Vermont Foodbank
Fruit & Vegetable Information Guide
-Table of Contents-

I. Introduction

II. Seasonality Chart

III. Further Food Resources

IV. Growing and Preparing Your Own Vegetables

V. Veggie Sheets

<table>
<thead>
<tr>
<th>Apples</th>
<th>Cucumber</th>
<th>Pumpkins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arugula</td>
<td>Culinary Herbs</td>
<td>Radishes</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Eggplant</td>
<td>Rhubarb</td>
</tr>
<tr>
<td>Beans (String)</td>
<td>Fennel</td>
<td>Rutabaga</td>
</tr>
<tr>
<td>Beet Greens/Chard</td>
<td>Garlic and Garlic Scapes</td>
<td>Spinach</td>
</tr>
<tr>
<td>Beets</td>
<td>Kale</td>
<td>Sprouts</td>
</tr>
<tr>
<td>Blueberries</td>
<td>Kohlrabi</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Bok Choy</td>
<td>Leeks</td>
<td>Tatsoi</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Lettuce</td>
<td>Tomatillos</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Melons</td>
<td>Tomatoes</td>
</tr>
<tr>
<td>Carrots</td>
<td>Onions</td>
<td>Turnips</td>
</tr>
<tr>
<td>Celeriac</td>
<td>Parsnips</td>
<td>Watermelon</td>
</tr>
<tr>
<td>Chinese (Napa)-Cabbage</td>
<td>Peas</td>
<td>Winter Squash</td>
</tr>
<tr>
<td>Collards</td>
<td>Peppers</td>
<td>Zucchini/Summer Squash</td>
</tr>
<tr>
<td>Cooking Greens</td>
<td>Plums</td>
<td></td>
</tr>
<tr>
<td>Corn</td>
<td>Potatoes</td>
<td></td>
</tr>
</tbody>
</table>
Introduction

Welcome to the Vermont Foodbank Fruit & Vegetable Guide! Within these pages, you’ll find information not only on how to prepare, cook, and store over forty different kinds of fruits and vegetables, but also useful tips for how to access the various forms of food assistance available to Vermonters. Also, for those looking to grow their own produce, details on gardening workshops provided by community organizations is provided.

The Vermont Foodbank is currently striving to increase the fresh produce it offers to its network partners (the food shelves, senior meal sites, and other hunger relief agencies in many different communities). Part of this new focus involves the Vermont Foodbank gleaning program, which uses community volunteers to help harvest excess and commercially undesirable produce from local Vermont farms for the organizations the Foodbank serves. Those who volunteer with the program not only gain the satisfaction of helping their neighbors, but also have an opportunity to learn more about local agriculture! If interested, contact the volunteer coordinator at the Vermont Foodbank, 802-477-4127.

Fresh produce is also provided to the network partners of the Vermont Foodbank through the Foodbank Farming Network. In 2006, the Vermont Foodbank partnered with Food Works to establish a farm at their Two Rivers Center in Montpelier. After floods impacted production, the Foodbank started investigating additional sources of Vermont-grown foods. This gave birth to the Foodbank Farming Network, where food purchased from a collective of growers is distributed exclusively to the network partners of the Vermont Foodbank, who are committed to purchasing produce shares received monthly, August through December. Each 200-pound share contains a mix of fresh produce, featuring an assortment of green cabbage, carrots, potatoes, yellow onions, winter squash, melons, cucumbers, beets, parsnips, rutabaga, and apples. The price for this five-month allotment of produce is $650, although half-shares are also available (there is no limit on the maximum number of shares an agency can sign up for). Payment by network partners is made incrementally, with each monthly delivery. The Foodbank Farming Network proudly secures and distributes these monthly shares of high quality, locally grown, fresh produce while conducting nutrition education workshops and food tastings for participating network partners. To find out more information on the Foodbank Farming Network, contact the Program Director of Agricultural Resources at (802) 477-4114. If you are a network partner of the Vermont Foodbank and would like to sign up to receive fresh produce through the Foodbank Farming Network, contact the Foodbank’s network relations manager at (802) 477-4106.

If you have any other questions relating to the Foodbank’s agricultural programs, please don’t hesitate to contact the Program Director of Agricultural Resources at the Vermont Foodbank, (802) 477-4114.

If you are in need of food assistance, visit www.vtfoodbank.org and click on “Find a Food Shelf” to locate a food shelf in your area, or call (802) 476-3341.
# Seasonality Chart

<table>
<thead>
<tr>
<th></th>
<th>Jan</th>
<th>Feb</th>
<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
<th>Jul</th>
<th>Aug</th>
<th>Sep</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vegetables</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arugula</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beets</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bok Choy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Celeriac</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chard &amp; Beet Greens</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chinese Cabbage</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Collards</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cooking Greens</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cucumber</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Culinary Herbs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggplant</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fennel</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Garlic &amp; Garlic Scapes</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kale</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kohlrabi</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leeks</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lettuce</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Onions</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parsnips</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peas</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peppers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pumpkins</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Radishes</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rutabaga</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sprouts</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>String Beans</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Summer Squash</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tatsoi</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Turnips</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomatillos</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Winter Squash</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fruits</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apples</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blueberries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Melons</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plums</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Raspberries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rhubarb</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strawberries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*X* = Crop made available in raw form through storage methods

*Black* = Crop available fresh and in season

---

[Image of Vermont Foodbank logo with website and phone number]
Further Food Resources

❖ **3SquaresVT.** Formerly known as the food stamp program, 3SquaresVT provides assistance for purchasing food at many farmers’ markets, grocery stores, convenience stores, and co-ops. Benefits are stored on an Electronic Benefits Transfer (EBT) card—similar to a credit card—helping to protect privacy when shopping. For more information on the 3SquaresVT program, visit: www.vermontfoodhelp.com or call (802) 865-0255.

❖ **Participate in the Vermont Foodbank gleaning program!** To glean is to harvest any surplus/excess produce from a farm. Volunteers have an opportunity to get outside, learn more about local agriculture and not to mention provide fresh food to others in need. To get involved, call the Vermont Foodbank’s volunteer coordinator at (802) 477-4127. You can also visit www.vtfoodbank.org for more information.

❖ **VT Farm to Family Program.** Thirty dollars worth of coupons redeemable at Farmers’ Markets might be available to you. The program is open to families with WIC participants and many low-income households. Distribution begins in June and coupons are available on a first come, first served basis. For more information, WIC participants should call 1-800-464-4343 ext 7333, and all others should contact their local Community Action Agency.

❖ **Subsidized CSA Shares.** In collaboration with select farmers, the Northeast Organic Farming Association of VT may be able to help you purchase an entire season’s worth of veggies. NOFA-VT and the farmers split the cost of half the share, and Farm Share members are expected to pay or barter the remaining half. For more information, call NOFA-VT at (802) 434-4122 or download the application on their website: www.nofavt.org.

❖ **Willing Worker Arrangements.** If you’re willing to commit a few hours a week to offer field labor, there are some farms that will offer fresh food in exchange for your help. Call NOFA-VT at (802) 434-4122 or visit their website at www.nofavt.org for a directory of farms, and locate those in your area.

❖ **Visiting Farmers’ Markets.** Fresh produce is always available at your local Farmers’ Market. Visit the Vermont Agency of Agriculture at http://www.vermontagriculture.com/buylocal/buy/farmersMarkets.html for a full listing of the state’s summer and winter farmer’s markets. Currently, 16 Farmers’ Markets across the state accept 3SquaresVT credit; for a list of these locations, visit http://vermontfoodhelp.com/where_use_them/farmers_market.php or call (802) 865-0255. Beyond securing nutritious fruits and vegetables for you and your family, buying from farmers in your area helps support your local economy and the agricultural sector within the state of Vermont.

❖ **Fresh Produce at Food Shelves.** The Vermont Foodbank operates the Foodbank Farming Network, a program designed to bring monthly shares of fresh, Vermont-grown produce into food shelves across the state. Check with your local food shelf to see whether they currently participate in the program. To locate a food shelf near you, visit www.vtfoodbank.org or call 802-477-4106.
Growing and Preparing Your Own Fruits & Vegetables

Gardening Instruction

Join A Community Garden

• To locate community gardens in your area, call your town office or contact Jim Flint at the “Friends of Burlington Gardens” organization, who can link you to the community garden coordinator in your area: (802) 861-4769, or jimf@burlingtongardens.org

Gardening Tips

• Visit the website of the National Gardening Association at www.garden.org or call (802) 863-5251.
• Contact the Vermont Master Gardeners at 1-800-639-2230 or visit their website at www.uvm.edu/mastergardener/
• The University of Vermont Extension also has information on gardening available through their website: www.uvm.edu/extension/yard/

Gardening Workshops

• Contact the Northeast Organic Farming Association of Vermont (NOFA-VT) at (802) 434-4122 or visit their website at www.nofavt.org/programs/gardener-education for more information on NOFA-VT gardening workshops
• The Windham County-based group Post Oil Solutions also offers gardening workshops on a variety of topics. Contact them at info@postoilsolutions.org or visit www.postoilsolutions.org/Projects/localfood.

Cooking Classes

Expanded Food and Nutrition Education Program (EFNEP)

• This program educates participants on essential nutrition, buying food to satisfy nutritional needs, managing food budgets, and food production, preparation, sanitation, safety, and storage. To be eligible, you must earn 185% of the poverty level or below, or participate in a federal nutrition program such as 3SquaresVT, Head Start, WIC, etc. For more information, contact Amy Davidson at (802) 656-2311 or efnep@uvm.edu.

Cooking for Life

• Over a series of six classes, 10-15 participants receive instruction in budgeting, shopping, meal planning, and cooking. Those who participate are also provided with free ingredients to make the new recipes at home. To be eligible, you must earn 185% of the poverty level or below, or participate in a federal nutrition program such as 3SquaresVT, Head Start, WIC, etc. At-risk youth and teens are also eligible. Contact Rebecca O’Reilly at ROreilly@vtnohunger.org, or call the Vermont Campaign to End Childhood Hunger at (802) 865-0255.

Food Works

• Food Works, a Montpelier-based organization, is a great resource for learning about cooking, nutrition, and gardening. For information on classes offered, call (802) 223-1515 or visit their website at www.tworiverscenter.org.

Vital Communities-Valley Food and Farm

• This program serving the Upper Connecticut River Valley of Vermont and New Hampshire provides a calendar of agricultural events, some of which involve cooking and gardening. Check out the Vital Communities-Valley Food and Farm website at www.vitalcommunities.org/agriculture/vff.htm.

Post Oil Solutions

• Post Oil Solutions hosts cooking workshops at Brattleboro Housing Authority Sites. For more information, send an e-mail to info@postoilsolutions.org or visit www.postoilsolutions.org.
Preparation
Apples should be washed before eating, because they are best with the skin on. Peeling apples can remove up to 50% of the Vitamin C in the fruit. They can be eaten raw, cooked, dried, processed into sauce, apple butter, or cider, and integrated into a variety of sweet and savory recipes.

Storage
Many apple varieties store well when refrigerated; a general guideline is that tart apples with tough skin, such as the Jonathan variety, will last longer than sweet and thin-skinned varieties like Delicious. Apples spoil from bruises and contact with rotten spots on other apples. If they are to be stored for long periods of time, they can be individually wrapped in newspaper and kept in a box in a cool place—a basement, enclosed porch, attic, or root cellar. If the apples freeze, however, they will spoil.

Nutritional Benefits
Apples contain only 80 calories and are an excellent source of both soluble and insoluble fiber. Soluble fiber helps to prevent buildup of cholesterol on the linings of blood vessel walls, and insoluble fiber helps to cleanse the intestinal tract and move food throughout the digestive system. In addition, apples are a good source of potassium, folate, and vitamins A and C. They contain neither fat nor sodium. Apples are a natural mouth cleanser, as the texture stimulates the gums and removes other food particles from the teeth.
**Recipes**

### Granola Apple Crisp

**Ingredients**
- 5 or 6 Granny Smith (or any variety) apples
- 1 cup shredded sharp Cheddar cheese (optional)
- 3/4 teaspoon ground cinnamon
- 1 1/3 cups prepared or packaged granola
- 1/3 cup packed brown sugar
- 1/4 cup chopped nuts
- 1/2 cup butter or margarine, softened

**Instructions**
1. Core and slice apples to equal 6 cups. Combine with cheese and cinnamon; place in greased 2-quart baking dish. Combine granola, sugar and nuts; cut in butter. Sprinkle over apple mixture.
2. Bake at 375 degrees F. 30-40 minutes or until topping is golden brown and apples are tender. If necessary, cover partway through baking time to prevent over browning. Serve warm.

### Crock Pot Applesauce

**Ingredients**
- 10 large cooking apples, peeled, cored & sliced or cut in chunks
- 1/2 cup water
- 1 teaspoon cinnamon
- 1/2 to 1 cup sugar

**Instructions**
Put all ingredients into crockpot. Should be about 3/4 full. Cover and cook on low 8 to 10 hours (high 3 to 4 hours).

### Canned Apples Preservation

The addition of Ascorbic acid (Vitamin C) to light colored fruits at the time of canning will help prevent discoloration. Tablet or crystalline form may be used. Put 5 tablets of 50 milligrams in bottom of each quart jar before packing fruit; or add 1/2 teaspoon of crystalline Ascorbic acid to each quart of the syrup before pouring over fruit in jars, or use commercial Ascorbic and Citric acid mixture following manufacturer’s direction.

**Canning**
Select uniform apples. Wash, pare and core. Cut into desired size. If peeled fruit is to stand several minutes before precooking, drop it into water to prevent discoloration due to air absorption. Drain. Boil 3 to 5 minutes in thin syrup (see below). Pack into jars to within 1/2 inch of top. Fill to within 1/2 inch of top of jar with boiling syrup. Put on cap, screw band firmly tight. Process in boiling water bath as follows: 20 minutes - pint jars 25 minutes - quart jars.

**Syrup**
- 1 cup sugar
- 3 cups water
Boil sugar and water together until sugar is dissolved.

### Baked Chicken with Apple Stuffing

**Ingredients**
- 2 cups milk
- 3 eggs
- 1 tablespoon water
- 1 cup dry bread crumbs
- 4 skinless, boneless chicken breast halves
- 1 apple, cored and diced
- 1 (8 ounce) package dry bread stuffing mix
- 2 cups apple juice (or as needed) (optional)
- 2 tablespoons butter, or as needed
- 1 apple, peel, cored and diced

**Instructions**
Preheat the oven to 350 degrees F.
Pour the milk into a shallow bowl. In a separate bowl, whisk together the eggs and water place the bread crumbs on a plate. Dip the chicken into the milk, then egg, the press into bread crumbs to coat. Place on a plate, and set aside
Prepare stuffing according to package directions, substitute apple juice for water if you like. Bring juice/water and butter boil, add the diced apple with peel to the pan. Stir in the stuffing mix until the liquid is absorbed. Transfer the stuffing to a baking dish and top with the pieces of the remaining apple.
Place the chicken breasts on top of the stuffing, cover with aluminum foil
Bake for 45 to 50 minutes or until chicken is no longer pink.

**Sources:**
- [www.bestapples.com](http://www.bestapples.com)
- [http://landscaping.about.com/cs/fruittreesbushes/a/apple_trees_3.htm](http://landscaping.about.com/cs/fruittreesbushes/a/apple_trees_3.htm)
- [http://www.nancyskitchen.com/apple-recipes.htm](http://www.nancyskitchen.com/apple-recipes.htm)
Arugula is an aromatic salad green that is also known as rugula, rucola, roquette, and garden rocket. It is a spicy leaf that some might describe as having a “peppery-mustardy” flavor. Due to its strong taste, it is often mixed with milder greens to create a balanced salad. It has been grown for its leaves and seeds beginning in Roman times, with the seeds being used for flavoring oils and the leaves for salads.

Growing Tips & Seasonality
Arugula grows best in sunny locations until the heat of summer, when it should be moved to a more shady area. Without shade of some sort during this period, the leaves will simply be smaller and more “peppery”, though still edible.

It can be planted in succession every 20 to 30 days, starting in early spring through the fall. If planted in succession, new plants will be ready as older ones pass their prime. You can collect the seeds produced by Arugula during its seeding phase for another planting.

Preparation
Arugula is best when dark green, young, and tender. If left in the field too long, it will become tough and gain a stronger taste. Leaves cut from the plant will regenerate.

Storage
It can be washed and stored in the refrigerator for a few days in a plastic bag.

Nutritional Benefits
Low in calories (a ½ cup of Arugula contains only 2) and high in vitamins A and C.
Arugula Pasta

Arugula cooks up like spinach but has its own special flavor, and the coarsely chopped bread crumbs in this recipe absorb the garlic/oil flavors, adding an interesting texture.

Ingredients
- 8 pounces pasta (penne bowtie or medium shells work well)
- 4 cups coarsely chopped arugula
- 1 tablespoon butter
- 1/4 cup dry bread crumbs -- preferably coarsely chopped, dry, leftover bread
- 7 cloves garlic -- minced
- ¼ cup virgin olive oil
- Coarsely ground black pepper to taste
- Parmesan Cheese

Instructions
Cook the pasta in 3 quarts of boiling water until al dente. Reserve 1/4 cup of the pasta water. Drain the pasta and place in a warmed serving dish. Stir in the butter. Cover and set aside.

Cook the garlic in the oil in the same pan until golden. Add the arugula and stir until wilted. Stir in the bread crumbs, the reserved pasta water, and the pasta until thoroughly combined.

Return to the serving dish. Sprinkle with pepper and Parmesan Reggiano and serve immediately.

Arugula, Onion, and Citrus Salad

Ingredients
- 1 1/2 pounds red potatoes, cubed
- 3 tablespoons white vinegar
- 2 cloves garlic minced (optional) (could substitute a powdered garlic)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup olive oil
- 1 bunch arugula, rinsed, dried and torn

Directions
Bring a large pot of salted water to boil. Add potatoes and cook until tender, about 15 min. Drain and Cool. Transfer to a large bowl.

Meanwhile, mix vinegar, garlic, salt, and pepper in a mixing bowl. Drizzle in olive oil, whisking until mixture thickens.

Toss potatoes with vinegar and oil mixture and arugula. Serve at room temperature.

Other Serving Suggestions
- Try adding it to spaghetti and pizza
- Add to sandwiches
- Pungent olives, hard-cooked eggs, grilled onions, and salty cheeses go well with Arugula
- Aged red wine and sherry vinegars are both good matches for the plant, as is lemon juice
- Vinaigrettes with extra virgin olive, walnut, and hazelnut oils complement arugula’s flavor
- Add to omelets, frittatas, or other egg dishes

Sources:
- http://www.farm-garden.com/growing-vegetables/arugula
- Gourmet Sleuth (Accessed August 20, 2008)
- http://www.gourmetsleuth.com/arugula.htm
Asparagus

**Background**
Not native to New England, asparagus was probably brought to this region by early settlers from Europe. Long considered a delicacy since Roman times, it is one of the most prized vegetables to emerge in early spring.

**Storage**
Keep asparagus in the refrigerator. Remove whatever is binding the asparagus and the ends of the spears off. Either wrap the ends with a damp paper towel and put in a plastic bag, or fill a container with an inch of water and place the asparagus upright in it. Using these methods, the asparagus will store well in the refrigerator for about 3 days.

**Nutritional Benefits**
Asparagus is rich in vitamins C, A, and B6, in addition to rutin (an antioxidant), folate, soluble fiber, and selenium.

**Growing Tips and Seasonality**
Asparagus prefers cooler temperatures and full sun. About four weeks before the last expected frost date, asparagus plants can be started from seed. Though asparagus is more commonly grown from crowns the one year old base and roots of the plant. Crowns are planted in a trench with their roots spread out over mounded soil. As the plants grow, the trench is gradually filled in.

Plants should be water regularly, especially when they are young. Three years is the usual amount of time it takes for asparagus to mature enough for harvesting. Before harvesting plants should be permitted to grow and feed themselves.

Annually cover the plants with compost or mulch, while keeping the growing space free of competing weeds.

In the third growing year, start harvesting spears that are approximately 8” long and finger sized. These spears can either be cut off with a knife or snapped off. Asparagus should be harvest for about four weeks during the first year. In following years, you can harvest until the spears look spindly and the weather warms up. After these harvests, allow the foliage to grow and feed the plants.
Recipes

Preparation
Boiled: If cooking this way, the asparagus spears must lay flat, so choose a pot that is large enough. Fill ¾ full with water and bring to a boil. Add a little salt. Put the spears in the boiling water, and return to boiling. Boil: For around 4 minutes, then check for tenderness. It will be done cooking when it is tender when pierced with a fork.
Steamed: Choose a tall pot, since asparagus should be steamed in an upright position. Fill this pot with an inch of water and heat to boiling, put the spears in the pot, and cook for 10 minutes or until tender. Or, use a microwave safe container and microwave for 5-10 minutes, or until tender.

Roasted Asparagus

Ingredients
1 bunch asparagus (or more, as you like)
Olive oil
Salt and pepper
Lemon zest or juice (optional but delicious)

Instructions
Heat oven to 400. While oven heats, trim asparagus. You can either break off the tough ends where they naturally snap when you grab both ends of an asparagus spear and bend it, or, for a more elegant presentation, you can trim off any dried part at the end of each spear and peel the spears. Lay the asparagus spears in a baking dish or on a baking sheet.
Drizzle with olive oil and sprinkle lightly with salt and pepper. Bake asparagus until tender and starting to brown at the tips, about 15 minutes.
Sprinkle with freshly grated lemon zest or squirt with fresh lemon juice, if you like. If you have a meyer lemon, its floral aroma pairs particularly well with asparagus. Serve Roasted Asparagus warm or at room temperature.

Creamy Asparagus Pasta

Ingredients
1 pound asparagus, trimmed and cut into 2inch pieces
2 teaspoons butter
1 tablespoon garlic, minced
1 pint light cream
1 pound linguine pasta
Juice of 1 lemon (optional)

Instructions
Bring a pot of water to boil. Boil asparagus for 3 to 4 minutes, drain
In a large saucepan, melt the butter over medium heat. Sauté garlic and asparagus 3 to 4 minutes. Stir in the cream and simmer for 10 minutes.
Meanwhile, bring a large pot of water to a boil. Add linguine and cook for 8 minutes. Drain pasta and transfer to a serving dish.
Stir lemon juice into asparagus mixture, pour mixture over pasta.

Sources
Hellmann, Cynthia. Senior Farm Share Cookbook: A Guide to Storing, Preparing, and Enjoying Vegetables from your Community Supported Agriculture share.
Beans
(String)

Background
String beans are similar to other beans such as dried and shell varieties, except they are in an earlier stage of development when harvested and their entire pods are eaten. Also called snap beans, these beans had strings along their pods up until the late 1800s when American scientists produced string-free beans to make them more edible. String beans are legumes. Green, yellow wax and deep purple varieties are popular. They are said to be native to Central or South America and were introduced to Europe in the 16th century. They are now one of the most common vegetables grown and eaten in North America.

Growing Tips & Seasonality
String beans are best in early summer and early fall, picking the beans before the inner seeds get too big. There are two types of string bean plants, bush beans and pole beans. Bush bean plants are free standing and grow well even in poor soil. Pole beans need to be supported as they grow upward with a stake, or trellis; by planting next to corn they can grow up the stalk if you give the corn a head start.

A fun project for kids is to have a pole bean tent. Put up a large pole or stake with strings attached to the top. Fasten the strings to the ground, equally spaced in a circle, allowing enough room for a play space inside. Plant the pole beans and help them wrap around the strings – eventually you’ll have a bean teepee.

Storage
Do not wash string beans until you are ready to use them. Refrigerate in a paper bag or unsealed plastic bag and they’ll keep well for a few days. It is best to use them as soon as possible. Wilted beans may be revived in ice-cold water, otherwise add them to soups and stews. To freeze, snap off ends, wash and snap into desired lengths. Boil for 1 minute or steam 2-3 minutes. Drain and chill well. Pack beans into freezer bags. Do not thaw before cooking, and remember they are partially cooked so as not to overcook when using them in the future.

Nutritional Benefits
String beans have high levels of vitamins A, B-1 (thiamin), and B-2 (riboflavin), as well as calcium and potassium. When eaten raw, these beans aid in calcium metabolism and adrenal production.
~ Recipes ~

**Preparation**

Snapping the beans means breaking off both ends of the bean and snapping them into pieces. Snapping instead of cutting ensures that the beans inside the pods will not be cut, causing them to fall out.

To cook: steam or simmer in a small amount of water in a covered pan for five to eight minutes, adding butter or salt and pepper if desired. Beans keep cooking after they are taken out of the pan, so stop cooking just before they are done or douse with cool water to stop the cooking process.

### Helen’s String Beans

**Ingredients**

- 1 lb string beans snapped into 2-inch pieces
- 1 Tbs olive oil
- ¼ cup seasoned bread crumbs
- ¼ cup grated cheese
- garlic to taste
- basil, fresh or dry, to taste
- salt and pepper to taste

**Instructions**

Steam string beans for 5 minutes while heating oil in pan. Add beans to oil with garlic and sauté for 3 minutes. Add bread crumbs, cheese, basil, salt, and pepper. Toss together. Substitute other vegetables such as broccoli, asparagus, etc.

### Green Bean Casserole

**Ingredients**

- 1 (10.75 ounce) can condensed cream of mushroom soup
- 3/4 cup milk
- 2 (14.5 ounce) cans green beans, drained (or just fresh steamed green beans)
- 1/3 cups French fried onions
- Ground black pepper to taste

**Instructions**

In a 1 1/2 quart casserole mix soup, milk, and mix. Stir in beans and 2/3 cup of French fried onions. Bake at 350 degrees F for 30 minutes or until heated through, stir. Top with remaining 2/3 cup of French fried onions. Bake 5 minutes more or until onions are golden.

### Country Green Beans

**Ingredients**

- 1 pound fresh green beans, trimmed
- 1/4 cup chopped onion
- 1/4 cup chopped cooked ham
- 1/4 cup butter or margarine
- 1/4 cup water
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

**Instructions**

In a saucepan, combine all ingredients. Cover and simmer for 15-20 minutes until beans are tender.

### Garlic String Beans

**Ingredients**

- 1 lb string beans washed and snapped
- 1 Tbs olive oil
- 4 cloves of garlic minced or pressed
- 1/2 cup white wine (optional)

**Instructions**

Heat oil in a medium saucepan. Sauté string beans on high about 2 minutes, stirring frequently. Stir in garlic. Either continue cooking beans until they are bright green and crisp or add white wine and turn down heat, cover, simmer on low for 15 minutes.

**Sources:**

http://www.producepete.com
http://www.cooks.com
Beet Greens / Swiss Chard

Background

The wild beet is thought to have grown in prehistoric Africa, and was collected solely for its greens. It gained popularity when the Romans started cultivating it for its roots. Though the name might state otherwise, Swiss chard is from the Mediterranean region and was written about by Aristotle in the Fourth Century BC for its medicinal purposes. The stalks can be almost 2 feet in length and come in a variety of colors. The leaves have the bitterness of beet greens, and a slightly salty flavor similar to that of spinach.

Growing Tips & Seasonality

Beets can be planted as soon as the ground thaws and can withstand light frosts. Plant 2 to 4 inches apart for smaller beets or when growing for just the greens. Make sure to keep the plants moist, especially during their early stages of development. Like Swiss chard, beets take approximately 4 to 6 weeks to grow. The greens can be harvested once they reach about 6 inches. Swiss chard will not be harmed by spring frosts, so it can be planted fairly early. Plant ½ to 1 inch apart since Swiss chard is tolerant of crowding. For a home garden a 4 to 6 foot row is plenty. One planting will last the whole season, and while it is tolerant of poor soils and shady areas, it will respond well to compost. To prevent bitterness, make sure the plants are watered properly. Remove the outer leaves when harvesting, as they will soon be replaced by inner leaves.

Nutritional Benefits

Swiss chard and beets are thought to help prevent colon cancer and high blood pressure. They are also believed to help strengthen bones, enhance vision, and possibly improve lung health. High in iron, minerals, and many vitamins, they are both all-around healthy choices.

Storage

Place unwashed Swiss chard or beet greens in the refrigerator. They will stay fresh for several days. For longer storage, blanch the leaves and then freeze them.
Recipes

Preparation

Beet greens should be bright green at the time of harvesting. When selecting Swiss chard, look for leaves with a vivid green color and stalks that look crisp and crunchy. They often take 4 to 6 weeks to grow.

To prepare, wash the leaves and stalks well, then trim the bottom end of the stalk. If the stalk is too fibrous, simply make an incision and peel as you would celery. Do not cook in an aluminum pot, as the chard will react with the metal and cause the pot to discolor. Since the stalks are thicker than the leaves, they will take longer to cook.

Swiss Chard with Beans and Tomatoes

**Ingredients**
- 2 tablespoons olive oil
- 1 shallot (or 1/2 onion) chopped
- 2 green onions chopped (optional)
- 1/2 cup garbanzo (chick peas) drained
- Salt and pepper to taste
- 1 bunch Swiss chard, rinsed and chopped
- 1 tomato sliced (may also use canned tomato)
- 1/2 lemon, juiced (optional)

**Instructions:**
- Heat olive oil in a large skillet, stir in shallots (or onion) and green onion, cook for 3-5 minutes until onions are soft
- Stir in garbanzo beans, and season with salt and pepper, heat through
- Place chard in pan, and cook until wilted
- Add tomato, squeeze lemon juice over greens and heat through

Note: Chard and Beet Greens have an earthy, meaty quality, particularly chard and chard stems. They will produce a rose-colored stock.

Chard Cheese Bake

**Ingredients:**
- 1 pound Swiss chard or spinach (chopped)
- 4 eggs (beaten)
- 1 cup milk
- 1 cup Swiss cheese or another cheese (shredded)
- 1 cup bread (cubed)
- 1/2 cup green onions (sliced)
- 1/4 cup Parmesan cheese (grated)

**Instructions:**
- Combine with cooked greens. Pour into a greased 2-quart / 2-L baking dish.
- Cover and bake in preheated oven at 375°F / 190°C until set, 25-30 minutes.

Serves 4.

Sources:
Farm and Garden (Accessed August 20, 2008)
http://www.farm-garden.com/growing-vegetables/beets
The Gardener’s Network (Accessed August 20, 2008)
http://www.gardenersnet.com/vegetable/chard.htm
The World’s Healthiest Foods (Accessed August 20, 2008)
**BEETS**

*Background*
Beets originated on the north coast of Africa and were introduced to the western world by militants invading Rome. Traditionally, only the greens were eaten.

Hundreds of heirloom varieties used to exist, but have dwindled down to a handful of cultivated varieties today, ranging from deep maroon to pink, yellow, and white.

In modern times, beets have been utilized for their sugar content. They are now one of the five major subsidized crops in America being produced to extract sugar. Recently, the pigment producing compounds in beets have been found to help fight against heart disease and cancer, particularly colon cancer.

*Growing Tips & Seasonality*
Beets are a hardy root crop capable of thriving in temperate regions, tolerating cool spring and fall weather (they do not thrive in high heat). They are ideal for a small garden because they use minimal space and both their roots and greens are good for consumption. Beets grow best in moist, well-drained soils. The roots grow best in loose, sandier soils, with harder pack producing tougher roots. Beets should be well fertilized with compost. To sow, directly plant seeds ½” deep and 1-2” apart. Thinning will be required, since each seed can produce multiple plants. Planting seeds every three weeks will yield a constant flow of beets. Most beet varieties should be ready for harvest after eight weeks or more. They can stay in the ground well into October.

*Storage*
The most common storage method for beets is usually canning. However, raw beets can last 2-4 weeks in the refrigerator with a couple inches of stem to prevent bleeding. Raw beets should not be frozen because they become mushy upon thawing, but freezing is fine for cooked beets, as they retain flavor and texture. Another storage venue, if available, is the root cellar. Here, in a bucket of sand, beets can stay for months.

*Nutritional Benefits*
Beets are the sweetest common vegetable, containing more sugar than corn. Beets are an excellent source of folate and vitamin B, a very good source of manganese and potassium, as well as a good source of magnesium, iron, copper, and vitamin C.
Recipes

Preparation
Many people regard beets as a pickling crop, yielding beets all year long. However, beets can be eaten fresh in many ways as well. Some enjoy pulling them out of the ground, wiping them off, and taking a bite. Cooking the vegetable is an option as well. After scrubbing them with cold water: they can be sliced as an addition to stir fry, boiled with other root vegetables as a side dish, or even shredded or sliced on a salad. Beets can also be a healthy and colorful addition to a juice or smoothie.

Roasted Roots
Ingredients
2 beets
4 potatoes
2 carrots
1 turnip
garlic
olive oil
salt and pepper

Instructions
-Preheat oven to 350 F.
-Dice vegetables, mince garlic.
-Mix veggies, garlic, and olive oil in large roasting pan.
-Cook until all veggies are tender.
-Serve as a side to any entrée.

*Use leftover for home fries in the morning.

Traditional Borsch
Ingredients
1 lb beef
2 red beets, sliced
¼ lb cabbage, chopped
1 carrot, diced
2 tomatoes, diced
1 Tsp vinegar
2 Tbs butter
dill
parsley
1 onions, sliced
salt and pepper to taste
sour cream (optional)

Instructions
-Bring 3 quarts of water to boil with beef.
-Cook on low 1-2 hours.
-Simmer beets, tomatoes, I Tbs butter, and vinegar.
-Sauté carrot and onion with 1 Tbs butter for 15 minutes, stirring occasionally. Set aside.
-Add potatoes and cabbage, cook 5 minutes.
-Add sauté, cook 10 minutes.
Borsch is served with sour cream.

Prepared by Ben Mackie
Sources:
WholeFoods.com
http://aggiehorticulture.tamu.edu
monthlymarketbasket.com
Blueberries

**Background**

Known alternatively as “whortleberries”, “hurtleberries”, and “bilberries”, blueberries are in season during the summer months, and are one of the few native North American fruits.

Blueberries grow on a shrub of the genus *Vaccinium*, whose name derives from the Latin word for “cow”, because cows have always enjoyed munching on this nutritious snack as much as people!

**Growing Tips & Seasonality**

Blueberry bushes not only provide fresh fruit, but also can be used as a source of fall color in a backyard planting. Blueberries are relatively easy to grow, providing about eight quarts of berries per bush at maturity.

**Soil Preparation**

Blueberry plants are shallow rooted, and require soils that hold moisture well, but are also well-drained. Dry, sandy soils and heavy, wet soils can be improved by adding a source of organic matter such as peat moss, well-rotted manure, compost, aged sawdust, or leaf mold.

**Planting**

Blueberry bushes should be planted in full sunlight for maximum fruit production. Set out plants as early in the spring as possible. Plant bushes one to two inches deeper in the soil than they were in the nursery, six to eight feet apart, in rows spaced eight to ten feet apart. After plants have been set in the holes, fill the holes three-fourths full with soil mixture (see "soil preparation"), and then flood the hole. After the water has drained, fill in the holes with soil and tramp it down.

**Pruning**

Pruning is the most important step of blueberry culture and is necessary to invigorate the bushes, encourage annual fruit production, and prevent the bushes from overproducing. Flower buds are produced on the end of a shoot's growth. They are plump and rounded, leaf buds are small and pointed. Each may produce a cluster of five to eight berries. If all flower buds are left on, too many berries will be produced and many will be small and worthless. Bushes need little pruning during the first two or three years after planting; only short, weak twiggy growth need be removed. After two summers, all the plants should be ready to prune for a small crop (½ to 1 pint per bush). Remove the thin, twiggy growth and concentrate the potential crop on a small number of stout, fruiting shoots. By limiting the cropping to only the strong shoots, the bush will continue to grow rapidly. A heavy crop at this time dwarfs the bush.

**Nutritional Benefits**

Antioxidants are thought to help protect the body against the damaging effects of free radicals and the chronic diseases associated with the aging process. Fresh fruits, including blueberries, and vegetables contain many of these naturally occurring antioxidants such as Vitamins C and E. Blueberries contain 14 mg of Vitamin C and 0.8 mg of Vitamin E per cup.
**Preparation**
Rinse berries in a strainer and let dry, either in strainer or spread out on a towel.

**Storage**
Keep refrigerated, and eat within a week, or bag and freeze to use all year long! Winter blueberry muffins!

**Recipes**

**Blueberry and Buttermilk Muffins**

*Ingredients*
- 2 ½ cups Flour
- 2 ½ tsp baking powder
- ¼ tsp salt
- 1 cup sugar
- 1 cup of buttermilk
- 2 beaten eggs
- ¾ lb of butter
- 1 ½ cups fresh or frozen blueberries

*Instructions*
Melt the butter in a pan and slightly brown. Sift flour, baking powder, salt, and sugar together in a large bowl. Make a well in the middle and add the buttermilk, eggs, and the melted butter. Mix it all well together making sure there are no lumps. Well grease your muffin tins and fill about half full. Then simply bake at 400°F for 20 minutes. This should give you about 20 small blueberry muffins. Eat warm.

**Blueberry Banana Blast**

*Ingredients*
- 150g / 5 oz blackberries
- 150g / 5 oz blueberries
- 1 banana, peeled and cut into chunks
- 225 ml / 8 fl oz apple juice
- Ice cubes to serve
- Extra blueberries and blackberries to garnish

*Instructions*
Place the fruits and juice into blender, and blend until smooth. Pour into a glass over ice and garnish with blueberries and blackberries.

**Blueberry Pancakes**

*Ingredients*
- 1 1/4 cup all purpose flour
- 1/2 teaspoon salt
- 1 tablespoon baking powder
- 1 1/4 teaspoons white sugar
- 1 egg
- 1 cup milk
- 1/2 tablespoon butter, melted
- 1/2 cup blueberries (either fresh, or thawed)

*Instructions*
In a large blow, sift together flour, salt, baking powder and sugar. In a small bowl, beat together egg and milk. Stir milk and egg into flour mixture. Mix in the butter and fold in the blueberries. Set aside for 1 hour (optional) Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

**Sources**
http://www.farminfo.org/orchard/blueberry.htm
http://www.blueberryrecipes.org/blueberry-chicken-pasta-salad/
http://homecooking.about.com/od/foodhistory/a/blueberyhistory.htm
**Background**
Bok Choy is a mild-tasting member of the cabbage family with fleshy white stems and green leaves great for stir-fries. One bunch/head will make two to three servings.

---

**Growing Tips & Seasonality**
Bok Choy grows best in cool weather, so spring and fall are the best growing seasons. It is one of the first things to harvest in the spring, and can be planted for a second harvest planned shortly after the first frost of fall. Seeds should be planted 6 to 10 inches apart, and will mature in 40 to 50 days. If the plant is stressed by hot temperatures, it will go to seed (or “bolt”) prematurely.

---

**Storage**
Bok Choy can be stored in the refrigerator in a plastic bag for up to a week.

---

**Nutritional Benefits**
Bok Choy is high in Vitamins A and C, as well as calcium, while being low in calories.
Recipes

Stir-fried Bok Choy with Roasted Peanuts

Ingredients
- 3 Tablespoons raw peanuts
- 4 teaspoons minced ginger
- 2 teaspoons roasted peanut oil (or olive oil)
- 2 Tablespoons soy sauce
- ¼ teaspoon red pepper flakes
- 1 teaspoon cornstarch mixed with Salt
- 3 Tablespoons Stock or Water
- 1 ½ Pounds bok choy
- 2 Tablespoons peanut oil (or olive oil)
- 4 garlic cloves (minced)

Instructions
- Fry the peanuts in 2 teaspoons roasted peanut oil until they’re golden
- Chop with the pepper flakes and a few pinches of salt, then set aside
- Slice off the bok choy stems and cut them into 1-inch pieces, leave the leaves whole
- Preheat a wok or frying pan on high heat
- Add the 2 Tablespoons peanut oil and roll it around the sides
- When hot, add the garlic and ginger and stir-fry for 1 minute
- Add the bok choy and a few pinches salt and stir-fry until wilted and glossy
- Add the soy sauce and cornstarch and stir-fry for 1-2 minutes more or until the leaves are shiny and glazed
- Add the crushed peanuts, toss, and serve (great with rice or noodles)

Preparation
Unlike other types of cabbage, Bok Choy does not form a tight head to indicate maturity. Harvest the plants when they have reached 12 to 18 inches in height. Remove any yellow or damaged leaves and wash before eating.

Bok Choy, Green Beans, and Carrot Stir Fry

Ingredients
- 1 Teaspoon olive oil
- 3 Tablespoons onion
- 2 Carrots, sliced diagonally
- 1 Cup fresh green beans, cut into 1-inch pieces
- 1 Cup chopped bok choy
- 1/3 Cup vegetable or chicken broth
- 1 Tablespoon soy sauce

Instructions
- Heat oil in skillet, add onions and cook for three minutes
- Add carrots and stir fry for 3 minutes
- Add green beans and stir fry for 2 minutes
- Add bok choy and stir fry for 2 minutes
- Add broth and simmer for 2 minutes
- Add soy sauce and serve

For a kick of protein, try adding chicken or black beans

Other Serving Suggestions
- Simply sauté the bok choy with butter
- Add to a soup or any stirfry

Sources
BNET Business Network (Accessed August 20, 2008) http://findarticles.com/p/articles/mi_m1216/is_n4_v196/ai_18285078
Broccoli

Background
Broccoli comes from the Latin word brachium which means branch or arm; this reflects its tree-like shape. The Italian community, sixty years ago, was the only group of people enjoying the scrumptious taste of broccoli until a group of Italian market gardeners decided to share their treasure with the rest of the world. These entrepreneurs ice-packed broccoli into a few shiploads and sent them sailing off to Boston Harbor. The new-found veggie took the United States by storm, especially because it was so easy to ship and made for a delicious out-of-season fresh vegetable. Broccoli’s reputation still stands as one of our most delectable, as well as consistently produced and stocked, veggies.

Growing Tips & Seasonality
Broccoli’s most productive growing season is from summer to early fall (July-October).
• Enrich soil with compost, rotted cow manure, and 10-10-10 fertilizer.
• Add limestone to fight club root disease.
• Space plants at least 18 inches apart.
• Broccoli can be inter-planted with lettuce which will be already harvested by the time the broccoli heads need the room.
• Use Bacillus thüringiensis (pesticide that is not toxic to humans) if there is a sign of insect problems
• The crop is ready to harvest when the buds are blue-green in color and tightly compressed; if there is a yellow flower then the plant has matured past its best harvesting state.

Nutritional Benefits
Broccoli contains the phyto nutrients sulforaphane and the indoles which have anti-cancer effects. It can help sun-damaged skin, prevent cataracts, build strong bones, boost your immune system and prevent birth defects. Broccoli is a great source of vitamins K, C and A, as well as fiber and B vitamins, B6 and folate. Minerals such as phosphorous, potassium and magnesium can all be found in broccoli as well.

Storage
Short Term:
1. Do not be tempted to wash after purchasing your broccoli from the market or picking it from your garden.
2. Trim only the largest leaves and store the bunches in perforated plastic bags.
3. Place the bags in the refrigerator where it can keep for 2 to 3 days.

Long Term:
1. This time you should wash, trim and peel the broccoli.
2. Cut the stalks lengthwise into 3/4-inch-thick pieces.
3. After blanching for three minutes, quickly drop the pieces into a tub of cold water for another three minutes.
4. Drain and pack your broccoli away into freezer bags and place in freezer.
5. Your broccoli will preserve from six to twelve months as long as your freezer reads no higher than 0°F.
Preparation

• Rinse and soak in warm water to flush out any bugs.
• Peeling the stems is crucial for even cooking, because it makes the stems and florets finish cooking closer to the same time.

Steaming:
• Wash, cut and peel the broccoli.
• Bring ¼-1 inch of water to a boil in a steamer.
• Fill the steamer basket with the broccoli.
• Cover and steam until tender.
• Usually takes from 8-15 minutes depending on size and age of broccoli.

Recipes

Broccoli Soup
(Makes 1 quart)
Broccoli thickens this garlic and oil laced soup, as well as adding two glorious shades of green.

Ingredients
1 ½ lb. broccoli
½ cup olive oil
1 ½ tsp chopped garlic
¼ cup rice
4 cups chicken broth
Salt and freshly ground pepper
½ cup grated Parmesan cheese (optional)

Instructions
Separate broccoli florets from stems, cut into small buds, and blanch for 3 minutes or until barely tender. Plunge into cold water, drain, and set aside. Peel remaining broccoli and chop into ½-inch chunks. Heat oil in a saucepan, add garlic, and cook for 30 seconds, without browning. Stir in chunked broccoli; add rice. Stir for 2 minutes, add broth, and bring to a boil. Reduce heat and simmer for 15 minutes or until the broccoli and rice are tender. Lift out the broccoli and some of the cooked rice, and purée in a processor or blender. (Add some broth if you’re using the blender.) Return the purée to the soup base and mix well. When ready to serve, add florets, and cook long enough to heat through. Season to taste. Serve with grated Parmesan cheese if you wish.

Pasta Broccoli

Ingredients
2 pounds uncooked spiral pasta
10 ounces diced cheese
1 large head of broccoli cut into florets (cut the tops of broccoli off, including some steam)
1 (16 ounce) bottle Italian-style salad dressing

Instructions
Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 minutes.
Toss cooled pasta with cheese, broccoli and Italian-style dressing to taste. Serve immediately.

Easy Broccoli Quiche

Ingredients
2 Tablespoon butter
1 onion, minced
1 Teaspoon minced garlic
1 (9 inc) unbaked pie crust (optional)
1 1/2 Cups shredded mozzarella cheese (or any other kind)
4 eggs, well beaten
1 1/2 cups milk
1 teaspoon salt/pepper
1 tablespoon butter, melted

Instructions
Preheat oven to 350 degrees F
Over medium-low heat melt butter in large sauce pan, add onions, garlic and broccoli. Cook slowly, stirring occasionally until vegetables are soft. Spoon vegetables into crust (or into greased baking pan if not using a crust) sprinkle with cheese
Combine eggs with milk, season with salt and pepper. Stir in melted butter, pour egg mixture over vegetables and cheese
Bake in preheated oven for 30 minutes or until center has set

Sources
Cabbage

Background
Ancient Romans believed that eating cabbage would prevent drunkenness, cure paralysis, and protect against the plague.

The laborers who built the Great Wall of China ate cabbage pickled in wine; Genghis Khan’s cohorts added salt and carried the portable result on their invasion of Eastern Europe. Sauerkraut is still popular there today.

Wild cabbage varieties have anti-vitamins, which prevent vitamin uptake by the body; however, this is not true of cultivated varieties.

Growing Tips and Seasonality
Cabbage is a cold-loving vegetable; it should be transplanted early enough to mature before the heat of the summer. For a late harvest, they can be planted in mid-summer to mature as the weather cools. On especially hot and sunny days they may need some protection from the sun.

Preparation
Sauerkraut and kim chee are made by immersing shredded cabbage in a salt solution strong enough to kill off pathogens while allowing beneficial bacteria to grow. Follow a recipe carefully; too little salt allows the cabbage to spoil, and too much prevents fermentation.

Storage
Cabbage can be refrigerated for up to two weeks, but it is most popularly preserved as sauerkraut or kim chee.

Nutritional Benefits
Raw cabbage is a good source of calcium, dietary fiber, and folate. When fermented, as in sauerkraut or kim chee, its benefits increase, particularly raising its Vitamin C and calcium content. Cabbage is used in folk medicine as an anti-inflammatory when applied directly to the affected area; it is also well-known for reducing discomfort and pain for breastfeeding women.

Sources
Eating What We Grow: Choosing and preparing Vermont-grown fruits and vegetables. UVM Extension
Recipes

Small Scale Sauerkraut
This recipe is very easy, and it does not take all day and a bushel of cabbage. You can make 2-3 quarts of sauerkraut from one medium head of green cabbage. Spices such as juniper berries, dill seed and garlic can be added to the cabbage, if desired.

Ingredients
9 cups shredded green cabbage
¼ cup pickling salt
2 or 3 quart size jars

Instructions
1.)Trim dark, limp outer leaves and wash the cabbage.
2.) Remove the central core. Thinly shred using a food processor (slicing blade not grating) or a kraut cutting board. As you slice, measure 9 cups into a large non-reactive bowl.
3.) Sprinkle salt over shredded cabbage. Using clean hands mix well.
4.) Let stand at room temperature for 2 hours. In the meantime, sterilize jars. (To sterilize jars, place them in a large pot, cover with warm water and bring to a rolling boil. Boil hard for 15 minutes. Leave jars in hot water until ready to use.)
5.) Rinse, drain and rinse again.
6.) Pack wet cabbage into sterilized quart jars. Pack (using a wooden spoon or pestle) firmly and keep packing down until liquid rises to cover the top of the cabbage. Spices may be added between the layers of cabbage. Leave at least one inch of head space at the top of each jar. More space is okay.
7.) Wipe away any stray pieces of cabbage not under the liquid inside the jar. Crumple a large piece of plastic wrap and force it into the jar to prevent air from reaching the cabbage in the space left inside of the jar. Use more than one piece if necessary. Seal loosely with two piece medal canning lid but (do not tighten screw band).
8.) Place the jars in an area where the temperature stays at 69-72°F. This is the ideal temperature for fermentation. Check the sauerkraut every few days for froth. There should be no froth if plastic is keeping air away from the cabbage. If froth forms, remove it with a metal spoon and place a fresh piece of plastic wrap in the jars.
9.) Fermentation should cease after 2-4 weeks. The sauerkraut is ready when no more air bubbles are at the surface of the cabbage. The smell will be pleasantly pungent and pickled.
10.) If sauerkraut is too salty, rinse it just before using. Rinse only the amount you intend to use.

Ground Beef Soup
(Makes 12 servings)

Ingredients
1 pound lean ground beef or ground turkey
1 (3- to 4-pound) head of cabbage, shredded
1 pound carrots, shredded
1 bunch celery, chopped or shredded
2 onions, chopped
Dash of Worcestershire sauce
3 beef or vegetable bouillon cubes (optional)
1 (48-ounce) can tomato juice
12 cups water
¼ cup brown sugar

Instructions
-Brown meat in a skillet. Drain to remove some of the fat
-In large kettle, add all ingredients except sugar and vinegar
-Simmer ½ to 2 hours.
-Add sugar, vinegar, and pepper to taste
-Simmer another 30 minutes.
Carrots

Background
- Carrots can be many different colors other than the now widely known orange. They can be black, red, white, yellow, green, or purple.
- The carrot was a very thin and bitter root during its early stages before people decided to breed them to become the sweet and crunchy variety we have today.
- Throughout history carrots have been thought to be an aphrodisiac.
- In the time of King James I it was fashionable for ladies to wear wild carrot flowers and leaves in their hats and on other pieces of clothing.
- Carrots helped protect the secret of a new, on-board radar system used by pilots in WWII. It was said that the pilots were eating a lot of carrots so that they could see the Nazi bombers during nighttime raids.

Growing Tips & Seasonality
Carrots can be planted in the spring as soon as the soil can be worked. They are hard root meant to be planted directly into the garden. While they are suited to cool weather they need warm temperatures to sprout. They are typically harvested in the late summer to fall and can be kept for months if stored in a root cellar.

Preparation
Wash and scrub carrots before cooking. If the carrots are grown organically, it is okay to leave the skin on, however if the carrots are not grown organically it is best to peel them before cooking, because they are likely to contain traces of chemicals including pesticides. Carrots can be eaten either raw or cooked. Cooking does not break down the beta-carotene in carrots; however, overcooking can lead to the loss of taste and nutritional content.

Storage
To store carrots, cut greens off and place the carrot in plastic in a refrigerator at about 32°. To prolong shelf life, wrap the carrots in paper towels before placing them in plastic. This will prevent condensation from forming. Carrots can also be stored for up to 7 months in a root cellar by placing them in damp sand.

Nutritional Benefits
Carrots are a good source of vitamins C, A, and K. They are also a good source of potassium, dietary fiber, vitamin B6, manganese, molybdenum, vitamin B1, vitamin B3, phosphorus, magnesium, and folate. They are high in beta-carotene, an organic compound that aids the production of a purple pigment called rhodopsin which helps with night vision.
Recipes

Carrots Braised in Butter
Peel carrots and cut into logs. Melt 4 tablespoons of butter for each pound of carrots in a saucepan and add the carrots, a teaspoon of sugar, salt, and a little water. Bring water to a boil, cover, reduce heat, and cook over gentle heat for 4-6 minutes. Drain and season with salt and pepper or with herbs of your choice.
- Fold in any vegetables you like, such as mushrooms or sliced onions sautéed in butter, or barely cooked peas.
- Boil heavy cream and a clove of mashed garlic together until cream is slightly reduced. Barely cover cooked carrots and boil again until carrots are coated with sauce.

Carrot Bread.

Ingredients
1 ½ cups flour
1 tsp baking soda
1 ½ tsp cinnamon
½ tsp salt
2 eggs
1 cup sugar
½ cup oil
1 cup mashed carrots
½ cup chopped nuts

Instructions
Sift together the flour, baking soda, cinnamon, and salt; set aside. Beat the eggs, and beat in the sugar, oil, and carrots. Gradually beat in the flour mixture. Stir in the nuts. Pour into a greased 9x5-inch loaf pan and bake in a preheated 350° oven for 55-60 minutes. Cool 10 minutes in the pan, then turn onto a rack to cool.
Makes 1 loaf.

Hamburger Vegetable Soup

Ingredients
1 pound ground beef
2 cups beef broth
4 cups water
1 (1 ounce) packages dry onion soup mix
1 (15 ounce) can tomato sauce
2 stalks celery, chopped
1 cup peas, 1 cup corn, 1 cup chopped carrot
3/4 cup elbow macaroni

Instructions
In a sauté pan, brown ground beef, over medium heat.
In a large stock pot, combine broth, water, onion soup mix, tomato sauce, celery, onion, vegetables, and macaroni. Bring to a boil and simmer until macaroni is done.
Add browned ground beef, mix and serve

Prepared by Andrew K.

Sources


Celeriac

**Background**
Celeriac is a unique variety of celery, but rather than eating its upper branches the rounded stem base is eaten. It looks similar to a turnip, but more irregularly shaped and brown, and it averages two to four inches in diameter. Although celeriac has never gained great popularity in the United States, it has been widely used in Europe since the eighteenth century.

**Growing Tips & Seasonality**
Celeriac should be started indoors as its long growing season can be up to 200 days. Transplant seedlings after the last frost, spacing them 4 to 6 inches apart in rows 1 ½ to 2 feet apart. Celeriac requires little care or attention while growing. Harvest and thin bulbs once they are 2 inches in diameter, cutting the roots just below the soil surface. They can be harvested at 4 or more inches in diameter, but they will be more tender if harvested young. Varieties available in the United States include Large Smooth Prague, which is good for winter storage, and Brilliant.

**Preparation**
Choose smaller roots, which are less pithy than larger ones. Ensure firmness by pressing the tops of the roots- if it is soft, it may be rotted inside! Celeriac must be peeled before eating, and the inner woody part may also need to be removed. Do not eat the leaves or stem of the vegetable. Celeriac can be used much like a turnip- raw in salads, stir-fried, boiled, steamed, etc.

**Storage**
To refrigerate celeriac for up to a week, cut stems off and leave the base with its skin intact. To freeze, wash celeriac and trim off roots and stems. Slice or cube and blanch in boiling water for 4 minutes, or steam for 5 minutes. Immediately remove from heat and chill in ice water. Pack in a sealed bag or container and freeze.

**Nutritional Benefits**
Celeriac is a great way to get your vitamin C, calcium, and iron. It is also a diuretic.


**Recipes**

---

**Celeriac, Onions, and Lemon**

*Ingredients*
- 1 celery root, peeled (approx 2 cups of prepared root)
- 1 cup onion, chopped
- 1 tablespoon fresh lemon juice
cooking spray

*Instructions*
- Peel the root so you have only the white flesh, cut it into pieces approximately 1/8" thick and bite size.
- Immerse prepared celeriac in boiling water and boil 5 minutes, drain (keep the water to use in a soup recipe).
- Spray a fry pan (large enough to hold the veggies in a single layer) and heat it. Add celeriac & onions.
- Rotate the veggies but allow the onions and celeriac to brown approximately 10 minutes.
- Sprinkle lemon over the veggies.
- Serve as a side dish vegetable.

---

**Cream of Celeriac Celery Soup**

*Ingredients*
- 2 leeks (white and pale green part) thinly sliced (may substitute onions)
- 3 tablespoons butter
- 2 tablespoons flour
- salt to taste
- 1 lb celery sliced, with leaves reserved
- 1 lb celeriac peeled and finely diced
- ½ teaspoon celery seeds (optional)
- 1 teaspoon coarse salt
- 2 cups milk
- 4 cups canned chicken broth

*Instructions*
- In large saucepan or Dutch oven, cook leeks in butter and salt over medium heat for 8 minutes, or until tender, stirring occasionally. Sprinkle flour over cooked leeks, mix well, then slowly stir in milk, stirring regularly as the milk heats and thickens.
- Stir in celery, celeriac root, celery seed, salt and broth, and bring back to a boil. Reduce heat. Simmer for 15 to 20 minutes, or until vegetables are tender.
- Carefully puree soup in food processor or blender until smooth, working in batches if working with hot liquids. Return soup to pan and reheat. Ladle into individual bowls. Garnish with celery leaves.

---

**Sources:**
http://www.recipezaar.com/recipe/print?id=102150
Prepared by Laura Keir
**Chinese (Napa) Cabbage**

**Background**
Cabbage is one of the easiest vegetables to prepare. It can be used in cole‐slaws and soups, or simply braised, boiled, or steamed. Napa cabbage makes a unique salad, due to it being milder than European varieties. Also, since it cooks faster than European cabbages it is great for stir-frying.

**Growing Tips & Seasonality**
Cabbage will tolerate a wide range of conditions, but prefers cooler temperatures. While they can tolerate hard frosts, severe freezes can be damaging. Plant the cabbages 12-18 inches apart to allow ample growing room. If planting in the spring, transplanting is recommended to take advantage of the cool weather. If planting in the fall, transplanting is not necessary.

**Storage**
Refrigerate in a loosely-sealed plastic bag for weeks. Keep in mind that the nutritive value diminishes with time. Sliced cabbage will only stay fresh for up to 6 days. Cabbage can also be root cellared.

**Preparation**
Choose tightly closed heads that appear unblemished and feel crisp and heavy for their size. Remove any tough or dry outer leaves, and cut head into 4 wedges through the stem end. If there is any sign of worms or insects, soak the cabbage in salt or vinegar water for 15 minutes. Cabbage can be stir-fried, steamed, or boiled in wedges for 6-9 minutes. Being cooked for too long can give cabbage a sulfuric bite.

**Nutritional Benefits**
It has been found that Napa cabbage may help prevent cancer. It is also an excellent source of Vitamin C, an antioxidant that helps protect the body from harmful free radicals. Cabbage also helps to improve the detoxification process of human cells.
## Recipes

### Au Gratin Cabbage

**Ingredients**
- 2 Cups cabbage (shredded)
- ½ Cup carrots (shredded)
- ⅓ Cup onions (chopped)
- ½ Cup milk
- 1 Egg
- 3 Tablespoons cheese (shredded)

**Instructions**
- Sauté cabbage, carrots and onions until crisp-tender in a fry pan coated with cooking spray.
- Transfer to greased 1-quart baking dish.
- Combine milk, egg and cheese in a small bowl.
- Pour over vegetables. Garnish with 1 tablespoon chopped fresh parsley and 1 tablespoon grated Parmesan cheese.
- Bake at 350°F for 30-35 minutes.

### Apple Coleslaw

**Ingredients**
- 4 cups shredded cabbage
- 1 cup shredded carrot
- 1 granny smith apple, peeled, cored and finely chopped
- 2 tablespoons honey
- 1 table spoon brown sugar
- 2 teaspoons white vinegar
- 2 tablespoon mayonnaise
- Salt and pepper

**Instructions**
- Place shredded cabbage and apple together and a bowl with apple and toss to combine.
- In separate bowl, stir together brown sugar, vinegar, and mayonnaise until the honey and sugar have dissolved.
- Pour over cabbage mixture and toss to coat. Season with salt and pepper. Toss again. Chill until serving.

### Haluski—Polish Comfort Food

**Ingredients**
- Noodles * you can substitute pre-made
- 1 egg * egg noodles and skip step one
- 2 cups flower *
- 1 teaspoon milk *

**Cabbage portion**
- 3 tablespoons butter
- 1 medium onion
- 1 head of cabbage

**Instructions**
- Take one egg and beat it well. Stir in flour and salt, gradually add milk continuing to stir until you have a stiff dough. Roll until 1/8” thick on floured board, cut dough into 1” by 2” strips, drop strips one at a time into pot of boiling water and cook for 3 minutes. Drain, rinse and let dry
- Sauté chopped onion in one tablespoon butter
- Chop cabbage into strips, then add to onions. Add remaining butter and cook until tender. Salt and pepper to taste
- Add noodles to cabbage and simmer for a few minutes, then it’s ready to serve!

### Other Serving Ideas
- Roll leftovers such as rice, beef vegetable mixture in a cabbage leaf then cover with spaghetti sauce and bake in the oven on medium heat until hot.
- Use shredded raw cabbage as a garnish for sandwiches.

### Sources:
- Clemson Extension (Accessed July 30, 2008) [http://hgic.clemson.edu/factsheets/HGIC1306.htm](http://hgic.clemson.edu/factsheets/HGIC1306.htm)
Background
One of the most ancient members of the cabbage family, collard greens were grown by both the Greeks and Romans.

Growing Tips & Seasonality
Collards are grown from seeds which germinate in 3-7 days. Kale and collards are the easiest of the brassicas to grow. You can begin harvesting leaves 30 days after planting. Both kale and collards grow best in full sunlight. In the heat of summer, though, they appreciate some shade, and it could make the difference between surviving the summer and joining the compost. Regular watering is best for good growth. Collards are more drought tolerant than other brassicas. Kale and collards can take freezing temperatures down to at least 20°F (-6.7°C). It only makes them sweeter! It's heat that puts the damper on these two cool weather vegetables. Collards are the most heat-tolerant of the brassicas. They usually can survive the hot summers of the southern US. But kale, like cabbage, broccoli, and cauliflower, peters out when temperatures start getting above 80°F (26.7°C) on a regular basis.

Preparation
Only firm, dark green leaves are fit for consumption; any wilted or yellowish leaves must be discarded. They can be blended into a juice, usually in combination with sweet fruit juices to improve the flavor. Collards are usually consumed cooked, as meal fillers and as a source of dietary fiber, especially as a balance to fish and meat dishes.

Storage
Fresh collard leaves can be stored for up to 10 days if refrigerated to just above freezing (1°C) at high humidity (>95%). In domestic refrigerators, fresh collard can be stored for about three days. Once cooked, it can be frozen and stored indefinitely.

Nutritional Benefits
Collard leaves are rich in calcium (226 mg per cup, cooked), vitamins B1, B2, B9, and C (which may be leached by cooking, however), as well as beta-carotene (pro-vitamin A). Each 100 g of leaves provides 46 calories of food energy and contains 4 g of protein, 0.5 grams of fat, and 7 g of carbohydrates.

Widely considered to be healthful foods, they are high in vitamin C and soluble fiber. Collards have higher nutritional value when cooked than when raw, due to the tough cell structure.
Recipes

Savory Collards

A tasty side dish that can be tucked into wrap-type sandwiches.

1 onion (thinly sliced)
In a large fry pan sauté in 1-2 tablespoons olive oil over medium heat until brown and crisp, not just soft.
Remove to a serving dish.

1 large bunch fresh kale, collards, or Swiss chard
Stack leaves, roll together and slice about ¼-inch / 5-mm thick. Sauté in the fry pan for 1 minute

Several tablespoons water
¾ teaspoon salt or to taste
Add, cover, reduce heat and steam until tender. Add water as needed. Kale and collards cook in 10-15 minutes; Swiss chard cooks a bit faster. When the greens are tender, drain in a colander. Return onions to pan and heat to sizzling.

Collards and Rice

Raw collards are mild enough to be added directly to a dish. This quick combination keeps all the nutrients in one pot.

Ingredients
2 cups chicken broth
1 cup long-grained rice
1 Tb butter
½ tsp salt
3 loosely packed cups chopped raw collard leaves
Freshly ground pepper

Instructions
Boil broth; add the rice, butter, and salt. Stir once, and add collards, handful by handful, stirring constantly. Cover, bring to a boil, reduce heat, and cook until the rice is done, approximately 20 minutes. Season to taste. (Serves 4)

-Optional: When rice is done, stir in bits of ham or sausage, and heat until just warmed through.

Sources:
http://www.floridata.com/ref/b/bras_ole_kale.cfm
http://whatscookingamerica.net/Vegetables/CollardGreens.htm

Prepared by Jake Van Gorder

Vermont Foodbank
www.vtfoodbank.org
802-476-3341
Cooking Greens
Leafy Brassicas: Collards, Swiss Chard, Kale, Mizuna, Mustard, Arugula

Background
The term “Leafy Brassicas” refers to various non-heading members of the cabbage family. They grow on top of a stick stem about one to four feet in height. Swiss Chard (beta vulgaris cicla) is an exception, which grows in short clusters for its spinach-like leaves; it belongs to the beet family. Characterized by their leaves, this vegetable group is sometimes called “dark green leafies”.

These versatile plants are hardy and can grow almost anywhere, from the deep south to Alaska. Kale is perhaps the hardiest of the vegetables that withstand very cold temperatures and even severe frost. Kale produces well into the late fall, just until you can no longer see its curly green shoulders above the snow. The slightly sharp taste of dark greens is a pleasant companion when paired with the sweetness of other winter vegetables such as parsnips, carrots, beets and squash. Even so, its flavor isn’t over-powering. Although Kale and other greens can look tough as shoe leather, they actually cook tender, yet crisp, in minutes. Expect four cups of raw greens to yield one cup cooked. Collards are a traditional southern green, often cooked with salt pork or bacon, leaving the juices in the pan as a “pot likker”. Collards as well as Chard can be substituted for spinach in almost any recipe. Mustard greens are another “soul food” from the south, and are thought to have some cancer preventing properties. Kale was called “borecole” by the British and is used in Caldo Verde (a staple dish of Portugal), a soup of kale, potatoes and spicy sausage.

Growing Tips & Seasonality
In general, brassicas are very easy to grow. They can be planted in very early spring when the ground is first able to be broken, or in late summer where the ground has been vacated by nitrogen rich peas or legumes. All the leafy green varieties prefer lime and nitrogen rich soils and can handle very cold conditions; they are actually sweetened by the frost. In hot weather, abundant water is necessary. Plants produce generously; thinning is a good way to maintain healthy plants and also allows for an early return.

Harvest greens as you need them; they will keep best in the field. Plants will keep producing, so pick large outer leaves and the inner leaves will continue to grow. Use young leaves in salads and stir fries, puree large leaves for soups.

Storage
Store in the refrigerator unwashed in a plastic bag, use within three days. To freeze, boil greens three minutes, rinse under tap water or let sit to cool well. Pack in freezer bags, squeeze out air and immediately put in freezer. When ready to use, turn out into a pan with a little water and heat until thawed. Greens can be buttered, served with vinegar, or used in a recipe.

Nutritional Benefits
Cooking greens pack a lot of nutrients in the form of essential vitamins and minerals. Kale provides the most: one cup of cooked kale provides enough vitamin C for an entire day’s recommended daily value and twice the vitamin A, for only 43 calories.
**Preparation**

Place greens in a sink filled with warm water. Dunk leaves up and down until clean; placing them under running tap if necessary, but do not soak. Smaller leaves can be cooked stem and all. For larger leaves, remove stems by folding the stalk and pulling down. Chop and use stalks, or compost them. Keep the chard stems, for they are the yummist and brightest (yellow, white or red) part. Steam, sauté in just the water they were rinsed with, or blanch in a small amount of water for three to five minutes until the greens are tender. The leaves will become rubbery if over-cooked.

**Recipes**

**Steamed Greens**

*Ingredients*
- 1 Pound greens
- 2 Tbls. Olive Oil (butter or margarine as a replacement)
- 2 Large cloves garlic, minced
- ½ tsp. salt
- ½ Cup water

*Instructions*
- Wash greens well but do not dry. Slices leaves once down the middle and cut cross wise into one inch strips.
- Heat oil briefly in large pot, add garlic and cook 15 seconds, do not brown. Add salt and water, bring to boil. Add greens and toss to mix well. Cover pot and steam about six minutes or until greens are tender but still bright green.

**Braised Greens**

*Ingredients*
- 1 ¾ lbs greens thinly sliced and chopped
- 1 large onion chopped (1 cup)
- 1 apple peeled, cored and thinly sliced
- 1 Tbls butter or margarine
- 1 Tbls dark brown sugar
- ¼ tsp salt
- ⅛ tsp black pepper
- 1 Cup warm water
- 1 Tbls red wine vinegar

*Instructions*
- Melt butter in large skillet; add onion and sauté for one minute. Add greens and apple and cook for 5 minutes stirring occasionally.
- Meanwhile combine salt, pepper, brown sugar, water and vinegar. Add to sautéed vegetables; cook uncovered over low heat for 30 minutes. Serve hot or cold.

**Soup & Dumplings**

*Ingredients*
- Soup (can be made ahead);
- 2 Tbls canola oil
- 1 Cup diced carrot
- 5 large garlic cloves, minced
- 5 Cups finely chopped greens
- 2 Cups sliced mushrooms
- 6 Cups water
- 2 Tbls white flour
- ¼ Cup Sour cream
- ½ Cup fresh minced parsley or 3 Tbls dried
- 1 Tsp salt
- 1Tsp paprika

*Instructions*
- Heat oil in large pot over medium heat. Sauté onion, carrot and garlic until onion begins to soften (two to three minutes). Stir in greens and cook until tender. Add 6 cups water; simmer for 15 minutes stirring occasionally. Mix flour and sour cream with salt and spices. Bring soup back to simmer. Just before serving mix dumplings (1 large egg, ¼ Cup flour, ⅛ tsp baking soda, dash of salt). Drop batter, one tablespoon at a time into soup. Simmer uncovered for five minutes or until dumplings are cooked through. Ladle soup into bowls and serve hot.

**References/sources**

*Prepared by Julie Almeter*
Background
Corn is a grain native to Meso America, and has been grown on this continent since at least the 1600s. The word “corn” is a European term for kernel, which can refer to any grain such as wheat or oats. Indigenous peoples of the Americas refer to corn as maize. After colonists of America learned to grow corn from natives in the 1700s, it was not until a century later that sweet corn became widely popular other than as a food source for slaves. Common varieties for human consumption include sweet yellow, white, and bi-color types.

Today, the United States is the largest producer of corn in the world, with this grain growing in every state and present in most meals that we eat.

After World War II, there was so much corn in the United States that the excess had to be dealt with. Corn is now fed to livestock and used as a sweetener in products such as high-fructose corn syrup. How did corn rise to such dominance in this country? Corn has a long and complex history, but here are a few more recent reasons for its current popularity:

- Mechanized harvesting techniques
- Easy grain transport
- Increased yields due to hybrid seeds
- Government subsidies for corn growers

Growing Tips & Seasonality
It takes anywhere from 65 to 95 days for sweet corn to mature from seed, depending on the variety. A minimum of three rows, four feet in length, are recommended to ensure proper pollination, which occurs with the pollen from corn tassels. Corn seeds should be planted in rows, ½ inch to 1 inch deep about half a foot apart. Corn requires an extra boost of nutrients while growing, such as compost. An ear of corn is ready to harvest when it is fat, its silk tassel is dry and brown, and its kernels appear full and squirt liquid when pierced. Be careful not to pull back an ear’s protective husk before it is ready, because this will invite pests such as corn ear worms and silkworms if the ear is left on the plant to mature. Corn does not do well in frost, but likes hot weather, becoming available to eat as early as July and through to October.

Storage
Corn should be eaten soon after it is picked, because once an ear is removed from the stalk the kernels’ sugars immediately begin turning to starch. If corn cannot be consumed fresh, pursue whole-kernel freezing or find other methods of easy canning or freezing.

Nutritional Benefits
Sweet corn is high in fiber and protein content. It is a carbohydrate that is very easy for humans to digest compared with other grains. Enzymes and vitamins are more abundant the fresher the corn.
**Preparation**

When buying corn, choose full ears with bright green husks, avoiding shriveled or overly large kernels. For classic corn on the cob, remove husk and silk, and cook whole ears in boiling water for about five minutes; you’ll be able to smell the corn when it is ready. You can also roast corn or eat it raw right in the garden.

---

**Recipes**

**Broiled or Grilled Corn in Husks**

* A twist on the old corn on the cob favorite

- Remove thick outer husks of corn. Turn back inner husks and remove silk, being careful not to detach husks from ear. Pull husks back around ears.
- Soak in ice water 1 hour.
- Preheat broiler or grill. Shake excess water from corn. Arrange on rack, about 4 inches from heat.
- Broil 7 minutes on one side; turn with tongs or fork and continue broiling on all sides until corn is done about 30 minutes. Or roast in oven (350°F) or grill for 40 minutes.
- Serve right in husks so that corn keeps steaming hot with butter, salt, and pepper, if desired.

**Black Bean Salsa**

* Ingredients

  3 (15 ounce) cans black beans, drained and rinse
  1 (11 ounce) can Mexican-style corn, drain
  2 (10 ounce cans diced tomatoes with green chili peppers, partially drained
  2 tomatoes, diced (optional)
  2 bunches green onions chopped (or 1 regular onion chopped)
  Cilantro leaves, for garnish (optional)

* Instructions

  - Mix together all ingredients
  - Chill in refrigerator at least 8 hours before serving

---

_Prepared by Laura Keir_

Sources:

Cucumbers

Background

Centuries before thermos jugs, travelers in desert caravans carried cucumbers because the green skins effectively protected the cool fresh liquid within, which could assuage thirst, and the flesh provided a refreshing food.

Growing Tips & Seasonality

Wait to plant seeds or transplant starts until the ground has truly warmed up, about a week after the last frost date. Cukes like a warm summer and lots of sunshine. Add plenty of manure or compost before planting, and make sure the soil is well loosened or tilled. Cucumbers will want plenty of water throughout the growing season. Maturity takes about 55-65 days depending on the variety. If planted in rows, the rows should be 5-7 feet apart to make room for the growing vines. Space plants 12-18 inches apart. When transplanting anything, care should be given to ensure the roots are not disturbed for best results. Cucumbers also grow well in containers. When in the seedling stage, check plants for striped beetles. These pests can destroy your crop if not removed. Cucumbers are vulnerable to pest and disease, but there are newer hybrids available which help make them easier to grow successfully.

Preparation

Often the cucumbers found in supermarkets have a wax coating to preserve and protect the fruit. If so, remove the peel before eating. However, if there is no wax, simply wash and eat. Some find the peel can be bitter. Raw cucumbers are popular sliced and eaten with salads. Try sliced cucumbers with apple cider vinegar, and just enough salt and pepper to taste.

Storage

Cucumbers are best eaten fresh, or pickled for longer storage. It is possible to freeze individually wrapped slices in foil, but do not expect the crisp quality of a fresh cucumber. Cucumbers can also be dried.

Nutritional Benefits

Cucumbers are about 95% water and contain few calories. The skin also contains silica, which is essential for our body’s connective tissues, hair, skin and nails. Cucumber juice is recommended as a way to improve complexion and health of skin.
Recipes

Make easy cucumber sandwiches!
Place thin slices of cucumber on bread with mayonnaise, tomato, cheese, baked tofu or anything that tastes good to you.

Try some fried cucumber!
Thinly slice cucumber, put into a mixture of flour, salt and pepper and fry in a small amount of butter or oil until crispy and lightly golden.

Quick Dill Pickles

Ingredients
- 3 cups white vinegar
- 3 cups water
- ½ cup canning salt
- 4 pounds cucumber, washed and cut into spears
- 6 heads dill or 6 tablespoons dill seed
- 3 peeled garlic cloves (optional)
- 9 peppercorns

Instructions
- Combine liquids and salt and heat to boiling.
- Pack cucumbers into hot, clean quart jars.
- Add to each jar 2 heads dill or 2 tablespoons dill seed, 1 clove garlic, and 3 peppercorns.
- Fill the jars with the hot pickling syrup, leaving ½-inch headroom. Adjust lids.
- Process in a boiling-water bath for 20 minutes. Yields three quarts.

Crunchy Cucumber Spread

Ingredients
- 8 oz cream cheese, softened
- ½ c sour milk or buttermilk
- 1 T milk
- 1 t grated onion
- ½ t Worcestershire sauce
- 1/3 c finely chopped cucumber

Instructions
- Combine all ingredients except cucumber, mixing until well blended.
- Add cucumbers.
- Chill for several hours.

Cool Cucumber Salad

Ingredients
- 3 cucumbers
- 1 onion, cut into very thin slices
- Salt and pepper to taste
- 2 cups fat free sour cream

Instructions
- Peel cucumbers, and lice as thinly as possible, Dry slices with paper towel.
- Place cucumber in large bowl with onion slices. Season with salt and pepper. Toss well and let sit for 10 minutes. Drain any excess liquids.
- Toss cucumber and onion with enough sour cream to coat. Refrigerate until well chilled. Re-season with salt and pepper if necessary.

Cucumber and Egg Salad

Ingredients
- 4 eggs
- 4 small seedless cucumbers
- 4 small dill pickles
- 3 tablespoons mayonnaise

Instructions
- Place eggs in saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water and cool.
- Peel eggs. Chop into eights and transfer to a medium salad bowl.
- Cube cucumbers and pickled cucumbers and add to eggs. Mix in mayonnaise. Refrigerate until thoroughly chilled.

Sources:
Prepared by Armone Persing and Laura Keir
Culinary Herbs

Background

Thyme: *Thymus vulgaris*

*Culinary Uses:* Thyme adds a lovely fragrance to scrambled eggs and omelets. It enhances the flavors in stocks, soups, and bean dishes. Add some to season clam chowder or any fish or poultry dish.

*Medicinal Uses:* Thyme is traditionally used for respiratory ailments such as cough, bronchitis, or chest congestion. Try preparing a tea with thyme and honey to ease these conditions.

Basil: *Ocymum Basilicum*

*Culinary Uses:* Basil pairs beautifully with tomato and garlic dishes and enhances the flavors of soups, omelets, and salads. It features most prominently in Italian, Thai, and Vietnamese cuisine. Cooking quickly destroys the delicate flavor, so it is generally added at the last minute during cooking or eaten fresh.

*Medicinal Uses:* Basil is known to ease stomach cramps, gas, and colic.

Chives: *Allium Schoenoprasum*

*Culinary Uses:* Chives work well whenever a light onion flavor and nice green color are desired. Mix with cheese, spreads, sauces, and dips.

*Medicinal Uses:* Chives are an appetite and digestion stimulant, as well as a diuretic, helping to relieve bloating. Like other members of the Allium family (like garlic and onions), chives have been shown to have anti-inflammatory and antibacterial properties.

Dill: *Pseudernum Groveolens*

*Culinary Uses:* Dill enhances the flavors of pickles, potato salad, lamb, fish, sauces and spreads; it generally pairs very well with dairy. Try mixing it into cream cheese, cottage cheese, sour cream, or yogurt.

*Medicinal Uses:* Dill is known as a stomach soother and a sedative; try preparing dill tea to treat insomnia. It has also been shown to have antibacterial and antifungal properties.

Cilantro: *Coriandrum sativum*

*Culinary uses:* Cilantro leaves feature prominently in Mexican and Southwestern U.S. cuisine. Add to salsa, guacamole, or burritos. It pairs well with coconut and citrus flavors in sauces and marinades. The leaves have a very strong flavor and can quickly overpower a dish, so experiment to find the amount you like.

*Medicinal Uses:* Cilantro is rich in Vitamin C and is known as a digestive and appetite stimulant.

Nutritional Benefits

Culinary herbs are generally thought to improve digestion and ease stomach ailments.

Storage

- To freeze, wash and dry herbs, then mince, and place them in freezer bags. Or, place chopped herbs in ice cube trays, fill with water, and freeze. Store the cubes in freezer bags and pop a cube into a soup or stew as needed.
- To dry herbs with long stems and small leaves (such as sage, spearmint, or thyme), tie the stems together and hang from clothes hangers in a warm, dark, dry place for 1-2 weeks. Strip the leaves from stems and bottle in airtight glass jars.
- To dry herbs with short stems or large leaves, such as basil or rosemary, strip the leaves from the stems and place them on screen or mesh. Allow to dry for 1-2 weeks in a dark, dry, warm place, and bottle as described above.
Preparation
Always finely mince, chop, or shred fresh herbs to fully release the flavors.

General Tip for Using Fresh Herbs:
*Herbs should enhance the flavor of food, not disguise or overpower it.*

Recipes

Herbal Tea
Use 2 tsp. fresh or 1 tsp. dried herbs per cup of boiling water, and steep for 5 minutes.

Pesto Sauce

*Ingredients*
- 5 crushed garlic cloves
- 1 ½ c. basil leaves
- ½ c. grated parmesan cheese
- ¼ c. pine nuts or walnuts
- 6-8 Tbsp. Olive oil

*Instructions*
Blend, adding oil until mixture becomes smooth and thick. Chill in a closed container. Use with pasta, vegetables, or as a topping for meat. Try adding other Mediterranean herbs, such as parsley, thyme, or rosemary. Salt as desired.

Bulgarian Salad

*Ingredients*
- 2 medium cucumbers
- 1 c. yogurt or sour cream
- 1 Tbsp. chopped dill leaves
- 2 tsp. lemon juice
- ½ tsp. salt

*Instructions*
Cut cucumbers into ¼ inch slices, and then quarter the slices. Toss with other ingredients, and refrigerate for an hour, stirring occasionally. For extra flavor, try adding some minced garlic, or curry or cumin chopped parsley or chives for garnish powder. Serve with lettuce leaves, pita, or sourdough bread, or simply enjoy as is.

Sources:
*The World's Healthiest Foods.* George Mateljan Foundation. whfoods.org
*The Food Network:* www.foodnetwork.org
Background
Eggplant, also called aubergine, is believed to be a native of south-central Asia, from where it spread to Europe in the twelfth century and to the United States thanks to the experimentation of Thomas Jefferson. Its English name may confuse some due to the dissimilarity between a purple-black fruit with spiky green leaves and an egg. Eggplant varieties more common in earlier times were actually egg-shaped and white; the large, purple eggplants popular today were developed for their size and ability to hide bruises.

Growing Tips & Seasonality
Eggplant is a hot-weather crop and should only be planted after the danger of a frost has cleared. Depending on the variety, eggplant takes from about 70 to 85 days to grow. Since its growth is stunted by cooler temperatures, it may be best to start seeds indoors. Transplant healthy plants that are 6 to 8 inches tall in the ground, at least 2 feet apart and in rows 3 ½ to 4 feet apart. Flea beetles and Colorado potato beetles are insects to look out for that tend to damage eggplants. Harvest eggplants before the flesh becomes tough and seeds harden.

Preparation
When determining the best eggplants in a store or market, avoid scars, bruises, and tan patches, as this indicates decay. Look for smooth skin to avoid bitterness, and smaller eggplants if you wish to have less seeds and tender flesh. To prepare, the skin can be left on and eaten, and you can fry, boil, stuff, bake, or sauté—just don’t eat raw! Eggplants are spongy and soak up whatever they are prepared in, so they should be cooked with lots of flavorings for the best taste. They are often used as a meat substitute in Middle Eastern dishes and other cuisine, despite their low levels of protein.

Nutritional Benefits
Eggplants do not contain many nutrients because they are mostly composed of water, yet they do provide some health benefits to consumers. Eggplants are rich in bioflavonoids, which prevent hemorrhages and renew arteries. Eating eggplant also helps dissolve congealed blood and other accumulations in the body.

Storage
Store eggplants in a cool place, such as a refrigerator, for up to a week after purchase.
Recipes

Simple Stuffed Eggplant

Ingredients
1 large, firm eggplant
1 T. grated onion
3 T. chopped green pepper
1 c. chopped celery
2 T. olive oil
c. canned or fresh tomatoes
egg, beaten well
t. salt
3 T. margarine
½ c. whole-grain bread crumbs

Instructions
- Steam eggplant, whole, about 20 minutes until tender. Preheat oven to 350°F.
- Sauté pepper, onion, and celery in the oil.
- Cut steamed eggplant in half lengthwise and carefully remove pulp. Cut pulp into small pieces.
- Combine with other ingredients (except crumbs and margarine). Heap into shells. Top with crumbs and dot with margarine.

Eggplant Parmigiana

Ingredients
Light vegetable oil or virgin olive oil *
cloves garlic, chopped *
small yellow onion, chopped *
to tomato, peeled and cut up *
6-8 leaves basil, chopped *
t. freshly ground black pepper *
sprigs oregano, chopped, or *
T. dried large eggplant
½ c. ricotta cheese
4 oz. mozzarella or cheddar cheese, grated
oz. Parmesan cheese, grated
* you can skip these ingredients and step one and use purchased sauce instead

Instructions
- Heat thin layer of oil in shallow pan. Add garlic and onion. Brown lightly. Add tomatoes, basil, pepper, and half the oregano. Cover and simmer for 10 to 15 minutes.
- Peel and slice eggplant. Place in shallow baking pan. Sprinkle with oil and remaining oregano. Broil until eggplant slices begin to brown. Let cool. Add ricotta cheese to tomato sauce. Stir. Let simmer for 5 minutes.
- In shallow baking dish place layer of tomato sauce, followed by layer of eggplant slices topped with layer of sauce, then grated mozzarella cheese, then layer of eggplant slices. Repeat layers and finish with grated Parmesan cheese. Bake in preheated 350°F oven for 15 to 20 minutes. Serves 4.

Prepared by Laura Keir
Sources:
Sanders, Doug C. “Eggplant.” NC State University Horticulture Information Leaflets.
Fennel

**Background**
This herb grows from a white, onion-like bulb; it has tall green stalks with wispy, dill-like leaves at the top. It has an anise (or licorice) flavor, although this is very light. Although all the parts of fennel are edible, the bulb is most commonly used and served.

**Growing Tips and Seasonality**
Soil that holds moisture well and is generously enriched with compost provides the best growing conditions for fennel. About the time of the last spring frost, plant fennel seeds in well-prepared soil. Alternatively, seedlings can be set out in late summer for a delicious fall crop.

Water should be something your fennel plants are never lacking. Mulch the plants with a light blanket of straw when the bases begin to swell - this will help the outer stalks stay as tender as those in the middle of the bulb.

**Preparation**
Chosen fennel bulbs should be unblemished, bright white, and firm, and also feel heavy for their size. The cut bottom of the bulb shouldn’t have more than a trace of browning at most, and the ends of the stalks that are cut should look fresh and not appear to be dried out.

Unless the dish calls for them, stalks should be cut off and discarded. To prepare the bulb, trim the bottom and peel off any wilted or browning layers from the outside of the bulb. Cut in half, lay the halves flat, cut sides and quarter, slice, or chop according to your preference.

**Storage**
Fennel should be stored in the refrigerator, loosely wrapped in a plastic bag. Fennel’s high water content makes it prone to freezing in overly-cold fridges (like lettuce and celery), so be aware of the temperature fennel is stored in. Fresh from the farmers’ market, fennel will keep up to 10 days.

**Nutritional Benefits**
In addition to being an excellent source of Vitamin C, fennel is also a very good source of manganese, potassium, dietary fiber, folate, and molybdenum. It is also a good source of niacin and the minerals phosphorus, copper, calcium, magnesium, and iron.

---

Sources (Part 1)


Recipes

Fennel and Acorn Squash Whip
Simple and easy, acorn squash is blended with fresh fennel and orange juice for a delightful combination of flavors.
Prep Time: 15 minutes
Cook Time: 30 minutes
Yield: 4 servings

Ingredients
- 1 acorn squash (about 1 pound)
- 1 fennel bulb (about 1-1/2 pounds), ferns trimmed off, chopped into 1- to 1-inch pieces
- 1/4 cup (1/2 stick) unsalted butter
- 1/2 cup fresh orange juice
- Salt and freshly ground black pepper, to taste
- 1 tablespoon snipped fresh chives, chopped
- Fresh flat-leaf parsley, or slivered fresh basil leaves, for garnish

Instructions
- Bring a saucepan of water to a boil. Cut the acorn squash in half lengthwise. Remove the seeds and then cut the acorn squash into large chunks. Cook the acorn squash in the boiling water until tender, 10 minutes. Drain. When the acorn squash is cool enough to handle, remove the skin with a paring knife. Cut it into 1/2-inch cubes and set aside.
- Meanwhile, bring another pot of water to a boil. Add the fennel and cook until tender, 12 to 15 minutes. Drain and set aside.
- Melt the butter with the orange juice in a large skillet over medium-low heat, and cook for 2 minutes. Add the vegetables and cook, stirring, for 10 minutes.
- Transfer the vegetables to a food processor and puree until smooth. Serve warm, garnished with the chives or basil.

Easy Roasted Fennel
Fennel makes a nice side vegetable for a steak or just about any special meal, and it's so easy to prepare.

Ingredients
- 2 bulbs fennel, stalks removed
- 2 teaspoons olive oil
- Salt and pepper
- Lemon juice or lemon seasoning

Instructions
- Line a baking dish with foil. Heat oven to 375°.
- Slice fennel bulbs into several thin wedges. Brush all over with olive oil and arrange in the prepared baking dish. Sprinkle with salt and pepper and drizzle with lemon juice or sprinkle with a lemon seasoning, such as TrueLemon.
- Bake for 25 to 30 minutes, until tender, turning the slices after about 15 minutes.

Serves 4.
**Background**
If you've witnessed the growth of a garlic plant, you know that one of its spring offerings is the long stalk that extends from the center of the plant and curls around, with a bulge on top. This is a garlic scape, the part of the plant that forms bulbils if left to grow. These bulbils can be used to propagate more garlic if left on the plant and later dried and then planted. Many farmers snip off the scapes to provide more energy for the lower bulbs. Garlic scapes and stalks are a great flavoring in salads, stir-fry’s, and other dishes.

**Growing Tips and Seasonality**
Garlic should be planted in the fall, giving it time to form root structures without breaking the soil surface before winter sets in. About four weeks before the ground begins to freeze regularly is a good time to plant garlic cloves. Break apart a bulb into individual cloves and plant two inches underground with about six inches between plants. It is important to place the root end of the clove, which is rounded rather than pointed, towards the soil surface. After planting, it is best to cover the ground with a 4 to 6 inch layer of mulch to protect the garlic from winter freezes and thaws. In the Northeast, garlic scapes usually appear in July and can be harvested as soon as they appear. Simply cut the straight stalk as low as desired.

**Preparation**
Garlic scapes are milder in flavor than garlic cloves, and can be sliced thinly like scallions and added to salads and soups. When making a stir-fry, start by sautéing chopped up scapes in oil and then add vegetables and other ingredients. Garlic scapes can also be prepared like asparagus spears- sautéed in olive oil over medium heat with salt and pepper. There are lots of options, so be creative!

**Storage**
Garlic scapes keep in the refrigerator for about a month.

**Nutritional Benefits**
Garlic has been used for hundreds of years as an antibiotic to battle headaches, bites, colds, dysentery, bladder infections, etc. Modern studies by biochemists have proven garlic’s effectiveness in the medical arena. Garlic is very helpful for digestion, but if eaten raw in excess it may cause digestive problems. Garlic contains high concentrations of sulfur and iodine.
Recipes

Garlic Scape Soup

Ingredients
3 cups garlic scapes, cut into 2-inch pieces
1 medium onion, chopped
1 Tbsp. olive oil
1 tsp. thyme leaves or ½ tsp dried thyme
3 cups chicken broth
1 cup cream
Salt and pepper to taste

Instructions
Sauté the garlic scapes and the onion in the olive oil over medium heat until vegetables are soft.
Add the thyme at the end. In food processor, pureé the vegetables and add chicken stock as needed to make a smooth paste. In saucepan, heat the vegetable mixture and add the remaining chicken broth. Bring to a simmer and add the cream. Adjust the seasoning. Serves 4.

Garlic Scape Pesto

Ingredients
1 cup grated Parmesan cheese
3 Tbsp. fresh lime or lemon juice
½lb. scapes
½ cup olive oil
Salt to taste

Instructions
Puree scapes and olive oil in a food processor until smooth. Stir in Parmesan and lime or lemon juice and season to taste. Serve on bread, crackers or pasta.

Spinach and Scape Frittata

Ingredients
3 Tbsp. olive oil
10 eggs
1 cup (½ lb.) chopped raw spinach
½ c. grated Parmesan cheese
1 Tbsp. chopped parsley or basil
½ c. finely chopped garlic scapes
salt and pepper to taste

Instructions
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.

Sources:
Prepared by Laura Keir
Kale

**Background**
A descendant of wild cabbage, kale originated in Asia Minor. Around 600 B.C., Celtic wanderers brought the vegetable to Europe, where it thrived and gained in popularity. Kale eventually spread to the United States via English settlers in the 17th century.

**Growing Tips & Seasonality**
Kale is one of the hardiest vegetables. It can be planted as soon as the ground can be worked. Kale enjoys full sun and neutral soils, and reaches full maturity in 50-60 days. Plant Kale seedlings 1-2 feet apart or direct seed and thin as the plants mature. Kale can be harvested as soon as its leaves are big enough to eat without damaging the plant, but it will taste the sweetest after it has had a frost or two in the fall.

**Preparation**
Wash kale by rinsing under cool water. If stems are large and tough, the leaves can be stripped from them and chopped. Tender young kale can be eaten raw in salads. Mature kale can be chopped and steamed, sautéed, baked into casseroles, or added to soups. Kale is delicious with garlic and olive oil, or mashed with potatoes.

**Storage**
In the garden, kale will stay fresh in the ground until it is completely frozen. Sometimes it can be overwintered and will re-grow in the spring. To freeze kale, blanch in boiling water for two minutes then dunk in ice cold water. Dry completely and freeze in plastic bags. Kale can also be dried on cookie sheets in the oven at the lowest temperature setting, or with only the pilot light on for a gas stove. After drying, store in an airtight container and simply crumble into soups and casseroles.

**Nutritional Benefits**
Kale is a nutrition-packed leafy green. Kale is high in most of the common vitamins and minerals, such as: Vitamins K, A, C, B-6, E, magnesium, and iron. Kale is also high in fiber and some studies show that it can help prevent cancer.
Recipes

Sautéed Kale

Ingredients
1½ pounds young kale stems and leaves coarsely chopped
3 T olive oil
2 cloves of garlic finely sliced
½ c vegetable broth or water
Salt and pepper
2 T red wine (or white) vinegar

Instructions
Heat olive oil in a large saucepan over medium-high heat. Add the garlic and cook until soft, but not brown. Raise heat to high, add the stock and kale and toss to combine. Cover and cook for 5 minutes. Remove cover and continue to cook, stirring until all the liquid has evaporated. Season with salt and pepper to taste and add vinegar.

Quick and Easy Marinated Kale

Ingredients
1 bunch kale
3 T fresh lemon juice
1 T olive oil
2 t finely minced garlic
1 t salt

Instructions
Wash and dry kale; strip leaves from stems and slice into strips. In a bowl, combine the remaining ingredients and whisk to blend. Add kale and toss until well coated. Serve immediately or store, covered and refrigerated, for up to one day.

Bean Soup with Kale

Ingredients
1 T olive oil
8 garlic cloves
1 onion, chopped
4 c raw chopped kale
4 c chicken or veg. broth
2 cans white or other beans
4 tomatoes, chopped
2 t dried thyme, oregano, basil mix
Salt and pepper
1 c chopped fresh parsley

Instructions
In a large pot, heat oil. Add garlic and onion; sauté until soft. Add kale and sauté, stirring, until wilted. Add 3 c broth, 2 c beans, all tomato and seasonings. Simmer 5 minutes. If desired, blend the remaining beans in a blender or food processor and add to the soup to thicken. Simmer 15 minutes more, then sprinkle with fresh parsley.

Sources
www.gardening.about.com
www.foodnetwork.com
www.onedropfarm.com
www.rccnaturalmarkets.com
www.whfood.com
www.writelrguy.com
www.whfoods.com
www.whole-food-supplements-guide.com
Kohlrabi

Background
If it seem strange to you why kohlrabi is part of the cabbage family, think of this odd-looking vegetable as a swollen stem with loose cabbage-like leaves growing up from it. Kohlrabi comes in green and purple varieties, making its appearance even more unique. This vegetable is native to northern Europe.

Preparation
If growing kohlrabi, harvest the entire plant when the stem is about three to five inches in diameter. The leaves can be eaten if desired. If selecting kohlrabi from a producer, look for young, green leaves on top and a firm stem. There are many ways to eat this delicious vegetable!

Try eating kohlrabi raw in salads to get radish-like bursts of flavor. Kohlrabi tastes much like turnips or cabbage when steamed, boiled, sautéed, or braised. The leaves of the plant are similar to kale or collards when cooked young. However you choose to eat kohlrabi, make sure to savor its crisp texture and tangy taste.

Growing Tips & Seasonality
Kohlrabi takes 44 to 55 days to fully mature after being sown. For a spring crop of kohlrabi, seedlings should be started indoors if you are in an area with a short growing season. Transplant outdoors a couple weeks before the last frost, and harvest before the heat of summer. For a fall crop of kohlrabi, sow seeds directly into the garden and plan to harvest one to two weeks after the first expected frost. Plant the seeds ¼ to ½ inch deep in the soil, eventually thinning seedlings to six inches apart. For best results, provide kohlrabi with plenty of sunlight, compost/manure, and water.

Storage
Kohlrabi keeps for some time when refrigerated, but not for long if left out. Freezing is a great way to store kohlrabi. Small bulbs can be left whole and washed; larger ones should be trimmed, peeled, washed, and cut crosswise into ¼-inch slices. Blanch the slices for two minutes, and the whole bulbs for three minutes. Cool immediately, drain, and pack into containers for freezing. Kohlrabi can also be blanched and then dried in a dehydrator or by the sun.

Nutritional Benefits
If you are looking to get more Vitamin C, fiber, and potassium into your body, eat some kohlrabi! Kohlrabi also benefits the body as a blood and kidney cleanser, by helping the skeletal, digestive, and lymphatic systems, and by stabilizing blood sugar imbalances.
Recipes

Kohlrabi Soup (Serves 6)

Ingredients
- 1 ½ lb kohlrabi
- 6 Tbsp olive oil
- 8 cups water
- 1 onion, chopped
- 4 oz bacon, in one piece
- 1 carrot, chopped
- 3 garlic cloves, chopped
- 2 large potatoes, diced
- Salt and pepper

Instructions
- Peel and dice the kohlrabi. Heat 3 tbsp of oil in a saucepan. Add onion and bacon and cook over low heat for a few minutes until translucent, stirring continuously.
- Add the kohlrabi, carrot, garlic, potatoes, and 8 cups of water and bring to a boil.
- Cook with lid on for about an hour. Discard the bacon, and add salt and pepper to taste. Pour into a serving bowl, add the remaining oil, and serve.

Scalloped Kohlrabi (Serves 6)

Ingredients
- 6 oz onion, thinly sliced
- 3 Tbsp butter
- 2 lb kohlrabi
- 7 fl oz milk
- Salt and freshly ground pepper
- Chopped fresh parsley to garnish

Instructions
- Preheat oven to 400°F. Soften half of the butter in a covered pan.
- Thickly peel the kohlrabi to remove the woody outer layer, and then thinly slice. Lightly butter a 3-pint, shallow ovenproof dish.
- Layer the kohlrabi, onions, and seasoning in the dish, topping with a neat layer of kohlrabi.
- Pour over the milk and dot with remaining butter. Place on a baking tray and cook in the oven for about 1 ½ hours, until tender.
- Garnish with parsley before serving.

Sources

Prepared by Laura Keir
Leeks

**Background**
The sweetest and most delicately flavored of all onions. They are resistant to pests and disease, and in many places, you can harvest them throughout the winter. They can be used anywhere an onion can be used, in salads, soups, pies, or braised on their own. The Leek is also the national emblem of Wales.

**Growing Tips & Seasonality**
Leeks are slow-growing, so many people start them indoors from seed, three months before the last frost. Thin the seedlings, allowing the strongest to survive. Once they are 4-8” tall, it’s time for planting.

Plant leeks in well prepared soils (tilled or turned with added compost). Using a broom handle, make holes in rows 4-6” deep, 6” apart, with 12” between rows. Gently place seedlings in the hole. Then water them. Allow the water to settle the soil around the plant. As they grow, some people say they are tastier if you continually keep the soil mounded up to the first leaves.

**Preparation**
Leeks can be harvested at any stage of growth; in fact, baby leeks—the thinnings from the rows—are considered a delicacy. It takes about six months to reach full size from seed. After cold weather sets in, they can be covered with heavy hay mulch. Overwintered leeks must be harvested in the spring before they begin to produce a seed stalk. If allowed to flower they become fibrous and woody tasting. Flowering plants are said to be quite pretty and can possibly yield viable seeds if left to mature and dry.

**Storage**
Leeks can be chopped into usable-sized pieces and frozen for later use as seasonings. They can also be left in the ground throughout the winter and harvested as needed, even after the spring thaw!

**Nutritional Benefits**
Leeks are a source of folate, potassium, Vitamin C, Vitamin B6, calcium, iron, folic acid, and manganese.
Leek & Potato Soup

**Ingredients**
- 1 ½ tsp. vegetable oil
- 3 leeks, trimmed, cleaned and thinly sliced (3 cups)
- 2 cloves garlic, minced
- 6 cups chicken stock
- 1 lb. potatoes (about 3 medium), peeled and cut into small chunks
- ½ cup sour cream
- ½ tsp. dried tarragon (optional)
- salt and fresh ground black pepper to taste

**Instructions**
In a large heavy saucepan (at least 3qt.) heat oil over low heat. Add leeks and sauté until softened, about 10 min. Add garlic and sauté for 2 min more. Add chicken stock and bring to a boil. Reduce heat to low and simmer uncovered, for 10 min. Pour the mixture through a strainer set over a large bowl. Puree the leeks in a blender until smooth, adding some of the stock if necessary. Return the puree and stock to the saucepan. Add potatoes and simmer, covered, until potatoes are soft 10-15min. Remove from heat and mash potatoes thoroughly with a potato masher.

Braised Leeks

**Ingredients**
- 12 washed leeks, about 1½ inches in diameter
- 3 to 4 c water or chicken stock or broth
- 6 Tb butter
- ½ Tb salt
- 2 to 3 Tb chopped parsley

**Instructions**
Use heavy, fireproof baking dish or casserole long enough to hold leeks. Make 2 or 3 layers of leeks and pour in enough water or stock to cover ⅔ of the leeks. Add butter, salt and parsley. On top of stove, partially cover casserole and set over fairly high heat. Boil 30 to 40 minutes, until tender when pierced with a knife. Most of the liquid should have evaporated or been absorbed. Place casserole in 325° oven, covered loosely with aluminum foil and bake for 20 to 30 minutes until leeks are pale gold. Excellent with roast lamb or beef. Good served with cheese melted on top, too.
Leeks are wonderful served cold with French dressing if butter is omitted during braising.

Sources

Prepared by Kee Gillen
**BACKGROUND**

Lettuce is a temperate annual or biennial plant most often grown as a leaf vegetable. In Western countries, it is typically eaten cold and raw, in salads and several other dishes. In some places, including China, lettuce is typically eaten cooked and use of the stem is as important as the leaf.

Lettuce has been cultivated for more than 2,500 years. The Romans- for whom romaine lettuce was named grew many varieties, and lettuce (which is a member of the sunflower family) became widely appreciated in Asia and Europe. In the United States, an 1885 agricultural report listed no fewer than 87 varieties of lettuce.

**GROWING TIPS & SEASONALITY**

Most lettuce varieties grow and thrive rapidly in cool weather, which means that they are an ideal northern New England crop. Lettuce can be planted in the garden as early as mid- to late-April. Or if you want to get a little jump on the season, you can start lettuce as early as March if planted indoors or in a greenhouse. By mid-April move the plants outside and by June you’ll be counting your dressings!

A summer crop is harder due to the fact that lettuce likes to go to seed in hot weather. But a fall crop, started in mid-August, can be good and will help squeeze out the last little bits of green from summer.

**PREPARATION**

The biggest tip is to be careful with your lettuce. It doesn’t do so well being bumped and thrown about. The best way is to pick it, wash it, dry it, and serve it, as easy as 1, 2, 3... and 4. Don’t just wash your lettuce, but give it a bath. Let it sit in the sink for a while. Let the leaves just float and swish them around to get the dirt off. Then dry the lettuce using a salad spinner.

**STORAGE**

Stash unwashed lettuce in the refrigerator, either in a plastic bag or wrapped in damp paper towels. This will keep for a few days up to a week before the lettuce starts to wilt and turn brown and gross.

**NUTRITIONAL BENEFITS**

Lettuce is good for you! It has vitamins, minerals, and lots of water. It is also completely fat-free! Now don’t be fooled, though- the lettuce has no fat, but the salad and dressings might. Lettuce is high in vitamins A and C, and has quite a bit of vitamins B and K, folate, and fiber.

Lettuce and other leafy green salads are all very low in calories and can be eaten freely.

Lettuce aids digestion and promotes liver health. It can also reduce the risk of heart disease, stroke, and cataracts. Other research shows it helps reduce the risk of cancer and may ease nervous insomnia.

If iceberg is the only type of lettuce you eat, you are choosing the least nutritious member of a family of nutritional champions. Any other lettuce or leafy green vegetable would be a better choice. Most other greens are also good sources of vitamin C, beta-carotene, folate, and dietary fiber as well as some calcium.

As a general rule, the darker green the leaves, the more nutritious the salad green. For example, romaine or watercress have seven to eight times as much beta-carotene, and two to four times the calcium, and twice the amount of potassium as iceberg lettuce. By varying the greens in your salads, you can enhance the nutritional content as well as vary the tastes and textures better! When the cut surfaces are exposed to air, it diminishes the crispness as well as the nutritional quality of the lettuce.
Recipes

Caesar Salad

Ingredients
1 lb romaine lettuce
1 egg
1 garlic clove
Salt
½ cup olive oil
1 lemon
½ cup freshly grated Parmesan cheese
Worcestershire sauce
Ground pepper
Croutons

Instructions
Remove leaves and wash thoroughly in water. Break large leaves in pieces crosswise. Spin lettuce dry. Boil the egg for 1 minute in a small pan. Cut up garlic clove and mash it with the salt. When ready to serve, place lettuce in a large salad bowl, pour oil to coat and toss well. Break egg into salad and toss again. Squeeze lemon juice into the salad and toss. Add the cheese, a dash of Worcestershire sauce, salt and pepper, and croutons. Toss well one last time. (Serves 4)

Greek Salad

Ingredients
8 cups mixed lettuces
2 cucumbers
3 large tomatoes
3 scallions
Black olives
1 ½ cups feta cheese
Lemon vinaigrette dressing
Salt and pepper

Instructions
Wash, dry, and break lettuce into bite-sized pieces. Peel and slice cucumbers. Cut tomatoes into wedges. Chop scallions. To serve, arrange lettuce on plate, and then distribute cucumbers, tomatoes, and olives equally. Sprinkle scallions on top. Break feta cheese into chunks and spread on top. Season well. Just before serving pour dressing over salad. (Serves 4)

Sources:
The Organic Food & Produce Co. (www.organicfood.com)
The Victory Garden Cookbook by Marian Morash

Prepared by Ryan Woods
Melons

Background
Melons are thought to have originated in India, Africa, or ancient Persia. Also, texts from Greek and Roman times mention the fruit. While melons were introduced to the United States in the colonial era, they were not grown commercially until the late 19th century.

Growing Tips & Seasonality
Melons need warm weather and a long growing season, so it is best to start them inside and transplant them when the risk of frost has passed. Start your seeds 3 to 4 weeks prior to transplant to ensure that the seedlings are hardy enough to withstand the transplant, but not too far along that your seedlings are root bound and stressed. To create an ideal environment for melons you may want to plant them into a layer of black plastic mulch and/or place row cover over them. Plant at least 18 inches apart.

Nutritional Benefits
Cantaloupe contains high levels of beta-carotene which can also be converted by the body into vitamin A. Both nutrients are important for vision and lessen the risk of cataracts. Vitamin A also helps to improve lung health. Additionally, melons contain vitamin C which helps the immune system and protects the body against harmful free radicals. Melons help the body’s metabolism and are processed at a steady rate, preventing an energy spike.

Storage
Uncut melons can be stored at room temperature until ripe. After ripening, melons can store for up to 5 days in the refrigerator uncut, and up to 3 days after being cut and wrapped in plastic.
Preparation
A ripe melon should sound hollow if tapped with the palm of the hand. The melon should feel heavy relative to its size, and there should be few to no soft spots. The end of the melon where the flower grew should smell sweet. Honeydew and Cantaloupe should be cut in half, and then have their seeds scooped out. They can be cut into wedges, balls, or slices, and are good plain or in fruit salads.

Recipes

Stuffed Cantaloupe (makes 2 servings)

Ingredients
- 1 cantaloupe
- 2 Tablespoons lemon or lime juice
- 1 cup nonfat plain yogurt
- 3 Tablespoons maple syrup
- 1½ cups berries (leave smaller berries whole; slice larger ones)

Instructions
- Cut the cantaloupe in half around the equator, and scoop out the seeds.
- Slice a small piece from each end, so the halves can stand upright.
- Place each half on a plate, and drizzle the open surface with lemon or lime juice.
- Combine the yogurt, maple syrup, and berries in a medium-sized bowl and stir gently.
- Divide this mixture between the melon halves.

Cantaloupe Crunch

Ingredients
- 3 cups cubed cantaloupe
- 1/3 cup lemon juice
- 1/2 cup white sugar
- 1 tablespoon all purpose flour
- 2 tablespoons butter, melted
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon vanilla extract
- 1 (18.25 ounce) package white cake mix
- 1/2 cup butter melted

Instructions
- Preheat oven to 350 degrees F
- In a medium bowl, mix together the cantaloupe, lemon juice, sugar, flour, 2 tablespoons melted butter, cinnamon, nutmeg and vanilla. Transfer to a 9 inch square baking dish, and spread the dry cake mix evenly over the top. Drizzle remaining butter over cake mix.
- Bake at 45 minutes or until top is golden brown

Other Serving Suggestions
- Top a wedge of melon with yogurt or ice cream
- Cut the melon in half and use as a basket in which to serve other fruit.

Sources:
The word onion comes from the Latin word “unio” for “single” or “one” because the onion produces a single bulb. Onions are native to Asia and the Middle East and have been cultivated for thousands of years. Egyptians worshipped the onion, believing that its spherical shape and concentric rings symbolized eternal life. They placed onions in the tombs of kings, such as Tutankhamen, so they could carry these spiritually significant gifts with them to the afterlife.

**Growing Tips & Seasonality**
Onions are a cool season plant which grow well in a wide range of temperatures. Young onion plants are highly resistant to frost. Plant seeds indoors as early as twelve weeks before the ground can be worked and then transplant when the ground is ready. Onion sets can be purchased and direct seeded when the ground can be worked. Onions are one of the earliest crops to grow in your garden. Start with fertile, loose, well-drained soil that is weed free. Plant starts or sets 3-4” apart. As the season progresses, keep onions weed free and well watered. Onions are easily grown, transportable, and have good storage qualities.

**Storage**
Proper storage is necessary in maintaining high quality onions. Onions should be stored at room temperature away from bright light and with good ventilation. Place them in a wire hanging basket or a perforated bowl with a raised base so air can circulate underneath. If stored as mentioned, onions can keep for several months depending on the variety of onion. Onions should be stored away from potatoes, as they will absorb their moisture and ethylene gas, causing them to spoil more readily. Cooked onions will maintain their taste in an airtight container where they can be kept for a few days. They should never be placed in a metal container as they may discolor. Although peeled and chopped onions can be frozen, this process will cause them to lose some of their flavor.

**Nutritional Benefits**
Onions are rich in chromium, a trace mineral that helps cells respond to insulin. Onions have anti-inflammatory agents that help reduce symptoms associated with inflammatory conditions like rheumatoid arthritis. Onions are also good for killing bacteria, making them excellent for cold and flu season in soups and stews. The Allium family including onions, garlic, and leeks may also reduce cholesterol.
Preparation
Tearing of the eyes is caused by the ruptured sulfur compounds in onions. There are a couple methods that can reduce this effect: hold onions under water to peel and then freeze for 20 minutes, or wear goggles (which is the best method of prevention). Onions can be sautéed, baked, roasted or used in soups, casseroles, and various other dishes. Sweet onions, red onions, and green onions can be eaten raw on sandwiches or in salads.

Recipes

Maple Baked Onions

**Ingredients**
- 6 large onions sliced to ½” thick rings or half moons
- ½ cup maple syrup
- ¼ cup butter

**Instructions**
Combine syrup and butter, pour over onions, and bake uncovered at 425°F for 45 minutes until tender.

Brown Braised Onions

**Ingredients**
- 2 Tbs butter
- 1 Tbs oil
- 1 lb small peeled onions
- ½ c. broth or water
- 1 bay leaf
- 2 parsley sprigs
- salt and pepper

**Instructions**
Heat butter and oil in sauté pan; add onions and gently sauté until browned. Add remaining ingredients, bring to a boil, cover, and reduce heat until tender. 15-20 minutes

Onions Baked In Their Skins

- Cut the root end off and rub with oil. Put in a baking dish and prick with a fork to prevent bursting.
- Put a small amount of water in the pan so they don’t stick. If baking with other foods, bake at 350°F or alone at 375°F.
  - 50-60 minutes for small white onions
  - 1-1 ½ hours for 2 ½ - 3” onions
  - 1 ½ hours for 4” onions
- Onions are done when they compress when pinched. Peel and serve with butter and seasonings.


Prepared by Ariana Johnson
Parsnips

**Background**

Parsnip is a member of the carrot family, which comes as no surprise when you look at this large, white, carrot-like vegetable. Parsnips are a starchy root that was replaced in popularity by potatoes in the Middle Ages, yet are still unique with their sweet, nutty flavor. Another distinguishing feature of the parsnip is that it can overwinter in the coldest places with no mulch, and still taste good the following spring.

**Growing Tips & Seasonality**

Parsnips are best when grown in cooler climates, as they become more flavorful after experiencing a hard frost. They can grow everywhere in the United States and in many parts of Canada. To grow, find a space that will be undisturbed for months, preferably where neither parsnips nor carrots were planted the year before. In areas with a short growing season, plant parsnips in very early spring to ensure four or five months to grow. In warmer areas, they can be planted in the fall as a winter crop. It is best to direct seed outdoors, as parsnip roots are likely to fork during transplanting. Seeds should be placed half an inch deep and one inch apart, with at least eighteen inches between rows. Thinning should later occur so that plants are four to six inches apart.

Wait to harvest parsnips until after a hard frost, as this will increase the sugar in these root crops. They can be harvested throughout the winter, if heavily mulched, during a winter thaw, or early the following spring before sprouting starts.

**Storage**

Parsnips keep in a plastic bag in the refrigerator for about two weeks after harvesting. They can also be stored in a root cellar or another cool place. To freeze parsnips, remove the tops and scrub roots well. Peel and slice as desired. Steam or blanch parsnips for three minutes, cool, and drain. Pack in freezer bags or containers and freeze.

**Nutritional Benefits**

Parsnips have high concentrations of potassium and nonfattening carbohydrates, as well as some protein. Parsnips are a diuretic. They help with bladder problems, kidney stones, and detoxifying the body.
Preparation
When choosing parsnips, go for firm and smooth-skinned roots with no discolored or soft spots. Larger roots are generally woodier and may not be as desirable as small or medium-sized parsnips.

Tender parsnips can be eaten raw alone or in salads. It is best to steam parsnips rather than boil, as this will better retain their flavors. After steaming, peel and serve with salt, pepper, and butter. Parsnips have a strong flavor, so use in moderation when adding to dishes.

Recipes

Glazed Parsnips (makes 4 to 6 servings)
With a vegetable peeler, strip the skins from:
½ lbs parsnips
Trim the root and stem ends. Cut the parsnips crosswise in half and cut the large halves lengthwise down the middle. If the core in the large pieces is wider than ½ inch or woody looking and very dark yellow, pry it out with the tip of a knife; this should not be necessary unless the parsnips are over mature.

In a large skillet, combine parsnips with:
2 c. water
3 Tbs. butter
2 tsp. salt
¼ tsp. ground white pepper

Bring to a slow boil. Cover and cook over medium heat until tender, about 10 to 12 minutes. Uncover the skillet, increase the heat to high, and boil the cooking liquid down to a syrupy glaze that coats the parsnips, stirring often. Be careful not to scorch.

Carrot and Parsnip Mash
Although a very simple dish, the sweetness of carrots and parsnips make this appealing to children.

Ingredients
Carrots
Parsnips
Butter
Salt and pepper

Instructions
Cut the carrots and parsnips into fairly small pieces and either boil in a small amount of water or steam until soft. Drain off the water, add butter and seasoning, then mash as for potatoes.

Easy Parsnip and Cauliflower Soup

Ingredients
½ c. shredded parsnips (2 good-sized roots), packed
1 ½ c. chopped cauliflower
1 Tbs dry parsley
4 c. Chicken broth

Instructions
Simmer together ingredients until vegetables are tender
Stir in 2 c. cream and heat through. Salt to taste and serve.

Prepared by Laura Keir

Sources:
**Peas**

**Background**

Peas are a very old crop, with evidence of their cultivation as far back as 7000 BC, originating perhaps in northern India and moving west. There are three basic types of peas that are available seasonally: snow peas, sugar snap peas, and shell peas. Snow peas and sugar snaps are eaten whole, removing only the ends. Shell peas and petit pois (a dwarf variety of shelling peas) are eaten by removing the peas from the inside of the shell.

**Growing Tips & Seasonality**

Growing peas is an easy task. Peas can be planted even before the last frost date, when the soil can be worked for earlier harvest. They do not require a lot of space per plant so they’re great for any size garden. For best results use a trellis, fence or netting to support the plants. Shelling peas are ready for harvest when the pods are large and round and snow peas are ripe when the pod is nicely elongated and somewhere in the 3-4 inch range.

**Nutritional Benefits**

Fresh peas are an excellent source of vitamins C, K, and the B vitamins as well as the minerals iron, potassium and phosphorus. They are high in protein, carbohydrates and fiber, which secured their place in the diets of people since ancient times.

**Storage**

Use peas as soon as possible. Refrigerate in a plastic bag for 4-5 days maximum. Storing peas will sacrifice some of their sweet flavor and crisp texture.

Peas are easily frozen for storage, or canned. To freeze: blanch peas for 2 minutes, shell peas must be shelled first, cool in ice water to stop cooking, bag, label & date. Peas could also be dried for storage and later used in soups.
Preparation
There are several varieties of peas which require different methods of preparation. Three common types are sweet peas (also known as English peas or green peas), sugar snap peas, and snow peas.

For sweet peas:
- Rinse, then snap the top of the pod off. Remove the string from the seam by pulling down. Split the pod open by using your thumbs to press on both sides. Pop the peas out of the pod using your thumb.

For snow and sugar snap peas:
- Both sugar snap and snow peas are meant to be eaten with their pods. Make sure that you don’t prepare the peas until you’re ready to eat them.
- As with sweet peas, first rinse the vegetable thoroughly. Check for blemished areas on the peas; a pea can still be used if these areas can be broken off. If the blemish makes the whole pea unusable, discard it.
- With sugar snap peas, just snap the stem end of the pod off and remove the string from the inner side. For snow peas, snap off both ends with your fingers or use a small knife to cut them off. It is not necessary to remove the strings for snow peas, as they are not very noticeable. However, if strings come off for either sugar snap or sweet peas when snapping off their ends, remove them.

Recipes

Garlic Stir-fried Snap Peas
(makes 3 servings)

Ingredients
3 cups sugar snap peas
2 teaspoons oil
2 cloves garlic, chopped
2 teaspoons lemon juice
Pepper to taste

Instructions
-Heat oil in skillet
-Stir in garlic
-Add peas; cook and stir 2 to 4 minutes on medium heat.
-Remove and sprinkle on lemon juice and pepper
-Serve over rice

Peas and Mushroom Casserole

Ingredients
2 cups fresh, raw peas
½ lb fresh mushrooms, sliced (2 cups)
¼ cup chopped onion
2 Tb margarine or butter
2 Tb flour
2 cups milk
Salt and pepper to taste
¼ cup shredded Cheddar cheese

Instructions
-In a two-quart casserole, layer half the peas, mushrooms and onions. Dot with half the margarine and sprinkle with half the flour, salt and pepper. Repeat with remaining vegetables, margarine, flour, salt and pepper. Add milk and sprinkle top with cheese. Bake in 350° oven for one hour or until vegetables are tender. Serves 4 to 6.

Sources
From Asparagus to Zucchini, A Guide to Cooking Farm Fresh Seasonal Produce, Jones Books; Prescription for Dietary Wellness, Phyllis A. Balch, CNC; //WWW.eatingwell.com/recipes/collections/healthy_pea_recipes.html//
**Background**

Peppers are not related to the black pepper spice. The name reflects wishful thinking on the part of Spanish colonizers in South America, who were looking for black pepper and other spices in India and the Americas. Peppers were cultivated in South America as early as 5200 B.C.

Pepper 'hotness' is measured in Scoville Heat Units (SHU); sweet bell peppers have zero heat units, jalapeños have 2,500-4,000 SHU’s and Tabasco’s are ranked at 60,000-80,000 SHU’s.

Like many New World foods, the Europeans considered peppers to be an aphrodisiac.

**Growing Tips & Seasonality**

Peppers do not tolerate frost or grow in cold, wet soil, so it is best to start them indoors in the late winter and then transplant once the soil and air have warmed in the spring. They grow best in well-drained, fertile soil with a good supply of moisture.

**Preparation**

Peppers may be harvested at any state of maturity; the green fruits will develop more sweetness as they are allowed to ripen and color.

**Storage**

Peppers are most often stored by freezing. To do this, wash, core, and chop the peppers, and then spread the pieces into a single layer on a cookie sheet in the freezer. Allow to freeze for an hour, and then loosen the pieces and place in a freezer bag without allowing them to thaw. They can also be pickled; see the recipe on the back side of this sheet.

**Nutritional Benefits**

Peppers are high in Vitamins A, C, E, thiamine (B1), riboflavin (B2), and niacin (B3). High levels of iron and potassium are also found in most varieties.

The Mayans used peppers to treat asthma, coughs, and sore throats; the hotness can help the stomach with digestion. Also, there is some evidence that peppers have antibacterial properties, making them good for preservation.
**Recipes**

**Stuffed Peppers**

*Ingredients*
- 1 (3 1/2 ounce) bag boil in bag long grain rice
- 4 medium red bell peppers
- 3/4 pound ground beef
- 1 cup chopped onion
- 1/2 cup chopped parsley (or 1/4 cup dried parsley)
- 1/2 teaspoon salt
- 1/8 teaspoon ground allspice (optional)
- 2 cups tomato and basil pasta sauce
- 1/2 cup grated parmesan cheese

*Instructions*
- Cook rice according to directions, set aside
- Cut off tops of bell peppers, reserve tops. Discard seeds and membranes, place peppers cut sides down, in an 8 inch square baking dish, cover with plastic wrap. Microwave at high 2 minutes or until peppers are crisp tender. Cool
- Heat a large nonstick skillet over medium high heat. Add beef and next 4 ingredients. Cook 4 minutes or until beef is slightly browned, stirring to crumble. Remove from heat, add rice, 1/2 cup pasta sauce, and cheese, stir to combine.
- Spoon about 3/4 cup beef mixture into each pepper, place peppers in a 2-quart baking dish coated with cooking spray, cover with remaining sauce. Cover with foil.
- Bake at 450 degrees F for 20 minutes. Uncover, bake an additional 5 minutes or until lightly browned.

**Fajita**

*Ingredients*
- 1 package tortillas
- 4 skinned chicken breast halves, cut into strips
- 1 tablespoon fajita seasoning (or you can make your own: 1 1/2 teaspoon cumin; 1/2 teaspoon oregano; 1/4 teaspoon salt; 1/4 teaspoon red pepper; 1/4 teaspoon black pepper; 1/8 teaspoon garlic powder; 1/8 teaspoon onion powder)
- 3 tablespoons vegetable oil
- 1 large onion, cut into strips
- 1 large red bell pepper cut into strips
- Any toppings you might enjoy

*Instructions*
- Toss chicken with seasoning. Sauté in hot oil in a skillet over medium high heat for 5 minutes
- Add onion and bell pepper, sauté 3 minutes or until chicken is not longer pink
- Add to tortillas, and dress with your favorite toppings

**Roasted Peppers**

Char thick-skinned peppers until the skin is black and blistered. They can be charred under a broiler, over an open flame or on the grill. While they are still hot, cover or place in a paper bag for 15 minutes and allow the steam to loosen the charred skins. Peel over a bowl to catch the juices, and use in your favorite recipe.

**Sources**

“Watch Your Garden Grow.” University of Illinois Extension Service: Urban Programs Resource Network. [www.urbanext.uiuc.edu/veggies](http://www.urbanext.uiuc.edu/veggies);
Plums

Background
Plums can be found in writings dating back to 479 B.C. The Chinese philosopher Confucius frequently included plums in writings and songs, as they were a popular food in Chinese culture. Plums were introduced to orchards within Rome in 65 B.C. by Roman military leader Pompey the Great. Alexander the Great, the ancient Greek king of Macedon, eventually brought plums to the Mediterranean regions. In the western part of the world, Native Americans ate plums, and early colonists found plums growing wild along the east coast.

Growing Tips & Seasonality
Pick a variety of plum that is best suited to your climate. Vermont ranges from a zone 6 (lowest temperature in winter is no less than -10°F) in the southern counties, to a zone 3 (winter temperatures might reach -40) in the northern counties. European plums (zones 5-9) are harder than Japanese plums (zones 6-10), but your best bet in Vermont might be a hybrid variety of plum that has been selectively bred for cold hardiness. Plum trees thrive in full sun and a slightly acidic environment (pH 6.0-6.8). Japanese varieties are less tolerant of heavy clay soils than European varieties, and prefer well-drained soil. The best time to plant plum trees is in the spring, or in the fall if you are planting in zones 7 and up. Standard-sized trees should be planted 20-25 feet apart, dwarf varieties 15-20 feet apart. Plum trees will have a heavy crop in late summer.

Preparation
Wash plums well before cooking with them or consuming raw.

Storage
Plums can be stored in the refrigerator for a few days, or at cooler temperatures (around 31°F) for 2-4 weeks, depending on the variety. Canning is a good method of storing plums. Dried plums are known as prunes.

Nutritional Benefits
Plums are a good source of vitamin C, vitamin A, vitamin B2, potassium, and dietary fiber.
Recipes

Vanilla Poached Plums (Serves 4)

Ingredients
- 1 large vanilla bean or 2 tsp. vanilla extract
- ¼ cup sugar
- 2 cups unpeeled pitted plums, halved (about 1 lb)
- 1 ½ teaspoons lemon juice
- 2 teaspoons butter

Instructions
- Cut vanilla bean in half lengthwise. Scrape seeds into a small bowl and discard bean.
- Add sugar, and stir well.
- Place plums in a 1 quart baking dish, add sugar mixture and lemon juice, tossing gently to coat.
- Dot with butter, cover and bake at 400°F for 20 min. or until plums are tender, stirring once.

Stewed Plums (serves 4)

Ingredients
- ½ cup honey
- 1 cup water
- A dash of salt
- 1 tablespoon fresh lemon juice
- 1 pound fresh ripe plums (8 small or 6 medium)
- 1 cinnamon stick (or 1 tsp ground cinnamon)

Instructions
- In a medium saucepan, combine honey, water, salt, and lemon juice, then add cinnamon stick.
- Bring to a boil, stir constantly.
- Cut plums in half and pit, place in boiling syrup.
- Continue boiling for 3-5 min., until plums are tender.

Plums in Bread

Bake any amount of pitted plum halves in a 200°F oven until they are wrinkled. Next, mix them into any bread recipe for a yummy, sweet, and hardy bread.

Sources
http://mgonline.com/zonemap.html
http://homecooking.about.com/od/foodhistory/a/plumhistory.htm
http://www.thriftyfun.com/tf22361107.tip.html
http://www.backyardgardener.com/plants/gplum.html

Prepared by Nelle McKay
Background
The potato, a name derived from the Native American Indian word “batata”, was first cultivated by the native Incans in Peru over 4000 years ago. The mountainous terrain of the Andes, fluctuating temperatures, poor soil conditions and elevations over 10,000 feet proved to be the ideal setting for the Symara Indians to develop over two hundred varieties of potatoes. The potato is a member of the nightshade family (Solanaceae) along with peppers, tomatoes, and eggplant.

In 1536, Spanish Conquistadors conquered Peru, became aware of the potato and carried them back to Spain. In 1586, the potato was introduced to Britain by Sir Francis Drake. In 1770, a French pharmacist named Antoine Paramentier saw the potato as a solution to the recurring famine problem in France, and helped King Louis XIV popularize it by creating a feast with only potato dishes. In 1774, Frederick the Great sent free potatoes to the starving peasants after the famine of 1774, but they refused to touch them until soldiers were sent in to persuade them. During his presidency (1801-1809), Thomas Jefferson served “French fries” in the White House, which introduced the dish to the U.S. In the mid-19th century, the British introduced potatoes to Nepal and they soon became a staple crop. The potato is now a very common food item worldwide, grown in about 125 countries and all 50 states in the U.S.

Nutritional Benefits
Potatoes are an excellent source of carbohydrates, the body’s best energy source. Potatoes are high in fiber, aiding the digestive system, and absorb water making one feel satisfied and less hungry. Potatoes are fat free, cholesterol free, sodium free, and free of saturated fat. They are high in vitamin C and potassium and are a great source of vitamin B6. The skins contain fiber, potassium, iron, calcium, zinc, phosphorus, and B vitamins. So, it’s best to eat potatoes with their skins!

Growing Tips and Seasonality
When planting potatoes, each piece planted should have 2 or more eyes or sprouts on them. They can be planted whole or cut into smaller pieces. If cutting, they should be planted as you cut them. Plant 6-8” deep and allow about 12-18” between plants. Shoots should emerge within a couple weeks. As they grow, maintain the soil level all around the plant. If potatoes are left in sunlight, they turn green and are inedible, so hill up the soil or mulch. The soil should drain well, as potatoes will rot easily if the soil is too wet.

Storage
Once harvested, spread the potatoes out in a sheltered spot for a few hours, so the moisture on the skin dissipates. Do not leave in direct sun, but make sure they are not damp prior to storing. Potatoes can be stored in bags or bins in a dry, cool, and dark place. Storage life for potatoes in proper conditions is about 6-10 months.
Preparation
Potatoes can be eaten with or without their skins on, depending on the recipe being used.

If the potato skin is left on:
- Under cold running water, scrub the potato to remove any dirt left on the skin.

Recipes
The potato is one of the most versatile vegetables. Boiled, mashed, baked, fried, chipped, or stewed, there are hundreds of ways to cook them and combine them with other ingredients.

Mashed Potatoes

Ingredients
- 7 cups cubed potatoes
- 6 cloves of garlic
- ½ cup milk
- ¼ cup grated cheese (optional)

Instructions
Bring potatoes and garlic to a boil then reduce heat to a simmer about 20 minutes. Drain and put back in pan. Add remaining ingredients and mash, or beat with a mixer until smooth or lumpy, depending on how you like it.

Scalloped Potatoes

Ingredients
- 4 cups potatoes, peeled and thinly sliced (also good using sweet potatoes)
- ¼ cup chopped onion
- ⅛ cup flour
- Salt and pepper
- ⅛ cup margarine
- 2 ½ cups milk
- Cracker or bread crumbs
- 1 ½ cup cooked ham, chopped (optional)

Instructions
Arrange a layer of potatoes in greased 2-quart casserole dish. Sprinkle with 1 Tb each of onion, flour, and margarine plus a dash of salt and pepper. Continue layering potatoes and remaining ingredients until you have about four layers. Heat milk to scalding and pour over potato layers. Sprinkle crumbs on top. Bake in 350oF oven for 1 ½ hours. Let stand 10 minutes before serving. Serves 4 to 6.

Potato Salad

Ingredients
- 2 lbs new potatoes (unpeeled)
- ½ tsp salt
- 3 hard boiled eggs peeled and chopped
- 1 ½ cup minced celery
- ½ - 1 cup chopped sweet onion
- ½ cup mayonnaise (or plain yogurt)
- 1-2 tsp mustard

Instructions
Scrub potatoes and cut into 1” cubes. Bring to a boil with ½ tsp salt. When tender, drain and let cool. Combine all other ingredients except paprika, which can be sprinkled over the top. Serves 6-8

Prepared by Matt Hawley
Background
Pumpkins are a fruit indigenous to America, and a member of the gourd family. The name pumpkin originated from the Greek word "pepon" which means large melon. The French then changed this to "pompon" and the English to "pumpion", and today we say pumpkin. Pumpkins were used by Native Americans for food and textiles. They dried strips of pumpkin and wove them into mats, and also roasted pumpkin strips on an open fire to be consumed. Today there are many varieties of pumpkins that range in size, shape, and color. Small pie pumpkins have good flavor for baking and cooking, whereas larger jack-o-lantern pumpkins are more decorative.

Growing Tips & Seasonality
Pumpkins enjoy being planted in a sunny spot where soil has a pH of about 6.0. Like for most plants in the garden, a well drained spot with sandy loam is ideal, but any area can do if there is plenty of compost added. Pumpkins are often grown in small mounds of soil, since the vines will spill over the mounds as they grow. They can be planted 3-5 per mound, depending on the size of the mound, and the mounds should be spaced 3-5 feet apart. Plant seeds 1 inch deep once the frost has passed and the soil has warmed, or for a head start, start seeds indoors 3-4 weeks before last frost and transplant when soil has warmed. Plant pumpkins in early June for July/August flowers and October pumpkins.

Storage
Whole pumpkins can be stored at room temperature up to a month, or in a cool dry room for up to three months. Puree can also be canned and sealed, or frozen in freezer bags.

Nutritional Benefits
Pumpkins are loaded with the antioxidant beta-carotene, seen in the bright orange color of pumpkins. This plant carotenoid is converted to vitamin A in the body, which may reduce the development of certain cancers and protect against heart disease. It is also believed to protect against other disease and degenerative aspects of aging. Pumpkins also contain zinc, selenium, vitamin C, niacin, folate, vitamin E, potassium, magnesium, iron, calcium and fiber as well as protein and carbohydrates.
**Impossible Pumpkin Pie**

*Ingredients*
- 16 oz pumpkin
- 12 oz evaporated milk
- 2 Tbls butter or margarine
- 2 eggs
- ½ cup sugar
- ½ cup Bisquick
- 2 ½ tsp pumpkin pie spice
- 2 tsp vanilla

*Instructions*
Heat oven to 350 F and grease 10” pie pan. Beat all ingredients in blender or with a mixer on high speed 1-2 minutes or until smooth. Pour into pie pan with crust. Bake 50-55 minutes until knife inserted in center comes out clean.

**Roasted Pumpkin Seeds**

*Ingredients*
- 2 cups pumpkin seeds
- ¼ cups lemon juice
- 1 ½ Tbls melted butter
- 1 ¼ tsp salt

*Instructions*
Add salt to butter and lemon juice then mix in seeds. Keep mixing together until seeds are very wet and soaked. Spread on a large shallow baking sheet and bake at 250 F for approximately 1 hour. Stir occasionally; they should be crisp and golden brown when done.

**Simple Pumpkin Soup**

*Ingredients*
- ½ cup onion
- 3 Tbls butter
- 2 cups cooked, mashed pumpkin
- 1 tsp salt
- 1 Tbls sugar
- ¼ tsp nutmeg or cinnamon
- ¼ tsp pepper
- 3 cups broth (vegetable or chicken stock)
- ½ cup half and half (regular or fat free)

*Instructions*
Chop onions and gently brown in butter. Add pumpkin, salt, sugar, and spices. Slowly add broth and heat thoroughly, but do not boil. To serve, add cream. Makes 4-6 small servings.

**Preparation**
To cook fresh pumpkin, scrape out seeds, and save for baking. Then cut pumpkin into small pieces, remove hard outer peel with a knife or peeler, and steam the pieces for 12-20 minutes in lightly salted water. Steaming holds in more of the flavor and nutrients. However, pumpkin can also be baked with or without the peel. After steaming, drain and mash, puree, or use as needed. The puree can be served as is, or used in any recipe calling for pumpkin puree.

**Sources**
http://www.urcanext.uiue.edu/pumpkin/facts.html

Prepared by Allie Robinson
Radishes

Background
The radish (Raphanus sativus) is an edible root vegetable of the Brassicaceae family that was domesticated in Europe in pre-Roman times. They are grown and consumed throughout the world, and in addition to their use as a food, radishes have uses as an alternative treatment for a variety of medical conditions. The radish was a well-established crop in Hellenistic and Roman times, which leads to the assumption that it was brought into cultivation at an earlier date. Radishes have numerous varieties, varying in size, color and duration of required cultivation time. There are some radishes that are grown for their seeds; oilseed radishes are grown, as the name implies, for oil production.

Growing Tips & Seasonality
Radish is a cool-season vegetable that is relatively easy to grow. Early varieties such as Champion, Cherry Belle, and Easter Egg are meant to be grown in the cool of early spring, but can also be sown in late summer for growth in early fall. A few varieties of radish can grow in the warmer days of summer, like Icicle and French Breakfast. There are also winter radishes that are sown in late summer and develop slowly, but are larger, more crisp and flavorful, and store longer than spring varieties. These winter storage radishes include the varieties China Rose, Round Black Spanish, and Chinese White.

Nutritional Benefits
It is often difficult to gain large amounts of nutrients by eating just a few radishes because they are so small. A radish is composed of more than 90% water, along with small portions of iron, magnesium, phosphorous, and potassium. To get more nutrients from this vegetable, eat the leaves for vitamins A, B, and C.

Storage
Refrigerate spring and summer radishes for 5 to 7 days in a moist cloth or plastic bag, separating leaves and roots into different containers (the greens will last for a few days refrigerated). Winter varieties of radishes can be stored in the refrigerator for up to two weeks, or in damp, cool sand for longer periods of time.

Radishes are not ideal for freezing because of their high water content. It is best to pickle them.
Recipes

Radish Leaf Soup
Beet greens and kale would also work with, or instead of, the radish greens for this soup.

Ingredients
3 bunches radishes
1 T. butter
1 very large onion, chopped
4 russet potatoes (about 1 ½ lbs), peeled, chopped
3 c. water
½ c. milk

Instructions
Cut leaves from radishes and wash well. (Reserve radishes for another use.) Melt butter in heavy large saucepan over medium heat. Add onion and sauté until tender, about 5 minutes. Add radish leaves and sauté until wilted, about 2 minutes. Add potatoes and 3 cups water. Cover and simmer until vegetables are tender, about 20 minutes. Puree soup in batches in blender. Return to saucepan. Stir over medium heat until hot. Season soup with salt and pepper.

Baked Radishes

Ingredients
½ lb radishes
1 T. honey
1 T. butter
1 dash cinnamon

Instructions
Scrub radishes clean, cut in half, and steam for five minutes. Drain and arrange in a shallow baking dish. Combine honey, butter, and cinnamon in a small saucepan to make a glaze. Pour over radishes and bake uncovered at 350°F until tender, about 30 minutes. Serves 2.

Preparation
Select radishes that are bright and firm when purchasing them. Ideally they should come with leaves that are green and plentiful. To prepare for eating, scrub dirt from radishes. It is not usually necessary to peel the skins off. Radishes are great eaten raw, grated into salads or cut into sticks or slices for snacking on. Larger radish varieties like black and Chinese radishes can be cut into sticks and wedges rather than just slices as the smaller varieties are. Larger radishes are also less spicy than smaller ones, so they are easier to munch on raw. Great dips for radishes include mustard, salsa, and guacamole. Also try balancing the hot taste of a raw radish with the creamy, gentle flavor of avocado.

Young, tender radish greens can be added to tossed salads. Radish greens are also good in vegetable soups and stir-fry’s.

Pickled Daikon and Carrots
Allow this pickle to chill overnight before serving. It can be stored for up to four weeks in a refrigerator.

Ingredients
½ lb Daikon or other white radish
1 carrot, shredded
1 T. canning salt
1 c. water
½ c. distilled white vinegar
1 T. sugar
1 tsp. red pepper flakes (optional)

Instructions
Wash, peel, and shred radishes. Put vegetables in a bowl, sprinkle on the salt, and mix well. Let stand for 30 minutes. Drain off water and squeeze vegetables as dry as possible. In a small bowl combine vinegar, sugar, and pepper flakes. Place in a clean quart-size jar and refrigerate overnight or 6-8 hours. Serves 6.

Sources:

Prepared by Laura Bar
BACKGROUND
While common uses for rhubarb, including pie filling and wine, would suggest that it is a fruit, rhubarb is botanically classified as a vegetable. Raw rhubarb is edible, but when its red or pink stalks are cooked with sugar it creates a very sweet flavor. When dealing with rhubarb, be careful: the leaves and roots are highly toxic, and should be discarded.

The species of rhubarb that is popular for eating today came from either Siberia or Mongolia. It was introduced into Europe in 1608 by an Italian botanist named Prosper Alpinus. He hoped that Siberian rhubarb could substitute for the expensive Chinese rhubarb, which was used only medicinally, and it wasn’t until the 1800s that people began cooking rhubarb for pies and other desserts. Rhubarb arrived in Alaska in the early 17th century and became a popular food in America within a couple centuries. In 1947, the U.S. Customs Court in New York ruled that rhubarb should be classified as a fruit because that is how it is most often used.

GROWING TIPS & SEASONALITY
To grow rhubarb, use crowns or divisions from previous years or purchased from a garden center or seed catalog. Plant these soon, before they dry out, either in early spring or fall. Each plant needs about a square yard of space to grow in, as well as a good amount of compost or manure. The rhubarb crowns should be covered with an inch or two of soil. Water well after planting, and keep the soil moist throughout the growing season. Mulch such as straw or compost can be placed around the plant to conserve water and to discourage weed growth.

To fully establish rhubarb plants, wait one or two years after planting before cutting any leafstalks. Begin harvesting in early spring, when the stalks are thick. Cut or twist the leafstalks at the base to harvest, but do not remove more than half the stalks - this will leave enough foliage for a nice crown to form. When a rhubarb plant begins producing slender stalks in early summer, it is no longer worth harvesting. The plant can be left to grow until it is killed by frost; then cover with two or three inches of straw, removing half of this mulch in the spring to allow plant growth.

STORAGE
When kept in an environment of 32 to 36 degrees Fahrenheit, rhubarb will stay usable for two to four weeks. Store wrapped in a damp towel or in a plastic bag to prevent dehydration. To freeze rhubarb, wash stalks under cold water and cut into desired lengths. Drain well and pack pieces into rigid airtight containers, seal and freeze! For simple canning instructions, see the side box on the next page.
**PREPARATION**

When dealing with rhubarb, be careful: the leaves and roots are highly toxic, and should be discarded.

Good rhubarb stalks should be medium in size, bright in color, and crisp. If store-bought rhubarb comes with leaves, be sure to remove them before cooking. Cut off both ends of a stalk and cut the remaining length into one-inch pieces. The rhubarb pieces can be stewed or baked with plenty of sugar (white sugar, brown sugar, or even honey – your choice); this will not take long to complete, and the pieces will dissolve into syrup when done. This can be used as a tangy sauce on cereals, desserts, etc. Rhubarb is famous in combination with strawberries.

### Rhubarb Bites

**Ingredients**
- 2 c. diced rhubarb
- 1 c. sugar
- ½ c. shortening
- 1 c. brown sugar
- 1 egg
- 1 tsp. baking soda
- ½ tsp. salt
- 1 tsp. cinnamon
- 2 c. flour
- ½ tsp. vanilla
- Confectioners sugar

**Instructions**
1. Preheat oven to 350°F.
2. Mix together rhubarb and ½ c. sugar; set aside.
3. Cream shortening, remaining ½ c. sugar and brown sugar.
4. Add egg and then stir in baking soda, salt, cinnamon and flour.
5. Stir in vanilla, then rhubarb mixture.
6. Place batter in a greased and floured 13x9" baking pan and bake for 40-45 minutes.
7. Let cool; sprinkle with confectioners’ sugar and cut into 2” squares.

### Baked Rhubarb

This is an old fashioned recipe for a rhubarb desert. Cook time: 30 minutes.

**Ingredients**
- 1 cup sugar
- ½ cup water
- 1 pound rhubarb, cut in 1-inch pieces, about 3 cups

**Instructions**
In a saucepan combine sugar and water, stirring until sugar is dissolved. Place rhubarb in a baking dish; pour syrup over rhubarb (it is not necessary to cover fruit with water since rhubarb has so much water). Cover dish and bake at 350° for about 30 minutes, until fruit is bubbly, stirring several times. Chill and serve in dessert dishes with cream, whipped cream, or ice cream.

### Canning Rhubarb

To can rhubarb, mix ½ to 1 cup of sugar with a quart of rhubarb and let stand for three or four hours. Slowly heat the mixture to boiling and let boil for half a minute, then pack immediately into hot, sterile jars. Leave a ½-inch space at the top of the jar, place the lid, and process pint and quart jars.

**Sources**


**Background**

Rutabagas are round root crops, half purplish in color and half cream.

The rutabaga originated in the 1600s, probably in Slovakia, as a turnip-cabbage hybrid. This vegetable grows well in cold climates, so it soon spread to places like Britain and Scandinavia. In the early 1900s, American researchers found that rutabagas are good sources of energy for livestock due to their fleshy roots. The 1970s saw the beginning of the use of root brassicas, such as rutabaga, as forage crops for animals.

---

**Growing Tips & Seasonality**

Rutabaga is best grown as a fall crop because it requires a fairly long cool period in autumn or early winter. Plant about 100 days before the first frost, half an inch deep in rows at least a foot apart, and later thin rutabagas to six inches apart. Roots can generally be harvested by early autumn, ideally when they are 3 to 5 inches in diameter. Continue to harvest through early winter if desired, applying a heavy straw mulch. Rutabagas can withstand fall frosts, and become sweeter with colder weather.

---

**Storage**

Store in a cool, moist place such as the vegetable crisper part of the refrigerator. Rutabagas will remain edible under these conditions for up to two months. To store longer, place rutabagas in a root cellar between 32 and 38°F with damp sand. Rutabagas can also be frozen.

---

**Nutritional Benefits**

Rutabagas are rich in fiber, potassium, and Vitamins A and C. They are a low-calorie, fat-free food!
Recipes

Baked Rutabagas with Peanuts—Serves 6

Ingredients
- 3 c. sliced cooked rutabagas
- 1 medium onion, sliced
- 1 c. chopped peanuts
- 2 tbls. butter
- 2 tsp. salt
- ½ tsp. paprika
- Chopped parsley

Instructions

Swedish Rutabagas—Serves 6

Instructions
- 2 medium rutabagas, peeled, quartered, and sliced ¼” thick
- 2 tbls. brown sugar
- ½ tsp. ground ginger
- ½ tsp. salt
- 1/8 tsp. pepper
- 2 tbls. Butter

Cook rutabagas in boiling salted water; drain. Meanwhile, combine brown sugar, ginger, salt, and pepper; mix thoroughly. Add butter to rutabagas. Stir gently over low heat until sugar melts, 2 to 3 minutes.

Mashed Peppered Rutabaga—Serves 4

Ingredients
- 1 rutabaga (2 lbs)
- ½ cup sour cream
- ½ tsp each salt and pepper
- 1 cup shredded cheese

Instructions
Peel and cube rutabaga. In saucepan of boiling salted water, cook rutabaga, covered for 25 to 30 minutes or until tender. Drain and return to saucepan over low heat for about 30 seconds or until dry. Mash thoroughly; mix in sour cream, salt, and pepper. Stir in cheese just until slightly melted.

Preparation

When purchasing rutabagas, select roots that are small and tender, and no larger than 4 to 5 inches in diameter, as they will be easier to handle. They should feel firm and heavy, with no soft spots or deep cracks. To prepare, remove lower tap roots and leafy tops. Wash, slice, and cook as desired. If rutabaga is waxed, peel skin before using. Prepare with herbs such as rosemary, basil, thyme, and savory. Rutabagas are delicious raw by themselves or in salads. There are many options when cooking rutabagas: roasted or mashed with potatoes, stir‐fried with onions, or added to soups and stews.
Spinach

Background
Spinacia comes from the term spina, meaning “spine,” and alludes to the plant’s spinney fruit; oleracia refers to a vegetable garden herb that is used in cooking.

Spinach is the most widely used dark leafy green in this country, popular for cooking and raw salads. Both flat-leaved and savoy (crinkly-leaved) varieties are common. A member of the goosefoot family, spinach is related to beets and Swiss chard, and originated as a wild vegetable in the Middle East. The first record of its cultivation dates back to 2000 years ago. Cultivation in the United States started around 1806. Spinach has been regarded in folklore as a plant with remarkable abilities to restore energy, increase vitality, and improve the quality of the blood. Popeye is a testament to this!

Popeye cartoons in the ’30s and ’40s boasted “I’m strong to the finish because I eat my spinach.”

Growing Tips & Seasonality
Spinach is annually one of the first spring garden greens. It is frost tolerant and grows best in the cool weather that comes at the beginning and end of the growing season. Plant it directly into the soil in the spring as soon as the ground can be worked. Instead of planting a large amount at one time, consider growing a series of small plantings spaced about a week apart. This succession planting will result in a larger yield and better quality throughout the growing season. Local fresh spinach is typically available from the beginning of May through mid-July and mid-August through the end of October, though you may find it throughout the growing season.

Nutritional Benefits
Spinach is a nutritious green, despite its 80 to 90 percent water content. It is high in chlorophyll and contains large amounts of Vitamins A, B, C, E, and K. It is especially high in Vitamins A and C. The iron content of spinach is as high as that of fish and eggs, although it is difficult for the body to absorb spinach’s form of iron. Spinach also contains a large amount of oxalic acid, which increases when cooked. It is not dangerous, but does tend to bind to the naturally occurring calcium preventing its absorption. The nutritional value of spinach is best retained by no or minimal cooking.

Storage
Store spinach unwashed in a plastic bag or wrapped in a damp paper towel for up to one week in the refrigerator. For longer-term storage, spinach may be frozen. Blanch (boil) for 1-2 minutes, rinse in cold water, drain well, and pack into airtight containers (plastic or glass freezer containers or plastic freezer bags).
Recipes

**Spinach and Bean Burrito (Serves 4)**

*Ingredients*
- 4 (8-inch) flour tortillas (try whole wheat tortillas!)
- 1 (15-ounce) can pinto beans, drained and rinsed
- (or black beans or kidney beans)
- 4 cups spinach leaves, rinsed, stems removed

*Instructions*
Preheat oven to 350 degrees F. Mash beans with a potato masher or fork. Stir spinach leaves into the mashed beans. Divide bean mixture among the tortillas and roll tortillas up. Place on baking sheet and bake for about 10 minutes, or microwave for about 2 minutes. Top with salsa, plain yogurt or sour cream, shredded cheese, or eat plain. You can also add rice or any other vegetables you like to the bean mixture.

**Creamed Spinach Soup (Serves 3)**

*Ingredients*
- 1 pound spinach
- 1 small onion, chopped
- 1 stalk celery, chopped
- 4 tablespoons butter
- 3 tablespoons flour
- 3 cups milk
- 1 teaspoon salt
- ¼ teaspoon pepper

*Instructions*

**Garlic Spinach (Serves 3)**

*Ingredients*
- 1½ pounds spinach
- 2-3 cloves garlic, coarsely chopped
- ¼ cup olive oil

*Instructions*
Remove spinach stems and wash leaves thoroughly. Sauté garlic in olive oil in deep pan, add wet spinach. Cover. Cook for 3 to 5 minutes over low heat. Mix.

*Preparation*
Rinse spinach leaves thoroughly in a cool water bath, as soil tends to accumulate on the underside of the leaves. Spinach is best eaten raw or barely cooked. Raw spinach is an excellent salad green as well as a great addition to a sandwich. The secret of cooking spinach is to cook it quickly in very little water. Be careful not to overcook by watching for bright green color. Steam 1 pound of spinach for 5 minutes. It reduces in size dramatically, so be sure to use sufficient quantity! Two to three pounds of fresh spinach reduces to 2 cups cooked. Half a cup of cooked spinach approximates a serving. Spinach is an excellent addition to soups, stir fries, omelets, sautés, lasagnas, and quiches.

*Sources:*

Prepared by Jen O'Donnell
**Sprouts**

**Background**

Over 5,000 years ago in ancient China, the first physicians recommended sprouts for medicinal purposes.

In the 18th century, sailors and other seafarers were frequently plagued with the onslaught of Scurvy, a disorder caused by a lack of Vitamin C. Within the years 1772-1775, James Cook provided his sailors with limes, lemons, and a variety of sprouts (all containing high levels of Vitamin C) to combat the problem.

During World War II, Cornell University Professor of Nutrition Dr. Clive M. Mckay wrote an article about the nutrient value of soy bean sprouts. This introduced the first surge of sprout use in Western Civilization.

In more modern times, sprouts are used as a concentrated source of nutrients. They are suggested by nutritionists to vegetarians, vegans, and those attempting to fight cancer. Sprouts contain antioxidants which aid in the elimination of free radicals within the body. This reduction protects the cells against damage which, in turn, eliminates the threat of cancer.

**Growing Tips & Seasonality**

Sprouts can be grown in any season, anywhere in the country. They can typically be sourced locally, found in health-conscious food stores and your local grower’s market. The requirements for growing sprouts are very simple: the only equipment needed is a seed tray and a fluorescent light or bright window. Sprouts can be grown outside with the natural light of the sun, in a green house, or even in a basement with the use of lights and temperature moderation.

Sprouts can go from seed to “baby” salad greens within a week. One pound of Alfalfa seed can produce ten to fourteen pounds of fresh sprouts, making the efficiency of this health friendly snack outrageous!

**Nutritional Benefits**

Sprouts have a very concentrated collection of vitamins and nutrients due to their form as seeds newly emerged into plant form. This early stage in the plant’s development ensures that much of the nutrient value has not been lost to the growth or maintenance needs of the plant.

Sprouts are high in protein and chlorophyll. Radish sprouts have 29 times more Vitamin C and 4 times more Vitamin A than milk products. Alfalfa, radish, broccoli, and soybean sprouts contain concentrated amounts of phytochemicals that are thought to protect human beings against disease. An amino acid found in alfalfa sprouts demonstrates resistance to pancreatic, colon, and leukemia cancers. Sprouts are said to increase bone formation and density, as well as prevent osteoporosis. Alfalfa sprouts also contain saponins which lower “bad” cholesterol and stimulate the immune system.

Every individual variety of sprout has its own list of unique and individual health benefits. Whether it is a vegetable sprout, a grain sprout, a greens sprout, or a nut sprout, it is likely to contain nutrients in ratios hard to find in any other food group.

**Storage**

Sprouts, once harvested, should be stored in the refrigerator in a plastic bag. It is important to ensure the sprouts do not get wet while in the plastic bag, as they are subject to rot.
Preparation

Sprouts can be eaten in a variety of different ways. While they are delicious and nutritious served raw in salads and on sandwiches, they can also be stir fried with other vegetables on the stove. Sprouts can be blended into fruit and vegetable juices and mixed with soft cheeses in dips. They can be added to sushi rolls and mixed into pancake batter. Also, they can be sautéed with onions and garlic or ground up into sandwich and cracker spreads. Sprouts, like many other vegetables, are quite versatile, providing nutrition and flavor to many interesting and fun-to-create dishes.

Recipes

**Sprout Stir Fry**

*Ingredients*
- 2 tbs. butter
- 2 tbs. corn, peanut or vegetable oil
- 1 large, finely chopped onion
- 4-8 minced cloves of garlic
- 1 small minced chili pepper
- ¾ tsp. cayenne pepper
- 2 cups sprouted beans
- 3 tbs. wine or broth of choice
- Desired amount of toasted sesame oil

*Instructions*
In a wok or pan, heat the butter and oil for 1-2 minutes. Add the onion, garlic, chili pepper, and cayenne to be sautéed for 1-2 minutes. Add the sprouts and stir fry for another 1-2 minutes. Add the wine or broth, reduce the heat to low, and simmer for 2-3 minutes. Remove from the heat and add 1 tbs. butter.

*Serving*
Transfer to a serving dish and drizzle with sesame oil. Serve over rice or noodles.

**Sprout Hummus**

*Ingredients*
- 1 cup sprouts
- 1 tbs. tahini
- 1 tbs. lemon juice
- 1 tsp. olive oil
- 1 clove garlic
- 1 tsp. ground cumin
- ½ tsp. salt
- ½ tsp. white pepper

*Preparation*
Mix all ingredients to a desired consistency. Generally this will involve the use of a food processor or blender.

*Serving*
This hummus can be served with vegetables or tortilla slices. It is a delicious appetizer and can also be used on sandwiches and crackers.

*Prepared by Darby Weaver*

For more information about sprouts and what they can do for you, contact Steve Meyerowitz at:
sproutman@sproutman.com
(413)528-5200 ext. 4
Strawberries

Background

The cultivated strawberry is of American origin, and has been a greatly valued fruit since the scarlet woodland straw-berries of the Eastern U.S. (Fragaria virginiana) were first brought to Europe around 1600. This variety, called "Little Scarlet," is still a desirable fruit to many home preserve makers. A century later, West Coast strawberries (Fragaria chiloensis) – believed to have originated as far south as Chile – were introduced into European stocks. The accidental crossbreeding of these two plants combined the sweet North American strawberry with the larger South American strawberry, and today’s cultivated berries are descendants of this fortunate accident. Grown mostly in California and Florida, straw-berries are most often found today in jams, pastries, and juices, but the flavor of a ripe, whole strawberry – perhaps sliced and served on vanilla ice cream – is incomparable.

Growing Tips & Seasonality

For the home garden, plan on about 6 plants for every strawberry lover in your family. Most strawberry plants reproduce using runners, and the common Junebearer strawberries produce many runners, yielding a single crop in June (or, in this region, July.) These runners can be pinched off to encourage the growth of fewer, larger berries.

Studies at the University of New Hampshire indicate that row covers, rather than mulch, are the best overwinter care for strawberry beds.

Nutritional Benefits

As one might expect from such a sweet, colorful fruit, strawberries are rich in essential vitamins and minerals – especially calcium and Vitamin C - and high in flavonoids, a group of antioxidants that appear to protect against cancer and heart disease. Their small size makes them an ideal choice for a healthy snack.

Storage

For short-term storage, they are best kept at room temperature for no more than a few days. They are an excellent choice for freezing, however, as well as for producing homemade jams or jellies.
Recipes

Instant Strawberry Ice Cream

**Ingredients**
- 24 ounces of frozen strawberries cut into large chunks
- 1/2 cup sugar plus 1 tablespoon sugar (if strawberries are very ripe, use less sugar)
- 1 1/2 cups heavy cream

**Directions**
Place berries in blender. Whisk sugar into cream. With blender going, slowly add cream through opening in lid, stopping to stir the mixture 3 or 4 times so the ice cream is smooth, with small bits of berries. Transfer to shallow pan and freeze to scoopable texture, about 2 hours. Garnish with fresh strawberries if you like.

Strawberry Preserves

Hull 4 cups of strawberries, and mix in 3 cups of sugar. Let stand for at least 10 minutes until the juices flow, then boil the mixture until the berries are tender. Let this stand overnight, then boil for 1 minute the next morning. Cover, remove from heat, and stir gently in 5 minutes, skimming if necessary. Pour into hot sterilized jars, seal, and use a home canner according to its instruction. Eat within twelve months. Makes 1 ½ pints.

Strawberry Shortcakes

A simple country favorite. Hull as many strawberries as your family or guests will enjoy, sandwiching them between biscuit halves – buttermilk biscuits are preferred – and topping with fresh whipped cream.

Strawberry Smoothies

A healthy breakfast treat that can fit into the busiest mornings. Blend 1 banana, 1 cup of strawberries, 1 cup of yogurt, and 1 cup of orange juice until smooth. For a healthy alternative to refined sugar, add maple syrup or honey to taste.

Sources:
**Tatsoi**

---

### Background
Tatsoi is a leafy green very similar to bok choi, but with a stronger taste and more vitamins. Alternate common names include rosette bok choi, and tah tsai.

### Growing Tips and Seasonality
Tatsoi is a hardy plant and can survive in temperatures as low as 15°F. Seeds may be planted as early as the soil can be worked, through to late summer and fall. Plant seeds ¼ to ½ inch deep 6 inches apart, with 18 inches between rows. When the plants are a few inches in height, thin to 6 inches apart. Tatsoi takes about 45 days to mature to full heads, but can also be harvested as baby loose leaf for salad. Tatsoi can be harvested from under snow.

### Preparation
When purchasing, choose leaves that are green with no yellowing, cuts, or holes. Greens should look fresh rather than wilted. Young tatsoi is great eaten raw in salads.

### Storage
Tatsoi and other greens are very perishable, and need to be handled with care. To store in a refrigerator for up to five days, rinse and thoroughly dry greens, then place in a dry plastic bag. Tatsoi can be kept longer by freezing: clean greens and boil in water for 90 seconds. Then immediately remove from water and place in cold water for another 90 seconds. Shake out water from greens and pack into a plastic bag, squeezing out excess air; freeze.

### Nutritional Benefits
Tatsoi is rich in calcium.
Recipes

**Farm Greens and Pasta**

*Ingredients*
- 1 lb. tatsoi or other cooking green
- 1 onion, chopped
- 2 cloves garlic, minced
- 3 tbsp olive oil
- 1 tomato, chopped
- 1 lb. chicken breast or tofu, diced
- salt, pepper
- oregano and thyme (chopped)

*Instructions*
Sautee onion and garlic in oil until translucent. Add chicken or tofu and saute 10 minutes. Add tomatoes and herbs and saute for 10 minutes covered. Add greens and cover. Cook for 10 minutes until greens are completely wilted. Serve over pasta.

**Spicy Greens**

*Ingredients*
- 1 large onion, diced
- 1 tbsp olive oil
- 1 bunch greens
- 2 tsp vinegar
- 1/4 tbsp crushed red pepper flakes

*Instructions*
Sauté the onion in the oil in a large skillet or saucepan on low heat for about 10 minutes, until translucent. While the onion sautés, thoroughly rinse the greens. Remove and discard any large stem ends and coarsely chop the leaves. Add the moist greens to the onions and cook, covered for about 5 minutes, stirring occasionally, until the leaves are wilted but still bright green. Stir in the vinegar and red pepper flakes. Add salt and pepper to taste and serve immediately or at room temperature.

**Brown Butter Pasta with Tatsoi**

*Ingredients*
- Your choice of pasta, preferably with curves or ridges
- 1/2 stick unsalted butter
- Salt and pepper
- Leaves of 2 to 3 bunches of tatsoi, rinsed
- 1/2 cup chopped sage (or 1/4 cup dried sage, or another favorite herb)
- Grated parmesan

*Instructions*
- Cook pasta according to instructions
- When pasta is almost done, melt butter in a skillet. Swirl the butter in the an as it foams. (at this point remove pasta from the heat and drain well in colander) when butter begins to brown, toss in pasta and mix to coat with butter. Salt and pepper to taste.
- Add tatsoi and herbs and cook until slightly wilted, about 1 to 2 minutes. Serve immediately with parmesan.

Sources:

Prepared by Laura Keir
**Background**
Small fruits enclosed in a husk, tomatillos belong to the same family as tomatoes. Most often used when still green, the flesh has a hint of lemon and is slightly acidic. As far back as 800 B.C. the Aztecs first grew tomatillos. The fruit is popular in Mexico and other Latin American countries.

**Growing Tips & Seasonality**
A long, warm growing season and warm soil is required to grow tomatillos. They prefer well-drained soil rich in organic matter and need full sun.

On the average date of last frost, plant tomatillos from transplants. These transplants should be started indoors from seed six to eight weeks before the planting date. When the transplants have reached a size large enough to be planted in the garden, set the plants 18-24 inches apart in the ground. Established tomatillo plants are drought-tolerant.

100 days is the usual amount of time to pass between planting and harvesting. Pick the fruit when the husk begins to turn brown.

**Preparation**
Use the condition of the husk as an indicator of quality when choosing tomatillos. The fruit is probably not in good condition if the husk is dry or shriveled. Tomatillos with a light brown, intact, tight-fitting husk are best. The fruit should be free of blemishes and firm if you peel back a small part of the husk.

Before preparing, tomatillo husks must be removed. To clean off the film left by the husk, wash the fruit with soap and water. You can use tomatillos raw in salads or salsas, or cook them for sauces. When the fruit is cooked the result is a soupy consistency, but the flavor is enhanced and the skin softened.

**Storage**
If the husk is still intact, fresh tomatillos may be stored in the refrigerator for up to two weeks. Tomatillos are best stored in a paper bag. You can make the fruit last a week longer in the refrigerator if the tomatillos are placed in sealed plastic bags with the husks removed. After removing the husks, tomatillos may also be frozen.

**Nutritional Benefits**
Tomatillos are rich in folic acid, potassium, and Vitamins A and C. The fruit is a great source for daily antioxidant needs.
Recipes

Salsa Verde
This salsa verde makes a nice accompaniment to grilled fish, chicken and other lean meats, or use as a dip with baked tortillas or fresh-cut veggies.
Prep Time: 10 minutes

Ingredients
1 pound tomatillos, paper skin removed, and quartered
1 small onion, roughly chopped
1/2 cup cilantro
1 jalapeno or Serrano pepper, chopped
1/2 tsp sugar

Instructions
Place tomatillos, onion, cilantro and pepper into a food processor or blender. Add sugar and lime juice. Chop or blend to desired consistency. Empty into a bowl and chill to let the flavors develop.
Makes about 3 cups

Corn & Tomatillo Soup
Makes 8 servings (each serving equals 1 cup of fruit or vegetables)

Ingredients
1 1/2 cup tomatillos
1 1/2 cup onion, chopped
2 garlic gloves, diced
1 tsp margarine
3/4 cup whole kernel corn
1 cup frozen peas
4 cups low sodium chicken broth
1 Tbsp cilantro, chopped
4 oz diced green chilies
1/4 cup spinach, chopped
1 tsp sugar

Instructions
Sauté tomatillos, onion and garlic in with margarine for five minutes. Remove to food processor and add peas and cilantro. Puree to chunky. Pour in pan and add chicken stock, diced green chilies, chopped spinach, corn, and sugar. Heat and serve.

Sources
Tomatoes

Background
Tomatoes are native to South America, and it was Hernan Cortes who sent the first yellow tomato plant to Spain where it was cultivated and used widely in cooking. Italy soon started growing and cooking with tomatoes as well, and they still remain an essential ingredient today. During the 18th century, red tomato plants were brought to Italy and grown widely. Other cultures, however, grew tomatoes as an ornamental plant.

Growing Tips & Seasonality
Harden up indoor plants by slowly introducing them to the outside elements (plants will get bruised by the wind and sun when they have been used to the comfort of the indoors). Plant them deep to increase root growth. Many tomato varieties will need to be supported with stakes, cages, or a trellis.

Ketchup may seem like an all-American condiment for hot dogs and burgers, but Americans would not be eating this tomato product without influence from China.
"Ketchup is descended from the tangy Chinese sauce ke-tsiap; in Malaysia and Indonesia today, ketchup is the word for soy sauce. British sailors found Malay locals using kechap and brought it back to England in the early 1700s. Chefs tried to duplicate it but substituted mushrooms, walnuts, and cucumbers for the tropical ingredients they lacked. Not until the 1790s were tomatoes used in ketchup. Before then, most Europeans believed the tomato was poisonous; the plant is a botanical relative of deadly nightshade."
~ John C. Ryan and Alan Thein Durning, Stuff, 1997

Storage
Tomatoes do not store well in the refrigerator; they are better used fresh, stored at room temperature for a short period of time, or canned or dried for longer storage. To remove peel, blanch in boiling water for 30 seconds, then plunge in ice water and remove peels with a small knife when they're cool enough to handle. It will take roughly 2 ½ to 3 ½ pounds of fresh tomatoes to produce 1 quart of canned tomatoes. Store canned tomatoes in a cool, dry, dark place to preserve the quality of the food and the jar. When canned properly, tomatoes will keep up to a year. To dry tomatoes, use a dehydrator or slice tomatoes and leave in the sun 1-2 days. They will be brittle when dry. Store as is, or in a jar with a little olive oil. Freezing whole is also an option; to use a frozen tomato, run it under hot water and watch as its contents fall from its skin.

Nutritional Benefits
Tomatoes are rich in vitamins A and C and have small amounts of fiber. They are low in calories, fat free, and high in potassium. Links have been made between tomatoes and cancer prevention. They are one aspect of a larger picture of a healthy lifestyle.
Recipes

Stuffed Tomatoes

*Ingredients*
- 4-6 medium tomatoes (choose firm and ripe tomatoes)
- 1 onion
- 2 Tbs oil
- 2 stalks celery
- 1 green pepper
- 1 cup fresh (or frozen) corn
- ½ cup chopped summer squash
- ½ cup chopped mushrooms
- ¼ cup or more bread crumbs
- ¼ cup grated sharp cheese
- ½ tsp salt

*(corn, squash, and mushrooms can be replaced by other in-season vegetables of choice)*

*Instructions*
Cut tops off the tomatoes and carefully scoop pulp out with a teaspoon, keeping the tomato intact. Lightly salt and empty out all liquid. Sauté vegetables and chopped pulp in oil. Once hot, add 2 Tbs of the cheese and about half of the bread crumbs. Fill tomatoes while filling is hot. Put in a greased baking dish, top with rest of bread crumbs and cheese, and bake for 15 minutes.

Serves 4

Tomato Sauce

*Ingredients*
- 1 onion, chopped
- 2 garlic cloves, crushed
- 1 small red pepper (optional)
- 3 Tbs olive oil
- 1 ½ lbs. fresh tomatoes or 14 oz. canned tomatoes
- 1 Tbs sugar
- salt and pepper

*(If using fresh herbs, chop and add at the end. Dried herbs can be added while the tomatoes are cooking.)*

*Instructions*
Heat oil, onion, garlic, and red pepper for five minutes until soft. Stir in tomatoes, sugar, dry herbs, bring to a boil, cover and simmer 15-20 minutes. Add fresh herbs. Cook longer uncovered if too thin. If freezing, let sauce cool, put in a plastic container with lid or freezer bag, label and date.

Serves 4-6

*Do you want to start a family tradition? Why not start with Tomato Sauce? It’s an easy and rewarding recipe to make that you can share with your family. Create your own taste with herbs, spices, and veggies. Make a double or triple batch to freeze in portions to have for another day. Can for your family holiday meals!*
**Background**

The turnip is thought to have come from Russia, Siberia, and the Scandinavian Peninsula. Introduced into the New World by Jacques Cartier when he visited Canada in 1540, the vegetable flourished there and quickly spread southward. Virginia colonists grew them in 1609. Native Americans took to them at once, for they were superior to the wild roots they had been eating. Native women baked or roasted them whole in their skins, a method that brought out their full flavor.

This member of the cabbage family has round or top-shaped roots, white skin, often with purplish crowns, and thin, green, hairy leaves. It flourishes in poor soil and keeps well.

Raw turnips have a refreshing, tangy flavor similar to mild radish, and when cooked are pleasantly sweet. When fresh and young, turnips can be used raw in salads. When cooked with other foods, they have the ability to absorb flavors, making them succulent and rich. Turnip greens can be used in the same manner as spinach, silvered and stir-fried, or stewed with pork. They do not make good salad greens, as they are much too bitter and tough, unless used when very young.

**Storage**

Separate turnips from greens. Store turnips in a plastic bag in the refrigerator for one to two weeks. Store the greens in a plastic bag in hydrator drawer of refrigerator and use as soon as possible.

Turnips can also be frozen. Cut into small pieces and blanch in boiling water for 3 minutes. Plunge into ice water, then drain well and seal in an airtight freezer container or zip-lock freezer bag.

Mature turnips can also be stored in a root cellar, stored in sawdust or sand in a cool place.

**Growing Tips & Seasonality**

Sow turnip seeds ½ inch deep and 1 inch apart in rows 12 to 36 inches apart. Thin the plants so that they are 2 to 6 inches apart. You can sow turnips in the spring for a summer crop, in the summer for a fall crop, and sometimes even in the early fall for a fall crop. Turnips are flexible. Days to harvest: 25-70. Days to germinate: 3-7.

**Nutritional Benefits**

Turnips are a good source of Vitamin B6, calcium and manganese, as well as dietary fiber, Vitamin C, and potassium.
Preparation
- Scrub well and peel, if desired. (May also be used unpeeled, especially if they are young.)
- Slice or cut raw into sticks and add to a veggie platter with dip.
- Grate raw into salads and slaws.
- Boil or steam ¾ to 1-inch slices or cubes. (8-10 minutes if boiling, or 12-15 minutes if steaming.)
- Dice or cube turnips into hearty soups or stews.

Recipes

Shredded Turnips
Grate a pound of white winter turnips.
Cook for 15 minutes in a skillet with 4 Tbsls oil or butter.
Sprinkle with chopped parsley before serving.

Glazed Turnips
Ingredients
3 white turnips, peeled and diced
3 Tbsls butter
½ cup maple syrup
Instructions
Cover turnips with boiling water. Cook 15 minutes and drain. Put with butter and syrup in a skillet. Sauté until glazed, stirring occasionally.

Turnip Fries
Ingredients
3 pounds turnips
1 tablespoon vegetable oil
1/3 cup grated parmesan cheese
1 teaspoon garlic salt
1 teaspoon onion powder
Instructions
Preheat oven to 425 degrees F. Grease a baking sheet.
Peel the turnips and cut into French fry-sized sticks, about 1/3 by 4 inches. Place into large bowl and toss with the vegetable oil to coat. Place the parmesan cheese, garlic salt, onion powder in a resealable plastic bag, and shake to mix. Place the oiled turnips into the bag and shake until evenly coated with the spices. Spread out onto the prepared baking sheet. Bake in preheated oven until the outside is crispy and the inside is tender. About twenty minutes. Serve immediately.

Turnip Casserole
Ingredients
4 medium turnips, peeled and cubed
1 cup water
1 egg, beaten
1/3 cup sugar
3 tablespoons butter
1/2 teaspoon salt
1/4 teaspoon ground cinnamon
Instructions
Place turnips in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 15 minutes or until tender and drain. Transfer turnips to a bowl and mash. Add the egg, sugar, butter and salt; mix well. Transfer to a greased 1-qt baking dish; sprinkle with cinnamon. Cover and bake at 350 degrees F for 20-25 minutes.

Sources:
http://www.greenearthinstitute.org/recipes/turnips_return_to_your_roots.html
Simple Food for the Good Life – Helen Nearing

Prepared by Meg Connolly
**Watermelon**

**Background**
Watermelons are well named since they are 92 percent water. The average watermelon contains about ½ cup of seeds, which can be cooked in a skillet with ¼ cup water and some salt over medium heat for 10 minutes, and used to garnish salads. A 20-pound melon can be cut into about 138, ½ inch thick slices while a 30-pound melon can be cut into 192, ½ inch-thick slices. Jack Dietz of Chicago holds the record for seed-spitting at 66 feet and 11 inches.

**Growing Tips and Seasonality**
Watermelon should be planted when there is no longer a chance for frost, and the soil has warmed up. They grow best in a sandy loam soil.

The fruit requires a large growing area and lots of sun. Plant the seeds in hills in 1-inch depths about 6 feet apart. Space rows 7-10 feet apart.

**Nutritional Benefits**
Good source of vitamins A and C.

**Storage**
Uncut melon should be stored at room temperature for up to 2 weeks. Once cut, wrap loosely with plastic or put in an airtight container, and store in the refrigerator for up to 2 days.
**Preparation**
Look for a symmetrical, round, oval, or oblong watermelon with a buttery yellow underbelly. It should feel heavy for its size. The shade of the rind isn't a good indicator of the ripeness of the melon but soft spots in the rind are a good sign of rot. Rinse and dry the melon before cutting. Slices should be no thinner than ½ inch or the watermelon will simply disintegrate.

**Recipes**

**Watermelon Pops**

*Ingredients*
4 cups watermelon cubes  
4 (7 ounce) paper cups  
4 popsicle sticks

*Instructions*
Remove black seeds from watermelon cubes and puree in blender. Pour into paper cups. Place sticks in cups and freeze until firm. To eat, tear paper cup from the frozen pop.

*Servings*
Makes 4 pops.

**Breakfast a Go-Go**

*Ingredients*
1/3 cup low fat granola  
3/4 cup de-seeded watermelon chunks  
5 ounces low fat banana (or other substitute) yogurt

*Instructions*
In a large, cylindrical glass, ’to go cup’ container or plastic glass, create the following parfait:  
Bottom layer: Low fat Granola  
Next Layer: Small chunks of seeded watermelon  
Next Layer: Banana Yogurt  
Next Layer: Low fat Granola  
Next Layer: Small chunks of seeded watermelon  
Top Layer: Banana Yogurt

**Sources:**


Evans, Laura. “Watermelon Growing Tips.” Life123. IAC. 16 June 2009  

The Old Farmer’s Almanac Recipes for Every Season. Dublin: Yankee Publishing  
**Background**

The winter squash and all plants in the Cucurbitaceae family (cucumbers, summer squash, zucchini, gourds, and pumpkins) were domesticated and used extensively by the native peoples (such as the Incas) of South and Central America. Indeed, squash plants are so sensitive to cold temperatures because their ancestors are from such a warm climate. Use of these plants gradually spread northward, and soon the native peoples of North America cultivated these plants as well. Early North American settlers relied on squash as a staple food, especially because of its long-term storage capabilities.

**Preparation**

Squash fruits are ready to harvest after 80-120 glorious summer days. The fruits can stay on the vine through the first frost, but they cannot freeze or they will be ruined. Cut stems about 1” from the fruit. Squashes without stems rot faster. If the weather is dry, let cure in the field on the vine for up to two weeks, then let the squashes cure inside for two weeks to let the rind harden and the fruit heal any surface wounds. Or, just cure where it is dry. Handle gently; bruised spots rot first.

**Growing Tips & Seasonality**

Plant after last frost has passed and the soil has warmed up. Plant 1” deep, 4 seeds to a hill, with hills 3-6’ apart (depending on how sprawling or bushy the variety is). Wait 7-10 days for germination. Or use seedlings started 3-4 weeks earlier or buy starts from a local farmer and transplant them. Striped cucumber beetles love the seedlings, so you may want to use a floating row cover, spray with clay water, or make yellow bucket traps filled with soapy water. Be careful not to injure the root and vines when weeding. When transplanting, do not plant stems deeper than the seedlings’ current soil surface; this will prevent rotting.

**Storage**

Optimal Storage conditions are 50-60 degrees F and dry. Spread out on newspaper in a cool room or store on shelves. Leave space between squash fruits as they rot at the point where they touch. Winter squash will keep 4-5 months. To freeze winter squash, cut open, remove strings and seeds, cut into pieces, and cook until soft in a small amount of water. You can also steam in a pressure cooker or bake in the oven. Package squash after cooking in jars and seal, or freezer bags and freeze. Do not pack jars tightly, leave room for expansion so the jar doesn’t crack. To dry winter squash, slice, scrape out strings and seeds, peel, and leave protected in the air or sun until tough and dry.

**Nutritional Benefits**

Winter squash provides both beta-carotene, potassium, Vitamin C, and fiber.
Recipes

- Always cut lengthwise. Use a saw or rugged knife on tough shells.
- Remove seeds and stringy fibers, cut into pieces and cook.
- Delicata rinds can be eaten, but most others are too tough to eat.

Squash Baked in the Half Shell
Cut in half and remove seeds and strings. Sprinkle the cavity with:
- brown sugar and butter, or
- cooked bacon bits and butter, or
- maple syrup, or
- honey and mustard, or
- 2-3 cloves garlic chopped fine, 2 Tbs olive oil, one small tomato diced, salt, pepper, and a light sprinkling of your favorite cheese, or
- crumbled bacon, onion, brown sugar, ground clove and apple.
Bake until squash is soft, about an hour depending on size. Place a small amount of water in bottom of baking dish to keep squash from burning to the bottom.

Mashed & Pureed Squash
Boil, bake, or pressure cook, then puree or mash. Substitute for canned pumpkin or squash. Add some butter, ginger, cinnamon, salt and pepper, and enjoy!

Pureed squash is a great, fresh and nutritious food for babies and toddlers. Make a batch and freeze in ice cube trays or bags to pull out and heat as needed.

Shaker Winter Squash Biscuits (especially good for Butternut or Hubbard Squash)

Ingredients
- 1 cup all purpose flour & 1 cup whole wheat flour
- 2 Tbs light brown sugar
- 1 Tbs baking powder
- 1 tsp salt
- 3/4 tsp black pepper
- 1/4 tsp nutmeg
- 4 Tbs chilled unsalted butter, cut into 8 pieces
- 4 Tbs chilled vegetable shortening, cut into 8 pieces
- 1 cup winter squash puree
- 5 Tbs milk

Instructions
- Preheat oven to 425 F.
- Whisk flour, brown sugar, baking powder, salt, pepper, and nutmeg in a large mixing bowl. Add the butter and shortening and use fingers to combine the mixture until it resembles a coarse meal, making sure to break up any clumps.
- Whisk squash and milk, add to dry mixture, stir with fork to make a soft dough.
- Turn onto a well floured board and knead about six times. Pat dough until it is 3/4” thick and cut out or shape into biscuits. Use scraps to form more biscuits.
- Place biscuits 2” apart on an un-greased baking sheet. (Biscuits can be shaped up to 3 hours before baking. Refrigerate until ready to bake.)
- Bake 14-17 minutes until golden brown and well-risen.

Sources

Prepared by Katrina Hardt
Revised by Charlotte Caspar
Background
Summer Squash and Zucchini come in a range of shapes and colors. Some of the varieties include: round, scallop or pattypan squash, and yellow crookneck or gooseneck. They cook quickly, are thin skinned, tender, and versatile.

Growing Tips & Seasonality
Summer squash is frost sensitive and needs about 3 months of warm conditions to produce fruit. The seeds can be started indoors 1 month before the last frost to make for a longer growing season. When planting or transplanting into the garden, space the plants about 2 feet apart to allow ample room for growth and ease in harvesting. Harvest the summer squash before it gets too large by cutting the stem an inch or so above the squash. Be careful not to damage the plant, as it will continue to produce squash throughout the growing season. Keep in mind that 1 or 2 plants will provide enough summer squash to feed a household.

Preparation
When choosing zucchini and/or summer squash, pick fruit that are young and tender, small to medium in size with taut and shiny skin. Wash and trim the ends when ready to use. The skin can be left on so long as it is young and tender, but be sure to remove any rotten spots. Summer squash can be used in stir-fries, frittatas, soups, pastas, timbales, and summer stews. It can also be stuffed, grilled, and sautéed. A simple way to serve zucchini is to sauté thin half-moons of zucchini in olive oil and garlic, which can be eaten alone or with pasta. Unpeeled chunks of zucchini can be boiled for about 20 minutes.

Storage
Store summer squash in a perforated plastic bag with a towel for up to a week in the refrigerator. The towel prevents moisture from accumulating on the skin of the squash (which leads to rotting).

Nutritional Benefits
Summer squash has been found to have anti-cancer benefits, and also reduces the risk of heart attacks. It is a good source of vitamins and fiber, which help lower the risk of high cholesterol and diabetic heart disease.
Recipes

Summer Squash Skillet

Ingredients
- 4 Cups summer squash
- ½ Cup onion
- ½ teaspoon salt
- ¼ teaspoon pepper

Instructions
Sauté together in 1 tablespoon oil until tender (time will depend on the size of the pieces: grated will cook faster than sliced). Add one of the options below.

Option 1:
- ½ green pepper or chili pepper (diced)
- 2 Tablespoons fresh parsley (chopped)
- 1 Tablespoon fresh basil (chopped)
- 1 bay leaf
- ½ Cup cheese (shredded; optional)
(Add ingredients except cheese with the onion and squash, cover, and steam until tender. Top with cheese just before serving).

Option 2:
- ¼ Cup fresh parsley (chopped)
- ½ teaspoon lemon peel (grated)
- ½ teaspoon lemon pepper (instead of the ¼ teaspoon pepper above)
(Add and simmer about 2 minutes longer).

Option 3:
Add soy sauce to taste to the sautéed squash before serving.

Option 4:
- 2 Tablespoons pesto
(Add to the sautéed squash before serving).

Zucchini Bread

Ingredients
- 3 Eggs
- 1 Cup vegetable oil
- 2 Cups white sugar
- 2 Cups grated zucchini
- 2 teaspoons vanilla extract
- 3 Cups all purpose flour
- 3 teaspoons ground cinnamon
- 1 teaspoon baking soda
- ¼ teaspoon baking powder
- 1 teaspoon salt
- ½ Cup chopped walnuts

Instructions
Preheat oven to 325°F. Then grease and flour two 8x4 loaf pans. In a large bowl, beat eggs until light and frothy. Mix in oil and sugar. Stir in zucchini and vanilla. Combine flour, cinnamon, soda, baking powder, salt and nuts; stir into the egg mixture. Divide batter into prepared pans then bake for 60-70 minutes.

Sources: