



The Wright Way Farm Veggie Care & Cook Book

What to do with your fresh produce!

From using it fresh to freezing, blanching or dehydrating,
this will be your guide to answering questions on
"What do I do with this?"

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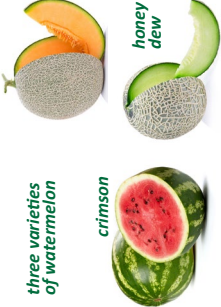






Vegetable Care

Vegetable	Immediate Care	Expected Shelf Life	Comments
 asparagus	refrigerate	2-3 days	<ul style="list-style-type: none"> keep upright, can be frozen after being chopped into 1" pieces - will loose its crispness
 basil	none required	5 days	<ul style="list-style-type: none"> keep stems in water; will discolor if kept in refrigerator; if you do not use them immediately, consider drying them
 beans	refrigerate	7-10 days	<ul style="list-style-type: none"> do not wash until ready for use
 beets	refrigerate or place in cool and moist place	5 months	<ul style="list-style-type: none"> leaves and tuber can be eaten beets store well like potatoes in winter
 broccoli	refrigerate	2 weeks	<ul style="list-style-type: none"> soak broccoli in salt water for about 30 minutes before eating to remove unwanted insects. can be frozen with a blanching process (drop in boiling water for 60 seconds) and packed in freezer bags
 brussel sprouts	refrigerate	1 week	<ul style="list-style-type: none"> remove sprouts from stem once home. can be frozen in freezer bags.
 cabbage	refrigerate	<ul style="list-style-type: none"> 5 months at 40° F napa cabbage is up to 2 months at 40° F if handled gently 	<ul style="list-style-type: none"> can be stored in cool, humid and dark places.
 carrots	refrigerate	up to 4 weeks in the refrigerator	<ul style="list-style-type: none"> remove tops to keep carrots from drying out. can be frozen in freezer bags up to 12 months






Vegetable Care

Vegetable	Immediate Care	Expected Shelf Life	Comments
cucumbers 	at room temperature/on counter	less than 14 days; if stored in the refrigerator no more than 3 days	<ul style="list-style-type: none"> develops pitting and water soaked areas if chilled below 50°F do not store with apples, bananas or tomatoes
eggplant 	at room temperature/on counter	5 days	<ul style="list-style-type: none"> develops pitting, bronzing, pulp browning if stored for long period below 50°F can be frozen when cut into cubes and placed in freezer bags
garlic 	none required	6 months if left in bulb state with stem in; unpeeled cloves can store from 10 days to a month if left in a drawer or dark space	
garlic scapes 	refrigerator	up to 3 weeks	<ul style="list-style-type: none"> garlic scapes are the flower bud of the garlic plant harvested in the spring to promote the growth of the garlic bulb when chopped, serve as mild substitute for garlic can be eaten raw or chopped into a recipe.
greens: (lettuce, spinach, kale, arugula, mizuna (mustard greens), swiss chard, and fennel) 	refrigerate	up to 7 days	<ul style="list-style-type: none"> do no wash greens until ready to use towel dry before putting in the refrigerator kale and spinach can be frozen, though they will lose their crispness for fennel, cut the foliage off, leaving about 3-6 inches of stem above each bulb. place all greens in an air tight container


Vegetable Care

Vegetable	Immediate Care	Expected Shelf Life	Comments
kohlrabi 	refrigerate	up to 7 days	<ul style="list-style-type: none"> store without tops
melons: (cantaloupe or muskmelon, honey dew, watermelons)  <i>three varieties of watermelon</i> <i>crimson</i>  <i>blacktail</i>  <i>ali-baba</i>	can be stored on the counter for less than a week or a warm section of the refrigerator once cut must be refrigerated	1 week on counter or refrigerator Once cut within 3 days	<ul style="list-style-type: none"> if you ever have a fruit that has a split in it that was missed by us, do not eat it; though rare in occurrence, we will gladly replace it at no cost. all our watermelons are picked ripe, have a red flesh and seeds in terms of sweetness they are very similar with a sweet flavor and crunchy flesh
onions, large 	none required	all winter in a breathable bag	<ul style="list-style-type: none"> should be stored in a dark cellar or the basement, do not freeze. do not refrigerate
onions, green 	refrigerate	up to 7 days	<ul style="list-style-type: none"> remove leaves that show any damage
pak choi 	refrigerate	up to 7 days	<ul style="list-style-type: none"> trim, wash and towel dry
peppers sweet 	refrigerate	from 7 to 10 days	<ul style="list-style-type: none"> they require moisture and should be stored with a moist paper towel. do not wash until ready to use. can be cut into strips and frozen. no blanching required. will lose their crispness.

Vegetable Care

Vegetable	Immediate Care	Expected Shelf Life	Comments
<p>potatoes</p> 	<p>none required</p>	<p>properly stored, can be eaten well into March</p>	<ul style="list-style-type: none"> • need to be stored in a cool, humid, and dark place, but not your refrigerator • a dark corner of a basement is perfect • do not eat green potatoes as they have a chemical that will give you an upset stomach
<p>radishes</p>  <p><i>daikon radish</i></p>	<p>refrigerate, without the tops</p>	<p>for best results, they should be eaten immediately</p> <p>daikons will last up to a week in the refrigerator without their greens</p>	<ul style="list-style-type: none"> • can be eaten raw, cooked or roasted
<p>rhubarb</p> 	<p>refrigerate</p>	<p>1 week</p>	<ul style="list-style-type: none"> • can be frozen - chopped into 1/4" slices and placed in freezer bags
<p>strawberries</p> 	<p>refrigerate</p>	<p>for best results, they should be eaten immediately</p>	<ul style="list-style-type: none"> • can be frozen whole or canned into a variety of jams, and jellies
<p>squash, summer (yellow crook & straight neck, patty pan, zucchini)</p>  <p><i>straight neck</i> <i>crook neck</i> <i>patty pan</i> <i>zucchini</i></p>	<p>at room temperature/on counter</p>	<p>1 week</p>	<ul style="list-style-type: none"> • do not store in refrigerator for more than 4 days • patty pan is a type of summer squash that's meant to be eaten with the peel on, and it doesn't have a high moisture content • patty pan squash tastes much like traditional zucchini • use patty pans in any recipe that calls for zucchini. they can also be grilled, fried, stuffed or roasted.

Vegetable Care

Vegetable	Immediate Care	Expected Shelf Life	Comments
squash, winter (acron, buttercup, butternut, delicata, spaghetti squash, pumpkins) 	cool and dry	1-4 months, depending on variety	<ul style="list-style-type: none"> wipe down with a damp cloth don't break off stem if fruit has small blemishes or nicks - should be eaten fairly soon once clean, fruit can be placed in a warm sunny area for about a week then store in a cool, dark, slightly humid place like the basement do not stack them too high, must be stored in a breathable container to allow exchange of air the sweeter the squash, the shorter the shelf life.
sweet corn	refrigerate in husks	should be eaten immediately	<ul style="list-style-type: none"> can be frozen or canned off the husk
tomatoes	do not refrigerate	5 to 7 days - store on a cool counter, preferably near sunlight. They prefer about 65° F but will be fine in the mid 70s.	<ul style="list-style-type: none"> tomatoes can be frozen after being quartered or canned into sauces, juices, or salsas if you can tomatoes, be sure to follow USDA canning guidelines which can be found on many websites.
turnips	refrigerate without the tops, although tops can be eaten	2 to 3 weeks in a plastic bag in the fridge or up to 10 months frozen	<ul style="list-style-type: none"> can be frozen, wash, peel and cut into 1/2" cubes, blanch for 2 minutes, chill in ice, dry, and pack in freezer bags

Herbs

How to Preserve Basil, Thyme, Parsley, Rosemary and Other Herbs

There is no arguing that fresh herbs are the best things to use for your best dishes. Summertime gives us the opportunity to grow all of our favorite herbs in abundance. So, how do you save these flavors of summer for use in the fall, winter and beyond? Buying fresh herbs in the winter at the supermarket is expensive and makes most of us cringe at the thought since it was free to us all summer long after buying seeds or plants.

Unless you grow herbs indoors all year, to keep the fresh flavor, generally, there are only two choices. Freezing or drying. Most of us buy dried herbs from the spice aisle but how long have they been sitting in those jars? Drying your own, you'll know exactly how old they are and they will give you more flavor than their store bought counterparts.

The best and most flavorful herbs to consider keeping are the ones with the most robust flavors such as oregano, mint, basil, thyme and rosemary. Ideally, having a dehydrating machine to dry your herbs would be easiest. However drying herbs without one is not difficult.

To dry herbs, simply harvest and tie together and hang them upside down in a cool dark place such a closet, basement or under a shady tree outside. Keep the bunches small so the drying time isn't too lengthy or your harvest will mold rather than dry. Make sure each bunch has plenty of air to pass through all of it. When leaves are easily crumbled, they can be stored in an airtight jar. Saving empty herb and spice jars is an excellent way to store these.

Another alternative to hanging in bunches is to lay individual leaves, such as sage, between paper towels for drying in layers. Don't pile these too high or make them too heavy or the mold will be an issue here as well.

Recipes

*All recipes can be substituted with
vegan dairy products or vegetable stocks.*

Acorn Squash

INGREDIENTS:

1 medium acorn squash, halved and seeded
2 tablespoons brown sugar

1 tablespoon butter

DIRECTIONS:

Preheat oven to 350° F (175° C). Turn acorn squash upside down onto a cookie sheet. Bake in a 350° F (175° C) oven until it begins to soften, approximately 30 to 45 minutes. Remove squash from the oven and turn onto a plate so that the flesh is facing upwards. Place butter and brown sugar into the squash, and place remaining squash over the other piece. Place squash in a baking dish (so the squash won't slide around too much) while baking. Place squash in the 350° F (175° C) oven and bake another 30 minutes.

Acorn Squash Slices

INGREDIENTS:

2 medium acorn squash
3/4 cup maple syrup
1/3 cup chopped pecans

1/2 teaspoon salt

2 tablespoons butter or margarine, melted

DIRECTIONS:

Wash squash. Cut in half lengthwise; discard seeds and membrane. Cut each half crosswise into 1/2" slices; discard the ends. Place slices in a greased 13" x 9" x 2" baking dish. Sprinkle with salt. Combine syrup and butter; pour over squash. Sprinkle with pecans if desired. Cover and bake at 350° F for 40-45 minutes or until tender.

Acorn Squash Soup

INGREDIENTS:

1 small onion
1/4 cup chopped celery
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
1 teaspoon vegetable bouillon granules
1/2 teaspoon dill weed

1/4 teaspoon curry powder

2 cups vegetable broth

(1) 12 oz. can evaporated milk

3 cups mashed cooked acorn squash

salt and pepper to taste

dash cayenne pepper

DIRECTIONS:

In a large saucepan, sauté the onion and celery in butter. Stir in flour, bouillon, dill, curry and cayenne until blended. Gradually add broth and milk. Bring to a boil; cook and stir for 2 minutes. Add the squash, salt and pepper; heat through. In a blender, process the soup in batches until smooth. Pour into bowls.

Cheesy Acorn Squash

INGREDIENTS:

1 acorn squash, halved and seeded
1 cup diced celery
1 cup fresh mushrooms, sliced
1 pinch ground black pepper
1/2 cup shredded Cheddar cheese

3 tablespoons butter

1 cup finely chopped onion

1/8 teaspoon salt

1 teaspoon chopped parsley

DIRECTIONS:

Preheat oven to 350° F (175° C). Place squash cut side down in a glass dish. Cook in microwave for 20 minutes on HIGH, until almost tender. In a saucepan over medium heat, melt butter and add celery and onion; sauté until transparent. Stir in mushrooms; cook 2 to 3 minutes more. Sprinkle with salt, pepper, and parsley. Divide mixture in half, spoon into the squash and cover. Cook 15 minutes in the preheated 350° F (175° C) oven. Uncover, sprinkle with cheese and put back in the oven until the cheese bubbles.

Asian Greens With Ginger Miso Dressing

DRESSING INGREDIENTS:

(1) 2" piece fresh ginger, coarsely chopped
2 tablespoons white miso (fermented soybeans)
3 tablespoons tahini (sesame paste)
1/2 cup water
3 tablespoons fresh lemon juice

DIRECTIONS:

For the dressing, place ginger, miso, tahini, water and lemon juice in a blender and blend until completely smooth. The consistency should be similar to cream. Strain the dressing through a fine sieve to remove ginger fiber. For the salad, divide greens among serving plates. Arrange radish and carrot on top, then sprinkle with scallions. Drizzle one to two tablespoons of dressing over each salad and serve.

SALAD:

5 oz baby Asian salad mixed greens with mizuna
1 small radish, sliced into 1/8" thick rounds
1 carrot, cut into 2" long slender sticks
2 green onions (white part only), chopped

Asparagus Goddess Bowls

INGREDIENTS

1/2 lb. asparagus, ends trimmed
2 tbsp. extra-virgin olive oil, divided
kosher salt
Freshly ground black pepper
1 tsp. garlic powder
1 tsp. dried oregano

FOR THE DRESSING

1 c. mayonnaise
1 c. Greek yogurt
(1) 1/2 c. chopped basil leaves
1/2 c. chopped parsley
1/4 c. chopped chives (plus more for garnish)
1/4 c. lemon juice
2 cloves garlic, coarsely chopped

FOR THE BOWLS

4 c. cooked brown rice, 1 avocado, sliced, 1 c. halved cherry tomatoes

DIRECTIONS

Roast asparagus: Preheat oven to 425°. On a large baking sheet, toss asparagus with 1 tablespoon oil and season with garlic powder, dried oregano, salt and pepper. Bake until the asparagus is tender, about 15 minutes. Make dressing: To a food processor, add mayonnaise, yogurt, basil, parsley, chives, lemon juice, and garlic. Pulse until smooth then season with salt and pepper to taste. Assemble bowls: Divide rice between 4 serving bowls. Top with avocado, cherry tomatoes, and roasted asparagus. Drizzle dressing over each bowl. Serve immediately.

Pastry-Wrapped Asparagus with Balsamic Dipping Sauce

INGREDIENTS

1 box ready-to-bake puff pastry (2 sheets)
Flour for work surface
3/4 cup grated Parmesan
24 asparagus spears
1 tablespoon flaky sea salt

3/4 cup balsamic vinegar
1 tablespoon. sugar
1 bay leaf
1/4 teaspoon dried thyme

DIRECTIONS

Preheat oven to 400° F. Line two rimmed baking sheets with parchment paper and set aside. Meanwhile, cut puff-pastry sheets into thirds along the folds to create (6) 5" x 10" rectangles. On a lightly floured work surface, roll one rectangle to 6 1/2" x 10". Using a sharp knife, trim edges (about 1/4" per side), then cut into (4) 2 1/4" x 6" strips. Sprinkle each strip with 1/2 tablespoon Parmesan and center an asparagus spear atop strip. Wrap strips to enclose asparagus; dampen edges of pastry with water and seal to close. Place pastry-wrapped asparagus seam side down on prepared baking pans. Repeat with remaining pastry, Parmesan, and asparagus, spacing appetizers about 2 inches apart. Lightly brush tops of pastry-wrapped asparagus with water and sprinkle each with a pinch of sea salt. Bake until golden brown, 15 to 18 minutes. Meanwhile, in a small skillet over medium-high heat, bring vinegar, sugar, bay leaf, and thyme to a gentle boil and cook until liquid is reduced to 1/2 cup, 12 to 15 minutes. Strain, reserving sauce and discarding herbs. Serve asparagus warm with balsamic dipping sauce.

Asparagus Risotto Recipe

INGREDIENTS:

2 tablespoons unsalted butter, divided
cut into

1/2 cup chopped shallots

1 cup arborio rice

1/4 cup dry white wine

(or 1 tablespoon lemon juice and 3 tablespoons water)

4 cups chicken stock

(1/2 pound asparagus, trimmed, tips cut off, and the spears

thin disks. Peel tough sections of spears, if needed)

1/2 cup freshly grated Parmesan cheese

Salt and pepper to taste

DIRECTIONS:

In a 3 or 4 quart saucepan, heat 1 tablespoon butter on medium heat. Add the shallots and cook for a minute or two, until translucent. Add the rice and cook for 2 minutes more, stirring until nicely coated. While the shallots are cooking, bring the stock to a simmer in a saucepan. Add the wine. Slowly stir, allowing the rice to absorb the wine. Once the wine is almost completely absorbed, add 1/2 cup of hot stock to the rice. Continue to stir until the liquid is almost completely absorbed, adding more stock in 1/2 cup increments. Stir often to prevent the rice from sticking to the bottom of the pan. Continue cooking and stirring rice, adding a little bit of broth at a time, cooking and stirring until it is absorbed, until the rice is tender, but still firm to the bite, about 20-25 minutes. With the last ladle of stock, add the asparagus. Turn off the heat. Note the stock amount given is approximate. You may need a little more or less. If you end up needing more stock and you find yourself without, just use water. Gently stir in the Parmesan cheese and the remaining 1 tablespoon butter. Add salt and pepper to taste. Serve immediately.

Basil Parmesan Dip with Pita Chips

INGREDIENTS:

(4) 6" pitas

Cooking spray

1/2 teaspoon freshly ground black pepper, divided

1/4 teaspoon salt

1 cup lightly packed basil leaves (about 1/2 oz.)

3/4 cup finely grated Parmigiano-Reggiano cheese

3/4 cup reduced-fat sour cream

2 teaspoons fresh lemon juice

1 garlic clove, minced

Basil sprigs (optional)

DIRECTIONS:

Preheat oven to 375°. Split pitas; cut each half into 8 wedges. Place wedges on a baking sheet. Coat with cooking spray; sprinkle with 1/4 teaspoon pepper and salt. Bake at 375° for 12 minutes or until crisp. Combine remaining 1/4 teaspoon pepper, basil, and next 4 ingredients in a blender or food processor; process until smooth. Scrape into a serving bowl using a rubber spatula. Garnish with basil sprigs, if desired. Serve with pita chips.

Bean Soup with Kale

INGREDIENTS:

1 tablespoon olive oil or canola oil

8 large garlic cloves, crushed or minced

1 medium yellow onion, chopped

4 cups chopped raw kale

(2) 15 oz. cans white beans, such as
cannelloni or navy, undrained

4 plum tomatoes, chopped

2 teaspoons dried Italian herb seasoning

1 cup chopped parsley

Salt and pepper to taste

DIRECTIONS:

In a large pot, heat olive oil. Add garlic and onion; sauté until soft. Add kale and sauté, stirring, until wilted. Add 3 cups of broth, 2 cups of beans, and all of the tomato, herbs, salt and pepper. Simmer 5 minutes. In a blender or food processor, mix the remaining beans and broth until smooth. Stir into soup to thicken. Simmer 15 minutes. Ladle into bowls; sprinkle with chopped parsley.

Beet Greens and Feta Pasta Recipe

INGREDIENTS

Kosher salt
2 tablespoons olive oil
1/2 medium white onion, finely chopped
4 medium garlic cloves, finely chopped
Freshly ground black pepper

2 pounds beet greens, washed, ribs removed, and coarsely chopped (about 11 cups)
1 pound penne pasta
5 ounces crumbled feta (about 3/4 cup)

DIRECTIONS:

Bring a large pot of heavily salted water to a boil. Meanwhile, heat the olive oil in a large frying pan over medium heat. When shimmering, add the onion and garlic, season with salt and pepper, and cook until the vegetables are translucent, about 3 minutes. Add the beet greens and cook until just wilted, about 3 minutes. Season well with salt and pepper, remove from heat, and reserve. Meanwhile, cook the pasta according to the package directions. Drain the pasta, reserving 1 cup of the cooking water. Return the pasta to the pot and place over low heat. Add the reserved pasta water and the beet green mixture, then sprinkle in the crumbled feta. Stir until thoroughly combined and heated through. Taste and adjust the seasoning as needed.

Broccoli Salad

INGREDIENTS:

1 large head broccoli, chopped in bite-size pieces
1/2 cup red onion, chopped fine
1 cup cheese, grated
1/2 cup raisins
1/2 cup sunflower seeds
1 cup carrot, grated

DRESSING:

1 cup mayonnaise
2 tablespoons sugar
2 teaspoons red wine vinegar
salt and pepper to taste

DIRECTIONS:

Prepare first 6 ingredients and place in bowl. Mix dressing ingredients well and toss with vegetables, one hour before serving.

Broccoli Slaw

INGREDIENTS:

4 cups broccoli florets
2 cups shredded red cabbage
1 small sweet onion, chopped

1 medium carrot, shredded
1/2 cup raisins
(1) 16 oz. bottle coleslaw dressing

DIRECTIONS:

In a serving bowl, combine all ingredients. Cover and refrigerate for at least 2 hours. Stir before serving.

Brussels Sprouts

INGREDIENTS:

3 cups water
2 tablespoons olive oil
1 teaspoon salt

1 pound Brussels sprouts, trimmed
2 cloves garlic, minced
1 teaspoon ground black pepper

DIRECTIONS:

Bring the water to a boil in a large saucepan. Add Brussels sprouts, and cook for 5 to 7 minutes. They should still be slightly firm. Drain, and rinse with cold water. Slice the sprouts in half, and set aside. Heat one tablespoon of olive oil in a large skillet over medium-high heat. Add the garlic; cook and stir for about 5 minutes, until garlic is lightly browned. Add the remaining olive oil and Brussels sprouts. Reduce the heat to medium and cook, stirring until the sprouts are well coated with the flavor. Season with salt and pepper, and cook for 5 more minutes before serving.

Breaded Brussels Sprouts

INGREDIENTS:

1-1/2 pounds Brussels sprouts
1 teaspoon salt
4 tablespoons butter, melted
4 tablespoons grated Parmesan cheese

1/4 teaspoon garlic powder
1/4 teaspoon ground black pepper
1/4 teaspoon seasoning salt
4 tablespoons dried bread crumbs

DIRECTIONS:

Wash and trim Brussels sprouts. Cut an "X", about 1/8" deep in the stem of the sprouts. In a medium-size pot, cover Brussels sprouts with water, add 1 teaspoon salt and bring to boil. Cover and simmer for 6 minutes or until tender; drain. Be careful not to overcook sprouts. Place sprouts in a small casserole dish. Sprinkle 2 tablespoons of melted butter over the sprouts and mix well to coat. Combine parmesan cheese, dried bread crumbs, garlic powder, black pepper, seasoning salt and remaining butter and mix well; sprinkle mixture over sprouts. Heat sprouts under broiler (about 4" away from heat) for about 5 minutes or until crumb mixture is lightly browned. Serve hot.

Brussels Sprouts in Mustard Sauce

INGREDIENTS:

2 tablespoons cornstarch
(1) 14.5 oz. can vegetable broth
2 teaspoons prepared Dijon-style mustard

1/4 cup water
1 pound Brussels Sprouts
2 teaspoons lemon juice

DIRECTIONS:

Dissolve cornstarch in 1/4 cup water, and set aside. In a medium saucepan over medium heat, bring vegetable broth to a boil. Add Brussels sprouts, and cook until tender. Strain, reserving vegetable broth, and place Brussels sprouts in a warm serving dish. Return vegetable broth to stove, stir in mustard and lemon juice, and return to boil. Add cornstarch mixture. Cook and stir until thickened. Pour over Brussels sprouts to serve.

Brussels Sprouts with Mushrooms

INGREDIENTS:

4 cups Brussels sprouts, trimmed and halved
5 tablespoons butter
salt and pepper to taste

1/2 pound whole mushrooms
1/2 cup chopped fresh parsley
fresh lemon juice

DIRECTIONS:

Cook Brussels sprouts in a pot of lightly salted boiling water for 15 minutes, or until fork-tender; strain through a colander, removing as much water as possible. Set aside. Melt butter in a large skillet over medium high heat. Cook and stir mushrooms until lightly browned. Toss Brussels sprouts with mushrooms, and sprinkle with parsley and lemon juice. Serve immediately.

Roasted Brussels Sprouts

INGREDIENTS:

1-1/2 pounds Brussels sprouts, ends trimmed and yellow leaves removed
3 tablespoons olive oil 1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper

DIRECTIONS:

Preheat oven to 400° F (205°C). Place trimmed Brussels sprouts, olive oil, kosher salt, and pepper in a large re-sealable plastic bag. Seal tightly, and shake to coat. Pour onto a baking sheet, and place on center oven rack. Roast in the preheated oven for 30 to 45 minutes, shaking pan every 5 to 7 minutes for even browning. Reduce heat when necessary to prevent burning. Brussels sprouts should be darkest brown, almost black, when done. Adjust seasoning with kosher salt, if necessary. Serve immediately.

Butternut and Acorn Squash Soup

INGREDIENTS:

1 butternut squash, halved and seeded
1 acorn squash, halved and seeded
3 tablespoons butter
1/4 cup chopped sweet onion
1 quart chicken broth

1/3 cup packed brown sugar
(1) 8 oz. package cream cheese, softened
1/2 teaspoon ground black pepper
ground cinnamon to taste (optional)
fresh parsley, for garnish

DIRECTIONS:

Preheat oven to 350° F (175° C). Place the squash halves cut side down in a baking dish. Bake 45 minutes, or until tender. Remove from heat, and cool slightly. Scoop the pulp from the skins. Discard skins. Melt the butter in a skillet over medium heat, and sauté the onion until tender. In a blender or food processor, blend the squash pulp, onion, broth, brown sugar, cream cheese, pepper, and cinnamon until smooth. This may be done in several batches. Transfer the soup to a pot over medium heat, and cook, stirring occasionally, until heated through. Garnish with parsley, and serve warm.

Butternut Squash Bisque

INGREDIENTS:

1 tablespoon canola oil
1 tablespoon unsalted butter
1/2 cup diced onion
3/4 cup diced carrots
4 cups peeled and cubed butternut squash

3 cups vegetable stock
salt and pepper to taste
ground nutmeg to taste
1/2 cup heavy cream (optional)

DIRECTIONS:

Heat the oil and melt the butter in a large pot over medium heat. Cook and stir the onion in the butter and oil under tender. Mix the carrots and squash into the pot. Pour in vegetable stock, and season with salt, pepper, and nutmeg. Bring to a boil, reduce heat, and simmer until vegetables are tender. In a blender or food processor, puree the soup mixture until smooth. Return to the pot, and stir in the heavy cream. Heat through, but do not boil. Serve warm with a dash of nutmeg.

Butternut Squash Casserole

INGREDIENTS:

1 butternut squash
1 cup white sugar
1-1/2 cups milk
1 teaspoon vanilla extract

1 pinch of salt
2 tablespoons all-purpose flour
3 eggs
1/4 cup margarine, melted

TOPPING

(1/2) 16 oz. package vanilla wafers, crushed
1/2 cup margarine, melted
1 cup brown sugar

DIRECTIONS:

Preheat oven to 425° F (220°C). Put butternut squash in the microwave and cook on high, until soft, 2 to 3 minutes. Cut in half, scoop out seeds and cube. Bring a large pot of water to a boil. Add squash and cook until tender, about 15 minutes. Drain and mash. In a 9x13 inch casserole dish combine 3 cups mashed butternut squash, white sugar, milk, vanilla extract, salt, flour, eggs and 1/4 cup melted margarine. Bake in preheated oven for 45 minutes, or until set. In a medium bowl combine crushed vanilla wafers, 1/2 cup melted margarine and brown sugar. Crumble over top of cooked casserole and return to oven to brown.

Butternut Squash Layer Cake

INGREDIENTS:

1/2 cup butter, softened	3 cups cake flour
1 cup sugar	4 teaspoons baking powder
1 cup packed brown sugar	1/4 teaspoon baking soda
2 eggs	1/2 cup milk
1 cup mashed, cooked butternut squash	1 cup chopped walnuts
1 teaspoon maple flavoring	

BROWN SUGAR FROSTING:

1-1/2 cups packed brown sugar
3 egg whites
6 tablespoons water
1/4 teaspoon cream of tartar
1/8 teaspoon salt
1 teaspoon vanilla extract

DIRECTIONS:

In a mixing bowl, cream the butter and sugars. Add eggs, one at a time, beating well after each addition. Add squash and maple flavoring; mix well. Combine flour, baking powder and baking soda; add to creamed mixture alternately with milk. Stir in walnuts. Pour into two greased and floured 9-in. round baking pans. Bake at 350° F for 25-30 minutes or until a toothpick inserted near the center comes out clean. Cool 10 minutes before removing from pans to wire racks.

For frosting, combine the brown sugar, egg whites, water, cream of tartar and salt in a heavy saucepan. With a portable mixer, beat on low speed for 1 minute. Continue beating over low heat until a thermometer reads 160° F, about 8-10 minutes. Pour frosting into a large mixing bowl; add vanilla. Beat on high speed until stiff peaks form, about 3 minutes. Spread between layers and over top and sides of cake.

Butternut Squash Pizzas with Rosemary

INGREDIENTS:

1 cup thinly sliced onion	3 tablespoons olive oil, divided
1/2 butternut squash - peeled, seeded, and thinly sliced	(1) 16 oz. package refrigerated pizza crust dough
1 teaspoon chopped fresh rosemary	1 tablespoon cornmeal
salt and black pepper to taste	2 tablespoons grated Asiago or Parmesan cheese

DIRECTIONS:

Preheat oven to 400° F (205° C). Place sliced onion and squash in a roasting pan. Sprinkle with rosemary, salt, pepper, and 2 tablespoons of the olive oil; toss to coat. Bake in the preheated oven for 20 minutes, or until onions are lightly browned and squash is tender; set aside. Increase oven temperature to 450° F (230° C). On a floured surface, roll each ball of dough into an 8 inch round. Place the rounds on a baking sheet sprinkled with cornmeal (you may need 2 baking sheets depending on their size). Distribute squash mixture over the two rounds and continue baking for 10 minutes, checking occasionally, or until the crust is firm. Sprinkle with cheese and remaining tablespoon olive oil. Cut into quarters, and serve.

Butternut Squash Rolls

INGREDIENTS:

1 tablespoon active dry yeast	1/3 cup butter or stick margarine, melted
1/4 cup warm water (105 to 115°)	1/3 cup packed brown sugar
1 teaspoon sugar	1 teaspoon salt
2/3 cup warm fat free milk (110 to 115° F)	2 cups whole wheat flour
1 cup mashed, cooked butternut squash	2 cups all-purpose flour

DIRECTIONS:

In a mixing bowl, dissolve yeast in warm water. Add sugar; let stand for 5 minutes. Stir in the milk, squash, butter, brown sugar and salt. Add whole wheat flour. beat on medium speed for 2 minutes. Stir in enough all-purpose flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 10 minutes. Place in a bowl coated with non-stick cooking spray, turning once to coat top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down and turn onto a floured surface; divide into 20 pieces. Shape each piece into a ball. Place 2 in. apart on baking sheets coated with non-stick cooking spray. With a sharp knife, make shallow slashes on top of rolls. Cover and let rise until doubled, about 45 minutes. Bake at 400° F for 11-13 minutes or until golden brown. Remove from pans to wire racks to cool.

Butternut Squash Soup

INGREDIENTS:

6 tablespoons chopped onion
4 tablespoons margarine
6 cups peeled and cubed butternut squash
3 cups water
4 cubes vegetable bouillon

1/2 teaspoon dried marjoram
1/4 teaspoon ground black pepper
1/8 teaspoon ground cayenne pepper
(2) 8 oz. packages cream cheese

DIRECTIONS:

In a large saucepan, sauté onions in margarine until tender. Add squash, water, bouillon, marjoram, black pepper and cayenne pepper. Bring to boil; cook 20 minutes, or until squash is tender. Puree squash and cream cheese in a blender or food processor in batches until smooth. Return to saucepan, and heat through. Do not allow to boil.

Butternut Squash Soup with Spinach Ravioli

INGREDIENTS:

1/4 teaspoon ground cumin
1/4 teaspoon ground nutmeg
2 tablespoons butter
1 cup sliced onions
3/4 cup sliced leeks
2-1/2 cups peeled, seeded and cubed butternut squash
1/2 cup dry white wine

5 cups chicken broth
1 pinch ground cinnamon
1 pinch ground ginger
1 pound cheese filled spinach ravioli
3/4 cup light cream
salt and pepper to taste

DIRECTIONS:

Place the cumin seeds and nutmeg in a large saucepan over medium heat, and cook until lightly browned. Stir in the butter, and sauté the onions and leeks until tender. Mix in squash, wine, and chicken broth. Season with cinnamon and ginger. Reduce heat, and simmer 10 to 15 minutes. Bring a large pot of lightly salted water to a boil. Add ravioli, and cook 8 to 10 minutes or until al dente; drain. With a hand mixer, puree the soup mixture. Blend in light cream, and season with salt and pepper. Mix in the cooked ravioli just before serving.

Butternut Squash, Apple, Onion Au Gratin

INGREDIENTS:

Cooking spray
1/4 cup flour
1 teaspoon salt
1 pinch cinnamon
1 butternut squash - peeled, seeded and sliced

4 apples - peeled, cored and sliced
1/2 sweet onion, thinly sliced
1 cup vegetable stock
1 cup shredded sharp Cheddar cheese

DIRECTIONS:

Preheat oven to 350. Spray 9" x 11" glass baking pan with cooking spray. Place flour, salt, and cinnamon into a large plastic bag. Add squash, apples, and onions; shake until lightly dusted. In glass dish, layer 1/2 of squash, apples, and sweet onion. Pour 1/2 cup stock over the top, then sprinkle 1/2 of cheese. Layer with remaining squash, apple, and onions. Pour remaining stock over the top, and cover with foil. Bake in preheated oven for 40 minutes. Take out and sprinkle with remaining cheese. Return, uncovered, to oven; bake for another 5 minutes. Let sit for 5 minutes before serving.

Stuffed Butternut Squash

INGREDIENTS:

1 butternut squash, halved and seeded
1/2 cup basmati rice
6 Brussels sprouts, trimmed and quartered lengthwise
1 medium carrot, peeled, sliced and julienne
1/3 (15.5 ounce) can garbanzo beans

1/4 cup soy milk
3 tablespoons tamari
1/2 teaspoon ground turmeric
2 cloves garlic, minced

DIRECTIONS:

Preheat oven to 400° F (205° C). Place squash in a baking dish with one inch of water, and cover with foil. Bake squash in the preheated oven for 1 hour, or until flesh is fork-tender. Keep warm. In a saucepan, bring water to a boil. Add rice and stir. Reduce heat, cover, and simmer for 20 minutes. Meanwhile, place Brussels sprouts, carrots, and garbanzo beans in a skillet over medium high heat. Stir together soy milk, tamari, turmeric, and garlic, and add to the skillet, tossing to coat. Cover, and simmer for 20 minutes, or until tender. Add a small amount of water or more tamari, as needed, to prevent drying out. Combine rice with vegetable mixture, and scoop into squash. Serve with additional tamari and season to taste. Enjoy!

Whipped Butternut Squash

INGREDIENTS:

2 butternut squash, halved and seeded
1 cup light sour cream

1/2 cup margarine
salt and pepper to taste

DIRECTIONS:

Preheat oven to 350° F (175°C). Place squash halves cut side down in a medium baking dish with enough water to cover. Cover, and bake 1 hour in the preheated oven, until tender. Scoop squash from skin into a medium bowl, and mix with margarine and light sour cream. Whip until smooth. Season with salt and pepper.

Cabbage and Pasta

INGREDIENTS:

1 (12 ounce) package farfalle (bow tie) pasta
1 cup butter
1 medium head cabbage, chopped
3 cloves garlic, minced

1/2 teaspoon salt
1/4 teaspoon pepper
1 medium onion, chopped

DIRECTIONS:

Bring a large pot of lightly salted water to a boil. Add farfalle pasta, and cook for 8 to 10 minutes or until al dente; drain. Melt the butter in a skillet over medium heat. Stir in the cabbage, onion, and garlic, and season with salt and pepper. Cook 15 minutes, or until the cabbage and onion are tender. In a large bowl, toss together the cooked farfalle and the cabbage mixture. Serve warm.

Cabbage Salad

INGREDIENTS:

1 small head green cabbage, cored and shredded
1 carrot, peeled and shredded
1 small green bell pepper, seeded and chopped
1 small onion, chopped

3 tablespoons mayonnaise
2 tablespoons white vinegar
1 tablespoon sugar
1/4 teaspoon salt

DIRECTIONS:

In a large bowl, toss together the cabbage, carrot, green pepper and onion. In a small bowl, whisk together the mayonnaise, vinegar, sugar and salt. Pour over the cabbage mixture, and toss to coat. Cover and refrigerate for at least 4 hours, or overnight.

Chinese Cabbage Salad

INGREDIENTS:

2 tablespoons sesame seeds
1-1/2 tablespoons rice vinegar
1/2 teaspoon sesame oil
2 tablespoons white sugar
1/2 teaspoon salt

1/4 teaspoon black pepper
1/3 cup olive oil
4 cups shredded cabbage
2 carrots, shredded
1 (3 ounce) package ramen noodles, crushed

DIRECTIONS:

In a small skillet, toast sesame seeds over medium heat until golden brown and fragrant. In a small bowl, mix together vinegar, sesame oil, olive oil, sugar, salt, pepper, and ramen seasoning packet. In a large bowl, mix together cabbage, carrots, and crushed ramen noodles. Toss with dressing to coat evenly. Top with toasted sesame seeds.

Cole Slaw

INGREDIENTS:

1 large head cabbage, shredded
1 green bell pepper, diced
1 onion, finely diced
1-1/2 large carrots, shredded

1 cup white wine vinegar
1 cup vegetable oil
1 cup white sugar

DIRECTIONS:

Combine the cabbage, bell pepper, onion and carrot. Whisk together the vinegar, oil and sugar. Pour enough dressing over salad to coat. Mix well, cover and refrigerate 6 to 8 hours. Drain any excess liquid, toss and serve cold.

Egg Rolls with Cabbage Filling

INGREDIENTS:

4 cups shredded cabbage
1 large carrot, shredded
1/2 green bell pepper, cut into thin strips
1 medium onion, chopped
3 cloves garlic, minced
3 teaspoons fresh ginger root, grated
1 tablespoon cornstarch

2 tablespoons soy sauce
1-1/2 tablespoons molasses
2 tablespoons vegetable oil
1 quart oil for frying
1-1/2 (14 ounce) packages egg roll wrappers or
Phyllo dough cut into 8" squares
1-1/2 cups sweet and sour sauce

DIRECTIONS:

In a large bowl, mix the cabbage, carrot, green bell pepper, onion, garlic and ginger. In a small bowl, mix the cornstarch, soy sauce, and molasses until smooth. Heat 2 tablespoons oil in wok. Stir in cabbage mixture in batches, cooking each batch 3 to 4 minutes, just until tender. Return vegetables to bowl, stir in the cornstarch mixture. Heat 1 quart oil in a deep fryer to 365° F (185°C). Place about 1 tablespoon filling on each egg roll wrapper. Fold one corner of wrapper over filling. Fold wrapper sides over filling. Roll wrappers to form egg rolls. Fry egg rolls in batches in the hot oil until golden brown. Drain on paper towels and serve with sweet and sour sauce.

Ginger-Cabbage Salad

INGREDIENTS:

3/4 cup pickled ginger
4 cups shredded cabbage, green or red
1 cup shredded carrots
1/2 cup peanuts, crushed

1/4 cup mirin (sweetened Asian wine)
1/4 cup rice vinegar
4 scallions, sliced

DIRECTIONS:

Combine the cabbage, pickled ginger, carrot, peanuts and scallions. Whisk together the mirin and rice vinegar. Pour over salad and toss to coat.

Red Cabbage Salad

INGREDIENTS:

3/4 cup water
1 small head red cabbage, finely shredded
3 apples - peeled, cored and chopped
1/4 cup packed brown sugar
1 cup distilled white vinegar

1/2 teaspoon ground cinnamon
1/4 teaspoon ground allspice
1/4 teaspoon ground cloves
2 tablespoons butter, divided

DIRECTIONS:

Place water in a large saucepan, and stir in cabbage, apples, brown sugar, vinegar, cinnamon, allspice, cloves, and 1 tablespoon butter. Bring to a boil. Reduce heat, and cover. Simmer 45 minutes, stirring occasionally, until cabbage is tender. Stir in remaining butter before serving.

Stewed Cabbage

INGREDIENTS:

1/4 cup butter
1 stalk celery, chopped
1 medium head cabbage, cut into squares
Salt and pepper to taste

2 onions, chopped
2 cloves garlic, chopped
(1) 14.5 oz. can stewed tomatoes, with liquid

DIRECTIONS:

Melt butter in a large saucepan over medium heat. Add onion, celery, and garlic and sauté for 3 to 5 minutes, or until translucent. Stir in cabbage, reduce heat to low, and simmer for 15 minutes. Pour in tomatoes and season with salt and pepper to taste. Cover pan and cook over medium heat for 30 to 40 minutes, or until cabbage is tender.

Sweet Russian Cabbage Soup

INGREDIENTS:

(1) 14.5 oz. can diced tomatoes
(1) 8 oz. can tomato sauce
4 cubes vegetable bouillon
2 medium carrots, shredded
1 onion, chopped
2 tablespoons white vinegar

1/2 cup white sugar
1-1/2 teaspoons salt
1/2 teaspoon ground black pepper
2 quarts water, divided
3 cloves garlic, finely chopped
1 head cabbage, cored and cut into wedges

DIRECTIONS:

In a large pot stir in diced tomatoes, tomato sauce, vegetable bouillon cubes, carrots, onion, vinegar, sugar, salt and pepper. Pour in 1 quart of water, and bring to a boil. Once the soup comes to a boil, cover and simmer for 30 minutes over low heat. Pour in another quart of water, and return to a slow boil. Add garlic and cabbage. Simmer for 25 minutes, until cabbage is tender. Ladle into soup bowls to serve.

Cucumber and Baby Pea Salad

INGREDIENTS:

1 cup plain Greek yogurt
3 tablespoons fresh lemon juice
1/4 cup extra-virgin olive oil
3 cucumbers - peeled, seeded and sliced crosswise 1/2" thick

1/4 cup finely shredded basil leaves
Salt and freshly ground pepper
1 pound frozen baby peas, thawed
1 cup flat-leaf parsley leaves

DIRECTIONS:

In a large bowl, whisk the yogurt with the lemon juice and olive oil. Add the parsley and basil and season with salt and pepper. Stir in the peas and cucumbers and serve.

Roasted Delicata Squash & Onions

INGREDIENTS:

2 pounds delicata squash (about 2 large)
1 medium red onion, sliced
2 tablespoons extra-virgin olive oil, divided
1/4 teaspoon salt

1 teaspoon chopped fresh rosemary
1 tablespoon maple syrup
1 tablespoon Dijon mustard

DIRECTIONS:

Preheat oven to 425°F. Cut squash in half lengthwise, then crosswise; scoop out the seeds. Cut lengthwise into 1/2" thick wedges. Toss with onion, 1 tablespoon oil and salt in a large bowl. Spread in an even layer on a baking sheet. Roast, stirring once or twice, until tender and beginning to brown, about 30 minutes. Combine the remaining 1 tablespoon oil, rosemary, syrup and mustard in a small bowl. Toss the vegetables with the dressing.

Delicata Squash Rolls

INGREDIENTS:

1-1/2 cups cubed winter squash
1 cup scalded milk
2 (.25 ounce) packages active dry yeast
1/2 cup warm water (110° F)

6 cups all-purpose flour
1/2 cup white sugar
2 teaspoons salt
1/2 cup shortening

DIRECTIONS:

Preheat oven to 400° F. In a small saucepan, cover squash cubes with water. Bring to a boil and cook until tender, about 15 minutes. Drain, cool and mash. In a small bowl, dissolve yeast in warm water. In a large bowl, combine 5 cups flour, sugar and salt. Stir in the yeast mixture, shortening, squash and milk. Mix well. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and supple, about 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour. Divide the dough into twelve equal pieces and form into rounds. Place the rounds in a lightly greased 13x9 inch baking pan. Cover with a damp cloth and let rise until doubled in volume, about 30 minutes. Bake at 400° F for 10 to 15 minutes or until golden brown.

Delicata Squash Burger Patties

INGREDIENTS:

1 delicata squash, halved lengthwise and seeded
salt and pepper to taste
1 shallot, minced
6 sun-dried tomatoes, chopped
1 egg, beaten
1/4 cup vegetable oil, or as needed

1 tablespoon olive oil (optional)
2 tablespoons butter
1 clove garlic, minced
1 cup bread crumbs, or more if needed
1/4 cup grated Parmesan cheese

DIRECTIONS:

Preheat an oven to 475° F. Place squash on a baking sheet; drizzle with olive oil. Season with salt and pepper. Bake in the preheated oven until tender, about 45 minutes. Remove and cool. Cut into cubes. Heat butter in a skillet over medium heat; cook and stir shallot and garlic in the melted butter until shallot is transparent, 5 to 10 minutes. Add sun-dried tomatoes; cook until softened, 2 to 3 minutes. Mash squash cubes into shallot mixture until relatively smooth. Remove from heat, transfer mixture to a bowl, and cool for 2 to 3 minutes. Stir bread crumbs, egg, and Parmesan cheese into squash mixture. Add more bread crumbs if mixture is too sticky. Season with salt and pepper. Shape mixture into 4 patties. Heat vegetable oil in a large frying pan over medium-high heat; cook patties in the hot oil until browned, 4 to 5 minutes per side.

Garlic Scapes

You can slice scapes to whatever length you like and use them as you would garlic, as an aromatic in a wide variety of recipes. Scapes lose a lot of their bite when sautéed, more so than garlic cloves, so use at least three or four times as much scape-age as you would clove-age. Scapes also work well as a vegetable, cut into lengths and added to stir-fries or blanched and added to salads, much as you might use green beans.

Garlic Monkey Bread

INGREDIENTS:

1 cup milk
1 egg
1/2 cup mozzarella cheese
3/4 cup whole wheat flour
2-1/4 cups bread flour

4 teaspoons sugar
4 teaspoons fresh oregano, or
(1) 1/2 teaspoon dried oregano
3/4 teaspoon salt
1 teaspoon active dry yeast

GARLIC BUTTER MIXTURE:

1/4 cup butter or margarine, melted, Diced garlic or chopped garlic scapes to taste

DIRECTIONS:

Add ingredients to bread machine and set on dough cycle. When finished, place dough on lightly floured surface and pat to 1/2" thickness. Cut dough into about 32 pieces. Dip dough chunks into the garlic/scape mixture and place them butter-side down in a greased bundt pan. Continue dipping and layering dough with butter side down until all dough is in the bundt pan. Bake at 375° until brown (15 to 25 minutes, depending upon the size of the cake pan). Invert onto a serving dish and serve warm. Maybe with some additional garlic butter to dip the pieces in!

Dilled Green Beans

INGREDIENTS:

3 cups fresh green beans, cleaned
3 cloves garlic, peeled and minced
1 teaspoon. salt

1/2 cup vinegar
1/2 cup water
1 bunch fresh dill, about 1 cup, chopped

DIRECTIONS:

Bring a large saucepan of water to a boil and place beans in the pan. Cook for about 45 seconds, until beans turn bright green. Remove from pan immediately and rinse in cold water until beans are cool. Drain. Combine the remaining ingredients in a large bowl. Mix in the beans; cover the bowl and refrigerate at least 4 hours before serving.

Green Bean Salad

INGREDIENTS:

1/2 pound green beans, trimmed
2 tablespoons chopped walnuts
2 tablespoons finely chopped fresh parsley leaves
2 tablespoons chopped red onion

2 teaspoons walnut oil or olive oil
1 teaspoon red wine vinegar
1 teaspoon Dijon mustard
Salt and pepper

DIRECTIONS:

Bring a large pot of water with a steamer basket to a boil, add green beans and steam for about 4 minutes. Transfer to a serving bowl. Toast the walnuts in a small dry skillet over medium heat until they become fragrant, about 2 minutes, and then transfer them to a small bowl to cool. Add the parsley and onion to the walnuts and stir to combine. In another small bowl, whisk together the oil, vinegar and mustard. Toss the dressing with the green beans, top with the walnut mixture and season with salt and pepper. Serve warm or at room temperature.

Green Bean Dish

INGREDIENTS:

1 bag green beans, clean, cut in 2", remove tips
2 teaspoons garlic, chopped
2 teaspoons bouillon or 2 cups liquid bouillon
1 cup tomato sauce
Skillet big heavy cast iron with lead or any big/heavy skillet

2 cups onion, chopped
2 teaspoons vegetable oil
4 cups tomatoes, chopped
Salt to taste (optional)

DIRECTIONS:

Heat oil on skillet, once heated, add onions, when onions turn translucent add garlic. Let garlic toast on slow heat then add green beans (slowly 1-2 cups at a time). Increase heat to medium high, let the green beans sauté and get warmed with onions and garlic. Stir to even out heat, add more green beans, continue until you add all the green beans. Allow all green beans to be warm - then add tomatoes slowly (1/2 cup at a time) let tomatoes warm - continue until you add all tomatoes. Add tomato sauce, stir and let the dish sauce. Add bouillon and salt. Stir, turn heat to low and cover for 1 hour

Minty Green Bean Salad

INGREDIENTS:

1/4 cup water
1 teaspoon white sugar
1 pound fresh green beans
4 cloves garlic, thinly sliced
2 slices onion, chopped
1 sprig fresh mint leaves

1 tablespoon cider vinegar
1/2 tablespoon minced garlic
1/4 teaspoon dried basil
1/4 teaspoon prepared mustard
salt and pepper to taste
3 tablespoons olive oil

DIRECTIONS:

In a medium saucepan, bring the water and sugar to a boil, and cook the green beans 10 minutes, or until tender but crisp; drain. Transfer green beans to a medium bowl, and mix with garlic, onion, and mint. In a small container with a lid, mix olive oil, cider vinegar, garlic, basil, mustard, salt, and pepper. Shake until well blended. Toss into the green bean mixture.

Kale and Adzuki Beans

INGREDIENTS:

1 cup uncooked adzuki beans
1 tablespoon olive oil
2 cloves garlic, peeled and crushed
6 cups roughly chopped kale
2 tablespoons water

1/4 cup tamari
1 teaspoon ground cumin
1 teaspoon ground coriander
salt and pepper to taste

DIRECTIONS:

Place adzuki beans in a medium saucepan with enough water to cover. Bring to a boil, reduce heat, and simmer 30 to 45 minutes, until tender. Heat olive oil in a medium skillet over medium heat, and sauté garlic about 1 minute. Mix in kale and 2 tablespoons water. Season with tamari, cumin, and coriander. Thoroughly blend in adzuki beans. Reduce heat to low, cover, and simmer about 20 minutes, until kale is tender. Season with salt and pepper.

Stir Fried Kale

INGREDIENTS:

3 tablespoons olive oil
1 onion, chopped
3 cloves garlic, minced

1 cup bread crumbs
3 bunches kale - washed, dried, and shredded

DIRECTIONS:

Heat oil over medium-high heat in a large frying pan. Add onions and garlic; cook and stir until soft. Mix in breadcrumbs, and cook and stir until brown. Stir in kale, and cook until wilted. Serve hot or warm.

Stir Fried Kale and Broccoli Florets

INGREDIENTS:

1/8 cup extra virgin olive oil
7 cloves garlic, sliced
1 chile pepper, chopped (optional)
1 head fresh broccoli, chopped

1/4 cup sun-dried tomatoes cut in thin strips
Juice of 2 limes
Salt
1 bunch kale stems removed and chopped

DIRECTIONS:

Heat olive oil in a large wok or skillet over high heat. Stir in garlic and chile pepper; cook for 2 minutes, stirring frequently. Stir in broccoli; cook 1 minute. Add kale, and cook 2 minutes, stirring frequently. Stir in sun-dried tomatoes. Pour in lime juice, and season with salt to taste. Toss well.

Rice Stuffed Patty Pan Squash

INGREDIENTS:

4 yellow patty pan squash
1 tablespoon olive oil
1/2 onion, chopped fine
2 garlic cloves, minced
1 cup long grain brown rice
2 cups vegetable broth

1/2 cup fresh parmesan cheese, grated
1 cup fresh spinach, chopped
1/4 cup fresh basil, chopped
1 tablespoon fresh parmesan cheese, grated
(for sprinkling on before baking)
salt and pepper to taste

DIRECTIONS:

Use a sauté pan that will fit 4 whole squash evenly. Add about 3 inches of water, lightly salt it and bring to a boil. Place your squash in the boiling water, cover and allow it to cook for about 10 minutes, until just fork tender. While the squash cooks, chop up your other ingredients. Once the squash is done, remove them gently, set them aside and drain the water. Heat 1 tbsp of olive oil over medium heat. Add in the onion and cook for about 5-7 minutes, until translucent. Add in the garlic and cook for just a few minutes. Add in the raw rice and stir to coat. Add in the broth and bring to a boil. Once at a boil, reduce the heat and cover. Cook for 45 minutes. While the rice cooks, cut the tops off of the squash just below the stem. Next, scoop out some of the insides being careful not to break through the sides or bottom. Set your squash aside again. Preheat your oven to 375. Have a baking dish ready. When the rice is done, turn off heat and add in the 1/2 cup of parmesan, the fresh basil and spinach. Using a 1 tsp of olive oil, lightly brush the outsides of the squash. Next, stuff the rice mixture into the hollow. Place into the baking dish and finish by sprinkling remaining parmesan over top. Bake for 20 minutes.

Sautéed Patty Pan Squash with Tomatoes & Basil

INGREDIENTS:

3 small patty pan squash
1 yellow or red pepper
2 tablespoons olive oil
2 cloves garlic, chopped

1 large fresh tomato, cut into large chunks
1/4 cup olives, chopped
1 cup baby spinach, coarsely chopped
5-6 basil leaves, cut into ribbons

DIRECTIONS:

Cut patty pan squash into wedges or slice zucchini into rounds on the diagonal. Remove seeds from the peppers and cut into julienne strips. Heat olive oil on medium low in a large sauté pan. Add squash and peppers. Sauté on medium low until lightly brown and almost tender, turning frequently, 5-8 minutes.. Add garlic and stir.. Add tomatoes and olives. Sauté 2 minutes until the tomatoes begin to soften. Add spinach, stir until the spinach is wilted, 30 seconds. Remove from heat. Season with salt and pepper. Stir in the fresh basil. Serves 2

Sweet Pepper Pasta Toss with Kale

INGREDIENTS:

1 (8 ounce) package uncooked farfalle (bow tie) pasta
1 tablespoon olive oil
1 medium red bell pepper, chopped
1 medium yellow bell pepper, chopped

4 cloves garlic, chopped 1 pinch dried basil
salt and ground black pepper to taste
8 ounces feta cheese, crumbled
1 cup roughly chopped kale

DIRECTIONS:

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Heat oil in a skillet over medium heat. Stir in red pepper, yellow pepper, kale and garlic. Season with basil, cayenne pepper, salt and black pepper. Cook until vegetables are tender. In a large bowl, toss cooked pasta with skillet mixture. Sprinkle with feta cheese to serve.

Baked Kohlrabi Fries

INGREDIENTS:

2 pounds of kohlrabi, skinned and cut into 1/4" sticks
1 tablespoon lemon juice
1 teaspoon soy sauce or tamari
2 tablespoons olive oil
6 tablespoons brown rice flour or white flour

1/2 teaspoon garlic powder
1/2 teaspoon chili powder
1/8 teaspoon salt

DIRECTIONS:

Warm the oven 425° and line a rimmed baking sheet with parchment paper or foil. Mix together the flour, spices, and salt in a small bowl. Toss together the lemon juice, soy sauce, and olive in a large bowl and add the kohlrabi. Sprinkle the spice mixture over the kohlrabi and mix until everything is all well coated. Spread the kohlrabi over the baking sheet and bake for about 30 minutes, turning half way through, or until the fries are golden and slightly crispy. Serve warm and with your favorite dipping sauce.

Carrot and Kohlrabi Slaw

INGREDIENTS

2 bulbs kohlrabi
3 tablespoons vegetable oil
1 tablespoon whole grain mustard (or Dijon-style mustard)
Freshly ground black pepper (to taste)

4 carrots
2 tablespoons cider vinegar
1/2 teaspoon fine sea salt

INSTRUCTIONS

Trim and peel the kohlrabi and the carrots. You can use a vegetable peeler on the carrots, but to properly peel kohlrabi, you'll have better luck with a paring knife. Trim the tops and bottoms of the kohlrabi and set the flat bottoms on a cutting surface; use a sharp paring knife to cut down from top to bottom, removing the thick, tough peel. With this method you'll easily be able to see where the tender white-ish inside ends and the green or purple peel begins, working around the vegetable until all the peel is removed. Set the peeled vegetables aside.

In a salad bowl or large mixing bowl, whisk together the oil, vinegar, mustard, and salt until well blended. Add pepper, if you like. Using the large holes on a standing box grater or a mandoline set up for fine julienne, grate the kohlrabi and the carrots into the salad bowl. Toss everything together until the kohlrabi and carrot are evenly coated with the dressing. Taste and add more salt or pepper, if you'd like. Serve immediately or know that this salad holds up quite well to be made a few hours ahead of time and kept covered and chilled.

Fennel and Kohlrabi Salad

INGREDIENTS

1 small bulb fennel well-cleaned and trimmed
1/2 red onion sliced thin into half-moons
Zest of 1 lemon
2 tablespoons lemon juice
Pinch of red pepper flakes

1 small tender kohlrabi, peeled and trimmed
1 cup minced flat leaf parsley
1/4 cup extra virgin olive oil
Salt and pepper to taste
Fennel leaves

INSTRUCTIONS

Julienne the fennel and kohlrabi. Toss with the red onion and parsley. Combine the olive oil and and lemon juice, drizzle on the dressing, and add a few pinches of salt and tons of pepper. Taste, adjust salt and acid levels. Plate and give each serving a good squeeze of lemon juice, a pinch of red pepper flakes, and garnish with parsley and fennel leaves.

Braised Napa Cabbage

INGREDIENTS:

1 small head Napa cabbage, cut out white stems, remove greens
2 cups vegetable broth
1/4 teaspoon ground ginger
1/4 teaspoon ground garlic powder
2 teaspoons soy sauce

DIRECTIONS:

Place cut up white stems of the Napa cabbage in a skillet. Cover them with the vegetable broth, ginger, garlic powder and soy sauce. Cook over medium heat for 8 to 10 minutes or until cabbage becomes soft.

Cold Sesame Pak Choi

INGREDIENTS:

2 cups pak choi, roughly chopped
2 green onions, sliced
1 tablespoon soy sauce
1 tablespoon mirin or 1 tablespoon rice wine vinegar
Pinch sugar
(1) 1/3 tablespoons dark sesame oil
(1) 1/3 tablespoons sesame seeds

DIRECTIONS:

Steam or boil pak choi to desired doneness (we like ours to still be a bit firm). Drain choi in a colander and use a wooden spoon to push the choi against the sides of the colander and squeeze out as much water as possible. Once choi is as dry as possible, whisk together soy sauce, vinegar, sugar and green onions in a glass or ceramic bowl. Add choi and toss to coat. Allow to chill in the fridge for one hour. Just before serving, add the sesame oil and sesame seeds and toss to coat.

Deep Fried Pickles

INGREDIENTS:

1 egg, beaten
1/4 cup all-purpose flour
1/4 teaspoon salt.
1/4 cup cornstarch
1/4 cup chicken broth
1 pint jar of Wright Way Dell Pickles Slices, dried

DIRECTIONS

Beat all ingredients except pickles until smooth. Dip pickle slices in batter and fry until golden brown, 1 to 2 minutes; remove with a slotted spoon and drain on paper towels. Return the oil to 375 degrees F and repeat with the remaining pickles and batter. Serve immediately with favorite dipping sauce.

Pumpkin Pie

INGREDIENTS:

1 medium sugar pumpkin
1 tablespoon vegetable oil
1 recipe pastry for a 9 inch single crust pie
1/2 teaspoon ground ginger
1/2 teaspoon ground cinnamon 1 teaspoon salt
4 eggs, lightly beaten
1 cup honey, warmed slightly
1/2 cup milk
1/2 cup heavy whipping cream

DIRECTIONS:

Cut pumpkin in half, and remove seeds. Lightly oil the cut surface. Place cut side down on a jelly roll pan lined with foil and lightly oiled. Bake at 325° F (165° C) until the flesh is tender when poked with a fork. Cool until just warm. Scrape the pumpkin flesh from the peel. Either mash, or puree in small batches in a blender. In large bowl, blend together 2 cups pumpkin puree, spices, and salt. Beat in eggs, honey, milk, and cream. Pour filling into pie shell. Bake at 400° F (205° C) for 50 to 55 minutes, or until a knife inserted 1 inch from edge of pie comes out clean. Cool on a wire rack.

Baked Radish Chips

INGREDIENTS:

10 radishes, or 2 daikon radishes
1/2 teaspoon garlic salt

1 teaspoon chili powder
1/2 teaspoon paprika

DIRECTIONS:

Thinly slice radishes. Steam in microwave for 5 minutes. Put in bowl with spices; stir. Bake at 350° for 10 minutes, flip the chips, and bake for another 10 minutes.

Grilled Radishes

INGREDIENTS:

A bunch of red radishes, sliced or 1 daikon radish, sliced
2 teaspoons butter cut into small pieces
salt and pepper to taste

1 garlic clove, minced
ice cube

DIRECTIONS:

Preheat the grill for high heat. Place the radishes, garlic, butter, and ice cube on a double layer of aluminum foil large enough to wrap contents. Season with salt and pepper. Tightly seal foil around contents. Place foil packet on the grill, and cook 20 minutes, or until radishes are tender.

Rhubarb Dream Bars

INGREDIENTS:

2 cups all-purpose flour
2/3 cup confectioners' sugar
1 cup butter, softened
3 cups white sugar

1/2 cup all-purpose flour
4 eggs, beaten
4-1/2 cups chopped fresh rhubarb
1-1/2 teaspoons salt

DIRECTIONS:

Preheat the oven to 350° F (175° C). In a medium bowl, mix together 2 cups of flour, confectioners' sugar and butter until it forms dough, or at least the butter is in small crumbs. Press into the bottom of a 9x13 inch baking dish. Bake for 10 minutes in the preheated oven. While this bakes, whisk together the white sugar, salt, flour and eggs in a large bowl. Stir in rhubarb to coat. Spread evenly over the baked crust when it comes out of the oven. Bake for another 35 minutes in the preheated oven or until rhubarb is tender. Cool and cut into squares to serve.

Sour Cream Rhubarb Cookies

INGREDIENTS

1-1/2 cups all-purpose flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 cup butter, softened

3/4 cup sugar
1 egg
3/4 cup sour cream
1/2 teaspoon vanilla extract
2 cups rhubarb, diced

DIRECTIONS:

Preheat the oven to 350° F. Line two baking sheets with parchment paper. In a medium bowl, whisk together the flour, baking powder, baking soda, and salt. In a large bowl, beat the butter and sugar together with an electric mixer at medium speed until light and fluffy. Add the egg and beat to combine. Beat in the sour cream and vanilla, making sure all the ingredients are well combined. Add 1/3 of the flour mixture and beat until combined. Add another 1/3 of the flour mixture and repeat until all the ingredients are combined. Stir in the rhubarb. Drop rough tablespoons of batter onto the prepared baking sheets, spacing them about 2 inches apart. Bake 10 to 12 minutes, until the edges of the cookies start to brown and the tops of the cookies get a little color. Let cool slightly, then remove to a rack to cool completely.

Roasted Fall Vegetables

INGREDIENTS:

3 medium beets, peeled and cut into 1 inch cubes
1 large turnip, peeled and cubed
1 cup pearl onions, peeled

1/4 cup olive oil
1/2 teaspoon dried rosemary
salt to taste

DIRECTIONS:

Preheat oven to 425° F (220°C). Place the beets and turnip in a 9x9 inch baking dish. Cut an X in the root end of the onions and place them in the dish. Drizzle the olive oil over the vegetables and add the rosemary and salt. Stir to coat the vegetables with oil. Bake in preheated oven for 1 hour, or until the vegetables are golden brown and tender. Serve hot.

Baked Spaghetti Squash Lasagna Style

INGREDIENTS:

1 spaghetti squash, halved lengthwise and seeded
1 onion, chopped
2 tablespoons minced garlic
(1) 28 oz. can stewed tomatoes
1 tablespoon dried basil

1 cube vegetable bouillon
(1) 15 oz. can black olives, chopped
1 cup shredded mozzarella cheese
1 cup shredded Parmesan cheese
black pepper to taste

DIRECTIONS:

Preheat oven to 325° F (165° C). Spray a baking sheet with a thin layer of cooking spray. Place squash halves cut side down on the baking sheet. Bake squash 35 minutes in the preheated oven, or until a knife can be easily inserted. Remove from oven, and cool. Meanwhile, spray a non-stick saucepan with cooking spray. Over medium heat, sauté the onion and garlic until golden brown. Stir in tomatoes, basil, bouillon cube, and black pepper. Cook for about 15 minutes, or until you have a medium thick sauce. Remove squash strands with a fork, reserving the shells. Layer each half with a spoonful of the sauce, a layer of spaghetti squash strands, olives, and mozzarella cheese. Repeat layers until shells are full, or until all of the ingredients are used. Top with Parmesan cheese. Bake for 20 minutes in the preheated oven, or until Parmesan cheese melts.

Spaghetti Squash

INGREDIENTS:

1 spaghetti squash, halved lengthwise and seeded
2 tablespoons vegetable oil
1 onion, chopped
1 clove garlic, minced

1-1/2 cups chopped tomatoes
3/4 cup crumbled feta cheese
3 tablespoons sliced black olives
2 tablespoons chopped fresh basil

DIRECTIONS:

Preheat oven to 350° F (175° C). Lightly grease a baking sheet. Place spaghetti squash cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven, and set aside to cool enough to be easily handled. Meanwhile, heat oil in a skillet over medium heat. Sauté onion in oil until tender. Add garlic, and sauté for 2 to 3 minutes. Stir in the tomatoes, and cook only until tomatoes are warm. Use a large spoon to scoop the stringy pulp from the squash, and place in a medium bowl. Toss with the sautéed vegetables, feta cheese, olives, and basil. Serve warm.

Spaghetti Squash Casserole

INGREDIENTS:

3 lbs. spaghetti squash, halved lengthwise and seeded
1 tablespoon vegetable oil
1 medium onion, chopped
(8 ounce) can sliced mushrooms

1 teaspoon dried basil
3/4 cup sour cream
1/4 cup freshly grated Parmesan cheese
3 slices bread, cubed

DIRECTIONS:

Preheat oven to 400° F (205°C). Cook squash on a baking sheet in the preheated oven for 40 minutes, or until tender. Shred with a fork once cooled slightly, then transfer to a lightly oiled casserole dish, discarding shell. Do not turn off the oven. Heat 1 tablespoon of oil in a skillet over medium heat. Cook and stir the onions, mushrooms, and basil until onions are translucent and tender. Stir onion mixture and sour cream into the squash until well mixed. Sprinkle with Parmesan cheese and cover with bread cubes. Bake in the preheated oven for 15 minutes, or until warmed through and top is lightly browned and toasted. Enjoy!

Spaghetti Squash Medley

INGREDIENTS:

1 medium spaghetti squash
2 cups chopped seeded tomatoes
1 tablespoon olive or canola oil
1 garlic clove, minced
2 tablespoons minced fresh basil
1/2 teaspoon salt

1/4 teaspoon pepper
1/2 cup fresh broccoli florets
1 large carrot, thinly sliced
2 tablespoons water
2 ounces fresh or frozen snow peas, sliced
2 tablespoons grated Parmesan cheese

DIRECTIONS:

Pierce squash six times with a sharp knife. Place on a microwave-safe plate; microwave on high for 7 minutes. Turn squash; cook 7 minutes longer. Cover with an inverted bowl; let stand for 10 minutes. Meanwhile, combine the tomatoes, oil and garlic in a microwave-safe bowl. Heat, uncovered, on high for 2-3 minutes or until tomatoes are softened, stirring once. Stir in the basil, salt and pepper. Place broccoli, carrot and water in another microwave-safe bowl. Cover and microwave on high for 2 minutes. Add peas; cover and cook 1-2 minutes longer or until vegetables are tender. Let stand for 5 minutes; drain. Add to tomato mixture. Halve squash lengthwise; remove seeds. Using a fork, separate squash into strands; toss with tomato mixture. Serve with Parmesan cheese.

Crookneck Squash and Tomatoes

INGREDIENTS:

4 yellow squash, sliced
4 medium tomatoes, sliced
2 green onions, chopped
2 tablespoons red wine vinegar

2 tablespoons olive oil
1 tablespoon Dijon mustard
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

DIRECTIONS:

Preheat oven to 400° F (200° C). Lightly grease a 1 quart casserole dish. Alternate slices of the squash and tomatoes in the prepared casserole dish, and sprinkle with green onions. Mix the vinegar, oil, mustard, salt, and pepper in a bowl, and drizzle over the vegetables. Bake 15 minutes in the preheated oven or until squash is tender. Cool 15 minutes before serving.

Fried Yellow Summer Squash

INGREDIENTS:

1 egg
(1) 1/2 cup milk
flour for breading

Canola oil for frying
Yellow straight neck or crook neck squash
Salt and pepper to taste

DIRECTIONS:

Choose young paler yellow squash that has dropped the bloom. Older, darker yellow squash will be tougher and seedier. Slice yellow squash, with skin on, about 3/16" thick. Mix the egg and milk in a bowl, then drop in the sliced squash. With flour in a second bowl, dredge squash pieces in the flour making sure you pat it on both sides to adhere flour to squash. Heat about 2" canola oil in cast iron skillet or dutch oven. Drop squash, one at a time into hot oil, turning only once when the first side is browned. Let the second half brown and get crispy. Remove from skillet and place on paper towels to drain.

Balsamic Strawberries

INGREDIENTS:

(1) 16 oz. container fresh strawberries, quartered
1/4 cup sugar
4 teaspoons balsamic vinegar

8 round shortbread cookies
(8) 3 oz. vanilla ice-cream cups
Garnishes: chocolate curls, fresh basil sprigs

DIRECTIONS:

Combine first 3 ingredients in a medium bowl; let stand 1 to 2 hours at room temperature, stirring occasionally. Place shortbread cookies on individual serving plates. Remove ice cream from cups, and place on cookies. Spoon strawberry mixture over ice cream. Garnish, if desired. Serve immediately.

Chile con Queso

INGREDIENTS:

(1) 15 oz. can pinto beans, rinsed and drained
(1) 15 oz. can black beans, rinsed and drained

1 fresh jalapeno pepper, seeded and finely chopped
2-3 teaspoons chili powder

(1) 15 oz. ounce can chili beans with chili gravy
2 cups diced tomatoes
1 cup chopped onion (1 large)
1/4 cup no-salt-added tomato paste

4 cloves garlic, minced
3 cups shredded Colby Jack cheese (12 ounces)
16 ounces baked tortilla chips

DIRECTIONS

In a 3-1/2 to 4 quart slow cooker combine pinto beans, black beans, chili beans, tomatoes, onion, tomato paste, jalapeno pepper, chili powder, and garlic. Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3-1/2 hours. Stir in cheese until melted. Serve immediately or keep warm on low-heat setting for up to 1 hour. Serve dip with chips.

Tomato and Dill Soup

INGREDIENTS:

2 sweet onions, minced
2 cloves garlic, chopped
1 teaspoon. olive oil
4 cups chopped plum/Roma tomatoes
1 diced sweet red pepper
1/4 cup diced celery

2 tablespoon chopped green chilies
2 cups vegetable stock
2 teaspoon fresh dill, chopped
2 tablespoon chopped fresh cilantro
1/2 teaspoon cayenne pepper
salt to taste

DIRECTIONS:

Combine all the ingredients except dill, cilantro, cayenne and salt. Bring soup to a boil and simmer for 25minutes. Allow to cool slightly, then puree in a blender. Stir in the remaining ingredients and season with salt and pepper. Serve warmed or chilled.

Caramelized Turnips

INGREDIENTS:

3 cups diced peeled turnips
1/4 cup water
1 cube chicken bouillon
1 tablespoon butter, or more as needed
2 tablespoons white sugar

DIRECTIONS:

1. Place the turnips into a skillet with the water and chicken bouillon cube over medium heat, and simmer until the water has evaporated and the turnips are tender, about 15 minutes. Stir in the butter, let melt, and sprinkle on the sugar. Gently cook and stir the turnips until the butter and sugar cook into a brown, sticky coating on the turnips, about 10 minutes. Serve hot.

Creamy Turnips with Paprika Soup

INGREDIENTS:

2 tablespoons olive oil
1-1/2 pounds peeled turnip bulbs, not the leafy tops,
cut into 1-inch chunks
1 large onion, cut into large dice
1 tablespoon butter
1 pinch sugar
3 large garlic cloves, thickly sliced

2 teaspoons paprika
1 teaspoon dried thyme leaves
1/8 teaspoon cayenne pepper
3 cups chicken broth
1-1/2 cups half-and-half (or whole milk)
Salt and pepper to taste
Garnish shallot crisps

DIRECTIONS:

Heat oil over medium-high heat in a large, deep sauté pan until shimmering. Add turnips, then onion; sauté, stirring very little at first, then more frequently, until vegetables start to turn golden brown, 7 to 8minutes. Reduce heat to low and add butter, sugar and garlic; continue cooking until all vegetables are a rich spotty caramel color, about 10 minutes longer. Add paprika, thyme and cayenne pepper; continue to sauté until fragrant, 30 seconds to 1 minute longer. Add broth; bring to a simmer over medium-high heat. Reduce heat to low and simmer, partially covered, until turnips are tender, about 10minutes. Using an blender, puree until very smooth, 30 seconds to 1 minute. Return to pan; add enough half-and-half so the mixture is soup like, yet thick enough to float garnish. Add salt and pepper to taste. Heat through, ladle into bowls, garnish and serve.

Finnish Turnips

INGREDIENTS:

4 small turnips, chopped
1/2 teaspoon salt
2 eggs, beaten
1 cup crushed cornflakes cereal

2 tablespoons butter
1 cup heavy whipping cream
1/3 cup packed brown sugar
2 tablespoons crushed cornflakes cereal

DIRECTIONS:

Preheat oven to 350° (175°C). Bring a pot of salted water to a boil. Add turnips; cook until tender but still firm. Drain. In a large bowl, add turnips, butter, salt, cream, eggs, brown sugar and 1 cup corn flakes. Blend until well mixed. Pour into a 2 quart casserole dish, sprinkle with remaining 2 tablespoons crushed corn flakes. Bake for 45 to 50 minutes.

Mashed Turnips

INGREDIENTS:

7 turnips
2 tablespoons butter

1 cup milk
Salt and pepper to taste

DIRECTIONS:

Peel, wash, and quarter turnips. Boil 35-45 minutes or until tender. Strain and rinse cooked turnips. Place in large mixing bowl and use fork to break up turnips into smaller bits. Add milk and butter. Blend to desired consistency. Add salt and pepper to taste.

Mashed Turnip II

INGREDIENTS:

1 large turnip, peeled and cubed
1/4 cup milk
1 teaspoon white sugar
1/4 teaspoon pepper

3 white potatoes, peeled and cubed
3 tablespoons unsalted butter
3/4 teaspoon salt

DIRECTIONS:

Preheat oven to 375° F (190°C). Place turnip and potatoes in a large pot with enough water to cover, and bring to a boil. Cook 25 to 30 minutes, until tender. Remove from heat, and drain. Mix milk, 2 tablespoons butter, and sugar with the turnip and potatoes. Season with salt and pepper. Mash until slightly lumpy. Transfer turnip mixture to a small baking dish. Dot with remaining butter. Cover loosely, and bake 15 minutes in the preheated oven. Remove cover, and continue baking about 8 minutes, until lightly browned.

Turnip Salad

INGREDIENTS:

4 turnips, peeled and chopped
2 Granny Smith apples - peeled, cored and chopped
1/2 cup white sugar
1 tablespoon water
1/4 teaspoon ground black pepper

1 bunch green onions, chopped
4 slices canned pineapple, chopped
1/4 cup vegetable oil
1 teaspoon salt

DIRECTIONS:

Bring a large pot of salted water to a boil. Add turnips and cook until tender but still firm, about 15 minutes. Drain, and cool. In a large bowl, combine the turnips, green onions, apples, pineapple and sugar. Stir to evenly coat with the sugar. Whisk together the oil, water, salt and pepper. Pour dressing over fruit and vegetables. Toss and refrigerate overnight.

Turnip and Sweet Potato Swirl

INGREDIENTS:

1/2 pound turnips, peeled and cubed
1 teaspoon minced fresh ginger root
1 tablespoon white sugar

2 sweet potatoes, peeled and cubed
1 tablespoon reduced fat margarine
2 teaspoons orange zest

DIRECTIONS:

In a medium saucepan over medium high heat, cover the turnips and sweet potatoes with enough water to cover. Bring to a boil and cook until soft, about 15 to 20 minutes. Drain; transfer to a food processor and puree. In a saucepan over medium heat, combine the ginger, margarine, sugar, and orange peel. Allow margarine to melt and mix ingredients together well. Add the puree and swirl together. Serve warm.

Grandma Kilroy's Brown Bread

INGREDIENTS:

2 cups white flour
½ teaspoon salt
1 teaspoon baking soda
4 tablespoons butter, melted
1 2/3 cups buttermilk

2 cups whole wheat flour
1 teaspoon baking powder
3 tablespoons sugar
2 eggs, slightly beaten

DIRECTIONS:

Mix flour, salt, baking soda and sugar in large bowl. Add butter, buttermilk and eggs, stirring until moistened. Do not over mix. Place in greased and floured loaf pan. Bake at 375 for 45-55 minutes until browned.

Best Homemade One Hour Whole Wheat Bread

INGREDIENTS:

3 cups warm water (approximately 110 degrees)
2/3 cup honey
7-1/2 cups whole wheat flour
butter (to spread on top of bread)

1 tablespoon active dry yeast
1/3 cup oil (plus a little extra for hands)
1 tablespoon salt

DIRECTIONS:

Heat oven to warm about 200°. Place warm water in large mixing bowl. Add yeast and stir. Stir in honey and let proof (start to form a creamy foam) for 5 minutes. Add oil, flour, and salt. Begin by adding 7 cups of flour. Start to mix using the dough hook. Add remaining 1/2 cup of flour until dough pulls away from sides of mixing bowl. Knead in mixer for 10 minutes at medium-high speed. If you don't own a stand mixer, you can knead by hand. Place a little oil on hands and shape into two bread loaves. Spray loaf pans with non-stick cooking spray. Put pans in a warm oven to let rise until double -- about 20 minutes. Once bread has raised, turn oven to 350°. Leave bread in oven and set timer for 25 minutes. Check bread to see if it is golden brown. Once bread is done, remove from oven and spread butter all over warm loaves. Let cool for several minutes before removing from pan. Spread butter and jam or honey on warm bread. Makes 2 loaves. May freeze bread or eat within 2 days.

Whole Wheat Tortillas Quick and Easy

INGREDIENTS

2 cups whole wheat flour
1/2 teaspoon salt
1/2 cup warm water (more or less as needed)

1 teaspoon baking powder
2 tablespoons olive oil

DIRECTIONS

Combine flour, baking powder, and salt. Add olive oil and stir until well combined. Add in warm water a few tablespoons at a time and until the dough can be gathered into a ball. On a floured surface, knead dough by hand for about 10-15 minutes. Cover and let rest for 15 minutes. Divide dough into 10 balls. Roll each ball to form a circle. (Make sure surface is floured or else dough will stick). Cook each tortilla on a ungreased skillet over medium-high heat for about 1 minute (30 seconds on each side) until puffy. Freeze or eat right away!

Honey Whole Wheat Bagels

INGREDIENTS:

2-1/4 cups warm water (110° F)

2 teaspoons salt

3 cups whole wheat flour

1 tablespoon organic cane sugar or maple syrup,
for the boiling water

2 tablespoons cornmeal, for the pans

2 tablespoons yeast

3 tablespoons honey

3-1/2 cups bread flour

1 beaten egg white, for the glaze

Toppings: sea salt, sesame seeds, poppy seeds

DIRECTIONS:

In the bowl of a stand mixer, combine warm water and yeast. Stir with a fork and leave to sit for about 10 minutes until the yeast begins to blossom. Add salt, honey and whole wheat flour. Using the dough hook attachment, beat mixture for one minute on low to combine flour, then 3 minutes on high. Turn off mixer and allow batter to rest for 5 minutes for the whole wheat flour to absorb the water. Add the bread flour, one cup at a time, mixing dough on low. The dough will be quite soft. Knead on low for 8 minutes, stopping the mixer and scraping down the sides of the bowl or the dough hook as needed. Cover the mixer bowl with plastic wrap and allow the dough to rise for 1 hour. During the rising period, prepare water in a large 4-1/2 quart pot. Bring to a boil, and add cane sugar or maple syrup (the sweetener will give the bagels a nice sheen when they come out of the water). Cover the pot and leave simmer on low. Grease 2 baking sheets with oil and sprinkle generously with cornmeal. Whisk egg white together with 1 teaspoon of water for the glaze and set aside. Preheat oven to 450°F. Turn dough onto a lightly floured work surface and punch down. With a sharp knife, divide the dough into 16 equal pieces. Shape each piece into a ball. Allow to rest for 3-4 minutes. With your thumb, press deep into the center of the ball, and open up a hole. Twirl the bagel around your thumb, gently stretching the dough apart.

Place formed bagels together on the floured work surface, cover with a towel and leave until dough is slightly raised - about 10 minutes. Meanwhile, bring your water to a low boil.

Gently lift bagels, one at a time, and lower into the simmering water. Do not do more than 2 or 3 at a time. Cook for 60 seconds, give or take, then flip them over in the water using a slotted spoon, and cook for another 60 seconds. Lift bagels out with the slotted spoon, and place on your baking sheet. Repeat until all the bagels are boiled. Brush with the egg glaze and dress them up with the topping of your choice and a sprinkling of coarse salt before popping them in the oven. Bake bagels for about 25-30 minutes, rotating the pans halfway through. Keep an eye on them so that the bottoms don't burn. Remove from oven and cool on a rack.

Winter Vegetable Hash

INGREDIENTS:

3 tablespoons olive oil

1 pound Yukon Gold potatoes, diced

1 red bell pepper, diced

1 shallot, finely chopped

1 pinch salt

1 cup chopped kale

2 tablespoons butter

1/2 pound fresh shiitake mushrooms, diced

1 small acorn squash, diced

2 teaspoons garlic powder

1 pinch ground black pepper

4 sprigs fresh sage

DIRECTIONS:

Place oil and butter in a large skillet over medium heat. Melt butter and mix in potatoes, mushrooms, pepper, squash, and shallot. Season with garlic powder, salt, and pepper. Cook 25 minutes, stirring occasionally, until potatoes are tender. Mix kale and sage into skillet. Continue cooking 5 minutes, until kale is wilted. Serve and enjoy!

Baked Zucchini Chips

INGREDIENTS:

2 medium zucchini, cut into 1/4" slices

1/8 teaspoon ground black pepper

2 egg whites

1/2 cup seasoned dry bread crumbs

2 tablespoons grated Parmesan cheese

DIRECTIONS:

Preheat the oven to 475° F. In one small bowl, stir together the bread crumbs, pepper and Parmesan cheese. Place the egg whites in a separate bowl. Dip zucchini slices into the egg whites, then coat the breadcrumb mixture. Place on a greased baking sheet. Bake for 5 minutes in the preheated oven, then turn over and bake for another 5 to 10 minutes, until browned and crispy.

Cheesy Zucchini Casserole

INGREDIENTS:

4 slices bread, cubed
2 cups cubed zucchini
1 teaspoon garlic salt
2 cups shredded Cheddar cheese

1/4 cup melted butter
1 large onion, chopped
1 egg, beaten

DIRECTIONS:

Preheat oven to 350° F. Place bread cubes in a medium bowl and pour melted butter over the bread. Add the zucchini, onion, garlic salt and egg; mix well. Transfer the mixture into a 9x13 inch baking dish and top with the cheese. Bake, covered, in preheated oven for 30 minutes. Then uncover the dish and bake for another 30 minutes.

Chocolate Zucchini Bread

INGREDIENTS:

1-1/4 cups sugar
2/3 cup unsweetened applesauce
3 teaspoons vanilla extract
1/2 cup baking cocoa
1 teaspoon baking soda
1/4 teaspoon baking powder

3 eggs
1/3 cup canola oil
2-1/2 cups all-purpose flour
1 teaspoon salt
1 teaspoon ground cinnamon
2 cups shredded peeled zucchini

DIRECTIONS:

In a large bowl, beat the sugar, eggs, applesauce, oil and vanilla until well blended. Combine the flours, cocoa, salt, baking soda, cinnamon and baking powder; gradually beat into sugar mixture until blended. Stir in zucchini. Transfer to two 8-in. x 4-in. loaf pans coated with cooking spray. Bake at 350° for 40-45 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.

Lemon Zucchini Bread

INGREDIENTS:

1-1/2 cups shredded zucchini
1 egg
1-1/2 cups all-purpose flour
1/2 teaspoon baking soda
1 teaspoon ground cinnamon

3/4 cup white sugar
1/2 cup vegetable oil
1/2 teaspoon salt
1/4 teaspoon baking powder
2 teaspoons lemon zest

DIRECTIONS:

Preheat oven to 325° F (165° C). Grease an 8 x 4 inch loaf pan. In a bowl, beat together the zucchini, sugar, egg, and oil. In a separate bowl, sift together the flour, salt, baking soda, and baking powder; stir in the cinnamon and lemon zest. Stir the flour mixture into the zucchini mixture just until blended. Pour the batter into the prepared pan. Bake 45 minutes in the preheated oven, until a knife inserted in the center comes out clean. Remove from heat, and cool about 10 minutes before turning out onto a wire rack to cool completely.

Light Zucchini Casserole

INGREDIENTS:

1 pound zucchini, shredded
1/3 cup buttermilk
1/2 cup grated Parmesan cheese

1 small onion, grated
2 tablespoons vegetable oil
1 cup biscuit baking mix

DIRECTIONS:

Preheat oven to 350° F (175° C). Grease a 9 inch pie pan. In a medium bowl combine zucchini, onion, buttermilk, oil, cheese and biscuit mix. Mix well and pour into prepared pie pan. Bake in preheated oven for 1 hour, or until lightly browned.

Zucchini Casserole

INGREDIENTS:

6 cups diced zucchini
1 cup sour cream
1 cup shredded carrots
1/2 cup butter, melted

(1) 10.75 oz. can cream of mushroom soup
1/2 cup chopped onion
(1) 6 oz. package dry bread stuffing mix

DIRECTIONS:

Preheat oven to 350° F (175° C). Grease a 2 quart casserole dish. In a large saucepan over medium-high heat, cook zucchini in lightly salted water until crisp-tender, about 5 minutes. Drain, and place in a large bowl. Stir in the condensed soup, sour cream, onion, and carrots. In a small bowl, mix together stuffing and melted butter. Spread half of the stuffing mixture in the bottom of the casserole dish, add a layer of the zucchini mixture, and top with remaining stuffing mixture. Bake for 20 minutes in the preheated oven, or until the top is golden brown.

Zucchini Relish

INGREDIENTS:

1 cup chopped zucchini
1 tablespoon white sugar
2 tablespoons chopped red bell pepper
1/4 teaspoon salt

1/2 cup chopped onion
1 tablespoon chopped fresh basil
2 tablespoons lemon juice
1/4 teaspoon pepper

DIRECTIONS:

In a medium bowl, stir together the zucchini, onion, sugar, basil, red pepper, lemon juice, salt and pepper. Cover and refrigerate until serving.

Zucchini with Corn (Calabacitas con Elote)

INGREDIENTS:

2-1/2 cups fresh corn kernels
1/4 cup chopped onion
1 pound zucchini, sliced
1 fresh poblano chile pepper - seeded,
deveined, and chopped
1/4 cup crumbled cotija cheese

1 tablespoon olive oil
1 clove garlic, minced
3 roma (plum) tomatoes, chopped
salt and black pepper to taste

DIRECTIONS:

Place the corn in a saucepan with enough water to cover; bring to a boil. Place a cover on the saucepan, reduce heat to medium, and cook until tender, about 10 minutes. Drain.

Heat the olive oil in a large skillet over medium-high heat; cook and stir the onion and garlic in the hot oil until fragrant, about 5 minutes. Mix the zucchini and tomato into the onion and garlic; cook together 5 minutes. Stir the corn kernels into the mixture; add the poblano pepper. Season with salt and pepper; stir. Cover the skillet with a lid and cook until the zucchini is tender, about 10 minutes. Sprinkle with the cotija cheese to serve.