
Ball Pickle Crisp (optional)

Wash cucumbers; drain. Cut cucumbers into ¼-inch crosswise or lengthwise slices, discarding blossom ends. Combine salt, water and vinegar in a large saucepot; bring to a boil. Pack cucumbers into hot jars, leaving ½-inch headspace. Add 2 heads of dill, ½ teaspoon mustard seed and 2 peppercorns to each jar. Ladle hot liquid over cucumbers, leaving ½ -inch headspace. Add Pickle Crisp to each jar, if desired. Remove air bubbles. Adjust two-piece caps. Bring water to a rolling boil before lowering jars into canner. Process 15 minutes in a boiling-water canner. After 15 minutes, turn off heat and remove canner lid. After 5 minutes, carefully remove jars from boiling water, setting on a dry towel or cutting board to cool. Leave 1 to 2 inches of space between jars. Let jars cool naturally 12 to 24 hours, then check seal.

Allow 4-6 weeks to cure for best flavor.

Sweet-and-Sour Cucumbers with Fresh Dill

Makes 6 to 8 servings

<https://www.epicurious.com/recipes/food/views/sweet-and-sour-cucumbers-with-fresh-dill-109713>

INGREDIENTS

- 2 English hothouse cucumbers (1 1/2 pounds total), unpeeled, very thinly sliced
- 1 tablespoon coarse kosher salt
- 1/2 cup distilled white vinegar
- 1/4 cup finely chopped fresh dill
- 3 tablespoons sugar
- 1/2 teaspoon freshly ground black pepper

PREPARATION

1. Place cucumber slices in colander. Sprinkle with salt; toss to coat. Let stand 15 minutes, stirring occasionally.
2. Meanwhile, for dressing, stir vinegar, dill, sugar, and pepper in large bowl until sugar is dissolved.
3. Drain cucumbers well; pat dry. Add cucumbers to dressing and stir to blend. Refrigerate at least 15 minutes and up to 2 hours; serve cold.

Fennel-

Fennel Apple Salad with walnuts Serves 10

This bright and tangy salad cuts the heaviness of the typical Thanksgiving meal. With fennel, celery, apples and toasted walnuts, it is all crunch, which the carb-heavy meal can generally use more of. You can make the dressing a day ahead and store it in the fridge, but don't dress the salad until an hour before serving. *Melissa Clark for The New York Times*

INGREDIENTS

- 3 tablespoons lemon juice, plus more to taste
 - ½ teaspoon fine sea salt, plus more to taste
 - Freshly ground black pepper
 - ¼ cup extra-virgin olive oil
 - 3 large fennel bulbs, thinly sliced
 - 2 Granny Smith apples, halved and cored, thinly sliced
 - 3 celery stalks, thinly sliced
 - ½ cup fennel fronds or roughly chopped parsley leaves
 - ½ cup toasted walnuts
 - 2 ½ ounces grated Parmesan (about 2/3 cup)
1. In a small bowl, whisk together lemon juice, salt and pepper. Slowly drizzle in oil, continuously whisking, until dressing is emulsified. Taste and add more lemon juice and/or salt if needed.
 2. In a large bowl, toss the dressing with fennel, apple and celery. Fold in fennel fronds or parsley and walnuts. Top with Parmesan just before serving.

Spiced Winter Squash with Fennel Serves 4 as a side dish

Adapted from www.epicurious.com/recipes/food/views/spiced-winter-squash-with-fennel-230945

INGREDIENTS

- 1 ½ to 3 pounds winter squash, peeled, halved lengthwise, seeded, halved crosswise, then cut lengthwise into 3/4-inch-wide wedges
- 1 fennel bulb, trimmed, cut lengthwise into 1-inch-wide wedges
- 1 large onion, root end left intact, then cut lengthwise into 1/2-inch-wide wedges
- 3 tablespoons olive oil
- 1 teaspoon ground cumin
- 1 teaspoon ground cinnamon
- 1 teaspoon chili powder
- ½ teaspoon turmeric
- Salt and pepper to taste

PREPARATION

Position rack in bottom third of oven and preheat to 450°F. Combine squash, fennel, and onion in a bowl. Add oil and toss to coat. Mix all spices in a separate bowl, then sprinkle spice mixture over vegetables and toss to coat. Arrange vegetables in edged roasting pan, laying fronds of the fennel underneath as a bed, if you like. Sprinkle with salt and generous amount of pepper. Roast until vegetables are tender and browned, turning once, about 45 minutes.

Fennel Note - To use the entire fennel: Add fennel **stalks** to a vegetable broth, especially if using the broth in a fennel dish—they lend quite a bit of anise flavor. The stalks also freeze well in plastic bags for later use. You can use the mildly anise-flavored **fronds** as you would a fresh herb:

- In salads, especially if the salad contains fennel
- Tucked in the cavity of roasted chicken or whole fish, alone or with other aromatics
- Chopped and added to marinades for fish or meat, along with garlic and other herbs
- Added to chunky vegetable soups during the last minutes of simmering
- As a bed for roasting swordfish or halibut fillets (both fronds and stalks)

Herbs-

Herbal Teas

Fill a quart mason jar with water. Harvest and rinse about 2 cups of your favorite fresh herbs. Add them to the jar, cover and shake until you get a little foam. Place the jar in a sunny spot for 6-8 hours. If you like your tea with a rich, deep color, add 3-4 teabags of your favorite basic brew during the last 15 minutes or so. Strain the liquid and add sweetener to taste. Cool before serving. Add fresh sprigs of herb to garnish.

Some tasty herb blends to choose from:

Lavender and peppermint

Lavender, sage and rosemary

Lemon balm, ginger (quarter-sized root, minced) and lavender

Spearmint, basil and lemon balm

Lemon balm and lavender

Special notes: You can easily refine your herbal tea to make it weaker or stronger: add honey, stevia, brown sugar, cream, lemon, lime or anything else that livens up your taste buds. If you want a little lavender refinement in your regular tea brew, try making lavender sugar. It's a flavorful reminder of summer all year long.

Lavender Sugar Recipe

2 Tbsp. dried lavender flowers

1 c. white sugar
Jar with a tight fitting lid
Muslin fabric

Place lavender flowers in a length of muslin and wrap securely. Place lavender packet in a jar and cover with white sugar. Seal the jar and set aside for two weeks, shaking it occasionally. After two weeks, the aroma of the lavender will have permeated the sugar, and the lavender packet can be discarded.

If you would like to color the sugar, create a shade of lavender with red and blue food coloring. Add slowly to the lavender sugar, stirring well to incorporate. Place the moist sugar mixture on a cookie sheet to dry. Or, dry in the oven on lowest setting.

<http://theherbgardener.blogspot.com/2010/07/herbal-sun-tea-recipes-and-instructions.html>

Hot Peppers-

Salsa Verde

8 tomatillos, husked, rinsed, and chopped
1/3 cup fresh, chopped cilantro
1/2 cup green Anaheim or New Mexico chiles, chopped
2 serrano or jalapeño chiles, seeded and minced
1 tsp. minced garlic
1/2 cup chopped green onion

Place all the ingredients in a food processor or blender and thoroughly mix. Allow mixture to remain a little chunky. Or, all ingredients can be simply chopped small, mixed together, and served in a chunkier style. This salsa tastes best if it is refrigerated for several hours before serving.

Kale-

Sausage, leek and kale Italian soup

Serves 4

Adapted from PDN: column by Betsy Wharton of Clallam Canning Company

1 pound pork sausage
3 cloves of garlic, peeled and chopped
2 leeks, white parts chopped, and ½ an onion, chopped
5-6 medium carrots, peeled and sliced
2.5 quarts stock/vegetable broth
2-3 bunches of kale, stripped from the stems and chopped up
2 15-oz cans of chopped tomatoes with the juice

½ a small can of tomato paste
½ head of green cabbage, cored and chopped roughly
Salt, pepper and sage to taste
Parmesan cheese for garnish

- Heat a little olive oil in a big soup pot. Add sausage, garlic, onions and leeks. Cook until onions are translucent and the meat is no longer pink.
- Add carrots, salt lightly. Add more oil if needed and sauté for a few more minutes.
- Add broth and bring to a simmer, then add kale, tomatoes, tomato paste and cabbage.
- Cover the pot and simmer over low heat for about 30 minutes.
- Add salt, pepper and sage to taste.

Leek-

LEEK AND HERB QUICHE

Serves 6

<https://www.almanac.com/recipe/leek-and-herb-quiche>

An old recipe from the Farmers' Almanac, this is an uncomplicated, very creamy quiche. The garlic is nice even without being sauteed. Cooked vegetables, seafood, or meat may be used in place of or in addition to the leeks.

INGREDIENTS

10-inch pie shell, unbaked
¾ cup grated Swiss cheese
2 cups sliced leeks, white portion only
2 tablespoons butter
1-1/2 cups heavy cream (whole milk can work in a pinch!)
2 cups light cream (same)
1 teaspoon salt
¼ teaspoon white pepper
½ teaspoon dill
Pinch of thyme
1 tablespoon chopped fresh parsley
1 garlic clove, minced
5 eggs

INSTRUCTIONS

Sprinkle cheese on bottom of pie shell. Sauté leeks in butter until soft. Layer leeks evenly over cheese. In saucepan, bring creams and seasonings to boil. Beat eggs and mix in hot cream, beating constantly. Pour mixture into pie shell. Bake at 375 degrees F for 40 minutes, or until a knife inserted into the center comes out clean.

Sausage, leek and kale Italian soup

Serves 4

Adapted from PDN: column by Betsy Wharton of Clallam Canning Company

1 pound pork sausage
3 cloves of garlic, peeled and chopped
2 leeks, white parts chopped, and ½ an onion, chopped
5-6 medium carrots, peeled and sliced
2.5 quarts stock/vegetable broth
2-3 bunches of kale, stripped from the stems and chopped up
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½ a small can of tomato paste
½ head of green cabbage, cored and chopped roughly
Salt, pepper and sage to taste
Parmesan cheese for garnish

- Heat a little olive oil in a big soup pot. Add sausage, garlic, onions and leeks. Cook until onions are translucent and the meat is no longer pink.
- Add carrots, salt lightly. Add more oil if needed and sauté for a few more minutes.
- Add broth and bring to a simmer, then add kale, tomatoes, tomato paste and cabbage.
- Cover the pot and simmer over low heat for about 30 minutes.
- Add salt, pepper and sage to taste.

Napa Cabbage-

Japanese Cole Slaw

Adapted from a recipe from CSA member Kim Williams

Ingredients:

Green, purple and Napa cabbage
Carrot
Daikon radish
Roasted sesame seeds
Salt and pepper

Dressing: Equal parts soy sauce, sesame oil and fresh squeezed lemon juice.

Directions:

Shred cabbages, carrots and radish in a bowl. Mix in dressing and sesame seeds. Add salt and pepper to taste.

Ozette Potatoes

Karen's roasted Ozette potatoes

Serves 4

Directions

1. Fill a 4 qt pot half way with water (and salt, if desired) and bring to boil.
2. In the meantime, wash and scrub 2 lb Ozette potatoes leaving the skin on.
3. Place whole in the boiling water and cook just until a sharp knife can cut through them easily. Drain and let cool.
4. Preheat oven to 450 degrees F.
5. Place 2 T butter in the bottom of a 9 X 11 casserole dish and place in oven to melt.
6. Slice potatoes in ¼ inch rounds and place in dish, spreading them around to coat them with the butter. Add 2 T or more of butter on top. Sprinkle with salt and pepper. Add tarragon or rosemary if you like. Spread potatoes in a single layer.
7. Bake for about 20 minutes, stirring occasionally until they are soft and golden. Serve immediately.

Pac Choi-

Easy Bok Choy

Makes 4 servings

modified from "All Recipes" <https://www.allrecipes.com/recipe/218619/easy-bok-choy/>

Ingredients:

1 tablespoon vegetable oil
2 cloves garlic (or the equivalent in garlic scapes) crushed and chopped
2 heads baby bok choy, trimmed and cut into bite-size pieces
Salt to taste

Directions:

1. Heat the oil in a large skillet or wok over medium heat and cook the garlic in the hot oil until fragrant, 1 to 2 minutes.
2. Mix in the bok choy and stir until the green parts of the leaves turn bright green and the stalks become slightly translucent, about 5-8 minutes. Sprinkle with salt and serve.

Cook's Notes:

- Each "head" of baby bok choy is roughly the diameter of a can of soda.
- The bok choy cooks down quite a bit, so the raw amount may look like it will be too much before cooking. You can use regular bok choy instead of baby bok choy if you like, although I prefer the sweeter and more delicate flavor of baby bok choy. If you want a more robust flavor, feel free to add a couple tablespoons of **soy sauce** and a teaspoon of **sesame oil**. For more spice add a teaspoon of crushed red pepper.

Pumpkin-

Fresh pumpkin bread

Yield: 1 loaf

Ingredients:

3/4 cup sugar
 ½ cup brown sugar, packed
 1 cup cooked pumpkin, mashed*
 1 tablespoon vanilla extract
 1/2 cup oil
 2eggs
 1/4 cup water
 2 cups all-purpose flour
 1 teaspoon baking soda
 ½ teaspoon salt
 1 teaspoon ground cinnamon
 ¼ t. ground nutmeg
 ¼ t. ground ginger
 1/8 t. ground cloves
 ½ cup nuts (optional)

Directions

Preheat oven to 350°F. Grease a standard size loaf pan.

Combine sugars, pumpkin, oil, vanilla extract, water, and eggs.

Sift together dry ingredients. Slowly add to pumpkin mixture and mix well.

Pour into prepared loaf pan and bake at 350°F for 1 hour and 15 minutes.

To make MUFFINS: Reduce baking time to 35 minutes. Makes 18 muffins.

BUNDT CAKE: Double the recipe. Bake in bundt cake pan for 1 hr and 15 minutes. Cool. Top with brown sugar glaze: 1/2 cup brown sugar, 1/4 cup chopped pecans or walnuts, and 1/2 cup butter. Melt sugar and nuts in butter, then drizzle over top of cooled bundt cake.

*To prepare cooked pumpkin, cut pumpkin in half and remove seeds. Place cut side down on a cookie sheet lined with lightly oiled aluminum foil. Bake at 325 degrees for 30 to 40 minutes, or

until the flesh is tender when poked with a fork. Cool until just warm. Scrape the pumpkin flesh from the peel. Either mash, or puree in small batches in a blender.

Canadian Pumpkin and Fennel Soup

Serves 4

<https://adorefoods.com/pumpkin-and-fennel-soup/>

Ingredients

- 2 lb. pumpkin/ squash
- ½ fennel bulb sliced
- 1 tablespoon unsalted butter
- 1 medium onion chopped
- 2 cups chicken broth
- 1 cup apple cider
- 1 bay leaf
- 1 tablespoon chopped fresh thyme
- salt and pepper
- blue cheese for garnish optional

Instructions

1. Cut the pumpkin in half, scrape out and discard the seeds. Peel it off and cut it into 1 inch pieces.
2. Heat butter in a large saucepan over medium heat. Add chopped onion and sauté for 5 minutes or until softened. Add pumpkin cubes and sliced fennel. Sauté for another 5 minutes. Pour in chicken broth and apple cider. Add also bay leaf and bring to a boil. Cover and simmer for 20 minutes or until squash is tender. Remove and discard bay leaf.
3. Purée in batches and return the soup to saucepan. Add salt and pepper. If your soup is too thick, thin with more chicken broth as needed.
4. Ladle into serving bowls and top with some fresh thyme and crumbled blue cheese.
5. Serve right away.

Pumpkin Pie

Never Fail Pie Crust:

- 3 cups all-purpose flour
- 1 ¼ cups shortening (I like 1 c butter, ¼ c lard)
- 1 tsp salt
- 1 egg
- 1 tablespoon vinegar
- 5 tablespoons water

Mix flour and salt. Cut shortening into flour mixture until crumbly. In a separate bowl, mix egg, water and vinegar. Pour liquid into dry ingredients. Mix until no longer dry, then roll out to 1/8 inch thickness. Gently roll the dough around the rolling pin and transfer it right side up onto the

pie pan. Unroll, and ease dough into the bottom of a greased 9 inch pie pan. This recipe makes enough for 2 pumpkin pie crusts.

Pumpkin Filling:

2 cups mashed, cooked pumpkin*
1 (12 oz) can evaporated milk
2 eggs, beaten
¾ cup packed brown sugar
½ teaspoon ground cinnamon
½ teaspoon ground ginger
½ teaspoon ground nutmeg
½ teaspoon salt

Preheat oven to 425 degrees.

Mix all ingredients well. Pour into prepared crust. Bake 15 minutes, then reduce to 350 degrees. Bake 35-40 minutes more or until a knife inserted 1 inch from the crust comes out clean. Cool. Serve with freshly whipped cream.

*To prepare cooked pumpkin, cut pumpkin in half and remove seeds and stringy portions. Place cut side down on a cookie sheet lined with lightly oiled aluminum foil. Bake at 325 degrees for 30 to 40 minutes, or until the flesh is tender when poked with a fork. Cool until just warm. Scrape the pumpkin flesh from the peel. Either mash, or puree in small batches in a blender.

Summer squash

Grilled summer squash salad with feta

Makes 4-6 servings

adapted from Stephanie Witt Sedgwick.

2 lbs summer squash, preferably a mix of zucchini and yellow squash, cut lengthwise into generous 1/4-inch-thick slices
1 large sweet or red onion, cut into 1/2-inch rounds/rings
2 tablespoons olive oil
Kosher salt
Freshly ground black pepper
1 tablespoon balsamic vinegar, or more to taste
1/2 cup (2 ounces) crumbled feta cheese

Prepare the grill for direct heat. If using a gas grill, preheat to medium-high (400 degrees). If using a charcoal grill, light the charcoal; when the coals are ready, distribute them evenly over the cooking area. For a medium-hot fire, you should be able to hold your hand about 6 inches above the coals for 4 or 5 seconds. Have ready a spray water bottle for taming any flames. Combine the squash and onion in a large mixing bowl. Drizzle the oil evenly over them, then season with salt and pepper to taste. Toss to coat evenly. Transfer the vegetables to the grill,

working in batches as needed. Close the lid and cook for about 4 minutes, so the vegetables have nice grill marks. Use tongs to flip the slices over.

Close the lid and cook for 2 to 4 minutes to achieve nice grill marks on the second side; the vegetables will have softened slightly. Return the vegetables to the same mixing bowl as they are done; once they are all in the bowl, cover tightly with foil and allow to rest for 15 minutes.

Uncover the bowl and transfer the vegetables to a cutting board.

Cut the grilled squash slices crosswise into generous 1/4-inch-wide matchsticks. Cut the grilled onion rings into small dice, transferring them to a serving bowl as you work. Add the vinegar, season with salt and pepper to taste and toss to combine. Taste, and add vinegar or seasonings as needed. Scatter the feta on top.

Serve warm or at room temperature.

Summer Squash Ribbon Salad

Makes 4 servings.

2 yellow squash, medium

2 zucchini, medium

1/3 cup red onion, thinly sliced

1/4 cup fresh basil, thinly sliced

2 tablespoons extra virgin olive oil

3 tablespoons cider vinegar

1/2 teaspoon black pepper

2 tablespoons feta cheese, crumbled

1. Wash, then cut yellow squash and zucchini into julienne strips (ribbons).
2. In a large bowl, combine squash ribbons, red onions and basil. Set aside.
3. In a small bowl, whisk together olive oil, cider vinegar and black pepper.
4. Toss vinaigrette into salad and sprinkle with feta cheese.

Weaver kids' favorite Stuffed Summer Squash

Serves 4-6

©From the Kitchen of Deep South Dish

Ingredients

- 4 to 6 large yellow summer squash
- 6 slices of bacon
- 1/4 cup of chopped green bell pepper
- 1/2 cup of sliced green onion
- 2 garlic cloves, chopped
- 2 large tomatoes, chopped
- 1-1/2 cups of shredded pepper jack cheese
- Kosher salt and freshly cracked black pepper, to taste
- Fresh bread crumbs
- 2 tablespoons of butter, melted

Instructions

Preheat oven to 350 degrees F. Spray an oblong baking pan with non-stick spray. Trim ends off

of squash, place into a large pot, cover with water and bring to a boil. Boil until tender, about 8 to 9 minutes. Remove and set aside until cool enough to handle. Meanwhile, cook bacon until crisp; set aside. When cool, chop.

Saute the bell pepper in the bacon fat until tender; add the green onion and garlic, cook another minute. Use a slotted spoon to transfer mixture to a bowl. Slice squash in half lengthwise, scoop out the seeds from the squash and discard. Add tomatoes to the pepper mixture, add the cheese and bacon. Season with salt and pepper to taste, stir to mix.

Place squash shells into the prepared pan. Use a slotted spoon to fill the shells of the squash with the tomato stuffing. Sprinkle tops with panko bread crumbs and drizzle each with the melted butter. Bake at 350 degrees F for 40 to 45 minutes, or until sizzling and golden brown on top. Use a wide spatula to transfer to plates.

Cook's Notes: Add ½ lb cooked, drained and crumbled sausage or ground beef for a more substantial meal. This may require more squash.

Swiss Chard-

Chard and Cheese Soufflé

Serves 4

From Scratchin' It. <https://scratchinit.halversen.com/2015/04/chard-and-cheese-souffle/>

Ingredients

- 3 Tbs. unsalted butter, plus more for greasing
- 1 bay leaf
- Pinch of freshly grated nutmeg
- 1 sm. bunch Swiss chard, cut into fine ribbons
- 3 Tbs. all-purpose flour, plus more for dusting
- 1 cup milk
- 1/2 tsp salt
- 3 eggs, separated
- 3/4 cup (3 oz.) grated Cheddar cheese
- Pinch of cream of tartar

Instructions

Preheat oven to 400°F. Place a rack in the lower third of the oven. Butter a 5x9-inch loaf pan or a 7-inch soufflé dish. Coat with flour.

Melt butter in a medium saucepan over medium heat. Add bay leaf, nutmeg, and chard. Cook until moisture is released and chard is tender, about 5 minutes.

Sprinkle flour over chard and stir, scraping up flour as needed. Continue cooking, stirring and scraping all the time, for about 5 minutes.

While stirring, slowly add milk, and continue cooking until thickened and bubbling. Add salt and cook for 1 additional minute, then remove from heat and remove bay leaf. Season with additional salt and pepper as needed.

In a large bowl, mix together egg yolks and cheese. While stirring rapidly, slowly pour in hot sauce. Continue stirring until smooth, about 1 minute. Set aside.

In the bowl of a mixer fitted with the whisk attachment, beat egg whites on medium until foamy. Add cream of tartar and increase the mixer speed to high. Beat until the egg whites hold stiff but shiny peaks.

In three additions, fold egg whites into cheese and egg sauce. Scrape into prepared pan and bake for 30 minutes, or until golden brown, puffed, and a skewer inserted into the center comes out clean.

Serve at once.

Tomatillos-

Green Chile

Yield: 6 servings

Recipe courtesy of Bobby Flay

INGREDIENTS

1 medium onion, chopped

1 pound tomatillos, husked, rinsed, and halved

1-2 jalapeno peppers, stemmed, seeded and halved

1 lb poblano peppers, stemmed, seeded and halved

2 garlic cloves

4 tablespoons oil

1 pound pork, preferably, but not necessarily boneless – roast or steaks work well

1 cup chicken stock

1 cup chopped fresh cilantro leaves

Salt and Pepper

10 tortillas, warmed

Directions

Preheat the oven to 400 degrees F. In a large bowl, toss the onions, tomatillos, jalapenos, and garlic with 1 tablespoon of the olive oil and spread on a baking sheet or casserole dish. Roast until soft and starting to brown, about 20 to 30 minutes, stirring twice during roasting.

Meanwhile, in a large Dutch oven over medium-high heat, add the oil and heat. Brown the pork, in batches, until well-browned. When browned, add all of the pork back to the pan and cover with chicken stock. Add the roasted vegetables, cover the pan and place in the oven. Cook until the pork is very tender, about 1 1/2 hours. *I like to cook it in the crockpot instead, cooking the meat with the chicken stock all morning, and then adding the roasted veggies for the last 3 hrs or so.*

While pork is cooking, place the cilantro in a food processor. Add 2 tablespoons of water and puree. Remove the pork from the oven and stir in the cilantro puree. Season, to taste, with salt and pepper. Serve with warm flour or corn tortillas.

Roasted Tomatillo Salsa Verde

Makes 4-5 cups

https://www.theyummylife.com/roasted_salsa_verde#EmbedRecipe_20

Ingredients

- 2 lbs. tomatillos, husks & stems removed (approx. 25-30 medium size)
- 4 garlic cloves
- 1 medium onion
- 1/2 lb. Anaheim green chile peppers; may substitute other large green chiles such as New Mexico or poblano; or, use 2 (4-oz) cans chopped green chiles from the Mexican aisle of the grocery store
- 2 small or 1 large jalapeno
- 1/2 cup cilantro, loosely packed
- 1 teaspoon cumin
- 2 teaspoons black pepper (optional: use half black pepper & half white pepper)
- 1 teaspoon dried oregano (preferably Mexican)
- 1 teaspoon kosher salt
- 2 tablespoons cider vinegar (may omit if not canning salsa)*
- 1/4 cup bottled lime juice (okay to use fresh if not canning salsa)

Directions

ROAST THE VEGGIES: Roast tomatillos, chile peppers, onions & garlic using 1 of 2 methods:

--OVEN ROASTING: Preheat oven to 500 degrees. Place veggies in single layer on foil-lined baking sheet. Bake 15-20 minutes until tomatillos & peppers are charred, softened, and oozing

juices.

--STOVE-TOP GRILLING. Heat stove-top grill/griddle on medium high heat. Arrange veggies in single layer, rotating with tongs until charred bits are present on all sides, and tomatillos are soft and oozing juices; move to bowl to collect juices.

PEEL, STEM & SEED the green chiles. Stem & seed the jalapeños (skin can be left on); or leave seeds if hotter salsa is desired. Leave skin on tomatillos.

BLEND INGREDIENTS: Add roasted veggies (including juices that collected after roasting) and remaining ingredients to a blender or food processor; blend until desired consistency-- anywhere from slightly chunky to pureed.

To eat salsa without canning, wait at least 4 hours to eat to allow the flavors to blend and vinegar to mellow. Best if eaten the next day. Store in refrigerator for up to 2 weeks.

TO FREEZE, transfer salsa to freezer-safe containers and freeze for up to 6 months. Allow at least 1/2" headspace for expansion when frozen.

TO CAN: add blended salsa mixture to pot on stove top, bring to a boil, reduce heat, cover and simmer 15 minutes. Pour salsa into hot, sterilized pint or half pint jars, leaving 1/4 inch headspace. Process for 15 minutes in boiling water canner. Turn off heat and remove cover; leaving jars in hot water for 5 minutes. Remove jars carefully and rest on towel undisturbed for 12-24 hours. If any jars don't seal, store in fridge to use within 2 weeks; or freeze. Canned salsa tastes better if it's stored unopened for at least 1 month to allow flavors to blend and vinegar to mellow. Recipe may be doubled or tripled.

Salsa Verde

8 tomatillos, husked, rinsed, and chopped
1/3 cup fresh, chopped cilantro
1/2 cup green Anaheim or New Mexico chiles, chopped
2 serrano or jalapeño chiles, seeded and minced
1 tsp. minced garlic
1/2 cup chopped green onion

Place all the ingredients in a food processor or blender and thoroughly mix. Allow mixture to remain a little chunky. Or, all ingredients can be simply chopped small, mixed together, and served in a chunkier style. This salsa tastes best if it is refrigerated for several hours before serving.

Tomato-

Creamy roasted tomato basil soup (no cream)

<https://cafedelites.com/creamy-roasted-tomato-basil-soup/>

INGREDIENTS

- 2 1/2 lbs Roma tomatoes, halved lengthwise
- 1 1/4 lbs Grape (or Cherry) tomatoes, halved lengthwise
- 8 whole cloves garlic , peeled and smashed with the back of a knife
- 3 tablespoons olive oil
- Salt and freshly ground black pepper
- 1 large yellow onion, chopped (optional)
- 1 red bell pepper (capsicum), deseeded and diced
- 1 potato (3 oz), diced
- 3 tablespoons tomato paste
- 4 cups vegetable broth
- 2 cups lightly packed fresh basil leaves, roughly torn

INSTRUCTIONS

Preheat oven to 400°F. Place tomatoes on a baking tray with the garlic cloves. Drizzle with 2 tablespoons of oil, season with salt and pepper, and roast for about 25 minutes, or until soft and charred on the tops.

While tomatoes are roasting, heat 1 tablespoon of oil in a medium-sized pot/saucepan over medium-high heat. Add the onion, peppers (capsicum) and potato; cook while occasionally stirring, until the onion is transparent and the potato begin to crisp on the outer edges (about 6-7 minutes). Stir the tomato paste through the potatoes and onion; pour in the broth/stock; season with extra salt; cover and bring to a boil.

Reduce heat to low; simmer for about 15 minutes or until potato is just tender when tested with a fork. Add the tomatoes, garlic and basil to the broth (save 2 tablespoons of basil to use as garnish if you wish); continue to simmer until the basil is just soft (about 2 minutes). Blend soup using a stick blender until smooth.

Optional: Pour the soup through a strainer or colander for a smoother soup.

Turnip

Beet and Turnip Gratin

modified from <https://www.williams-sonoma.com/recipe/beet-and-turnip-gratin.html>

Makes 8 servings

Cooking time: 1 ½ hours

Ingredients:

9 Tbs. butter
3/4 cup finely chopped shallots or white onions
2 tsp. minced garlic

2 tsp. chopped fresh thyme
Kosher salt and freshly ground pepper, to taste
4 1/2 lb. assorted varieties of beets and turnips, peeled and sliced crosswise into rounds 1/16 inch thick
3/4 cup chicken stock
1 Tbs. finely chopped fresh chives

Directions:

Preheat oven to 400°F. Grease a casserole dish with 1 Tbs. of the butter.

In a fry pan over medium heat, melt 3 Tbs. of the butter. Add the shallots and cook, stirring occasionally, until tender, about 4 minutes. Add the garlic and thyme and cook, stirring constantly, for 1 minute. Remove the pan from the heat, add the remaining 5 Tbs. butter and stir until melted. Season with salt and pepper.

Arrange the beet and turnip slices in overlapping rows in the prepared dish, and season with salt and pepper. Pour the butter mixture evenly on top, followed by the stock. Cover the dish with aluminum foil and bake for 45 minutes. Remove the foil and continue baking until the vegetables are tender and just starting to brown, about 30 minutes more. Let the gratin cool, then sprinkle with the chives and serve.

**** NOTE; Don't toss your turnip greens!!** We have a great recipe for cooking turnip greens. I will post it soon on our website with all our other recipes from last year.

Roasted turnip

Preheat oven to 400 degrees. Lightly oil a 9x13 in. casserole dish. Wash turnips and slice into ¼ inch rounds. Line casserole dish with turnip slices and place in oven. After 5-10 minutes flip and stir turnips to more thoroughly coat with oil. Return to oven for another 5-10 minutes, or until soft. Sprinkle with salt and eat hot.

You can enjoy the greens, too! Turnip greens are an excellent source of vitamin K, vitamin A, vitamin C, folate, copper, manganese, calcium, dietary fiber, vitamin E and vitamin B6. They are a very good source of potassium, magnesium, vitamin B2, vitamin B5, iron and phosphorus.

Quick turnip greens

Ingredients

- 1 lb turnip greens, stems removed and leaves cut into shreds
- 3 slices center-cut bacon

- 1 cup onion, chopped
- 1/2 teaspoon sugar
- 1/2 teaspoon cider vinegar
- hot sauce, to taste (such as Tabasco)
- salt & freshly ground black pepper

Directions

1. Heat a quart of salted water to boiling in a saucepan. Cook greens until just tender, about 5 minutes; drain.
2. In a skillet cook bacon. Remove and drain on paper toweling.
3. Add onion to the skillet and cook until soft, 6 to 7 minutes, stirring occasionally. Add the greens and toss. Stir in the sugar and the vinegar and cook until heated through, about 2 or 3 minutes.
4. Crumble bacon and sprinkle over top. Add a couple of dashes of hot sauce. Season with salt and pepper to taste and serve.

Winter Squash-

Spiced Winter Squash with Fennel

Serves 4 as a side dish

Adapted from www.epicurious.com/recipes/food/views/spiced-winter-squash-with-fennel-230945

INGREDIENTS

- 1 1/2 to 3 pounds winter squash, peeled, halved lengthwise, seeded, halved crosswise, then cut lengthwise into 3/4-inch-wide wedges
- 1 fennel bulb, trimmed, cut lengthwise into 1-inch-wide wedges
- 1 large onion, root end left intact, then cut lengthwise into 1/2-inch-wide wedges
- 3 tablespoons olive oil
- 1 teaspoon ground cumin
- 1 teaspoon ground cinnamon
- 1 teaspoon chili powder
- 1/2 teaspoon turmeric
- Salt and pepper to taste

PREPARATION

Position rack in bottom third of oven and preheat to 450°F. Combine squash, fennel, and onion in a bowl. Add oil and toss to coat. Mix all spices in a separate bowl, then sprinkle spice mixture over vegetables and toss to coat. Arrange vegetables in edged roasting pan, laying fronds of the fennel underneath as a bed, if you like. Sprinkle with salt and generous amount of pepper. Roast until vegetables are tender and browned, turning once, about 45 minutes.

Fennel Note - To use the entire fennel: Add fennel **stalks** to a vegetable broth, especially if using the broth in a fennel dish—they lend quite a bit of anise flavor. The stalks also freeze well in

plastic bags for later use. You can use the mildly anise-flavored **fronds** as you would a fresh herb:

- In salads, especially if the salad contains fennel
- Tucked in the cavity of roasted chicken or whole fish, alone or with other aromatics
- Chopped and added to marinades for fish or meat, along with garlic and other herbs
- Added to chunky vegetable soups during the last minutes of simmering
- As a bed for roasting swordfish or halibut fillets (both fronds and stalks)

Recipes for various vegetables-

Joe Mazza's made-to-order omelettes

Serves 4

Ingredients

8-12 farm fresh eggs

Salt and pepper

Touch of oil and/or butter

1 bunch green onions, sliced

A fistful or two of fresh cilantro leaves

Summer squash, spinach, tomato and an assortment of other vegetables, chopped

Grated cheese

Directions

1. Beat 2-3 eggs in a small bowl. Season with salt and pepper.
2. Heat a small non-stick frying pan over medium-low heat. Add 2 tsp oil and/or butter.
3. Drop a large pinch of green onion into the pan and stir a few times. Add squash and other firm vegetables as desired. Stir a few times.
4. Pour in eggs, and immediately add tomatoes, spinach, cilantro and other delicate vegetables and herbs according to personal preference.
5. Tilt the pan slightly from one side to the other to allow the eggs to swirl out and cover the surface of the pan completely. Let the mixture cook for about 20 seconds, then scrape a line through the middle with a spatula. Tilt the pan again to allow it to fill back up with the runny egg. Repeat once or twice more until the eggs have just set.
6. Add cheese, if desired, scattering over the top.
7. Fold eggs gently in half with a spatula. Slide onto a plate to serve.
8. Take next omelette order and begin again.

Pizza- another tasty way to combine lots of vegetables

Pizza crust recipe courtesy of Scott Chichester from Chi's Farm in Sequim

Preparing the dough:

1 T yeast
1 ½ cups lukewarm water
4 cups flour
1 ½ tsp salt

1. Measure yeast into a bowl. Pour lukewarm water over yeast, stir, and let rise a few minutes. (A pinch of sugar speeds this process.)
2. Measure flour and salt in a mixing bowl. Pour yeast mixture over all and mix well, kneading a minute or so to desired consistency.
3. Cover and let rise 6-8 hrs, if possible.

Preparing the crust:

1. Preheat oven to 450 degrees F with your stone or baking sheets inside, creating a hot surface for the prepared pizza. This will help create a light and crispy crust.
2. Cut out four (12" wide) pieces of parchment paper. Place on a flat surface; dust with cornmeal and set aside.
3. Cut the dough into four equal pieces, place each on a piece of parchment paper, and roll into a 10"-11" circle. Spread with spaghetti sauce, leaving a ¾-inch space on the edge for crust. Sprinkle generously with mozzarella cheese. Then, add your favorite Wild Edge Farm veggies, herbs and meats, keeping in mind that less is more when it comes to a delicious pizza.
4. Once the pizza has been artfully and deliciously topped, carefully slide the parchment paper with the pizza on top onto the hot baking sheet or stone and bake one pizza at a time for 10 minutes.
5. Remove the pizza by dragging the parchment paper onto a cutting board to slice.

Rattattoille

1½ Tbs. oil
2 onions cut in thin rings
3 cloves garlic, minced
4 summer squash, sliced in ¼ inch rings
2 eggplants, sliced in ¼ inch rings
1 green pepper, chopped
4 tomatoes, chopped
1 bay leaf
2 Tbs. fresh parsley
2 sprigs thyme
Salt and pepper to taste
Rotini noodles (cooked separately)
Parmesan cheese (optional)

Preheat oven to 400 degrees.

In a large sauce pan on medium heat, fry onion until soft. Add garlic, lower heat, and stir constantly until slightly caramelized. Empty into a large oven casserole dish or pot. Sauté zucchini in batches until slightly brown on all sides. Put in pot with garlic and onions. Do the same with eggplant and green pepper. Add spices. Cover, and cook in oven for 15-20 minutes. Add tomatoes, cover, and cook 10-15 minutes more. Serve over noodles and sprinkle with Parmesan cheese.

Stir Fried Veggies

Serves 4

Modified from <https://thepioneerwoman.com/cooking/veggie-stir-fry/>

INGREDIENTS

1/4 cup soy sauce

- 1 tablespoon sherry (or vegetable broth)
- 1 packed tablespoon brown sugar
- 1 tablespoon cornstarch
- 1 tablespoon Sriracha or other hot sauce (to taste)
- ½ tablespoon fresh ginger, minced
- 1 ½ tablespoons oil (peanut or sesame make it special)
- ½ onion, cut into large chunks
- 1 Bell pepper, seeded and cut into large chunks
- 1 garlic clove, minced
- 1 medium zucchini, cut into large wedges
- 1 head broccoli, cut into florets
- 1 carrot, cut in thin strips julienne style
- ½ bunch of kale or other greens, cut thin
- cooked noodles or rice, for serving
- Sesame seeds, for serving

INSTRUCTIONS

In a bowl, mix together the soy sauce, sherry, brown sugar, cornstarch, Sriracha, and ginger. Set aside.

Heat the oil in a large skillet over medium-high heat. Add the onion, carrot, and peppers, and stir, cooking for 2 to 3 minutes. Add the garlic and cook for 30 seconds to 1 minute more, stirring continuously. Add the zucchini and stir it around, cooking it for 2 minutes more. Add the broccoli and cook for a couple of minutes, then the kale, and while the veggies are still firm, pour in the sauce.

Stir the veggies in the sauce, cooking for 1 to 2 minutes more, or until the sauce is very thick. If it needs to be a little saucier, pour in 1/4 to 1/2 cup hot water and splash in a little more soy sauce. Serve over noodles or rice, with a sprinkling of sesame seeds.

Tips: Prep all the veggies and make the sauce up to 24 hours ahead of time. Keep in separate containers in the fridge.

Fresh-frozen vegetables for longer-term storage

Adapted from *Ball Blue Book guide to preserving*, pp 90-104

Frozen foods are more like fresh foods than those either canned or dried. Freezing keeps the natural color, fresh flavor and nutritive qualities of most foods better than any other method of preservation. Freezing is also one of the simplest and least time-consuming ways to preserve foods. Most vegetables must be blanched and then shocked to preserve quality.

Blanching – Choose fresh vegetables for maximum quality and longest-term storage. Immediately before blanching, wash, drain, sort, trim and cut the vegetables as for cooking fresh. Use 1 gallon water per 1 pound vegetables. Put vegetables into blancher (wire basket, coarse mesh bag or perforated metal strainer) and lower into vigorously boiling water. Begin counting the time as soon as vegetables are placed in the boiling water. Keep the heat on high and keep container covered during blanching. Follow the blanching time given for each vegetable. Under-blanching stimulates the activity of enzymes and is worse than no blanching at all. Over-blanching causes loss of vitamins, minerals, flavor and color.

Shocking – As soon as blanching is complete, the vegetables should be cooled quickly to stop the cooking process. Immerse in ice water, stirring several times during cooling. Time for shocking should equal blanch time. Pat dry with paper towels. Have plenty of ice on hand. You will need to renew the ice for each batch.

Freezing – Pack vegetables loosely into meal-size, airtight, freezer bags or containers. Use the coldest part of your freezer to initiate the freezing. I like to scatter my veggies on trays for an hour or so in the freezer (with a timer or I will forget them for days). This allows the vegetables to freeze individually instead of in a big lump. Then, I store them in gallon bags, grabbing by the handful when cooking. Be sure to label items with the date.

Timing for blanching and shocking – **Beans:** Trim off ends. Cut into 2-4 inch lengths. Blanch 3 minutes; **Peas:** Blanch 2 minutes, whole or cut; **Peppers:** Cut out stems. Remove seeds. Freeze whole, as halves, strips or diced. *Do not blanch* (Note: When cutting or seeding hot peppers, wear rubber gloves to prevent hands from being burned); **Summer squash:** Slice. Blanch 3 minutes; **Tomatillos:** *Do not blanch*. Freeze whole or sliced.

When cooking, shorten cooking time since they are precooked. Cook just before eating to maintain nutrients.