

The S&S Homestead Foodbook

Chapter Two

Vegetables



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Artichokes

Artichokes have a little of a lot of good things. They contain calcium, iron, phosphorus, niacin, potassium, magnesium, and vitamin C. They also contain sodium; if you are on a salt-restricted diet, you might want to limit your intake of these delicious vegetables.

There is one kind of artichoke, called “Green Globe”, available in markets. These are grown year round in California, and California growers control the seed. These are the big fat artichokes of which Lord Chesterfield said, “The artichoke is the only vegetable known of which there is more left when one has finished eating than when he began.” This is because only the fleshy bottom of the leaves is edible. My mother used to serve these as a special treat. She would boil them until they were tender, about twenty minutes. We would strip the leaves from the whole artichoke, and dip the fleshy ends into a sauce made of mayonnaise, milk, sugar and vinegar. We felt like kings. But there was a lot of inedible waste.

Henning and I grow “Violeta” artichokes. These are slender, and do not have the fleshy ends which make dipping or stuffing possible. We cut them from the plant when they are about the size of a small lemon. We eat the whole vegetable, and prepare it in a number of ways.

Culinary Tips

Artichokes oxidize quickly. You can save their fresh green color by immersing them and cooking them in water acidified with lemon juice.

Sautéed Artichokes

You can use either Green Globe or Violeta artichokes for this recipe, but the fruit must be small. Cut off the thorny tips and peel away the tough outer leaves. Parboil them until just barely tender, and slice them into thin, vertical slices. Sauté them in olive oil, fresh lemon juice, diced garlic, and fresh ground pepper.

Marinated Artichokes

This is the way we usually use artichokes. Cut them from the plant when they are small. Peel off the tough outer leaves and cut off the thorny tips. Parboil until barely tender (a knife will pass through the stem), and marinate them in vinaigrette. The more elaborate mix calls for herb vinegar, olive oil, raw carrot, garlic clove, chunked onion, fresh rosemary, fresh tarragon, fresh or dried basil, green pepper, salt, peppercorns, sugar, dried mustard, a dash of cayenne pepper. But you can simplify this considerably, and just use olive oil, vinegar, garlic powder, sugar, salt, pepper, dried basil and prepared mustard.

Marinate the cooked artichokes in the dressing for twenty-four hours. Then drain and freeze them and serve them all winter in pasta dishes, on pizza, in quiches, tucked into foccacia, and on salads. Use the remaining marinade as salad dressing. Contemplate the price of marinated artichokes available in grocery stores, and then raise your own plants.

Stuffed, Baked Artichokes

This recipe is adapted from *The Silver Palate Cookbook*. Prepare this elegant dish with Green Globe artichokes.

- 4 large artichokes, trimmed (pull off the tough outer leaves and cut away the thorny tips)
- Juice of two fresh lemons
- ½ C olive oil
- 1 large onion, finely chopped
- 4 cloves garlic, finely chopped
- ¼ C parsley, finely chopped
- ½ lb pork sausage
- 2 C dry bread crumbs
- 1 C chicken stock
- ½ tsp oregano
- Salt to taste
- ½ tsp pepper
- ¼ C grated Parmesan
- 2 eggs

Trim the ends of the artichokes so that they will sit upright. Bring a large pot of salted water to a boil. Add the lemon juice, and cook the artichokes in the acidified water until just tender – outer leaves should pull away fairly easily. (Do not overcook – the artichokes will continue to cook during the baking process.) Drain and cool.

Heat half the oil in a skillet. Add onion, garlic and parsley, and cook until just tender. Add pork sausage and cook until it is nearly done.

Transfer mixture to a bowl and add the breadcrumbs, chicken stock, oregano, salt, pepper, and Parmesan. Mix gently, and cool.

Beat the eggs lightly and stir into the meat mixture.

Preheat oven to 350.

With a spoon, remove the “choke” (the part at the base with the fine fibers). Fill the cavities with the meat mixture; spread the leaves and stuff more of the mixture between them.

Place the stuffed artichokes in a shallow baking dish; drizzle with olive oil and pour 1 C water into the dish. Cover tightly and bake for 40 minutes. Serve at once.

Pasta with Artichokes and Lemon

- 9 oz linguini or other thin pasta
- 1 C thinly sliced green onions
- 1 tsp chopped fresh rosemary
- 1 T olive oil
- 8 oz marinated artichokes, quartered
- ¾ C vegetable or chicken broth
- ½ C dry white wine
- 1 C whipping cream
- 1 tsp grated lemon peel

3 T chopped parsley

Salt and pepper

Stir onions and rosemary in heated oil until onions are tender. Add artichokes, broth, wine, cream, and lemon peel; stir until boiling. Reduce heat and keep warm.

Cook and drain pasta; return to pot. Add artichoke sauce, parsley, salt and pepper to taste. Mix and serve.

Spicy Pasta Sauce

9 oz linguini or other thin pasta

8 oz marinated artichokes, including marinade

3 cloves garlic, minced

1 medium onion, minced

2 T butter and 2 T olive oil

2 tsp capers

Several Greek olives, halved

Parmesan cheese, grated

Salt and pepper, to taste

Minced fresh rosemary and thyme

In a small saucepan, sauté the onion in the butter and olive oil. When it is just tender, add the garlic, and sauté briefly. Add the herbs. Add the artichokes and their marinade, the capers, and the halved olives, and heat briefly. Add salt and pepper. Serve over cooked pasta. Top with grated Parmesan cheese.

Arugula

Arugula is an aromatic, peppery salad green. It is also known as roquette, or rocket, and is very popular in Italian cuisine. It grows wild in Asia and all over the Mediterranean, and has been cultivated as far south as the Sudan. In Roman times arugula was grown for both its leaves and its seed, which was used for flavoring oils.

Arugula is considered a cool-weather green, but we grow it year-round here, with the help of shade cloth in the summer and covered boxes in the fall and winter.

Arugula contains small amounts of protein, carbohydrate, sodium, and vitamin C.

Typically, arugula is used to flavor green salads. Adding a handful to lettuce really spices up the salad. But it can be used in other ways as well, such as

Roasted Beet and Arugula Salad

- 2 lbs beets
- 1 lb small red potatoes, scrubbed and cut into chunks
- 1/3 C balsamic vinegar
- 1 T olive oil
- 2 T prepared horseradish sauce
- 3/4 tsp salt
- 1 bulb fennel, trimmed, quartered, and thinly sliced
(2 & 1/2 C)
- 2 scallions, thinly sliced
- 3 C arugula
- 6 oz feta cheese, crumbled

To roast the beets, preheat oven to 400. If beets are small, bundle two or three together in tin foil; if large, wrap each separately. Place on a baking sheet, and bake until tender. When cool enough to handle, slip off skins. Cut into 1/2 inch wedges.

Meanwhile, cook potatoes until just tender.

In a large bowl, whisk together vinegar, oil, horseradish, and salt. Add fennel, scallions, arugula, beets, and potatoes; toss to combine. Sprinkle feta over the top.

Arugula Stuffed Calzones

This dish, like calzones stuffed with kale, comes from a tradition where shepherds would take a “pie” with them out to the field – a folded crust enclosing meats, potatoes, and/or vegetables that they could carry easily and eat with their hands. This dish calls for:

- 2 T olive oil
- 2 green peppers, diced
- 2 cloves shallots or garlic, minced
- 1 large bunch arugula, chopped
- 2 C ricotta cheese
- 1 C mozzarella, shredded

½ C chopped fresh basil
A pinch of ground red pepper
French bread dough
Cornmeal

In a large frying pan, over medium heat, warm the oil. Add the green peppers and shallots or garlic. Cook, stirring frequently, until the peppers are just tender. Add the arugula, and cook until it is just wilted. Remove from heat. Stir in the ricotta, mozzarella, basil, and red pepper.

Make French bread dough (see bread section in this book) and allow it to rise. Divide it into eight equal pieces. On a floured surface, use a rolling pin to roll each piece into a 6-inch circle. Divide the filling among the pieces, mounding it on half of the dough and leaving a 2-inch margin. Fold the dough over the filling and crimp the edges well to seal them. Prick tops with fork. If you like, brush the tops with a mix of egg white and water to make a golden, crunchy crust.

Sprinkle a large baking sheet with the cornmeal. Place the calzones on it, and place in a cold oven. Turn the oven to 400, and bake until the calzones are golden.

Beets

Beets originally grew wild in Western Europe and North Africa. Here on the farm, we grow *Cylindra*, which has a long root; *Early Wonder*, which is round and whose greens are especially tender; *Golden Beets*, which are pretty and flavorful; and *Winter Keeper*, which lives up to its name.

Beetroots contain vitamins A, B-complex, and C. They also provide thiamin, riboflavin, niacin, ascorbic acid (a cancer-fighter), calcium, phosphorus, iron, sodium, and potassium. The greens contain the same nutrients, but in larger quantity.

Note: Red beets will turn your body wastes red.

Culinary Tips

- When cooking whole beets, don't cut into the root. This causes some of the nutrients to bleed out. Just leave an inch or so of the stalks and begin boiling, steaming or roasting.
- You can cut beets prior to cooking when no liquid will be discarded, such as in our roasted vegetable recipe.
- To skin beets for cooking or canning, put them in boiling water for about ten minutes. Then put them in cold water, and the skins will slip off.
- Young beet greens can be torn into fresh salads.
- Treat beet greens like spinach. Steam them, and serve with vinegar and/or sour cream, or use in quiches.
- You can freeze beet greens. Parboil them briefly, plunge into cold water, squeeze out the liquid, and place into freezer bags. As with spinach, when you thaw the beet greens, you will have to squeeze out moisture and dry on paper towels before adding them to quiches or other dishes.

Casseroled Beets

2 lbs beets
2 T sugar
 $\frac{3}{4}$ tsp salt
 $\frac{1}{4}$ tsp paprika
3 T butter
Fresh lemon juice
 $\frac{1}{3}$ C water
2 T minced onion

Preheat oven to 400. Peel and slice raw beets.
Grease a 7-inch baking pan and layer the beets in it.
Cover with salt and paprika, and dot with butter. Add the lemon juice, water, and onion.
Bake for 30 minutes, or until tender. Stir twice during baking.

Roasted Beets

This is one of my favorite ways to prepare beets. Peel beets, and cut into bite-size pieces. Place in a baking dish, and coat with olive oil. Bake until tender – 30-45 minutes. This lovely solo can become a symphony: include other root crops, such as garlic, turnips, potatoes, carrots, and onions, and you have a whole meal.

Borsch

½ C carrots
1 C onions
2 C peeled beets
1 T butter
2 C beef stock
1 C finely shredded cabbage
1 T vinegar
Sour cream

Chop carrots, onions, and beets. Barely cover these with boiling water, and simmer gently, covered, for about 20 minutes.

Add, and simmer 15 minutes more, the butter, stock, cabbage, and vinegar.

Place the soup in bowls, and garnish with sour cream.

Pickled Beets

These pickled beets are really delicious. They must be eaten within a year of canning; after that, they ferment. While still safe to eat, they develop an “off” flavor.

11 lbs beets
2 C sugar
2 C water
4 C cider vinegar
2 whole sticks cinnamon
6 whole allspice
8 whole cloves
2 large onions, sliced thin
1 lemon, sliced thin

Wash beets. Cook until just tender, and plunge into cold water. Slip off skins. Cut into chunks. Combine sugar, water, and vinegar. Put spices in a piece of cheesecloth, tie it, and add to the vinegar mixture. Bring the mixture to a boil, then lower heat and simmer for five minutes. Remove spices. Fill hot, sterilized jars with beets and onions. Add a lemon slice to jars and fill with the hot liquid to within ½ inch of the top of the jar.

Release any air bubbles, clean rims and seal. Process in a water bath canner for 30 minutes.

Dutch Beet Salad (For winter)

This recipe is courtesy of Ali Smaalders, who grew up in Holland, and brought those cooking traditions with her.

Cook beets, peel and dice. Dice an onion (if you have it, add green onion for color). Dice apples, preferably tart ones. Add red wine vinegar, Tamari sauce, and pepper to taste.

Beet Salad

This is a delicious way to prepare baby beets.

2 lbs beets, with 1-inch green and ½ inch root left on.

2 T red wine vinegar

Salt and pepper, to taste

2 T olive oil

1/3 C fresh mint leaves, for garnish

Preheat oven to 350. Scrub beets and wrap them singly (if large) or in packets of two or three together in aluminum foil. Place packets on baking sheet and bake until beets are tender. Open packets and let beets cool.

Combine vinegar, salt and pepper in a small bowl. Whisking constantly, drizzle in olive oil. When beets are cool enough to handle, slip off the skins (immersing them in cold water will make this process easier). Cut beets into bite-size pieces, and toss them in the dressing. Sprinkle with mint leaves before serving.

Ginger Beets

2 C grated beets

2 tsp grated ginger root

1 T maple syrup (optional)

1 T Tamari

1 tsp lemon juice

In a small bowl, combine all ingredients. Toss and let the flavors blend for a few minutes before serving. A nice variation on this recipe is

Beets in Orange and Ginger Sauce

Melt 2 T butter in a large pan. Add 6 C diced cooked beets. Toss to coat. Add ¾ C orange juice and 1 & ½ tsp minced fresh ginger root. Cook until beets are heated through.

Beets with Cream Sauce

2 C sliced cooked beets
2 T butter
2 T flour
2/3 C chicken stock
1/3 c heavy cream
Salt, pepper, and nutmeg

Place beets in a small buttered casserole. Melt butter in a saucepan, add flour, stirring, and cook on low heat for about 3 minutes. Remove from heat and beat in stock, then cook until thick and smooth. Add cream, heat, and season with salt, pepper, and a pinch of nutmeg. Pour over beets and heat in a 350-degree oven until the sauce is bubbly and the beets are heated through. For variation, sprinkle with ½ c grated Parmesan cheese and brown under broiler.

Beets and Greens

Since beet greens contain more nutrients than the root but the root has more crunch, this is a wonderful way to enjoy them together.

Peel the beets by placing parboiling them briefly and slipping off the skins. If they are very small, leave them whole; if larger, cut into bite-sized pieces. Steam until the beets are about half-cooked. Then add the greens, and steam briefly. Top with a little sour cream or tarragon vinegar.

Russian Beet and Potato Salad

This recipe is courtesy of Sheryl Julian, food writer for the *Boston Phoenix*.

Dressing:

¼ tsp salt
2 T wine vinegar
¼ tsp Dijon mustard
9 t olive oil
Freshly ground pepper

Salad

4-5 medium beets
2 medium potatoes, diced into cubes
¼ C chopped parsley
1/3 C chopped scallions
1 cucumber

1 dill pickle, diced

Salt and pepper

Cook beets until tender, drain, and slip off skins. Dice into cubes and set aside. Mix with dressing along with parsley and scallions. Peel cucumber, halve lengthwise, and seed. Cut into ½ inch slices. Add cucumber and pickle to potatoes and mix gently. Just before serving mix beets with potato mixture and season to taste.

Bok Choi

In Eastern Asia, farmers cultivate hundreds of varieties of brassicas, some of which are called Bok Choi (*or bok choy*). In America, people usually refer to all of these as Chinese cabbage.

Bok Choi has thick, white, crunchy stalks, a little like celery, but less fibrous. The leaves are dark green.

Bok Choi contains protein, vitamin A, ascorbic acid, thiamin, riboflavin, niacin, calcium, phosphorus, iron, sodium, and potassium.

Culinary Tips

- Bok Choi is the classic green used in won ton soup.
- Remove stems, wash, and stuff them with cream cheese mixed with a bit of diced onion and a dash of salt. If the mix is stiff, soften with a bit of milk. Sprinkle with paprika.
- Unlike other greens, Bok Choi should *not* be steamed: it gets mushy. Stir-fry or sauté this great green, alone or in combination with other greens.

Bok Choi Stir Fry

Cut leaves and stems on the diagonal into 2 inch pieces. Dice an onion and sauté it in oil with a slice of grated ginger root. When the onion is soft, add the Bok Choi and stir-fry briefly. Add Tamari soy sauce and a bit of honey. Serve on rice.

Sautéed Bok Choi with Cashew Sauce

½ C roasted cashews
¼ C vinegar
3 T honey
¼ C Tamari sauce
1 T fresh ginger, minced
3 cloves garlic, minced
1 small hot pepper, minced
2 T fresh basil, chopped
2 T fresh mint, chopped
1 large bok choy, washed and drained
1/3 C peanut or safflower oil

Combine cashews, vinegar, honey, Tamari sauce, ginger, hot pepper, garlic, basil, mint and ¼ C water in food processor. Puree.

Separate bok choy leaves from stalks and cut stalks into 1 in. pieces. In a wok or other large pan, heat oil over high heat. Add bok choy and cook, stirring briskly, until bright green (about 2 minutes). Remove from heat. Pour sauce over bok choy and serve.

Bok-Choi with Sesame and Ginger

1&1/2 ob Bok Choi, chopped
½ C Tamari sauce
2 T sesame oil
1 T fresh ginger, minced
2 T honey
2 cloves garlic, minced
¼ C vinegar
½ small hot pepper, minced
Salt and pepper, to taste
¼ C toasted sesame seeds

Steam Bok Choi briefly, until it wilts. Remove from steamer and plunge into cold water to stop the cooking process. Drain well. In a small bowl, combine all other ingredients, except sesame seeds. In a large bowl, combine Bok Choi and dressing. Add salt and pepper to taste. Refrigerate until well chilled, at least an hour. Sprinkle with sesame seeds and serve.

Chinese-Style Mixed Greens

6-8 C torn Bok Choi and/or Chinese cabbage leaves
1-2 cloves garlic, minced
1 tsp grated fresh ginger
3 T sesame oil
¼ C dry sherry or rice wine
1 T vinegar or lemon juice
1 tsp honey
2 T Tamari sauce
Sesame seeds

In a large pot, briefly sauté the garlic and ginger in the sesame oil. Add the Bok Choi and/or Chinese cabbage leaves, and toss to coat with oil. Add the sherry or rice wine, vinegar or lemon juice, honey, Tamari sauce, and a splash of water. Stir to coat and sauté until leaves are tender. Before serving, sprinkle with sesame seeds.

Broccoli

Like other cruciferous (cabbage-related) vegetables, broccoli descends from plants that grow wild along the coasts of Europe.

We grow broccoli year round, partly because it is a delicious vegetable (America's favorite, according to a poll taken at the EPCOT Center) and partly because it is a nearly perfect food.

Broccoli has 125% as much vitamin C as orange juice (2 & ½ times the recommended dietary allowance), and as much calcium as milk. It also contains vitamin A, thiamin, riboflavin, niacin, ascorbic acid, calcium, phosphorus, iron, potassium, and sulforaphane, an anti-cancer enzyme. In fact, it is considered the first among cancer-preventive vegetables. Broccoli has almost no fat and no sodium and its combination of high potassium and fiber is great for the blood pressure.

Culinary Tips

- Organic vegetables come with hangers on. To avoid serving cabbageworms to your friends and family, soak broccoli (and all other cruciferous vegetables) in cold salted water for about fifteen minutes.
- Don't throw away the stalk! Peel off the tough outer skin, and cook the crisp stalk along with the florets.
- Add lemon juice or vinegar at the table, if you are going to use them. They turn the broccoli an unappealing dark color.
- Broccoli can be blanched and frozen, and used in soups, stews, or quiches.
- Broccoli can be steamed or boiled, but should not be overcooked, which can happen pretty quickly.

Jennelle's favorite cooking method for broccoli is roasting. Toss cut broccoli in a bowl with olive oil, minced garlic, salt and pepper, and spread in a cast iron pan or on a cookie sheet. Roast in a 400-degree oven for 10-15 minutes, stirring frequently. It is done when a fork slips easily into a stalk. If you include the leaves, they will turn crisp and nutty-tasting.

Broccoli and Tomato Soup

2 cloves garlic, minced
2 T olive oil
1 C canned tomatoes
2 C chopped fresh broccoli
½ tsp nutmeg
4 C chicken or beef broth (preferably home made)
½ C uncooked spiral noodles
Salt and pepper to taste
Grated Parmesan cheese

In a large pan, sauté the garlic in the oil until it is soft. Add the tomatoes, broccoli, nutmeg and broth; simmer for 20 minutes. While the soup is simmering, cook the

noodles, drain and rinse. Add to soup, along with salt and pepper. Top with grated Parmesan at the table.

Cream of Broccoli Soup

1 lb broccoli
4 C chicken broth (preferably home made)
3 T butter
2 cloves garlic, minced
3 T flour
1 C half-and-half
Salt and pepper to taste
A dash of nutmeg
¼ C yogurt
2 minced chives or scallions

Cut the florets from the broccoli, trim, peel, and dice the stems. In a large pot, bring the broth to a boil. Lower heat and simmer until the broccoli is just tender. Cool slightly. Reserve a handful of the cooled florets. Puree the rest and set aside.

Melt butter in a large saucepan. Add garlic, stir in flour, and cook two minutes, stirring constantly. Add half-and-half, salt, pepper, and nutmeg. Cook until thickened, stirring constantly, about two minutes. Ladle into bowls, and top each serving with yogurt and chives. Serves 4 to 6. This soup freezes well.

Italian Style Broccoli

¼ C tomato sauce
¼ tsp oregano leaves
1 T vinegar
2 T butter or olive oil
2 lbs cooked fresh broccoli
½ C grated Parmesan

Heat tomato sauce, oregano, vinegar, and butter until sauce bubbles and butter melts. Pour over the drained broccoli in a serving dish. Sprinkle with the cheese. Makes 6 to 8 servings.

Broccoli, Garlic, and Ginger Stir Fry

2 T olive oil
2 garlic cloves, minced
2 tsp fresh ginger root, minced
5 C broccoli florets and thinly sliced stems
2 T water
1 T Tamari sauce

Sauté garlic and ginger briefly in oil. Add broccoli and stir to coat with oil. Add water and Tamari sauce. Stir fry until the broccoli is bright green and tender.

Marinated Vegetable Salad

(Adapted from *Cuisine at Home*, Issue No. 76 August 2009)

I love this dish! Since I often cook for workshop participants and farm tour groups, I need to prepare foods for folks who are vegetarian or vegan, and also to have recipes that I can prepare a day ahead, and to be able to multiply ingredients according to the number of guests we have.

For the dressing:

3 T tarragon vinegar
3 T olive oil
2 T minced Italian parsley
1 T Dijon mustard
1 tsp dried basil
1 tsp dried marjoram
½ tsp garlic granules
½ tsp salt
¼ tsp red pepper flakes
¼ tsp ground black pepper

For the salad:

1 can garbanzo beans, drained and rinsed
1 C broccoli florets
½ C sliced red onion
½ c diced red bell pepper
½ C sliced carrot
¼ C pitted kalamata olives, halved
6 T crumbled feta cheese

Whisk together ingredients for dressing in a bowl. Add vegetables to the bowl and toss to coat. Cover and marinate in the refrigerator, tossing or inverting bowl occasionally. You may marinate vegetables for 30 minutes before serving, or overnight.

Brussels Sprouts

Brussels sprouts come from the same family as broccoli, but their breeding was refined in Brussels to produce the tiny, cabbage-like heads on a long stalk. They can be grown year-round, but are best in winter, after frosts make them sweet and firm.

Like liver, Brussels sprouts have a bad reputation among people of my generation. We did not grow them in the family garden, and the ones my mother bought in the store were tough and had an old-cabbage flavor. But fresh, organic Brussels sprouts taste like butter, and are a wonderful source of nutrients. They are high in proteins and carbohydrates, vitamins C and A, ascorbic acid, riboflavin, potassium and iron, and are a good source of fiber. You would have to eat more than two slices of whole-grain bread to get the amount of fiber in one-half cup of Brussels sprouts.

They are also, according to Dr. Lee Wattenberg of the University of Minnesota School of Medicine, cancer fighters. He has isolated substances called “indoles” in cruciferous vegetables that are cancer inhibitors; these apparently detoxify harmful chemicals (Hauseman and Hurley 82).

Culinary Tips

- Peel the dark, loose outer leaves from the sprouts until you have a firm, light green bud.
- Soak the vegetables in cold salted water to release any dirt or critters.
- Trim the stem so that it cooks at the same rate as the body.
- Cook them gently – you want them tender, not mushy. Take them off the heat before you think they are done: their internal heat will continue the cooking process. Overcooking causes them to lose Vitamin C and other nutrients.
- The easiest way to prepare Brussels sprouts is to steam them until they are barely tender, and then toss with butter, a little lemon juice, salt, and pepper.

Brussels Sprouts with Bacon

Ideally, the bacon you use for this recipe comes from organically raised pork, and has been nicely smoked, thickly cut, and contains little salt.

1 lb Brussels sprouts, steamed until barely tender
¼ lb bacon, chopped and cooked (reserve fat)
½ C finely chopped onions
2-3 T butter (optional)
Salt and pepper

Sauté onions in the remaining bacon fat until they are just tender; remove with slotted spoon. Mix bacon, onions, and Brussels sprouts and butter, if used. Toss together gently. Season with salt and pepper.

Brussels Sprouts-Squash Casserole

1 lb Brussels sprouts
1 & ½ C winter squash, peeled and cubed
1 med. onion, minced
1 C chopped celery
1 T butter
2 T olive oil
¼ C whole wheat flour
2 C milk
½ tsp salt
½ tsp marjoram
A dash of pepper
A dash of nutmeg

Clean, trim and core Brussels sprouts; cut large ones in half. Steam sprouts and squash separately until barely tender. Set aside.

Preheat oven to 350. Sauté chopped onion in butter and oil. Add flour and cook slowly for 3 minutes, stirring constantly. Add milk and spices slowly, stirring to keep mixture smooth. Bring to a boil and remove from heat. Correct seasonings.

In a greased 8x8 baking dish, arrange cubed squash on bottom and spread over it an even layer of Brussels sprouts. Sprinkle chopped celery over the top. Pour the sauce over the vegetables and sprinkle with nutmeg.

Bake for 30 minutes. Serves 4 to 6.

Creamed Brussels Sprouts

4 C Brussels sprouts, trimmed and left whole
Fresh cream
Salt and pepper

Place Brussels sprouts in a baking dish, and pour enough cream over them to cover the bottom of the dish with ½ inch of cream. Sprinkle with salt and pepper. Cover and bake for about 20 minutes at 350.

Marinated Brussels Sprouts

4 C whole or halved Brussels sprouts
2 T tarragon vinegar
6 T olive oil
1 T minced fresh dill
1 T lemon juice
¼ tsp salt

Steam Brussels sprouts for 3 minutes or so, until tender but still crisp. Plunge into cold water to stop the cooking action. Drain.

Mix the remaining ingredients and pour over the Brussels sprouts. Marinate 6-8 hours.

Cabbage

Wild cabbages are native to Northern Europe, and were domesticated in Germany. Fermented cabbage, as in sauerkraut, nourished Northern Europeans through cold winters and saved Captain Cook's men from scurvy. We credit limes with preventing scurvy, but 100 grams of cabbage contains 130 I.U. of vitamin A, as much vitamin C as the same volume of orange juice, calcium, phosphorus, sodium, and potassium.

“By selecting for the special characteristics of different varieties, almost all parts of the plant have been modified into storage organs which people or animals can eat. In cabbage, we eat the overlapping leaves surrounding the terminal bud; enlarged ancillary buds provide the food in Brussels sprouts; in kohlrabi, we eat the swollen, bulb-like stem, and in cauliflower and broccoli the inflorescence and the flower buds are thickened and fleshy to form the edible ‘head’” (Henderson, 107). Like all cruciferous vegetables, cabbage is a cancer fighter.

We grow many types of cabbage on the farm – firm white heads for cole slaw, soups and sauerkraut, red for sautéing, winter savoy for salads and wraps.

Culinary Tips

- Stored in a cool place, cabbage will retain its vitamin C for up to six months.
- Cabbage that has been stored may smell strong as you cook it, due to the release of mustard oils. Jenelle's tip is to neutralize the smell by adding a celery stalk to the pot.
- Fresh cabbage should be quartered and soaked in cold salted water for one half hour before preparing. Hitchhiking bugs will float to the surface.
- Overcooking cabbage will give you a mushy dish and fewer vitamins.
- See section on *Fermented Foods* for instructions on how to make, store, and cook sauerkraut, and how to make and store Kim Chi.

Cole Slaw

Core and slice a white cabbage.

Dress with a mixture of mayonnaise, milk, tarragon vinegar, sugar, sour cream and caraway seed, amounts to taste.

Baked Cabbage

This dish is quick and simple to make, and very hearty and flavorful.

3 C shredded cabbage

¾ C cream
2 well-beaten eggs
1 T sugar
½ tsp salt
½ tsp paprika

Preheat oven to 325. Place the cabbage in a buttered baking dish. Blend the rest of the ingredients and pour over the top. Top with breadcrumbs and a little grated cheese, and bake about 45 minutes.

Stuffed Baked Cabbage

As an unreconstructed European, Henning loves stuffed vegetables – cucumbers, bell peppers, and cabbage are his favorite candidates.

8 whole cabbage leaves, parboiled until just tender, drained
1 lb ground beef or a mix of ground beef and pork
1 medium finely chopped onion
4 T finely chopped parsley
¾ tsp salt
½ tsp thyme
4 cloves garlic, minced
A few grains cayenne pepper
2 T vinegar
3 T brown sugar
1 tsp capers
Sour cream
Paprika

Mix all the above ingredients, reserving the sour cream and paprika. Divide the meat mixture into eight parts. Put one on each leaf, and fold the leaf around it. Place in a baking dish, seam side down. Spoon a little sour cream on the top of each, and sprinkle with paprika.

Bake, covered, at 375 for 50 minutes.

Cabbage Soup

You *must* use good beef stock for this recipe.

4 C beef stock
1 large minced onion
1 & ½ TB butter
1 small head white cabbage, about ¾ lb, thinly sliced

Sauté the onion in the butter. Bring the beef stock to a boil. Add vegetables and butter, season with salt and pepper.

Red Cabbage and Kohlrabi Slaw

3 C shredded red cabbage
1 medium kohlrabi, peeled and cut into matchstick pieces
¼ C cider vinegar
1 T honey
1 T brown mustard seeds
1/8 tsp salt

In a medium bowl, toss cabbage and kohlrabi together to mix.

In a small bowl, whisk together the vinegar, honey, mustard seeds, and salt. Pour over the cabbage and kohlrabi. Let stand for 30 minutes, tossing once or twice, or refrigerate for up to eight hours. Toss just before serving.

Braised Cabbage

8 C finely sliced white cabbage
5 T butter
2 tsp curry powder (we like a sweet curry, such as Zanzibar, for this dish)
Salt and pepper

Heat the butter with the curry powder in a large pan. Add the cabbage and stir to coat with butter. Cook gently until cabbage is tender. You may add a little broth or water during cooking if the cabbage seems dry. Season with salt and pepper.

Note: For Kim Chi (Kim Chee) and Sauerkraut recipes, see Fermented Foods section of this book.

Carrots

Carrots probably developed from the wild carrot, Queen Anne's lace, and originated in Afghanistan. Carrots are associated with good vision because they are an excellent source of carotene, which, when converted by the body to vitamin A, is very important to healthy eyes. Carrots also contain iron, potassium, calcium, and trace minerals. They are a great source of fiber. We grow several varieties here for a year-round harvest.

Culinary Tips

- Since most of the carotene is in the outer layer, you should scrub, rather than peel carrots.
- Cooking carrots allows carotene and vitamins to be more readily absorbed.
- Carotene requires animal fats in order to convert to vitamin A in the body. For this reason, it is a good idea to cover cooked carrots with melted butter.
- Root vegetables that are raised non-organically take in chemicals and pesticides from the soil and store them throughout the root. Peeling and scrubbing will not get rid of the toxins (Henderson, 47).
- The so-called baby carrots sold by stores in plastic bags are actually larger carrots peeled down to a uniform size; whatever nutrients they originally had are lost in the process (Henderson, 47).
- Cut the tops off to keep nutrients and water in the root; store in a plastic bag in the refrigerator.

Italian Marinated Carrots

1 lb carrots, washed and sliced into ½ inch slices
2 tsp minced garlic
½ tsp salt
½ C olive oil
¼ C red wine vinegar
1 T oregano
½ tsp ground black pepper

In a medium saucepan, bring ½ C salted water to a boil. Add carrots, and cook until they are just tender. Drain off liquid. In a quart jar, combine oil, vinegar, oregano, garlic, salt, and pepper. Add drained carrots, and mix well. Cover and refrigerate 24 hours, shaking occasionally.

Winter Soup

1 lb carrots
2 leeks or shallots
Butter or olive oil
A splash of wine or sherry
Vegetable or chicken broth

Fresh rosemary, chopped

Milk or cream

Sauté chunks of carrot and leeks or shallots in butter or oil.
Add wine or sherry and cook until alcohol has evaporated.
Add broth and rosemary, and simmer until carrots are tender
Puree until velvety. For extra flair, add ginger and fennel root with carrots, and milk or cream to the blender when processing.

Garlic Carrots and Onions

1 lb carrots

½ C chopped onion

1 tsp olive oil, 1 tsp butter

2 garlic cloves, minced

1 T fresh lemon juice

¼ tsp salt

Coarsely chopped parsley

Cook the carrots in a covered saucepan in a little boiling water for 5 or 6 minutes.
In a sauté pan, combine oil and butter, onions, garlic, lemon juice and salt. Cook over medium heat, stirring constantly, for 2 minutes. Add the carrots to the pan.

Cook an additional 2 minutes. Garnish with parsley and serve warm.

Glazed Carrots

2 lbs carrots, scrubbed and sliced

2 T butter

Salt and pepper

2 T brown sugar

2 T chopped parsley

Cook the carrots until just tender. Drain, and then return them to the pan with the butter, salt and pepper, stirring or shaking until the butter has melted and coated the carrots. Sprinkle on the sugar, mixing gently until the carrots are glazed. Sprinkle the parsley over the top and serve immediately.

Carrot Slaw with Lime Dressing

4 large carrots

6 T plain yogurt

1&1/2 T fresh lime juice

1&1/2 T honey

1/8 tsp salt

Shred the carrots and place them in a medium bowl. In a small bowl, whisk together remaining ingredients, pour them over the carrots and toss to coat.

Fresh Carrot Salad

Henning combined his childhood memories with his flair for putting ingredients together from whatever is available to create this refreshing salad.

6 medium carrots, shredded (We use a salad shooter for this process – you could also use a food processor or a box grater.)

1 large apple

1 large onion

Sour cream

Yogurt

Salt, pepper, lemon juice and sugar (to taste)

Raisins

Shred the carrots alternately with the apple and onion. Mix the sour cream, yogurt, salt, pepper, lemon juice, and sugar, and toss with the carrots and raisins.

Carrot Cake

Henning, European born, did not believe that vegetables could be made into cakes or breads until I served him carrot cake and zucchini bread. He has since become a convert. The following recipe makes a rich, moist cake.

2 C sugar

4 eggs

1 C cooking oil

2 C flour

2 tsp baking soda

2 tsp cinnamon

1 tsp salt

2 tsp vanilla

3 C grated carrots

½ C chopped nuts

½ C raisins

Mix together sugar and eggs; add the oil and beat well. Add the dry ingredients to the above mixture and mix well. Pour the mixture into three greased bread pans and bake 25-30 minutes at 350.

If you wish to use just powdered sugar for this cake, sprinkle it on generously while the cake is still warm. Or, for a traditional frosting, use

1 8 oz package cream cheese, softened

½ C butter

2 C powdered sugar

fresh lemon juice as needed

1 C chopped nuts

Mix together the cream cheese, butter, and powdered sugar. If too stiff, add lemon juice until the frosting can be easily spread. Add nuts, and frost the cake.

Curried Carrot Soup

$\frac{3}{4}$ C chopped leeks, shallots, or onions

2 T butter or olive oil

2 tsp curry powder (Zanzibar curry powder is especially good for this soup)

$\frac{1}{4}$ tsp pepper

1 & $\frac{1}{2}$ lbs carrots, chopped

2 C chicken broth

In a large pan, sauté leeks, shallots, or onions in butter until tender. Stir in curry powder and pepper and cook a few minutes longer. Add carrots and broth, cover and simmer until carrots are tender. Process some, or all of the soup in a food processor. (We like chunky soup, so we leave most unprocessed.)

Lyonnais Carrots

2 small onions or one large leek, chopped

$\frac{1}{4}$ C butter

$\frac{1}{2}$ tsp salt

Pepper to taste

4 carrots, thinly sliced

1 T minced parsley

Brown the onions or leeks with butter in a saucepan. Add salt, pepper, and carrots. Cover and cook on low heat for fifteen minutes. Sprinkle with parsley and serve.

Cauliflower

Cauliflower, like broccoli and Brussels sprouts, is a cruciferous vegetable. Mark Twain called it “A cabbage with a college education.” Like its relatives, it has been recognized as a cancer-fighter.

Cauliflower is low in sodium, fat, and calories, and has so much vitamin C that a one-cup serving provides the entire daily allowance. Cauliflower also provides vitamins A, B-complex, and E, as well as potassium, calcium, and magnesium.

Culinary Tips

- If lightly cooked, cauliflower will lose small amounts of the vitamins but retain the minerals.
- If you live in an area with hard water, add a dash of lemon juice to the cooking water to prevent the white curds from yellowing.
- Serve steamed cauliflower with a light dressing, such as a dash of olive oil and dill leaves, or sprinkle grated cheese over the top.
- Soak a head of cauliflower in cold salted water to bring dirt and critters out.
- A friend of mine who has diabetes says that she finds mashed cauliflower a satisfying substitute for mashed potatoes.

Braised Cauliflower

Braise cauliflower florets in a combination of butter and olive oil, or in beef broth, adding chopped tomatoes and/or garlic, according to taste.

Cauliflower Soup

1 large head cauliflower
¼ C butter
1 medium onion, chopped
3 ribs celery, chopped
¼ C flour
4 C chicken stock
2 C milk or cream
Nutmeg, salt and pepper

Steam and drain the cauliflower, reserving the water. Cut the cauliflower into florets, and cut the stalk into small pieces.

Sauté the onion and celery in the butter until just tender. Stir in the flour, and then add the stock and enough of the reserved steaming water to make a thin broth.

Add the milk or cream; heat but do not boil. Add the florets and season with the nutmeg, salt and pepper, to taste.

To make a creamy soup, put about 1/3 of the steamed florets through a food processor before adding to the soup.

Joe Hyde's Cauliflower with Crumbs and Shallots

This recipe comes from Marian Morash's *The Victory Garden Cookbook*.

1 large whole head cauliflower
4 T butter
3 T chopped shallots
1 C fresh bread crumbs

Trim cauliflower and hollow out core. Blanch until just tender; drain well. Heat butter until it is nearly brown. Stir in the shallots and bread crumbs, and cook until the crumbs are brown. Pat mixture evenly over the top of the cauliflower. Bake at 375 for 15-20 minutes until cauliflower is hot.

Chilled Marinated Cauliflower

Like carrots, broccoli, turnips, kohlrabi and other firm vegetables, cauliflower, if fresh and young, can be served raw or marinated. This particular dish comes from Mollie Katzen's *The Enchanted Broccoli Forest*.

1/3 C olive oil
1/4 C red wine vinegar
3 large cloves garlic, minced
3/4 tsp salt
2 bay leaves
1 med. cauliflower, in bite-sized florets
1/2 C finely minced red onion
1/2 C minced fresh parsley
1-2 tsp dried basil or a handful on minced fresh basil
1 medium carrot, grated

Combine oil, vinegar, water, garlic, salt, peppercorns, bay leaves, and the florets of the cauliflower in a large pan. Bring to a boil, reduce heat, and simmer until the cauliflower is just tender. Transfer to a serving bowl, cool to room temperature, and then cover and chill.

Just before serving, stir in the onion, parsley, basil, and carrot.

Cauliflower with Cheese Sauce

1 head cauliflower, divided into florets and steamed until barely tender. Do not overcook!

½ C grated Parmesan cheese

¼ tsp salt

2 C milk

3 T butter

1 tsp dill weed, dried basil, or dried thyme

3 T flour

Pepper to taste

Melt the butter, stir in flour gradually, then slowly add milk and seasonings, whisking constantly, until sauce is thickened. Add cheese and whisk over low heat until cheese is melted. Place steamed cauliflower in a baking dish, cover with sauce, and bake in a 350 oven until top is lightly browned. Serve at once.

Chinese Cabbage

Chinese cabbage is the heading variety of oriental vegetables that form a compact central heart of leaves. These are grown in Northern China in large quantities for storage over the winter.

Chinese cabbage contains calcium, phosphorus, iron, potassium, vitamin A, and ascorbic acid. It tastes like a cross between lettuce and cabbage, and is a prime ingredient in egg rolls and Kim Chee. It makes an interesting cole slaw.

For a Kim Chee recipe, see the *Fermented Foods* section in this book.

Raw Chinese Cabbage Salad

6 oz fresh bean sprouts, soaked in cold water
1 T honey
3 T sesame oil
2 T Tamari sauce
Freshly ground black pepper
Ginger root
3 C shredded Chinese cabbage
2 coarsely grated carrots

Combine honey, oil, Tamari sauce and pepper in a large bowl. Add 1 inch finely grated fresh ginger root and mix well. Add shredded Chinese cabbage and grated carrots and turn them into the dressing. Mix well and serve.

Chinese Cabbage with Mushrooms

1 lb Chinese cabbage
4 large shiitake mushrooms
1 T olive oil
2 tsp Tamari sauce
2 tsp packed brown sugar
½ tsp dark sesame oil

Slice cabbage thinly. Remove and discard the mushroom stems. Cut the caps into narrow slices. In a large skillet over medium heat, warm the oil, and stir-fry the mushrooms in it until they soften. Add the cabbage leaves and stir-fry until they are barely wilted. Add the Tamari sauce, brown sugar, and sesame oil, and stir-fry briefly, just until blended.

Corn

Corn was first domesticated in Central America, where many distinct varieties were developed. People in the United States generally identify four kinds of corn: field corn (for animal fodder), grinding corn, popcorn, and sweet corn. We raise sweet corn, feeding the fresh stalks to the cows after we have stripped the ears. While only occasionally is our corn “knee high by the Fourth of July”, we have good luck growing it here, and associate the first feast of corn on the cob with high summer.

Corn contains vitamins A and C, and is a good source of thiamin, a B vitamin essential for converting food to energy. It contains soluble fiber, which removes cholesterol from the body. Corn is high in simple and complex carbohydrates, and very low in fat.

Culinary Tips

- Corn’s natural sugars turn to starch very quickly. A standard rule around our house is to start the water boiling, go out and harvest the ears, and shuck them on the way to the kitchen. We drop the corn into the boiling water, but then turn the water off and let the corn sit for ten minutes. It will cook without losing water-soluble nutrients.
- Steaming corn is a good way to preserve its nutrients.
- Don’t add salt to the cooking water – it will draw moisture from the kernels, making them tough.
- Corn is very easy to freeze. Just blanch the corn on the cob briefly (about thirty seconds), plunge into cold water, strip off the kernels with a sharp knife, drain, and pop into a freezer bag. When you are ready to use it, drop the frozen corn into steaming water and cook just long enough to thaw. It will taste fresh and sweet.
- I like to add a package of frozen corn and a package of frozen peas to soups and stews during the last moments of cooking.

Corn Chowder

This is a basic recipe for a hearty winter soup. You can dress it up with chopped celery, red bell pepper, basil, thyme, or toss in some cooked bacon just before serving.

3 T butter
2 C diced onions
2 C diced potatoes
4 C corn kernels
4 C milk
2 bay leaves

Salt and pepper

In a large pot, sauté onions in the butter. Add potatoes, corn, milk and bay leaves. Simmer until the potatoes are tender, about 15 minutes. Remove bay leaves and serve. If you like a creamy soup, you can puree part or all of the solids in a food processor. When you reheat it before serving, be sure that the soup does not come to a boil.

Corn and Tomato Salad

A brightly flavored and colored summer salad.

4 C corn kernels
2 C diced tomatoes
¼ C minced parsley
½ C diced red onion
2 T fresh lime juice
2 T olive oil
2 tsp minced fresh cilantro
Salt and pepper

Blanch the kernels for 3-4 minutes and drain. Rinse with cold water to stop the cooking process. In a salad bowl, combine the corn, tomatoes, parsley and onion.

Whisk together the lime juice, oil, and cilantro. Pour over salad and toss to coat. Season to taste with salt and pepper. Chill before serving.

Indian Corn

Rosalind Creasy provides an excellent discussion of the history and traditional methods of preparing Indian corn in her book *Cooking from the Garden*.

Two years ago, a neighbor gave us a cup of Indian corn that his family had been growing for a long time. The kernels were blue, red, yellow, striped, and white – very pretty. Henning planted it, and, after drying and shelling, that cup of seed yielded over a gallon of dried corn. We gave some of it to neighbors, and just enjoyed having it in the kitchen in a clear glass jar, because of the striking colors. Then we decided that we needed to find ways to use it, and Henning created the following recipe, which makes the most delicious breakfast, lunch, or dinner food you could ask for.

Henning's Hominy Cakes

1 C Indian corn

1 T baking soda
5 tsp flour
2 eggs
3 strips bacon, minced
1 onion, minced
Salt, pepper, garlic granules and red pepper flakes, to taste
Olive oil

Soak the corn with the soda in plenty of water for 48 hours. (The water may become cloudy.) Then cook, in the soaking water, on low heat for several hours until the corn is tender. Drain.

Mince the bacon and onion. Cook the bacon, remove from the pan with a slotted spoon, and then sauté the onion in the bacon fat. Mix the bacon, onion, and remaining fat with the hominy. Place in a food processor. Sprinkle in the flour, add the eggs, salt, pepper, garlic granules and red pepper flakes and briefly pulse to blend ingredients. The batter will be soft.

Spoon into a non-stick pan, lightly coated with olive oil, and fry, flattening the cakes with a spatula as they cook, until they are brown.

Cucumbers

India is probably the original home of the cucumber, where it has been cultivated for over 3000 years. It is a member of the squash family.

Cucumbers are a good source of vitamins A and E, calcium, phosphorus, iron, sodium, and magnesium.

Culinary Tips

- Pick cucumbers early in the morning when the sugars are high and the cucumbers are crisp.
- Cucumbers store well in the refrigerator.
- Salting cucumber slices before using them in salads will keep them from becoming watery. Peel, slice to desired thickness, place in a colander, salt them, let them drain for about an hour, and then rinse and dry on paper towels.

See “Basil” in the herb section for a wonderful cucumber, tomato and basil salad.

Dressing for Cucumbers

One of our favorite salads is a peeled and sliced cucumber served with this wonderful dressing that Kathe learned to make in Germany.

3 T olive oil
2 T vinegar
½ tsp salt
A small onion, minced
Pepper, to taste
Dill or parsley, minced, to taste

After cutting, salting, draining and drying the cucumber slices, toss them with the dressing and chill before serving.

Cucumber Sauce

This is a terrific sauce to use over fish or rice.

2 T butter
2 T flour
¼ tsp salt
1/8 tsp pepper

- 1 C milk
- ½ C shredded cucumber
- A dash of cayenne pepper

Melt butter in a saucepan over low heat. Blend in flour, salt, and pepper, and cook until sauce is smooth and bubbly. Remove from heat, and gradually stir in the milk. Return to heat and cook gently one minute. Stir in the cucumber and cayenne pepper, and simmer five minutes, stirring occasionally.

Cucumber Salad

- 1 large cucumber, halved lengthwise, seeded, and sliced into ¼ inch thick half moons.
- 1 tsp sea salt
- 3 T mayonnaise
- 3 T sour cream
- 3 T minced red onion
- 2 T vinegar
- 1 T sugar
- 1 T chopped fresh dill

Place cucumber slices in a colander; sprinkle with salt, toss to coat, and let drain 15 minutes. Rinse and pat dry.

Combine mayonnaise, sour cream, onion, vinegar, sugar and dill in a mixing bowl. Add cucumber slices and toss to coat. Chill before serving.

Sautéed Sliced Cucumbers and Onion

- 1 lb cucumbers
- 1 clove garlic, minced
- 1 C finely sliced onions
- 2 T butter
- 2-3 T chopped chives
- 2 T chopped parsley
- Salt and pepper

Peel, seed, and slice cucumbers. Salt, let stand, rinse, and drain cucumber slices. Sauté onions and garlic in butter until tender. Add the cucumber and sauté briefly, until just tender. Toss in herbs and season the dish to taste with pepper and salt.

Gazpacho

This delicious, cold summer soup has as many variations as there are provinces in Spain, its place of origin. This is our favorite. It can serve as a first course, or, with a good French bread, as a meal in itself. Use a food processor for ease of preparation.

1 peeled clove of garlic
1 jalapeno pepper
4 scallions
1 celery stalk
½ medium bell pepper
2 tomatoes
2 C tomato or V-8 juice
1 medium cucumber
2 T lemon juice
1 tsp salt
¼ tsp ground pepper

Halve jalapeno and remove seeds. I use latex gloves for this process, to avoid burning my skin from the pepper's natural oils.

Trim scallions and celery and cut into 1-inch pieces. Quarter and seed tomatoes and bell pepper. Peel cucumber and cut in half lengthwise. Remove seeds and cut to fit the feeding tube of a food processor.

Use the metal blade of the food processor to process garlic and jalapeno pepper until finely chopped. Add scallion, celery, and bell pepper and pulse to a medium chop. Put in large mixing bowl. Pulse/chop ½ the tomato chunks until coarsely chopped. Add to mixing bowl.

Puree the remaining tomato until smooth, about one minute. With machine running, pour in ½ C of tomato juice. Add to mixing bowl with remaining tomato juice and stir.

Insert slicing disc, stand cucumber slices upright in the feed tube and slice, using light pressure. Add to mixing bowl with remaining ingredients and stir. Cover and chill before serving.

Sautéed Cucumbers and Onions

1 lb cucumbers
1 clove garlic
1 C finely chopped onions
2-3 T chopped chives
2 T chopped parsley
Salt and pepper

Peel and remove seeds from cucumbers. Salt the slices and let them stand for 20 minutes, then drain and pat dry. Crush the garlic, but leave it in one piece. Cook onions and garlic in butter until the onions are soft. Add the cucumber and sauté until it is cooked but still crunchy. Remove the garlic. Toss in chives and parsley and season to taste with salt and pepper.

Stuffed Cucumbers

This traditional German recipe is one of Henning's favorites.

4 cucumbers

½ lb hamburger

1 onion, diced

1 garlic clove, minced

1/3 C parsley, minced

Butter for sautéing

Bacon fat or olive oil for browning

1 egg, beaten

Salt and pepper, to taste

1 slice of bread, soaked in water, milk, or broth, and then squeezed out

Juice of one lemon

1 tomato, skinned

Cotton string

Sugar and cream, to taste

Sauté onion, parsley, and garlic in butter. Add pepper, and mix. Add to hamburger. Add softened bread and beaten egg, and mix well.

Peel the cucumbers, cut them in half lengthwise, and seed. Salt the cavities and drip with lemon juice. Fill the hollows of one half of each cucumber, mounding the meat mixture. Cover with the other half of the cucumber, and tie the halves together with string.

Brown the cucumbers in bacon fat or olive oil. Add a little water to the pan. Add the skinned tomato, cover, and braise on low heat for about thirty minutes, until the meat mixture is cooked through.

Remove cucumbers and keep warm. Season the sauce with a little sugar and cream; thicken with flour if desired. Pour sauce over meat.

Sweet Pickles

This recipe, and the one that follows, comes from Linda Ferrari's book, *Canning and Preserving*.

I really like this recipe: the pickles it produces are excellent, and you make it over a number of days, so that you don't have to dedicate a whole day to it. The cucumbers are pickled before they are canned, so you can eat them right away. You can adjust the ingredients according to the pickling cucumbers you have on hand at any given time.

8 lbs small pickling cucumbers

½ C pickling salt

6 C white vinegar

6 C sugar

1 T pickling spice

1 & ½ tsp celery seed

¾ tsp tumeric

1 whole stick cinnamon

1 tsp vanilla

Pick the cucumbers early in the morning, when they are crisp. Put them in a bowl of very cold water. Rub the spines off with your hands, and cut off both ends. Slice the cucumbers into quarter-inch slices, put in a non-metallic container (I use half gallon canning jars, which will hold up against boiling water), and pour enough boiling water to cover. Weight the cucumber slices (I use a half-pint jar filled with water and sealed) so that all stay submerged.

The next day, drain the cucumbers, add the salt, and cover with boiling water.

The next day, drain the cucumbers. Make a syrup of 4 C of vinegar, 4 C sugar, the pickling spice, celery seed, tumeric, cinnamon stick, and celery seed. Bring to a boil and pour over cucumbers. Let stand eight hours or overnight.

Drain, saving the syrup. Boil it again, adding equal amounts of vinegar and sugar (perhaps 2 C each, depending on what you need to cover cucumbers) and pour over cucumbers.

Let stand 12 hours. Remove the cinnamon stick and drain. Bring syrup to a boil and add vanilla.

Place cucumber slices in hot, sterile pint jars and cover with hot syrup to within ½ inch of the top. Clean rims and seal. Process in a water bath canner for 10 minutes.

Dill Pickles

Unlike the sweet pickles, these cucumbers are “pickled” after they are canned, and you should wait about 6 weeks before eating them.

5 lbs pickling cucumbers

1 gallon white vinegar

1 gallon water

¾ C pickling salt

Put in each quart jar:

1 clove garlic

1 T pickling spices

Several sprigs of fresh dill and 1 T dill seed

Pick the cucumbers in the morning, when they are crisp, and put them into very cold water. Rub the spines off, and trim both ends. If pickles are small, keep them whole. If they are large, cut them into quarters lengthwise. If possible, keep them whole. The flesh of cut cucumbers will soften over time.

Stir the vinegar, water, and salt, and let it come to a boil. Have hot jars ready and put in garlic, dill, and dill seed.

Pack the jars with cucumbers. Ladle the hot vinegar mixture to within ½ inch of the tops of the jars. Remove air bubbles, clean rims, and seal.

Process in a water bath canner for 10 minutes.

An alternative to canning these pickles is just to put them in a crock in a cool place. Weight the pickles with a plate so that all are submerged. They will stay crisp and

fresh for nearly a year. On a regular basis, skim off the scum that rises to the top of the crock.

For Fermented Pickles, see the Fermented Foods section of this book.

Dried Beans

Runner Beans

Usually called “Scarlet Runner Beans” for their beautiful flowers, these legumes are sometimes grown just for their vines and blooms (this, in our opinion, is a waste of a great food). First domesticated as early as 6000 years ago in Central America, beans have formed a third of a triad of foods (including corn and squash) whose steady supply made possible the rise of the great native civilizations there. These crops grow reliably in dry conditions, and their combination still makes up the bulk of Central Americans’ diets.

I had demurred about using precious garden space for growing beans for drying, because they are inexpensive and readily available. But then Henning brought home “Glen’s beans,” obtained from a generous gardener on Orcas. I fell in love with the flowers, and then, on first taste, with the beans.

The beans can be eaten fresh in their fleshy green pods, or allowed to mature. We dry and then shell them, and stored them in glass jars to eat throughout the year, and to use as seed for the next year. When first taken from the pods, the beans are white, black, striped, or purple. When the beans are cooked, the rainbow colors turn tan or brown.

Beans are rich in protein, iron, calcium and B vitamins. They are high in fiber and protein, and contain virtually no fat. The soluble fiber, also found in apples, barley, and oat bran, traps cholesterol-containing bile, removing it from the body before it’s absorbed. “Eating a cup of cooked beans a day can lower total cholesterol about 10 per cent in six weeks,” says Patti Bazel Geil (Yeager, 66).

Culinary Tips

Soak beans before cooking, using whey as a fermenting agent if possible, then rinse and cook the beans in fresh water. This will mitigate their “gassy” properties, as will cooking them with a pinch of summer savory or a teaspoon of ground ginger. The more often you change the soaking and cooking water, the more the beans will shed the sugars that cause gas. Another method we have heard of is to cook a raw potato with the beans. The potato absorbs the offending sugars; at the end of cooking, the potato is swollen and soft, and should be put into the compost.

Baked Runner Beans with Lemon and Rosemary

This recipe comes from Rosalind Creasy’s *Cooking From the Garden*. It is delicious, and much lighter than traditional baked beans, which call for molasses and brown sugar.

1 C dried runner beans (2 and ½ C cooked)

1 large garlic clove, minced

2 T olive oil plus extra for serving

2 4-inch sprigs of rosemary
Juice from 1 small lemon
Salt and freshly ground pepper
Chicken broth (optional)

If I am serving vegetarians, I use cooking water to bake the beans in. If my guests are omnivores, I use chicken broth; it adds flavor to the beans, and cuts down on their gassiness.

Soak the beans overnight in plenty of water and two tablespoons of whey, if available. The next day, drain and rinse the beans, and put them in a pot with 8 C water. Bring to a boil, boil for 1 minute. Remove from heat and set aside for 1 hour. Pour off the water. Reserve it, if you are not using chicken broth.

Preheat the oven to 325. Place the drained beans into a large baking dish. Stir in the garlic, olive oil, and rosemary. Seed the lemon and squeeze it over the top.

Add enough of the reserved cooking water or broth to cover the beans. Bake them, partially covered, 2 hours, or until tender. Check the liquid after 1 and ½ hours; add more if necessary so that the beans stay barely covered.

To serve, season with salt and pepper, and drizzle a little olive oil over the top to add some gloss. Serve warm or at room temperature.

Four Bean Salad

1 portion each kidney beans, black turtle beans, small red beans and chickpeas, soaked and freshly cooked. Fresh (lightly cooked) or frozen green beans are great with this salad, if you have them.

One red onion, thinly sliced

For dressing: mix diced garlic, olive oil, mustard, dried basil, sugar, salt, pepper, and vinegar.

Mixed Bean Soup

2 C mixed dried beans
1 T olive oil
2 C chopped onions
4 cloves garlic, minced
7 C water
Chicken or beef broth
2 tsp dried summer savory
Black pepper, to taste

Presoak beans overnight with 2 tablespoons whey, if you have it. The next day, rinse and drain beans. Put in a heavy pot and cover with 2 inches of cold water. Bring to a boil, then reduce heat and boil gently for 10 minutes.

Drain the beans, return them to the pot, and cover with 2 inches of cold water. Set aside and soak for 30 minutes. Drain, rinse, set aside.

Wipe the Dutch oven dry. Cook the onions and garlic in oil until they are tender. Stir in the water, broth and savory, and bring to a boil. Add the beans and stir to combine. Reduce heat and simmer until beans are tender. Season with pepper.

Black Bean Soup

(This recipe is adapted from Janet Ballantyne's *Joy of Gardening Cookbook*)

1 smoked ham hock, with plenty of meat on the bone
1 & ¼ C dried black beans
3 T butter
1 & ½ C diced onion
2 diced garlic cloves
1 C diced carrots
2 C chopped celery stalks
1/8 tsp ground cloves
2 bay leaves
½ tsp dried mustard
2 tsp salt
½ tsp pepper
1 & ½ C light cream
3 T red wine

The day before you are going to serve the soup, boil the ham hock in plenty of water. Remove from the water, and strip the meat from the bone. Reserve the meat. Soak the beans overnight in plenty of water, and 2 tablespoons of whey, if you have it.

The next day, rinse and drain the beans. Bring the beans to a boil in fresh water. Boil for 2 minutes, and then let stand for an hour.

In a large soup pot, sauté onion, garlic, carrots, and celery in the butter. Add the broth used for cooking the ham bone, the beans, the bay leaves, and the spices. Cook gently until beans are tender. Remove half the solids and puree in a food processor with the wine and cream. Return to pot. Season with salt and pepper.

Black Bean Wraps

This is a delicious dinner, quick to make, and hearty. It is worthwhile to have precooked beans on hand – they will keep a long time in the refrigerator.

Large flour tortillas, 1-2 per person
2 C dried black beans
Spinach, chard, or lettuce leaves, washed and torn
Salsa (preferably homemade)
Sour cream (preferably homemade)
1 C cheddar cheese, shredded

1 egg, well beaten

The night before, soak the beans in water and 2 T whey, if you have it. The next day, drain and rinse beans, place them in a pot, and cover with water. Bring them to a boil and boil one minute, then take them off the heat and set aside for an hour. Return to heat, bring beans to a boil, then reduce heat and cook them until they are just tender. Drain.

Beat the egg in a flat pan. Immerse each tortilla, coating it on both sides, in the beaten egg, fry briefly in a sauté pan, and place on plates. Spread shredded cheese, warm beans, greens, and salsa down the middle of the tortilla, fold and turn it over. Place a line of sour cream down the middle of the folded tortilla, and serve.

Black Bean and Barley Soup

One of Henning's creations. It is hearty and delicious.

Beef bones from a grass-fed cow

Olive oil, 1 onion, 2 garlic cloves, one chopped carrot and one chopped stalk of celery

2 T white vinegar

2 C dried black beans

4 T whey, if you have it

2 C barley, hulled, but not polished, if it's available. If not, pearl barley will work. It cooks more quickly, and does not have to be pre-soaked. We like the heartier hulled barley for its added fiber and nutty taste.

Salt and pepper to taste

Soak the beans overnight in plenty of water and 2 tablespoons whey. Soak the barley overnight in a separate container with three C water and 2 tablespoons whey.

Brown the bones in the oil with the onion, garlic, carrot and celery. Cover with plenty of water, bring to a boil, turn to simmer, add the vinegar (it helps to extract the marrow) and cook for several hours. The longer you cook the bones, the more nutrients will be extracted.

Strain the broth, reserving bits of meat to be added to the soup when it's finished.

Drain and rinse the beans, and cook in the broth until they are tender.

Drain and rinse the barley, and cook until tender (about 45 minutes) in a separate pot. Add to the soup. Salt and pepper to taste. You may want to add root vegetables, such as carrots or turnips, to make a denser soup.

Note: For Bean Dip and Fermented Bean Dip recipes, see the Fermented Foods section of this book.

Fennel

Fennel was first cultivated in southern Europe, and used thereafter as food, medicine, flavoring, tea, and insect repellent. It is a member of the same family as dill, carrots, and parsley. Indeed, we have to smell the delicate fronds of fennel to tell it apart from dill in our herb garden.

You can use all the parts of this plant: the seeds as a flavoring, the leaves as an herb, and the bulb as a vegetable. The flavor of the fronds is of mild licorice, or anise. The texture and flavor of the bulb is like celery.

Fennel contains fiber, vitamin C, folate, calcium, phosphorus, potassium, and other trace minerals.

Culinary Tips

- You can chop up the bulb or leaves into any green salad, and use the stalk anywhere you would use celery.
- The leaves are good on fish, particularly with lemon and butter.
- The bulb can be baked: slice, steam for five minutes, and then bake with melted butter and Parmesan cheese.

Cream of Fennel Soup

2 T butter
1 & ½ C diced onion
4 & ½ C chopped fresh fennel bulb
3 C chicken broth
½ C light cream
½ C milk
Salt and pepper

In a large soup pot, sauté the onion in the butter until tender. Add the fennel and chicken broth. Simmer until fennel is tender.

In a food processor, puree half of the soup, return to the pot, and add the cream and milk and heat through. Season with salt and pepper to taste.

Fennel and Broccoli Sauté

8 T water
3 C sliced fresh fennel bulb
2 T olive oil
2 garlic cloves, minced
4 C broccoli florets and pieces of peeled stem
3 T white wine
2 T fresh lemon juice
Salt and pepper

In a large pan, heat the water. Steam and sauté the fennel in the water until the fennel is barely cooked. Add the oil, garlic, and broccoli and sauté for 1 minute. Add the wine and steam and sauté the vegetables until the wine evaporates and the broccoli is tender but still crisp. Sprinkle the lemon juice over the vegetables. Season with salt and pepper. Serve at once.

Fennel in White Wine with Tarragon

2 C thinly sliced fennel bulb
1 C chicken broth (preferably home made)
1 tsp dried tarragon, tightly wrapped in cheesecloth
¼ C dry white wine
1 T butter
1 T flour
¼ tsp salt
¼ tsp pepper
Chopped fresh parsley

In saucepan, combine fennel, broth, and tarragon. Simmer until fennel is tender. Drain, and save cooking liquid. Discard tarragon. Add enough white wine to cooking liquid to make 1 cup. Bring it to a boil.

In a small saucepan, melt butter and add flour, stirring constantly. Gradually add the roux to liquid, stirring constantly. When sauce begins to thicken. Add salt and pepper to taste. Add fennel and reheat. Sprinkle with chopped parsley.

Fennel and Mushrooms

3 C sliced fennel bulb, ¼ C leaves, minced
½ lb mushrooms, sliced
3 T butter
1 T olive oil

Sauté mushrooms in oil and butter until tender; set aside. Place sliced fennel in pan and cook until just tender – it should be crunchy. Mix in mushrooms, fennel leaves, salt and pepper. Blend and serve.

Garlic

Garlic is an ancient food, and so rich in health benefits that it can be regarded as medicine. I once saw a friend of ours with a garlic clove protruding from her ear – she explained that she had an earache, and the garlic would cure it. She was relying on folk knowledge, (garlic has been used medicinally for over 3000 years), but the healing powers of garlic have now been established in over 1000 medical studies. Henning and I eat at least one clove of raw garlic every day – sliced thin over salads or egg dishes or sandwiches or just on buttered bread – for its antibiotic properties.

Originally cultivated in central Asia, garlic is now grown all over the world. The Chinese, Egyptians and Greeks mention garlic in their earliest writings; in fact, the first recorded labor strike was over garlic: Egyptian slaves building the pyramids refused to work until they were given their daily garlic ration. The Egyptians took oaths in the name of garlic, and Greeks gave it as a religious offering to their god, Hetare.

Garlic lowers “bad” cholesterol, raises the level of “good” cholesterol, prevents blood clots (it works as a blood thinner) reduces blood pressure, prevents cancer (it is a powerful antioxidant), prevents and fights fungal and bacterial infections, and strengthens the body’s immune system.

Need we add that garlic is delicious, and can be used in a multitude of ways?

We have grown garlic on the S&S Homestead Farm for over thirty years. We received our first heads from a neighbor, Lori Ann Cotton, and by now, we call it “S&S garlic”. We like the flavor and the fact that it has never developed any fungus. It’s juicy, mild but flavorful, and it keeps so well, in bundles or braids that decorate the house and barn kitchens, that we always have a year-round supply, and can give garlic to our CSA customers on a regular basis.

The cloves of garlic you eat are also the cloves to be planted in the fall, each of which will create a sturdy head by spring. We grow about 750 heads per year, mulching them well and watering them during the dry months with a trickle hose. After harvesting in August, we dry them briefly in the barn, then bundle or braid them. We eat garlic nearly every day, relishing its flavor and rejoicing in its health benefits.

Culinary Tips

- Peel garlic quickly by pressing on the clove with the flat blade of a knife. That will loosen the skin. Garlic “peelers”, which resemble a flat piece of rubber, will loosen the skin of several cloves at a time.
- To release its biological (and therefore medicinal) properties, garlic must be “damaged” – cut or crushed. To add flavor to broth, soups, or stews, add whole cloves to the dish as it cooks.
- Cook garlic in oil to produce flavored oil for frying or sautéing, but then remove it. Browned, it can be bitter.

- Do not store garlic in olive oil without an acidifier such as lemon juice or vinegar. Botulism can result because the oil provides a medium for the bacterial activity of the garlic.
- For use with beef and lamb cuts, pierce the meat and push in slivers of garlic. (To lamb, add rosemary leaves to the garlic slivers.)
- Rub thin cuts of beef, pork and lamb with garlic powder. For pork chops or pork steaks, add powdered sage or dill and salt and pepper to the rub. For lamb, rub with fresh rosemary leaves, or insert the leaves under the skin with a knife point.
- Cook scrambled eggs with sautéed garlic. If you like, include sautéed onion and dried tomatoes.
- We always slice or dice garlic, but we leave you to judge the following note from Anthony Bourdain, chef and author:
“Smash it, with the flat blade of your knife if you like, but *don't* put it through a press. I don't know what that junk is that squeezes out the end of those things, but it ain't garlic.”
- Bourdain also recommends roasting garlic for a subtle flavor, and using both fresh and roasted garlic in salad dressing. Roast the garlic in its skin, and squeeze it out to add to dressing, soups, and sauces.
- Garlic loses many of its medicinal properties when cooked. Sprinkle raw garlic on top of the dishes you eat.

Garlic Dressing

Dice a clove or two of garlic. Add extra-virgin olive oil, some dried mustard, dried basil or a mince of fresh herbs, salt, pepper, sugar, herb vinegar. Mix and let stand; taste, and adjust the seasonings. Add a few flakes of red pepper, and you have a wonderful dip for French bread. You can also use this as a dressing for rice, pasta, potatoes, or vegetables.

Baked Garlic

After an hour in the oven, this delicious appetizer is soft, sweet, and mellow. Use new garlic; the skins are white and pliable, even edible.

6 whole heads garlic
4 T unsalted butter
1/3 C chicken stock
Salt and pepper to taste

Preheat oven to 350. Remove papery outer skin of garlic, leaving heads whole. Arrange heads in a baking dish just large enough to hold them comfortably. Add butter and stock to the dish and set in the middle of the oven. Bake for an hour, basting

occasionally, until garlic heads are golden brown and tender. Season with salt and pepper to taste; serve immediately. There will still be the inner skin on the garlic cloves: squeeze the out with a fork.

Garlic Paste

This year when Henning harvested the garlic, he had a number of small heads left over. He put them through our food processor, skins and all, and created a fabulous paste. We mixed it with butter and put it over baked beets. He shaped the rest into two tubular rolls, wrapped them in plastic and foil, and froze them. We will be able to cut pieces from the paste as needed, and use them on potatoes, pasta, bread, or over vegetables. We also used processed garlic as a supplement for all of our animals; it's as good for them as it is for us.

Garlic paste also serves to repel insects from plants. Mix with water, soap, and spray on infested plants.

Garlic and Sour Cream Dressing

This dressing is great over baked or boiled potatoes, vegetables, or fish.

3 cloves garlic
1 C sour cream (preferably home made)
1 T minced parsley

Mince the garlic in a food processor. Add the rest of the ingredients, and process until smooth.

Garlic Sauce for Pasta

3 T olive oil
8 cloves garlic, minced
1 C chopped scallions
4 C crushed tomatoes, drained
2 T minced fresh basil
2 t fresh thyme (or ½ tsp dried thyme)
¼ C white wine
Salt and pepper, to taste
Parmesan cheese, grated

Sauté the garlic and scallions in oil until just tender. Add the crushed tomatoes, herbs, and wine. Simmer for 10-15 minutes. Season to taste, and serve over cooked pasta. Top with cheese.

Green (And Yellow And Purple) Beans

Fresh beans are one of the most common vegetables grown and eaten in North America. They were formerly called string beans, but the “string” which used to have to be stripped, has been bred away.

Like dried beans, fresh beans were first cultivated in the Americas. The Spanish took them to the Philippines and thence to Asia, and the slave trade took them to Africa. Beans reached Europe in the 16th century where they became known as “French beans” and their cultivation and use spread rapidly.

Fresh beans provide vitamins A and B-complex, calcium, and potassium, and they are an excellent source of iron.

Culinary Tips

- Best if boiled or steamed intact, rather than cut or snapped – they retain more nutrients.
- We prefer to boil, rather than steam, beans; steaming takes longer, and can toughen tender beans.
- When sautéing them, blanch them briefly first; this keeps them tender. Purple beans will turn green during blanching.
- Fresh beans are wonderful simply sautéed with any combination of butter, garlic, onions, shallots, sliced mushrooms, diced nuts, fresh herbs, and bread crumbs.
- You can preserve beans by canning them, but by the time they have been processed long enough to be safe, they have lost their crunchy texture. It is better to briefly blanch and then freeze them. They will still be a bit limp, but are great in soups.
- If you cook beans with summer savory, they will become less “gassy” and take on the subtle flavor of the herb.

Salade Niçoise

There are many variations of this salad. We like to keep ours simple.

In the center of a large platter, place chunks of smoked fish, such as trout or salmon.

Ring the fish, place quarters or slices of hard-boiled eggs.

Tucked between the eggs, place pitted Greek olives.

Surround the eggs with fresh green beans that have been briefly parboiled. They should be tender, but still crisp.

Put leaves of butter crunch lettuce, washed and thoroughly dried, around the outside of the platter.

Drizzle the salad with a light vinaigrette, made with minced garlic, olive oil, tarragon vinegar, sugar, salt, pepper, and dried mustard.

Ideally, each serving of the salad should have a little of each of these delicious foods.

Green Beans and Tomatoes

This is my favorite way to prepare green beans. I choose the smallest I can find.

- 1/3 C olive oil
- 1 and ½ lb green beans
- 2 diced garlic cloves
- 1 medium onion, sliced into thin rings
- 4 small ripe tomatoes, seeded and chopped
- ¼ C chopped parsley
- 5 T herb or red wine vinegar
- 1 and ½ tsp dried oregano
- ½ tsp salt
- ½ tsp pepper

Heat the olive oil in a heavy skillet, add the beans, stirring and tossing constantly, until beans are bright green and about half cooked.

Reduce heat and add garlic and onion. Cook, stirring, for about 1 minute.

Add the rest of the ingredients and cook for about five minutes, tossing occasionally, until beans are tender and sauce is slightly reduced.

Green Bean and Nasturtium Salad

We raise nasturtiums because we love their saucy little faces, and we cultivate them next to tomatoes because they draw aphids away from the vegetables. But these flowers are also food, adding a peppery zest to salads and dishes like this one:

- 1/3 C sliced shallots
- 2 T tarragon vinegar
- 2 T fresh tarragon leaves, coarsely chopped
- Salt and pepper
- 4 quarts water
- 1 lb small green beans
- 3 T olive oil
- 24 nasturtium flowers

Toss the sliced shallots, vinegar, tarragon, and ¼ tsp salt together in a large mixing bowl. Let sit for a half hour, uncovered.

Cut the beans diagonally into 2 inch pieces. Blanch the beans briefly in a steamer or in boiling water. They should be crunchy and bright green – just barely cooked. Plunge them into cold water. Drain and dry them.

Stir the olive oil into the shallot mixture. Add the beans and toss. Season to taste with salt and pepper.

Place nasturtiums decoratively on top of the beans.

Beans au gratin

4 C lightly steamed green beans
¼ tsp salt
Dash cayenne pepper
¾ C grated Parmesan
2 T butter
1/3 C cream

Mix together the beans, seasonings, and ¼ C of the cheese, 1 T of the butter, and the cream. Place the mixture in a greased baking dish. Sprinkle with remaining cheese and dot with remaining butter. Bake at 425 for about 20 minutes.

Marinated Green (or purple!) Bean Salad

Since purple or striped beans lose their color when they are cooked, using them in this salad is a good way to preserve their lovely colors.

1 lb beans
¼ C minced onions
2 T olive oil
1 T vinegar
Chopped herbs – thyme, dill, or summer savory
¼ tsp salt
2 cloves garlic, chopped
Pepper to taste

Combine all ingredients except the beans to make a dressing. Marinate raw beans in the dressing for 24 hours before serving.

***Stampfenbohnen
(Pounded Beans)***

Invariably, you won't be able to keep up with picking the beans, and some will become large and elderly. This recipe, from Marian Morash's *The Victory Garden*, is a good way to cook them.

1 lb potatoes, peeled and chopped
1 & ½ lb snap beans, cut into 1 inch pieces
6-8 T butter
1 C chopped onions
Salt and pepper

Cook the potatoes gently until they are still firm, then add the beans and cook until both vegetables are tender.

Sauté onions in butter until tender. Drain the potatoes and beans, reserving some of the cooking liquid. Mash the potatoes and the beans until potatoes are mashed and

beans are broken up. Add cooking liquid as needed. Beat in the butter and onions, adding butter if desired. Season with salt and pepper.

Herbs

In *Kitchen Confidential*, chef Anthony Bourdain notes that, if you want to cook like the pros, one easy way is to garnish your food with herbs:

A nice sprig of chervil on top of your chicken breast? A healthy-looking basil top decorating your pasta? A few artfully scattered chive sticks over your fish? A mint top nestled in a dollop of whipped cream, maybe rubbing up against a single raspberry? ... You can use the part not needed for garnish to actually *flavor* your food. That dried sawdust they sell in the cute little cans in the super market? You can throw that, along with the spice rack, right in the garbage. It all tastes like a stable floor. Use fresh! Good food is very often, even *most* often, simple food. Some of the best cuisine in the world... is a matter of three or four ingredients. Just make sure they're *good* ingredients, *fresh* ingredients, and then *garnish* them! How hard is that? (82-83).

Herein, Bourdain mentions just two of the appealing characteristics of herbs – their beauty and their flavor. Garnishing adds panache to any dish, and cooking with herbs is a must. Some, like parsley, are a significant source of nutrition. A bundle of dried lavender hanging next to a braid of garlic makes a kitchen look peaceful and bountiful. Herbs are an ancient source of medication. In the garden, herbs provide beauty and attract pollinators. Folk wisdom about herbs illuminates ancient religious practices and bits of history.

Jenelle regards fresh herbs as nature's greatest condiment. She serves a bowl of freshly chopped herbs on the table so that people can sprinkle them over soups, salads, eggs, and other dishes. Fresh herbs from the market are terribly expensive, but readily available elsewhere. Jenelle writes, "I used to work at a natural foods co-op that charged three dollars for a small bunch of rosemary and other herbs. I wonder if anybody but me noticed the huge rosemary bush growing in the parking lot!"

We grow fresh herbs year round, both in the herb bed in the garden and in a growing pit in the little greenhouse/mudroom just off the kitchen. When in the last moments of food preparation I want some parsley, chives, or rosemary, they are only a step and a snip away.

Herbs are very easy to grow, and many of the most useful ones, such as rosemary, tarragon, sage, thyme, marjoram and oregano, are perennial. You just have to whack them back from time to time to keep them from becoming trees. We renew our chive and parsley plants every two years, and plant basil annually.

Both Jenelle and I have tried drying our own herbs, but the result was more "stable floor" than flavorful. (Other people are successful at this, please note.) Fresh herbs can also be frozen. I buy dried herbs from Blossom Foods, our local natural foods store. They are organic, inexpensive, and delicious.

BASIL

Basil is one of the earliest known herbs, its seeds probably carried from India or the Far East into Babylon by early traders. According to one legend, only the king with a golden sword could make the first cutting. In India, the basil plant is sacred to both Vishnu and Krishna, and “Every good Hindu goes to his rest with a basil leaf on his breast. This is his passport to paradise” (Henderson, 55).

Basil comes in several varieties that have a wide range of flavors, including purple, cinnamon, and lemon. We grow sweet basil, whose leaves are small and smooth, and mammoth basil, whose leaves are large and crinkled. We keep the flowering tops cut back and, when cutting, leave the bottom leaves on the plant – more will grow.

I reach for dried basil for almost every meal, adding it to vinaigrettes, using it to flavor eggs, soups, stews, and casseroles. I also sprinkle it onto sliced tomatoes before they go into the dehydrator, and use these all winter long for pasta sauces, in eggs dishes, and in soups and stews.

Basil, Tomato, and Cucumber Salad

This wonderful, simple salad is the heart of many a summer meal. Slice fresh cucumbers and tomatoes, top with cut basil leaves, and cover with a vinaigrette dressing, made with fresh minced garlic, dried mustard, salt, pepper, sugar, olive oil, and herb vinegar.

Basil, Tomato, and Garlic Sandwiches

Slice tomatoes, add slivers of raw garlic and a layer of basil leaves. Serve on fresh bread, adding cheese, butter or mayonnaise if you like.

Pesto

Everyone has a favorite pesto recipe. Here’s mine:

½ C grated Parmesan cheese
4 cloves garlic
2 C basil, compacted
½ C pine nuts
½ tsp salt
1/3 C olive oil

Use the metal blade of a food processor to chop cheese and garlic. Add remaining ingredients except oil and process until combined. With machine running, pour oil through feeding tube, and process until combined. Scrape down bowl and process until smooth.

I make vast quantities of pesto during basil season, and freeze it. I do not recommend freezing pesto in ice cube trays because of freezer burn. Just put a pint

freezer bag in a teacup, and scrape the pesto from the food processor into it. Seal tightly, and place in the freezer. We keep pesto this way up to three years, and it tastes delicious. You can put the frozen pesto directly into a small saucepan, thin it with a little white wine, heat it, and mix put it over pasta. A fresh salad and some French bread, and Voila! Dinner!

CHIVES

A member of the onion family, chives are a hardy perennial, and one of the first herbs available in the spring. You can use chives in place of onions, and their light flavor enhances many dishes, especially cheeses, eggs, and soups, fish, and potatoes. Their flowers are edible, and will dress up a salad.

Baked Sole with Chives

4 large fillets of sole
¼ C dry white
¼ C fish stock or clam nectar
2 T fresh lemon juice
2 T butter
Pepper, to taste
3 T chopped chives

Preheat oven to 350. Put sole in a buttered 8x12 baking dish. Pour liquids over fish, and dot with butter. Season with pepper, and sprinkle with chives. Bake for 12-15 minutes, basting occasionally.

CILANTRO AND CORIANDER

This versatile plant provides seeds, known as coriander, and leaves, known as cilantro. Its seeds have been found in Egyptian tombs, and Romans used them to preserve meat. Currently it is cultivated in Latin America, Asia, and the Middle East, only recently appearing in North American cuisine. Spice from the coriander seed is markedly different in flavor from the leaf. Whole seeds are often used in baking, in stir-fries and salads. It has a strong, musky, licorice flavor.

The leaves are used in stir-fries, soups, salads, and with seafood. I use cilantro leaves with Mexican dishes, particularly salsa. See **Tomato** section for recipe.

DILL

Native to Asia Minor and the Mediterranean, most commercial dill comes from India. It reseeds itself readily in the garden, and will pop up everywhere. Both the leaves and the seeds are useful. The name for this herb is derived from the Old Norse *dilla*, to lull. The etymology of this term is a bit mysterious: it could refer to the hypnotic waving of the tall, delicate plant, or because it was hung above the door as a protection against witchcraft.

The leaves of this plant, called dill weed, are best harvested when small, and a delicate green. They provide excellent flavor to egg and fish dishes, or sprinkled raw on vegetables or potatoes. I also use the mature heads for making pickles. (See *Cucumbers* for this recipe.)

Dill Yogurt Dressing

1 and ½ C yogurt

½ C mayonnaise

1 clove garlic, diced

2 tsp fresh lemon juice

½ C finely chopped fresh dill weed

Freshly ground black pepper, to taste

Mix all ingredients together and chill. It is my favorite salad dressing. You can also serve it as a dip with fresh vegetables or on baked potatoes.

LAVENDER

Lavender, prized for the beauty and scent of its flowers, was once used to calm people's nerves or revive them from a fainting spell. Its use was seldom recognized until the Renaissance, because it was associated with sensual, rather than religious, ideas. But in Tudor England it came into its own, and now is a big industry in Europe and the United States, providing the basis of many perfumes, potpourris, scented pillows, bath water and soaps. Lavender also has culinary uses, and, in the garden, lavender oil will repel many pests.

We grow it in our garden for its beauty and the fact that pollinators positively line up to get at the blossoms. (Customers do, too!) One of my sisters-in-law told me that planting lavender under our rose bushes would prevent rust on the rose leaves. For drying, cut lavender before the individual buds open.

MARJORAM

Marjoram is a Mediterranean herb, with a rich history. Venus was thought to have first planted it, its sweet scent and flavor coming from her touch. The Greeks believed that marjoram growing on a tomb was a sign that the deceased's soul was at peace. Wreaths of marjoram were placed on the heads of bridal couples in ancient Greece and Rome. This herb probably reached Great Britain in the 10th or 11th century, where it was scattered on floors to sweeten the air as it was walked on. Dried leaves perfumed bed linens and were sewn into pillows.

Marjoram is milder in flavor than its close relative, oregano. (We grow both, and it is hard to tell them apart.) Both are wonderful in tomato and meat dishes, such as spaghetti sauce, soups, and stews.

MINT

The ancient Greeks believed that when Hades, god of the underworld, became enamored of a nymph, Menthe, his wife Persephone, turned her into a plant and left her to grow forever in shadows and darkness. The Pharisees of Biblical times paid their taxes with its leaves. Ancient herbalists prescribed mint for indigestion, mouth ailments, ulcers, and the bite of a rabid dog.

There are many varieties of mint, and many commercial uses for it – notably as flavorings in gum, candy, mouthwash and toothpaste. Cooks use it for sauces, jelly, sorbet, and with lamb and Middle Eastern dishes. We grow peppermint and lemon verbena mint. Or rather, it grows by itself around our porch, and we whack it back every year so that it does not invade the house. I crush leaves into iced tea and water for cool summer beverages.

(See separate section on Parsley)

ROSEMARY

Rosemary is one of the primary herbs in my kitchen, and is noble not only for its culinary uses, but its wonderful folk history. The flowers are blue, and said to have taken their color from the cloak of the Virgin Mary after she flung it over a bush to dry. Ancient Greeks and Romans burned the leaves as incense, and rosemary was scattered across the floors of prisons and courtrooms as a prophylactic against diseases carried by prisoners. It is also the herb of memory, and was thought to prevent both nightmares and baldness.

We grow a big rosemary bush in the herb garden and in the kitchen garden right off the house. I snip its leaves into salad dressings, and foccacia; stuff them, with garlic, into cuts of lamb and pork; scatter them over roasted potatoes and vegetables.

Rosemary Potato Casserole

4 lbs potatoes, peeled and chunked into bite-size pieces.
8 tsp chopped rosemary leaves
½ C butter
Ground black pepper
2 C milk

Preheat oven to 375. Layer potatoes and rosemary in a casserole dish. Dot each layer with butter and season with pepper. Pour milk over top. Cover. Bake one hour. Uncover and bake for an additional 30 minutes until browned.

SAGE

Sage is a beautiful bush with long, gray-green leaves. Its name comes from the Latin *salvare*, which means “to be saved”. It was believed to cure ailments ranging from eye diseases, broken bones and stomach disorders to loss of memory. (The word “sage” means “wise one”.) It was said of this herb, “How can a man die with sage growing in his garden?” Folk wisdom has it that, when things are going well, sage plants will flourish; when they are going badly, the plant will droop its leaves.

Sage is used as a basis for some perfumes and potpourris. In the kitchen, it flavors pork, chicken, and fish. Add two tablespoons of finely chopped sage to sausage just before frying.

Green Beans with Sage

1 lb green beans, trimmed
2 TB butter
¼ C freshly grated Parmesan
1 T finely chopped sage
Freshly ground black pepper, to taste

Steam beans until just tender. Melt butter in a saucepan, and mix in cheese and sage. Season with pepper. Toss beans in the sauce and serve at once.

Sausage and Sage Patties

1 lb sausage meat
2 tsp finely chopped sage

Mix meat and sage together in a bowl. Form into small patties. Fry in a skillet for five minutes per side until browned. Serve.

TARRAGON

The Greeks knew tarragon as early as 500 B.C. The Arabs in the 13th century called it *tarkhum*, meaning dragon, because it fought against pestilence. When it reached Europe in the 16th century, the French called it *estragon*, also meaning dragon. The name possibly refers to the serpent-like roots, or because of its fierce flavor. It is used in marinades, salad dressings, eggs, cheese dishes, and chicken.

Unlike sage and rosemary, the tarragon in our garden does not produce leaves during the winter, but I fall upon it in the spring when its tall, leafy branches appear, before it sets seed. My two favorite uses for it are to spice chicken and fish, and to make the vinegar we use all year.

Tarragon Chicken

You can use this recipe with whole roasting chickens, as below, or with pieces of chicken or Cornish Game Hens.

1 roasting chicken
½ C softened butter for baking, ¼ C for sauce
6 T finely chopped tarragon leaves, and 2-3 sprigs for stuffing
Freshly ground pepper, to taste
2 T flour
¾ C whipping cream

Preheat oven to 375. Rinse chicken in cold water and pat dry. Cream butter with 4 T tarragon and season with pepper. Put one half of the herb butter inside the chicken with a few extra sprigs of tarragon. Put chicken in a roasting pan, pat the skin with the rest of the herb butter, and bake for 1 and ½ hours, basting occasionally, until chicken is browned.

When chicken is done, remove roasting pan from oven. Remove chicken from roasting pan and put on a serving platter. Return chicken to oven to keep warm.

Melt ¼ C butter in a saucepan. Add 2 T tarragon and flour, stirring constantly with a whisk to make a roux. Add pan drippings to saucepan, stirring until well blended. Add cream, stirring until mixture thickens. Gently heat through. Carve chicken, and serve the sauce over chicken pieces.

Tarragon and Shallot Butter

Note: this sauce can be served over baked, poached, or fried fish, over rice, and as a dip for bread.

Sauté shallots or green onions in butter in a saucepan, 'til tender. Add diced tarragon leaves and simmer briefly. Pour butter over fish and serve.

Creamy Tarragon Dressing

This dressing is great over sliced tomatoes, green salads, and cooked vegetables.

2 shallots, minced
2 T minced fresh tarragon
1 tsp Dijon-style mustard
3 T fresh lemon juice
½ C olive oil
Salt and pepper, to taste

Combine all the ingredients in a food processor. And process until smooth. Season to taste with salt and pepper.

Tarragon Vinegar

I put up at least twenty quarts of this in early summer, and use it for everything that calls for vinegar. Then I sneer at the pricey herb vinegars in the store.

8 C white vinegar
1 tsp sugar
1 large bunch fresh tarragon
1 large piece of red pepper
½ tsp whole black peppercorns
1 tsp celery seed
2 cloves garlic

Warm vinegar and sugar. Add all other ingredients to a large glass jar with a tight-fitting lid. Pour warm vinegar into the jar and put the lid on tight. Store in a dark cool place for four weeks. Then strain vinegar and put into a bottle with a tight-fitting top. Add a sprig of fresh tarragon, a clove of garlic, and a new piece of red pepper. The vinegar will age and mellow on the shelf, and is best when a light golden color.

THYME

The Greeks believed that thyme imparted courage and fortitude, a notion that was carried into Medieval Europe, where ladies embroidered scarves showing bees hovering over branches of thyme, and gave them to knights as tokens of bravery. Thyme tea was believed to prevent nightmares, and people tucked sprigs of it under their pillows to induce sleep.

Thyme is a member of the mint family and, like its relatives, is rich in volatile oils. The chief oil, thymol, is a powerful antiseptic and is used in lotions and salves.

There are more than 400 types of thyme. They are a beautiful herb in rock gardens, low-growing and quick to spread. Their flowers attract bees and other pollinators.

We have bunches of thyme in our herb garden, and I use it in soups, stews, and salad dressings.

Pot Roast with Thyme

1 3-lb beef chuck roast
Flour (for dredging)
Pepper to taste
5 T olive oil
1 medium onion, chopped
2 cloves garlic, chopped
2 C beef stock

1 5 oz can tomato paste

3 T finely chopped fresh thyme

Preheat oven to 325. Dredge roast in flour and pepper. In a Dutch oven, brown the roast on all sides in oil. Remove roast from Dutch oven and set aside. Sauté onion and garlic in Dutch oven until they are tender. Remove Dutch oven from heat. Mix beef stock, tomato paste and thyme together in a food processor. Return roast to Dutch oven. Pour stock mixture over the roast and bring to a boil. Cover, put Dutch oven in the oven and bake for two hours, longer if necessary. Meat should be tender and easy to carve. Slice roast and pour pan juices over the top.

Kale

Kale has been in the European diet since the Greeks and Romans. It is also featured in American salad bars – but only as a lacquered decoration! This practice is a waste of an excellent food: kale is “full of cancer-preventing enzymes; it has as much protein as whole milk (and only 43 calories per cup); each cup provides you with more vitamin C and vitamin A than you need in a day, and it’s loaded with folate, potassium, and iron” (*OG* Nov/Dec 1999, 48).

We grow kale all year round: Russian, Winterbor, and Nero di Toscana, which has a particularly rich, mild flavor. Kale is a “cut and come again” plant, so it produces a lot in little garden space. Kale is particularly sweet and flavorful after a winter frost.

Culinary Tips

- Add chopped kale to soups and casseroles.
- Kale takes a bit longer to cook than spinach or chard. Boil or steam it until just tender, but still bright green.
- To sauté kale, blanch it first, squeeze out the water, and then add it with some garlic to an oiled, medium-hot pan. Sauté, stirring constantly. Sprinkle with vinegar, salt, and pepper. (Note: to get the most nutrition from the garlic, add some fresh garlic just before serving.)

Caldo Verde

(Portuguese Soup with Kale)

2 & ½ lbs potatoes, peeled and thinly sliced
2 T olive oil
2 C diced onion
2 T minced garlic
6 C chicken broth
½ lb sliced pepperoni, sautéed and drained to render out the grease
4 C kale, stemmed and chopped
1 T fresh lemon juice

Sauté potatoes in olive oil. Add diced onion and garlic and cook until they are just tender. Add broth and simmer. Add prepared pepperoni. Add kale and simmer until tender. Salt to taste. Add lemon juice before serving.

Potatoes and Kale a la Greque

3 large potatoes, scrubbed and cut into 1-inch chunks
10 large leaves of kale, leaves and stems, chopped
2 C water
½ tsp basil
¼ tsp oregano

½ tsp dill seed

For topping:

2 tomatoes, chopped

1 package Feta cheese, or 1 C grated Parmesan

1 medium onion, diced and sautéed in butter or olive oil

Place potatoes, kale, water, and herbs in a large pot. Cover and bring to a boil. Reduce heat and simmer, stirring occasionally, until potatoes are tender. Place cheese, tomatoes, and onions in separate bowls on the table for topping.

Kirsten's Kale

(This recipe comes from Henning's sister in Germany. She served it with potatoes, spare ribs and sausage when Henning visited her last winter. It's a winner!)

2-3 bundles kale

Olive oil or butter for sautéing

1 T flour, optional

Onions to taste

Salt and nutmeg to taste

Clean the kale, and strip the leaves. (Use leaves only.) Place in boiling salted water and cook 'til tender. Drain, reserving liquid. Chop kale leaves coarsely or pulse briefly in a food processor. Sauté onions in olive oil or butter. If you like, stir in flour to make a roux. Add kale and sauté briefly. Add vegetable water, bring to a boil, season to taste. You can mix in boiled potatoes or serve the kale over boiled potatoes.

Jan's Kale Dip

(Courtesy of Jan Sundquist. This is the best dip I have ever tasted. She served it with white corn chips, but it would be good with raw or steamed vegetables, too.) In a food processor, blend

1 C kale leaves, 1 C mayonnaise, and 1 C plain yogurt

Add, and blend again

Fresh lemon juice, diced scallions, salt, pepper, and hot sauce to taste.

Before serving, blend all ingredients with

1 C parsley

Calzone Stuffed with Kale

For the filling:

4 C blanched, chopped kale (to blanch, cook briefly in boiling water, and dry thoroughly)

6 T olive oil

1 T butter

2 cloves garlic, minced

½ tsp rosemary, minced
6 slices mozzarella cheese
¼ lb salami, sliced
Salt and pepper

Sauté chopped kale in 3 T olive oil until moisture is evaporated. Stir frequently. Reduce heat, stir in garlic, butter, and rosemary, cover, and simmer for 5 minutes. Season with salt and pepper and set aside to cool.

Make French bread dough (*see Bread section in this book*). Allow it to rise. With your hands, divide it into eight equal pieces. On a floured surface, use a rolling pin and roll each piece into a 6-inch circle, or a 4x6 inch rectangle. Place the slices of cheese and salami on the one half of the dough, and cover with the kale and herbs, Divide the filling among the pieces, mounding it on half the dough and leaving a two-inch margin. Fold the dough over the filling and crimp the edges to seal them.

Sprinkle a large baking sheet with cornmeal. Place the calzones on the sheet. Bake at 400 degrees until golden.

Sautéed Kale

3 T olive oil
4 cloves garlic, minced
2 onions, chopped
1 & ½ lbs kale
½ C white wine
3 T Tamari sauce
1 red chili pod, seeded
1 T balsamic vinegar

Remove stems from kale (use leaves only). In a bowl, combine the wine, Tamari, and the chili pod. Sauté the onions and garlic in the oil. Add kale to the pan, a handful at a time, until all of it is wilted. Add wine and cover the pan. Cook until the liquid is gone and the kale is tender. Add balsamic vinegar, and serve at once.

Henning's Originally Conceived Kale Soup

Faced with a plethora of kale, which had been seeded in the fall and produced beautiful tender plants the following spring, Henning created this soup. It's subtle in flavor, easy to make.

1 large bowl kale, coarsely chopped
1 quart broth
4 large potatoes, chunked into eight pieces each
1 large onion, diced
1 head garlic, diced
2 slices thick cut bacon, sliced
1 T flour
Salt and pepper to taste

In a large pot, cook the bacon until lightly browned. Sauté onion and garlic in the bacon fat until translucent. Sprinkle on flour. Add 1 C broth and mix well. Add chopped kale and steam 3-4 minutes to wilt. Sieve out solids, and put the juice back into the pot.

Add potatoes and simmer until done, about fifteen minutes. Briefly pulse kale, onion, garlic, and bacon in food processor, add to soup, and turn off heat. Let sit a couple of minutes before serving.

Serve with homemade sourdough dark bread, homemade butter, a mild cheese, and a glass of wine.

Kohlrabi

The earliest mention of kohlrabi comes from Pliny in ancient Rome. The name comes from German: *kohl*, which means cabbage, and *rabi*, which means turnip. It is a plump, charming vegetable, ranging in color from white to purple. The edible bulb swells and sits on top of the ground. We grow them year-round, and they are particularly delectable in the winter, after a frost.

Kohlrabi is an excellent complex carbohydrate, and fiber, and a good source of vitamin C, calcium and potassium.

Culinary Tips

- Most books tell you to harvest kohlrabi when it is young: about two inches in diameter. But our kohlrabi can swell to the size of baseballs and still remain tender, sweet, and firm.
- Kohlrabi keeps up to two months packed in moist sand in a cool, moist cellar: cut off the leaves and store the bulb.
- Kohlrabi is great eaten fresh. Peel the bulb, sprinkle with salt or paprika, or dip it in a vegetable dip. Eaten this way, it is much like jicama, grown in Mexico.

Steamed Kohlrabi

Peel, slice, and steam lightly to preserve the crunch and the vitamin C. Serve with butter or cream sauce.

Casseroled Kohlrabi

2 large, or 4 small kohlrabi
2 cloves garlic, minced
1 onion, minced
1 pint frozen peas, thawed
1 large potato
1 pint chicken broth
1-2 TB flour
1 T butter

Salt, pepper, paprika, thyme and basil

Peel, slice and cook the kohlrabi and the potato until both are tender but still firm. Drain and set aside, reserving the cooking water.

In a frying pan, melt the butter, sauté the onion and garlic in it, and then stir in the flour until you have a paste. Slowly add chicken broth and the cooking water until you have a medium thick sauce. Stir in salt, pepper, paprika, thyme and basil, and keep cooking gently, adjusting liquids, until herbs are softened. Adjust seasonings.

Layer potatoes and kohlrabi in a casserole dish. Add peas. Pour sauce over the top, and warm in the oven until sauce is bubbly.

Henning's Norwegian Vegetable Chowder
(Adapted from a traditional recipe from Hedmark)

Cut any root crops, such as potatoes, turnip, kohlrabi, rutabaga, onions, carrots, beets, lovage, celery, or squash, into bite-size pieces.

Place in a crock-pot, and cover with whole milk (preferably raw milk from a grass-fed cow).

Add any herbs and spices you like, such as minced garlic or garlic powder, basil, or thyme.

Turn the crock-pot to high, and let the vegetables simmer until they are tender.

Note: you can do this on the stove, but the advantage of a crock-pot is that the milk will not boil or scald.)

This is a one-dish meal, and absolutely delicious!

Red Cabbage and Kohlrabi Slaw

See ***Cabbage*** section in this food book.

Kohlrabi and Carrot Sauté

4 C sliced kohlrabi
2 C sliced carrots
4 T minced garlic
2 tsp minced fresh parsley
2 tsp minced fresh tarragon
2 T butter
2 T olive oil
2 T lemon juice
Salt and pepper

In a frying pan, melt butter, add oil, and sauté the garlic, carrots and kohlrabi until tender but still crisp. Mix in the herbs and lemon juice, season with salt and pepper. Serve at once.

Leeks

The Romans introduced leeks to the rest of Europe. The Welsh adopted it as their national plant. According to tradition, the leeks they wore in their hats helped the Welsh defeat the Saxons in 640 A.D.

Leeks, like garlic, onions, and shallots and chives, are a member of the allium family. They are a good source of Vitamins C and E, iron, and potassium. They have a delicate flavor and tender texture, and are particularly toothsome in winter. Unlike their cousins, which must be harvested and dried in the fall for winter consumption, leeks can remain in the ground all year, and are particularly tender and sweet after a frost.

Culinary Tips

Fresh leeks can be eaten raw, sliced into salads, or they can be cooked. Recipes may stipulate “white part only”, but the green stem can be used, as well. When leeks develop a bulb at the top, chances are they are tough at the base. Cut off the root and slide a knife into the base of the leek. If it is not tender, put it in the compost pile.

Leeks will store well in your refrigerator for several days.

You can use leeks in place of onion, garlic, or shallots.

Leek and Potato Soup

6 leeks, carefully cleaned, thinly sliced
4 medium potatoes, thinly sliced
4-5 C chicken, beef, or vegetable broth
1 T olive oil or butter
1 C milk or cream
2 T sour cream or yogurt
Freshly ground pepper, to taste
1 tsp thyme
1 T parsley or chives, chopped

Sauté the leeks in oil or butter until tender. Simmer the potatoes and thyme in the stock for 15 minutes. Add the leeks and simmer for another 10 minutes.

At this point, you can puree all or part of the soup. (We like ours chunky.) Add the milk or cream to the soup, and heat through, but do not boil. Season to taste with pepper, and garnish with sour cream or yogurt, and the fresh herbs.

Pasta With Leeks and Onions

6 medium leeks (about 3 lbs), washed and thinly sliced
Pasta
2 T butter
10 green onions, thinly sliced
8 shallots, finely chopped (about 1 C)
2 garlic cloves, finely chopped

½ tsp ground pepper, ¼ tsp salt

2 C vegetable broth

1 C light cream (half & half)

To make vegetable broth: Early in the day, put diced carrots, diced onion, diced celery, diced tomato, diced garlic, and greens from the garden (chard, spinach, lettuce, arugula, beet greens – whatever is available) and a mix of fresh herbs in a pot with 4 C water. Cook the vegetables down slowly, until 2 cups of broth remain. Drain, discard vegetables, and set aside.

In large skillet, melt butter. Add sliced leeks, green onions, shallots, garlic, pepper and salt. Cook until vegetables are tender, stirring often. Add broth and half-and-half, cook one minute. Set aside.

Cook pasta and drain – return to pot. Add leek mixture and toss well to coat. Serve immediately.

Lettuce

Lettuce has been grown for thousands of years. It was very popular in Roman times, hence the name *romaine*. We grow at least ten different varieties on the farm. In spring and summer, we start seedlings in the greenhouse, set them for a few days in hardening-off boxes to grow sturdy, and then transplant them into the garden next to pea vines, where they will get moisture and shade. In fall and winter, we raise lettuce in the hoop house, where plants get warmth and light. Romaine is the most nutritious of the lettuces, followed by leaf, then butter crunch. Other than providing fiber and water, the iceberg lettuces featured in grocery stores supply no nutrition.

Lettuce provides small amounts of potassium, phosphorus, calcium, and B-complex vitamins. It also contains vitamin A, with amounts descending in order of leaf and romaine, butter crunch, and iceberg.

My optometrist says that the best way to prevent macular degeneration is to eat lots of leafy green vegetables. Lettuce is certainly among these.

Culinary Tips

- A friend of ours, a naturopathic physician, has a list of about ten things that people can do to improve their health immediately. The first item on the list is “Make your own salad dressing.” Read the labels on commercial salad dressings. Many contain trans fats, stabilizers, sodium, sugars, and chemicals too complex to pronounce – but you certainly don’t want to eat them. Below, find some simple salad dressings that are quickly made, delicious, and good for you!
- Lettuce purchased at the store has traveled a long way (unless it is locally produced) sat for a long time, and had its vitamins destroyed by continuous washing or misting. Grow your own, or buy lettuce from a farmer’s market or a CSA.
- If you store lettuce, put washed and dried leaves with a wet paper towel in a plastic bag in the refrigerator.

Greek Salad

8 cups Romaine lettuce
2 cucumbers, seeded and chopped
3 large tomatoes, seeded and chopped
3 scallions, sliced
16 black Greek olives
1 &1/2 C feta cheese
2 T chopped mint
Salt and pepper

Lemon Vinaigrette
1 clove garlic, minced
1/4 tsp salt
2 T fresh lemon juice
1/4 tsp Dijon mustard
9 T olive oil
freshly ground pepper

Vinaigrette Salad Dressing

You can use this dressing on rice, potatoes, or steamed vegetables, as well as salad.

Blend minced fresh garlic or garlic granules with olive oil, sugar, red or white wine vinegar, salt, pepper, and dry or prepared mustard. You can make enough to store in the refrigerator for next day's salad.

For a richer salad dressing, use balsamic vinegar in place of the lighter vinegars and honey in place of the sugar.

Note: fresh garlic stored in olive oil alone can produce e-coli bacteria. If you store fresh salad dressing, be sure there is an acidifier, such as lemon juice or vinegar, included.

Mushrooms

The most fascinating information about the mysterious mushroom, and the rituals of mushroom hunting, can be found in Michael Pollan's *The Omnivore's Dilemma*. I consider mushrooms to be, like blackberries, one of God's little gifts: we don't have to seed, plant, tend, mulch, or water them. We just wait for the first rains of September, then go out into the cow pastures and gather them. Although many varieties grow in the woods and pastures nearby (we once found some shaggy manes growing in our driveway), we gather only the white button mushrooms. Many mushrooms are poisonous, and it takes a real expert to tell them apart from those that are benign. I once ran short of the *champignons* I was putting into a shepherd's pie, and gathered some identical-looking button mushrooms from our yard. The gills were white, rather than golden brown, but I added them to the filling anyway. When Henning tasted the filling, he found it bitter. I called the poison control center, and was informed that I should never pick mushrooms with white gills from our yard. Fortunately, there were no nasty results, but I have been very careful ever since.

White button mushrooms do contain nice amounts of various B vitamins.

- White button mushrooms are at their prime when the cap is still small and the gills are golden brown.
- While raw mushrooms are ubiquitous in salad bars, they contain hydrazines, toxic chemicals that produce tumors in laboratory animals. Cooking or heating eliminates these (Yeager 367).
- Mushrooms are easily and safely canned.
- We use mushrooms in a number of dishes, notably spaghetti sauce and beef stroganoff.

Braised Mushrooms

You can make a wonderful hors d'oeuvre by braising mushrooms in white wine or beef broth with a little dried basil and some black pepper. You can add minced onion and garlic, if you like.

Crepes with Mushrooms

This is a delectable dish, perfect for company or a potluck supper. If you haven't time to make crepes, the creamed mushrooms can be served over rice.

For the creamed mushrooms:

2 lbs firm white button mushrooms
4 T butter
1 tsp salt
¼ tsp pepper
A pinch of nutmeg

1/3 C cream
2 T red wine
1 T Tamari sauce
½ C chopped parsley

Remove stems and slice the mushrooms. Sauté the mushrooms in the butter until the juices are released. Add salt, pepper, and nutmeg, and simmer until mushrooms are tender.

Remove mushrooms from pan with a slotted spoon, and place in a bowl. Add cream, wine, and Tamari sauce to the skillet and cook until reduced by half. Return mushrooms to the pan, stir in parsley, and heat through.

For the crepes:

1 C flour
1 T sugar
3 eggs
1 C milk
2 T melted butter
Corn oil

Combine all ingredients and whip with a whisk until well blended. In a non-stick pan, heat the corn oil over medium heat, and ladle in the batter one scoop at a time, cooking crepes on both sides until browned. One at a time, place the crepes in a baking dish, and ladle some on the creamed mushrooms into them. Fold, and place in the pan seam side down. Cover the crepes with the remaining sauce, and glaze under the broiler. Serve at once.

Mustard

Mustard has been a popular green since the Greeks and Romans. The mustard grown in the United States is known as “India mustard” because of its development there as a spicy leaf. Two closely related varieties are grown for the seed that is ground up to make processed mustard. India mustard is a cool weather plant, and gets hotter in taste along with the weather.

Mustard is a member of the Cruciferae family along with broccoli and cabbage.

Ounce for ounce, mustard greens have as much calcium as milk, and far fewer calories. The greens also contain protein, vitamin A, ascorbic acid, iron, thiamin, riboflavin, and niacin.

Culinary Tips

- Mustard greens can be frozen, but are best eaten fresh.
- Use mustard greens on sandwiches for their spice, crunch, and nutritional value.

(All of the recipes below can be made with a mix of greens, or just with mustard.)

Chinese Style Greens

1 clove garlic
½ tsp grated ginger
3 T olive oil
6-8 C chopped bulky greens (such as bok choy, Chinese cabbage, kale, chard)
or 12-14 C torn delicate greens (such as spinach, beet greens, mustard)
¼ C dry sherry
1 T vinegar or lemon juice
1 tsp honey
2 tsp Tamari soy sauce (this has less salt than regular soy sauce, and is wheat-free)
A splash of water

Sauté garlic and ginger in the oil. Add the greens and toss to coat with oil. Add sherry, vinegar or lemon juice, honey, soy sauce, and water. Sauté until tender. Serve immediately.

Italian Style Greens

Sauté six minced garlic cloves in ¼ C olive oil until golden. Remove with slotted spoon and reserve. To the oil, add 10-12 leaves of mustard (or mixed greens, as above), sauté until just tender. Add a bit of salt, sprinkle with reserved garlic, and serve.

Onions

Onions probably originated in Middle Asia or India. They are an ancient food, grown and eaten since recorded history. We grow several types of onions. We rely on the storing abilities of yellow onions to get us through the winter. We also grow leeks, scallions, chives, and shallots for the fresh onion varieties of summer. They are all members of the allium family, along with garlic. Leeks are used in more delicate dishes in which regular onions would be over-powering. Shallots are actually a garlic-onion cross, giving you a hint of garlic but a more delicate flavor.

Onions contain fair amounts of vitamins A, B-complex, C, calcium, magnesium, potassium, and various other minerals. They also share many of the medicinal properties of garlic. Onions are powerful antioxidants, helping to prevent many diseases, including heart disease and cancer. They have anti-inflammatory, antibacterial, antiviral, and antifungal properties.

Culinary Tips

- To reduce the “tearing” caused by cutting onions, run the knife, and the onion, under cool water periodically.
- Yellow (Spanish) onions are best for sautéing and cooking. Red onions lose their flavor when cooked, and white onions don’t have the sweetness of yellow onions.

French Onion Soup

There are many recipes for this delicious soup, but I prefer this one for its simplicity and ease of preparation. It can be a first course, or, served with a green salad, make a whole meal. I like to serve it in individual ovenproof bowls.

6 large yellow onions, sliced
2 T butter
1 T olive oil
6 C beef broth (preferably home made)
1/3 C dry red wine
Salt and pepper to taste
French bread
Gruyere or Parmesan cheese, grated

In a large pot, sauté onions in butter and oil until tender. Cover and let simmer slowly for 15 minutes. Pour in broth and wine and simmer for 30 minutes. Add salt and pepper to taste.

To serve, toast slices of the French bread under the broiler. Ladle soup into bowls, and top with the bread and grated cheese. If you are using ovenproof bowls, put them briefly under the broiler to melt the cheese.

Parsley

Parsley gets its own section, separate from Herbs, because it is much more than just the garnish on a restaurant plate; it is serious food. Originally a native of southern Europe, this herb has spread all over the world. Used by Greeks and Romans for flavoring, it moved out into the rest of Europe and into European colonies, starting in the 15th century.

Parsley is an excellent source of vitamins A, B, and C, and is rich in minerals, particularly calcium, iron, and potassium. It is a natural diuretic. It will freshen breath and cleanse the palate after a meal.

We grow curly leaf parsley and Italian parsley on the farm.

Culinary Tips

- Use fresh for highest levels of vitamin C and A.
- Keep cut stems in a glass of water in the refrigerator.
- Sprinkle chopped parsley over eggs, in broth or soups, on potatoes, in salad dressings, even over meat. Its mild flavor lets it mix nicely with all kinds of foods.
- Parsley makes a quick vegetable dip when mixed with equal amounts of yogurt and mayonnaise.
- Use parsley in addition to, or instead of, basil in your pesto recipe.

Pasta with Parsley and Garlic

12 oz. pasta
3-4 T olive oil
4-5 minced garlic cloves
Red pepper flakes (use sparingly)
1 ½ C minced parsley
1 C freshly grated Parmesan cheese
Salt and freshly ground black pepper

In a large skillet, warm the olive oil, garlic, and red pepper flakes over low heat. (Garlic should not cook.)

Cook the pasta. When it is done, drain it and add to oil and garlic in skillet. Add 1 cup of the parsley and a handful of Parmesan. Season with salt and pepper and toss well.

Transfer the pasta to a warm platter or dishes, garnish with remaining parsley and serve at once. Pass the remaining Parmesan separately.

Green Herb Frittata

½ C cooked rice or potatoes
1 & ½ C packed fresh greens (spinach, chard, and/or beet greens)
1 T olive oil

1 clove garlic, minced

¼ tsp salt

1 tsp vinegar

5 eggs

Freshly ground pepper

½ C chopped parsley

1&1/2 T chopped mint

¼ C grated Parmesan cheese

Cook rice or potatoes. Wash greens and trim away stems, chop leaves coarsely. Sauté garlic in oil. Add chopped greens and salt, and sauté. Add vinegar. Beat eggs with a bit of salt and pepper, chopped parsley and mint, and Parmesan. Stir in sautéed greens and cooked rice. Heat olive oil in a large, ovenproof frying pan, and pour in the frittata egg mixture. Cook until top is only slightly runny, then put it under the broiler for 2-3 minutes to set and brown the top.

Parsnips

The Parsnip is a member of the carrot family (in fact, they have been described as “carrots that have seen a ghost” because of their creamy coloring). They originated in the Mediterranean, where wild forms were used by the early Romans. By the 16th century, parsnips were cultivated in Western Europe.

The food value of parsnips exceeds that of any other vegetable except potatoes. They are an excellent source of fiber, potassium, folate, and phenolic acids, which help block cancer. In ancient times, they were used to fight fever.

Even though parsnips are “pale carrots”, we lump them in with turnips and rutabagas for their culinary uses: of the three, parsnips have the warmest flavor.

Culinary Tips

- Grow your own parsnips, or purchase them from a local grower. Those available in grocery stores have likely been harvested before the first cold snap has flavored them with natural sugars, and don't taste like much. They may also have been waxed, since they shrivel easily during shipping and in storage.
- Unlike turnip greens, which can be cooked, parsnip greens are not edible, though they can be used to flavor broth.
- Use parsnips in soups, stews and roasted vegetables

Mashed Parsnips with Sour Cream

1 lb parsnips, peeled and cut in chunks

1/3 C sour cream

1/8 tsp salt

1/8 tsp ground allspice

Cook parsnips until very tender. Drain, reserving cooking liquid. Add the rest of the sour cream, salt, and allspice, and 2 T of the cooking liquid. Mash with potato masher until the mix is creamy, adding more cooking liquid as necessary.

Root Soup

8 C chicken broth (preferably home made)

1 can stewed tomatoes (14 oz.)

1 can tomato paste (6 oz.)

1 medium onion, chopped

1 carrot, cut in rounds

1 turnip, peeled and cubed

1 parsnip, peeled and cubed

2 stalks celery, sliced

2 medium potatoes, scrubbed and cubed

1 & ½ C chopped green cabbage

2 bay leaves

1 & ½ tsp ground sage

½ tsp ground pepper

In a large pot, combine all ingredients; bring to a boil. Cover and simmer until vegetables are tender, about 20 minutes. Remove bay leaves and serve.

Baked Parsnips

4 medium parsnips (about 1 lb)

3 T butter

½ tsp salt

¾ C broth or water

Chopped parsley

Peel and halve parsnips lengthwise. Place them in a buttered casserole dish. Dot with butter, and sprinkle with salt. Add stock or water. Bake at 375 until parsnips are tender (about 30 minutes). Sprinkle with chopped parsley.

Roasted Parsnips

Like all root vegetables, parsnips are wonderful roasted.

6 medium parsnips, peeled and cut into bite-sized pieces

4 T butter

Blanch parsnip pieces in boiling water very briefly (no more than a minute). Drain, cool, and allow to dry. Sauté in butter for a few minutes over high heat – not too high, or butter will burn. Place in a 400 degree oven for about 30 minutes.

Peas

Peas are a member of the legume family, and have been a staple food throughout the world for thousands of years. They contain vitamins A, B-complex, C and E, fiber, folate, niacin, phosphorus, riboflavin, thiamin, and a cancer-fighting compound called chlorophyllin, which is the pigment responsible for their shiny green color. “When you eat peas, the chlorophyllin attaches to carcinogens and helps prevent them from being absorbed” (Yeager, 416).

Nothing says “summer” like peas fresh out of the garden. Among gardeners, the fiercest competitions are about whose tomatoes ripen first, and whose peas emerge first. I have heard of gardeners who plant their peas in the fall, mulch the seed, replant to compensate for the rot caused by winter rains – just to be able to be the first to say, “My peas are up!”

The shelling peas we grow are Alderman – climbing peas. Years of breaking my back harvesting bush peas convinced me to plant peas I could pick while standing up. We also grow sugar peas for fresh eating right off the vine. We have to grow the two varieties in separate locations on the farm to prevent cross-pollination. It’s worthwhile. A bowl of freshly harvested raw sugar peas will disappear off the table faster than potato chips.

The task of shelling peas is very time consuming. When frozen peas became available in grocery stores in the 1920s, shelling peas virtually disappeared from the produce section. That’s a shame. We find that shelling peas becomes an evening family activity, conducive to contemplation or conversation, and the peas, once picked, and even once shelled, will retain their texture and nutrients until I have time to freeze them, which I do in large batches for winter consumption. (See *The Seasonal Kitchen* section of this book for specifics.)

Culinary Tips

- If you grow your own peas, you should pick them every day. Overripe peas are large and tough, and their sugars have turned to starch. Invariably, I wind up with some, but freeze them anyway, and label the freezer bags “Soup Peas”. Smaller frozen peas are great for the table.
- Pick peas in the morning, when the sugars are high.
- Steaming will preserve the nutrients in peas – boiling leaches some of the nutrients, and heat destroys the vitamin C.

Stir Fry

A classic Chinese dish is sliced steak strips and sugar peas. A vegetarian variation might include onions, garlic, water chestnuts, carrots and sugar peas. Add the sugar peas at the last moment to preserve their crispness.

Buttered Peas with Chives and Tarragon

16 oz frozen peas

¼ C water
2 T butter
1 T minced fresh chives
2 T minced fresh tarragon
1/8 T salt

In medium saucepan, combine peas and water. Cover and cook over medium heat until the peas have risen to the top of the water. Drain peas and return to saucepan. Add the butter, chives, tarragon, and salt. Stir or toss to mix. Serve immediately.

French-Style Peas

1 bunch scallions, trimmed and chopped
2 T butter
Outer leaves from one head of lettuce, roughly shredded
1-2 C frozen or fresh peas
½ tsp sugar
Salt and pepper
2-3 mint sprigs

Sauté the scallions in 1 T butter in a medium saucepan until just tender. Add lettuce and peas. Sprinkle with sugar, salt, and pepper to taste. Dot with 1 T butter, cover with sprigs of mint, cover pan. Cook over low heat until peas are tender. Remove the mint and check the seasoning. Serve immediately.

Fried Rice with Peas

Invariably, I cook more rice than we eat with a meal. A great way to use it the next day is fried rice. The wonderful thing about this dish is that it can absorb any number of different leftovers or fresh foods.

Sauté diced onion, shallots, or scallions in olive oil in a frying pan. Add cooked brown or white rice, and stir to break up the lumps of rice. To it, add any of the following:

Beaten eggs
Cooked shrimp
Diced summer sausage
Sautéed mushrooms
Diced celery
Marinated artichoke heart, diced
A package of frozen peas or a cup of cooked fresh peas, or fresh sugar peas, cut in thirds

Add a few dried herbs, such as basil and thyme, a little dried or fresh ginger, a dash of Tamari sauce, and you have a complete meal.

Summer Pasta

2 C shelled fresh peas
1 C cream

3 T butter

1 lb fettuccini

$\frac{3}{4}$ C grated parmesan cheese

Salt, pepper, and nutmeg

Blanch peas *briefly*, drain and cool. In a large saucepan, heat $\frac{3}{4}$ C cream and butter until slightly thickened. Cook pasta until barely tender. Drain, then toss with cream and butter over low heat. Add remaining cream, cheese, and peas; season with salt, pepper, and a bit of nutmeg. Toss and serve immediately.

Peppers

Peppers, first domesticated in Mexico, have a wide variety of colors, “heat”, and uses. All are low in calories, and high in vitamins A and C, iron, potassium, and beta-carotene. Allowing sweet green peppers to ripen into red or yellow increases the nutrient content and the flavor.

Culinary Tips

- When seeding or chopping hot peppers, wear latex gloves. They will protect you from the oils that will hurt your skin. Under any circumstances, do not touch your mouth, eyes, or nose when you are handling hot peppers. The results are not lastingly harmful, but are very painful.
- Since green bell peppers are really immature red or yellow bell peppers, their taste is brighter.
- Excess peppers can be frozen. Chop (no need to blanch), freeze on cookie sheets, then put into freezer bags and freeze for use in winter soups and stews.
- I use red, green and yellow peppers as ingredients in Kim Chi. (See section on *Fermented Foods*.)

Stuffed Green peppers

Like stuffed cabbage and stuffed cucumbers, these are among Henning’s favorite traditional dishes. I like them, too, and enjoy the fact that they make a one-dish meal.

4 pepper casings
2 T butter
½ lb hamburger
3 T minced onions
1 C cooked rice
2 well-beaten eggs
½ tsp salt
1/8 tsp paprika
1/3 tsp curry powder

Prepare the peppers for stuffing: Cut off the tops and remove seeds and membrane. Parboil them until nearly tender, about 8 minutes. Do not overcook.

Sauté the onions and hamburger in the olive oil. Remove from heat, and add the rest of the ingredients, mixing well. Fill the pepper casings and bake at 350 for about 10 minutes.

Sautéed Peppers

1 green pepper
1 sweet red pepper
1 sweet yellow pepper
2 tsp olive oil

1 T balsamic vinegar

1/8 tsp salt

Ground black pepper, to taste

Cut the peppers in half, lengthwise. Remove seeds and membrane, and then cut the peppers into ½ inch strips.

In a large skillet, sauté the peppers in the oil until they just begin to soften. Remove from heat, and sprinkle with the vinegar and salt. Season to taste with the pepper. Toss to combine, and serve at once.

Baked Peppers, Potatoes, and Onions

1 & ½ lb green and red peppers

1 lb new potatoes

1 large onion

¼ C olive oil

Salt and pepper

Remove seeds and membrane from peppers and cut into 2- inch pieces. Wash or scrub the potatoes, and cut into 1-inch pieces. Peel the onion and cut into chunks. Place everything in a baking dish, pour on the oil, and toss to coat the vegetables with the oil. Bake at 425 until the potatoes are tender, about 30 minutes.

Red Pepper and Zucchini Sauté

2 lb sweet red peppers, roughly chopped

2 lbs zucchini, peeled and chopped

¼ C olive oil

1 tsp minced garlic

Salt and pepper

Sauté zucchini in oil until just tender. Stir in garlic and peppers. Heat together briefly. Season with salt and pepper to taste.

Baked Peppers, Potatoes, and Onions

1 & ½ lb green and red peppers, cut into 1-inch pieces

1 lb potatoes, peeled and chunked

1 large sweet onion, chunked

A sprinkling of dried basil and tarragon

¼ C olive oil

Place all ingredients into a baking dish and toss the vegetables to coat with oil. Sprinkle with salt and pepper. Bake at 400, tossing occasionally, until potatoes are tender, about 30 minutes.

Potatoes

Potatoes were cultivated first in the Andes, where ancient peoples had over a thousand names for them – the vegetable was that important in their diet. The Spanish took them home, and potatoes soon became a staple food on Spanish ships, because they prevented scurvy. Potatoes came to North America in the 1700s, and have been an important part of our diet here ever since.

Potatoes contain a little of everything good, including protein, calcium, iron, and vitamins C and B complex. A 7-ounce baked potato contains more than twice the potassium of a banana. Potatoes are also a complex carbohydrate. Carbohydrates have a bad name these days, but there is a difference between simple and complex carbohydrates. Simple carbohydrates (which exist in processed foods) become sugars as soon as they enter the body. They demand an increased level of insulin, and go right into making fat. Complex carbohydrates in whole foods like potatoes must be broken down into simple sugars before they are absorbed into the bloodstream, which keeps insulin production regular, and blood-sugar levels stable.

Here on the farm, potatoes are part of our daily diet, and we have grown them from our own seed potatoes for many years. We grow several varieties: Red Norlands, which are sold as “new” potatoes in grocery stores: they are small when harvested, low in starch, and should be cooked in their skins. I serve these tender boiled potatoes with garlic butter, tarragon butter, butter and parsley, or a side dressing of quark mixed with fresh herbs (see **Dairy** section). We raise Yukon Gold, which keep very well over the winter. We also raise two heirloom Dutch varieties, which have a wonderful flavor and enough starch to sustain any kind of preparation. In the early fall, we dig out whatever potatoes we haven’t already harvested and store them in gunnysacks in our barn to prevent the skins from going green. As they age, the potato skins thicken, and the potatoes become useful for baking, making potato pancakes, and roasting.

We also cook these potatoes as part of our chicken feed, and cut them up raw for our pigs and our dairy cow.

Culinary Tips

- There are many different types of potatoes, each with a different use. These include baking, boiling, stuffing, frying, mashing, steaming, roasting, and as a base for salads.
- Do remove the eyes and green sections of peel from potatoes. These contain a toxic substance, called solanine, which is created when potatoes are exposed to light.
- Jenelle notes that if you add too much salt to a soup or sauce, add some chunks of raw potato and boil. The potato will absorb excess salt. Don’t forget to remove the potato pieces!
- Eat the peel. Most of the potato’s nutrients lie in the peel and right below its surface.

- Boiling potatoes will destroy some of the nutrients. Baking and roasting preserve them.
- Cook at the last minute. Busy cooks often wash and cut potatoes early, and keep them in water to prevent their oxidizing. It's a convenient step, but the water soaks out valuable nutrients.

Potato Pancakes

This is one of our absolutely favorite ways to prepare potatoes. It requires a lot of time, but the results are marvelous. Older potatoes, suitable for baking, are the best to use because of their firmness.

4 C (about 2 lbs) potatoes
½ C grated Parmesan cheese
½ C diced scallions (dice the greens for garnish)
2 eggs
1 T flour
1 tsp salt
1 tsp pepper
¼ tsp baking powder
¼ C vegetable oil

Early in the day, peel and boil potatoes in salted water until they are about half cooked. If they are overdone, they will not shred properly. Refrigerate. When potatoes are thoroughly chilled, shred them. I use a Salad Shooter – you can also shred them lengthwise on the large holes of a grater, or with the coarse shredding disk on a food processor.

In a large bowl, gently toss the shredded potatoes with the Parmesan cheese and the diced scallions. Use your hands – a spoon will break up the potato strands.

In a small bowl, whisk together eggs, flour, salt, pepper, and baking powder. Pour over the potato mixture and gently toss to combine, using your hands to keep the potato strands intact.

Heat a non-stick skillet over medium heat, and add oil – otherwise, potatoes will stick. The heat must be carefully monitored: too cool, and the potatoes will soak up the oil; too hot, and they'll brown without cooking properly.

Form pancakes with your hands – you can use an ice cream scoop to measure quantity. Place the flattened potato pancakes in the heated, oiled pan, leaving plenty of room. Sauté 3-5 minutes per side, until deep golden brown. Transfer to a warm platter in the oven. Garnish with scallions and serve immediately.

Home Fries

The French fries available in fast food restaurants may taste good, but their flavor comes from oils that may have been used a number of times (and thus been transformed into trans-fats) and adulterated with various chemicals, including silicone, which prevents the oil from foaming). Make your own at home.

Scrub the desired number of potatoes and slice. If you slice thin rounds, you reduce cooking time and the amount of oil you use. If you cut the potatoes lengthwise, you will have a more traditional dish.

Heat olive oil in a cast-iron pan, and add prepared potatoes. Immediately add generous amounts of paprika – it adds a nice flavor and eliminates the need for salt. Fry over medium high heat, stirring constantly.

Roasted Garlic Potatoes with Rosemary

This is a basic dish that you can extend endlessly with other root vegetables such as beets, turnips, onions, garlic, and carrots.

Potatoes – about 3 per person
10 cloves of garlic, peeled and halved
Leaves from 5 sprigs of rosemary
Goodly amount of olive oil
Salt, to taste

Preheat the oven to 400. Peel and cut the potatoes into bite-sized chunks. Do the same with carrots, beets, and turnips, if you are going to use them. Peel and halve garlic cloves, and rejoice – garlic is one of the best foods in the world to ward off high blood pressure and heart disease. Snip the rosemary leaves. Coat the bottom of a broad baking pan with olive oil, and add the rosemary and vegetables. Toss to coat. Don't crowd them too much. The vegetables should have plenty of room to brown separately. Bake until vegetables are tender and crisp, stirring often to keep them from sticking.

German Potato Salad

Every summer, Henning and I host a farm workshop on biodynamic farming. We typically have several presenters and up to twenty participants, so I feed about thirty people three meals a day. One of my favorite dishes to use for lunch or dinner is this salad, since it can be made a day ahead, can serve a large number of people if I double or triple the ingredients, and showcases our own potatoes, onions, bacon, and dill pickles. A modest recipe calls for

8 medium potatoes
 $\frac{3}{4}$ C vinegar
 $\frac{1}{2}$ C water, divided
 $\frac{3}{4}$ C sugar
 $\frac{1}{2}$ tsp salt
2 rounded T flour
8 slices bacon, diced
 $\frac{3}{4}$ C onion
Dill pickles (preferably home made)

Scrub potatoes and cut into bite-sized chunks. Cook until just tender, then drain and place in a large bowl.

While potatoes are cooking, combine vinegar, $\frac{1}{4}$ C water, sugar, and salt and bring to a boil in a small saucepan.

Mix flour with $\frac{1}{4}$ C water in a small bowl. Then stir into vinegar mixture and simmer briskly, stirring occasionally, until the sauce is clear and thickened. Set aside.

Fry bacon in skillet until it is nearly cooked, then add onions and continue cooking until the bacon is crisp and the onions are tender. Add, including the bacon fat, to the vinegar mixture. Extract the bacon and onion from the dressing with a slotted spoon and add to potatoes. Pour about half of the remaining dressing over the potatoes – be judicious – you don't want the potatoes to be soggy or overwhelmed. The remaining dressing can be stored in the refrigerator for future use.

Chop dill pickles and fold into the potatoes. Let stand at room temperature, stirring every half hour or so. Serve, or refrigerate and serve later, but salad should be at room temperature.

Scalloped Potatoes

This is my favorite way to use leftover ham.

8 C peeled and sliced potatoes

1 tsp salt

2 T flour

6 T butter

Chunks of cooked ham

1 medium onion, diced

2 C milk or cream

Paprika

Dried mustard

Parboil potato slices briefly, until barely tender. Drain. Place in a greased 8 x 11-inch baking pan in two layers, sprinkling each with flour, diced onion, dots of butter, and chunks of ham.

Heat milk or cream. Season with salt, paprika, and mustard. Pour the mixture over the potatoes, and bake at 350 for 35 minutes.

Pumpkins

Like squash, pumpkins were cultivated by Indians in North America.

Pumpkins contain vitamins A and B, iron, and potassium. The seeds are a good source of protein, vitamins E and B, and iron.

There are many kinds of pumpkin available on the market, some developed for carving at Halloween, some for their tasty flesh. We grow pumpkins for consumption – both the chickens' and ours. We store them in hay bales to keep them from freezing during the cold winter months, and process the pumpkins as we need them.

Culinary Tips

- You can store pumpkins through the winter, or bake and process the flesh right away, and store it in the freezer.
- To prepare seeds, cut the pumpkin in halves or quarters, scrape out the pulp, and rub pulp off the seeds. Coat them with oil, sprinkle with a little salt, if desired, and spread them on a cookie sheet. Bake in a preheated oven at 350 for 15-20 minutes, tossing occasionally.
- To dry the seeds, wash them, and spread them on a cookie sheet to dry for two days. Store them in a glass jar. For protection against mold, freeze them. When you want to add them to salads or soups for a little crunch and a lot of nutrition, toss them in an oil-covered pan until they begin to pop. Sold in stores, these are called *pepitas*.

Pumpkin Pie

In my childhood, pumpkin for pies came out of a can. Since the can boasted that it contained nothing but pumpkin, I assumed that preparing filling from scratch was a waste of time – until I tasted Lois Brown's pie. Unlike the thick, brown, rather tasteless filling produced by commercially processed pumpkin, hers was light, golden, and delicately flavored. I was a convert.

The preparation is easy. Cut pumpkin in halves or quarters, scoop out the seeds, wet the pumpkin, and place the pieces, skin side up, on a cookie sheet. Bake at 400 degrees until the flesh is very soft – about an hour. Let it cool a bit, peel off the skin, and process the flesh until it is creamy. Put the creamed pumpkin by 1-cup measures in freezer bags and freeze until use.

½ C sugar
1 C cooked pumpkin
2 eggs
1 T flour
¼ tsp ginger
A bit of nutmeg
A bit of cinnamon

$\frac{3}{4}$ C milk

Mix pumpkin, flour, and sugar together, and beat in milk, spices and eggs. Pour into a 9-inch pie shell and bake at 425 for 15 minutes. Reduce heat to 350 and bake 45 minutes, or until knife blade comes out clean.

Pumpkin Soup

This is a cozy soup for winter evenings.

2 lb cooked pumpkin, fresh or frozen

3 C scalded milk or chicken broth

1 T butter

1 T flour

1 T white, or 2 T brown sugar

Salt, pepper, ginger, and cinnamon, to taste

$\frac{3}{4}$ C light cream if you have used the chicken broth

Place the cooked pumpkin in the milk or broth. Knead together the butter and flour and add it to the liquid. Add sugar, spices and cream, if used. Heat, but do not boil. Serve at once.

Radishes

According to Herodotus, radishes were an important food in the Mediterranean area by 2700 B.C., and in Egypt by 2000 B.C. They appeared in China and Japan about 1500 years later. Radishes are used extensively in Japan today, particularly the long-limbed daikon radish, which is often pickled. Japanese understand the importance of fermented foods in a daily diet, and the radish is especially prized as an ingredient in fermented dishes.

Radishes are a good source of vitamin C, iron, and potassium. The greens contain vitamins A and B.

We grow Icicle, French Breakfast, and Easter Egg radishes. The Easter Egg radishes are particularly fun, coming in white, red, and purple.

Culinary Tips

- Radishes are cool weather crops, and should be harvested when small, before they grow pithy.
- Radish greens can be used raw in salads, or sautéed with other greens for a spicy flavor similar to arugula.
- Use sliced radishes in stir fry, or steam with other vegetables to add color and a peppery taste to your dish.

We like to eat radishes right out of the garden, perhaps with a little salt. We slice them into green salads, or make them into their own special salad, as in

Henning's Radish Salad

A large bundle of radishes

1 Tb good mayonnaise

2-3 Tb sour cream

Juice of 1 small lemon

Freshly ground pepper

Chopped parsley

Slice radishes thinly. (A salad shooter or the slicing disc of a food processor do this job admirably.) Salt the sliced radishes, and mix the mayonnaise, sour cream and lemon juice. Stir over radishes, pepper to taste, and sprinkle on the parsley.

Rutabagas

Rutabagas are often confused with turnips, but they are distinctly different. Botanical research indicates that the rutabaga is the offspring of a cross between cabbage and turnip, happening some time in Europe in the late Middle Ages. I like what Janet Ballantyne has to say about the difference:

Supermarket produce managers may not make a distinction between turnips and rutabagas, but I do. Turnips are delicate, crispy vegetables, eaten for both the greens and the white roots, and enjoyed for the slightly sweet, mild-tasting root... Turnips are fast growers... Rutabagas are much slower to grow, and are harvested in the fall... Turnips have a sharp, crisp flavor; eaten raw, they are reminiscent of radishes. Rutabagas are milder, sweeter, and starchier. Interestingly, they can be used interchangeably in recipes, but the flavors of the final dishes will vary (285).

Rutabagas are an excellent carbohydrate, a good source of vitamins A and C, niacin, and potassium.

Culinary Tips

- Cook rutabagas while fresh, or store in a plastic bag in the refrigerator for a week or two. They will keep well in a cool, moist root cellar.
- You can roast rutabagas (see **Turnip** section for suggestions)

Rutabagas, Garbanzos, and Greens

(This recipe comes from Elizabeth Henderson's *FoodBook for a Sustainable Harvest*)

1 rutabaga, peeled and chopped (about 2 & ½ cups)
2 T olive oil
¼ lb mixed mild greens, torn into bite-sized pieces
2 cloves garlic, minced
1/8 tsp cayenne
2 C cooked garbanzo beans
1 t fresh lemon juice
½ lb pasta
Salt to taste
Grated Parmesan cheese, to taste

In a skillet, sauté rutabaga in oil over medium heat for 5 minutes. Reduce heat, add greens, garlic, cayenne, and garbanzo beans. Cover and cook 5 minutes, stirring occasionally. Stir in fresh lemon juice. Cook pasta. Toss with vegetable mixture and salt to taste. Sprinkle with Parmesan cheese.

Boiled Rutabagas

2 C diced rutabagas

½ tsp salt

Melted Butter

Lemon juice

Fresh parsley, chopped

Drop the diced rutabaga into boiling water, and cook until tender. Drain. Add salt, butter, lemon juice and parsley. Toss to coat.

Shallots

Like leeks, shallots are of Western Asian origin. The name is a corruption of Ascalon, a city of the Philistines. Pliny mentions them in his writings from the first century AD. Shallots are the queens of the onion family, with a flavor somewhere between onions and garlic, more delicate than either.

Shallots, like other alliums, contain sulfur compounds and flavanoids. Just one tablespoon of chopped shallots contains 600 international units of vitamin A.

Culinary Tips

- Concerned about your breath? After eating shallots (or garlic, or any other alliums) eat a sprig of fresh parsley.
- Use shallots raw in sauces, or cook in place of garlic or onions.
- When sautéing them, mince them fine so they are not subjected to too much heat. If browned, they will become bitter.
- In recipes, substitute 3 or 4 shallots for one medium-sized onion.
- For short-term storage, keep shallots in a dry, cool, airy place.
- Shallots can be peeled and stored in white wine in the refrigerator.
- Chop them fine and add them to melted butter as a topping for any cooked vegetable. Especially good with vegetables that have stand-alone flavors, such as broccoli or cauliflower.

Salad Dressing

Skin and mince 2 shallots. Combine with thyme, dill, basil, salt and pepper in olive oil and vinegar.

Tarragon and Shallot Dressing

See the *Tarragon* entry in the Herb section of this book.

Shallot and Dill Cream Sauce

This delicate sauce is delicious over fish, chicken, rice, and vegetables.

2 T butter
2/3 C minced shallots
1 & ½ tsp minced fresh dill
2 T flour
2 T white wine
¾ C cream

Sauté shallots in butter until tender; then add dill. Sprinkle the flour over the shallots, and stir in the wine and cream. Simmer until the sauce is reduced and thickened.

Sorrel

Happily, the days of “lettuce only” salads are long gone. People now make salads containing a variety of vegetables, and we enjoy putting together bags of mixed greens for our CSA customers. They usually include two kinds of lettuce, mache, spinach, arugula, beet greens, and sorrel.

Sorrel is native to Europe, and was gathered in the wild until the 1600s, when French gardeners brought it under cultivation. In America, sorrel helped ward off scurvy; it was also used to abate fevers. But its medicinal properties soon became secondary to its uses in cooking.

Sorrel is rich in potassium and vitamins A, B1, and C.

There are many kinds of sorrel, and the different varieties have distinct flavors. We grow French sorrel, which has a lemony taste; the students in our Ecological Food Production class like to nibble on sorrel leaves as they gather greens for the school cafeteria.

Culinary Tips

- It is worth garden space to grow your own sorrel. It is a perennial that can withstand poor soil, seems immune to pests and neglect, and is non-invasive.
- Sorrel produces prodigiously – even a small planting will give you leaves all season long.
- Be aware that when you use spicy greens such as arugula and sorrel in your salads, the dressing should be mild – the greens will provide the flavor.

Potato and Sorrel Soup

This interesting variation on Leek and Potato Soup is adapted from *The Victory Garden Cookbook* by Marian Morash.

1 & ½ lbs potatoes, scrubbed and cut into bite-size pieces
5 C shredded sorrel leaves
2 T butter
1 C chopped leeks
6 C chicken broth
1 C cream
Salt and pepper

Sauté the leeks in the butter until tender. In a saucepan, cook the potatoes and sorrel in the broth until the potatoes are tender. Puree in a food processor. Return to the saucepan and reheat, adding lemon juice, salt, and pepper to taste. Stir in the remaining sorrel and cook until the sorrel is barely wilted. Add cream to taste. Serve very hot, or chilled.

Cream of Sorrel Soup

This traditional recipe is adapted from *The Joy of Cooking*, 1975 edition.

- ½ C chopped sorrel leaves
- 1 & ½ C chopped lettuce leaves
- 2 T butter
- 5 C chicken broth (preferably home made)
- ½ C cream
- 3 egg yolks, beaten

Sauté the sorrel and lettuce in the butter until wilted. Add the broth and simmer about 2 minutes. Combine the cream and egg yolks. Remove soup from the heat and add a small amount to the cream and yolks. Mix well. Combine all ingredients and heat until thickened, but do not boil.

Spinach

Spinach is native to southwestern Asia, and can be grown wherever there are cool, moist climates. It is a “cut and come again” plant; you can cut the large, outside leaves and let new leaves grow from the center.

Spinach contains protein, potassium, calcium, iron, vitamin A, riboflavin, ascorbic acid, beta-carotene, and oxalic acid. It is low in fat and fiber.

Many kinds of spinach are available to the gardener. We prefer the crisp, crumpled leaves of Savoy spinach, and grow it in the garden in spring, and in the greenhouse in winter.

Culinary Tips

- Serve spinach raw in salads, or lightly steamed.
- Spinach freezes well, and we like to keep a supply in the freezer for winter quiches and casseroles. Spinach will, however, lose half its vitamin C in the cooking and freezing process. When using frozen spinach in any dish, be sure to squeeze out all the moisture.
- Spinach is a wonderful substitute for lettuce in wraps and on hamburgers. Just pick and wash individual leaves.

Spinach Salad

Our favorite spinach salad makes a complete meal. Combine fresh torn leaves of spinach, chopped hard-boiled eggs, and crisp bacon. You can fancy it up with water chestnuts or bean sprouts, and fresh or sautéed mushrooms.

Dressing: diced garlic, olive oil, dried mustard, dried basil, sugar, salt, pepper, a little vinegar or lemon juice.

Spinach Salad with Filberts, Smoked Fish, Blue Cheese

1 lb spinach
1 small red onion, thinly sliced
8 ounces smoked fish, broken into pieces
¼ C olive oil
3 T herb vinegar
salt and pepper, to taste
¼ C filberts, toasted and chopped
4 oz blue cheese, crumbled

In a large salad bowl, combine spinach, onion, fish, and cheese. Cover and refrigerate.

In a small saucepan, whisk together the oil, vinegar, salt, pepper. Add the nuts and warm over medium heat.

Toss the dressing over the salad; the warm dressing will slightly wilt the spinach. Serve at once.

Spinach Lasagna

Tomato sauce:

1 onion, peeled and chopped
1 celery stalk, finely chopped
1 carrot, finely chopped
2 T olive oil
2 garlic cloves, diced
2 14 oz cans crushed or whole tomatoes
½ tsp each basil and oregano
1 bay leaf
½ C red wine
salt and pepper

Sauté onion, celery and carrot in the oil. Add garlic, tomatoes, basil, oregano, bay leaf and wine. Cook gently for 20 minutes, stirring from time to time. Remove the bay leaf and puree the sauce. Season to taste with salt and pepper. (*Note: this sauce can be made ahead of time. I like to can a variation of this sauce and use it over pasta.*)

Filling:

1 large onion, peeled and chopped
2 T olive oil
2 garlic cloves, finely diced
2 lbs cooked spinach, fresh or frozen, chopped, all water squeezed out
2 lbs Ricotta cheese or quark
½ lb mozzarella cheese, thinly sliced
Salt and pepper
Prepared tomato sauce
½ lb cooked lasagna noodles

Preheat oven to 400, and grease a large baking dish.

Sauté onion in olive oil until soft. Add the garlic, sauté briefly, remove from heat.

To the onion mixture, add spinach, Ricotta, salt and pepper

Layer the baking dish with tomato sauce, lasagna noodles, spinach mixture, and mozzarella cheese slices. Continue layering until all ingredients are used. Grate the remaining cheese over the top.

Bake for 1 hour, covering the dish when the top begins to brown (about 40 minutes).

(Note: you can vary this dish by adding other vegetables, such as marinated artichokes, sautéed leeks, carrots, and/or zucchini.)

Henning's Spinach Omelet

(This is a favorite dish for breakfast, lunch, or dinner. This recipe is a huge improvement over using frozen spinach. The texture and flavor are wonderful.)

5-6 large spinach leaves, roughly cut
6 eggs, scrambled with a little cold water or milk, to thin them out
Salt and pepper to taste
Minced clove of garlic, or a little garlic powder

Pour eggs, mixed with salt, pepper, and garlic, into a buttered non-stick pan and cook as a whole, lifting the edges to let the liquid run to the bottom and cook. When the eggs are set, put the chopped spinach on one side of the omelet and turn the other side over the spinach. Cook another 2-3 minutes – just enough to tenderize the spinach. When you add the spinach, you can also add cooked, chopped bacon, slivered Swiss or Parmesan cheese, or sautéed onion.

Spinach Pizza

Laurie Parker told me that her children like vegetables well enough, but especially like them disguised. She designed this wonderful pizza.

For the crust:

2 C white flour
2 C whole wheat flour
1 T yeast
1 & 1/3 C water at 115 degrees
2 T olive oil for dough, extra to coat the bowl
1 tsp salt

In a large bowl, mix flours, olive oil, and salt. In a small bowl, place sugar and warm water, sprinkle with yeast, and whisk gently to mix. Let the yeast proof. Add the yeast to the flour mixture, and stir until well combined. Turn out onto a floured surface, and knead until smooth. Wash the large bowl, coat with olive oil, and return the dough to the bowl, turning to coat. Let rise in a warm place for two hours.

Sprinkle a baking stone with cornmeal, or grease a large cookie sheet and sprinkle with corn meal. Turn the risen pizza dough onto the sheet, and flatten with a rolling pin (you may need to use a little flour to prevent sticking) until you have a thin crust. Prick liberally with a fork. If necessary, brush with a little more olive oil.

For the filling:

Lots of spinach leaves, torn into pieces
Balsamic vinegar
Any other ingredients you like, such as marinated artichokes, halved Greek olives, capers, roasted red peppers, minced garlic, and cheese. (I like to use Queso Blanco or

Queso Fresco, which do not melt, and add a wonderful texture to the pizza. See *Dairy* section of this book for recipes. Laurie uses Feta, which adds a salty, spicy flavor.)

Heap the pizza dough with the torn spinach leaves, and sprinkle on the Balsamic vinegar. Top with the rest of the ingredients.

Bake in a preheated 400 degree oven for about 25 minutes.

Creamed Spinach Crepes

This is an invention of our own. In April, we were faced with a hoop house full of spinach that had overwintered and produced huge, firm leaves. The spinach was tender enough for salads, but sturdy enough for steaming. This dish is delicious! Made with homemade butter and our own cow's milk and our own chickens' eggs, the crepes are a deep gold color. The spinach, cream, garlic and onions are all from the farm, so the flavors are lively – because the food is alive.

This recipe makes 10 crepes.

For the crepes:

2 C flour

2 T granulated sugar

6 eggs

2 C milk

4 T melted butter

Combine all ingredients and beat well. Cook crepes in a non-stick frying pan. Set aside.

For the filling:

3 medium onions, diced

6 cloves garlic, diced

A generous amount of spinach, stemmed and cut into small pieces

Cream

Salt

Pepper

Nutmeg

Butter and olive oil

Tomato sauce (I use the tomato and basil sauce I make every year.)

Sauté the onions and garlic in the butter and olive oil until just tender. Add the spinach and stir until spinach is tender. Add just enough cream to coat the spinach and create a bit of sauce. Add salt, pepper, and nutmeg to taste.

Place a large spoonful of the spinach mixture down the middle of each crepe, fold, and place seam side down in a baking dish. Cover each crepe with tomato sauce. Bake at 300 degrees until heated through, about 20 minutes. Place a little sauce from the baking dish over each crepe before serving.

I serve this with green salad with vinaigrette dressing. The brightness of the vinaigrette complements the creamy taste of the crepes.

Summer Squash

Summer squashes were a regular part of the American Indian diet. Traditionally, Native Americans grew corn, beans, and squash in the same patch. The corn provided support for the beans, which climbed their stalks; the beans provided nitrogen for the corn, and the squash leaves kept the ground cool and moist. Henning and I tried this one-year, and found that while everything worked as it should, harvesting was extremely difficult. As the squash matured, the vines and leaves covered the paths we had made, and it was hard to get into the patch without stepping on them.

We grow patty pan, crookneck, and yellow straight neck summer squash; all provide prodigious harvests, and can grow quite large without losing tenderness or flavor. Squashes are a good source of vitamins A and C, riboflavin, thiamine, niacin, and iron.

(Note: **Zucchini** is discussed in a separate section.)

Culinary Tips

- It is possible to freeze or pickle summer squashes; they are best eaten fresh, however.
- Summer squashes have very short cooking times, and are best sautéed, steamed, or stir-fried. Boiling will make them mushy.

Henning's Awesome Crookneck Frittata

1 medium crookneck squash

1 medium onion

1 tomato

1 T olive oil

1 egg

¼ C whole milk (preferably raw, from a grass-fed cow)

Salt, pepper, garlic powder or minced fresh garlic, 1 t dried dill weed

Sauté chopped onion in olive oil until barely tender. Slice crookneck squash lengthwise, spoon out seeds, and cut into bite-sized pieces. Add to onions, sprinkle with salt, pepper, paprika, garlic, and cook until barely tender. (Do not overcook.) Slice tomato into thin wedges, sauté until it is barely broken down. In a bowl beat the eggs, add milk and whip

Summer Squash Enchiladas

This recipe is adapted from Janet Ballantyne's *Joy of Gardening Cookbook*. It is delicious, and makes eight servings.

4 T butter

4 T flour

2 tsp chili powder

2 C milk

2 C grated cheddar cheese
6 C diced summer squash
2 T olive oil
1 & ½ C diced onion
3 garlic cloves, minced
1 jalapeño pepper, seeded and minced
8 large flour tortillas
3 C diced tomatoes
Salt and pepper

In a small saucepan, melt the butter and stir in the flour and chili powder to make a thick paste. Add the milk a little at a time, stirring well after each addition to prevent lumps. Add the cheese and heat gently until the cheese is melted. Season to taste with salt and pepper.

Steam the squash until it is barely tender. In a frying pan, heat the oil and sauté the onion, garlic, and jalapeño until tender. Add the squash and two-thirds of the sauce. Toss to coat.

Grease a 9 x 13 inch baking dish. Spoon some filling onto each tortilla and roll like a crepe. Place seam side down in the baking dish. Spoon the extra sauce on top and sprinkle with the tomatoes. Bake the enchiladas for 30 minutes, or until heated through. Serve immediately.

Stir-Fried Summer Squash

Because summer squash has a very mild flavor, you can stir-fry it with many other vegetables – whatever you have in your garden. I like to combine it with onion, sweet pepper, and sugar peas. Add the squash last, because it has the least cooking time.

Baked Summer Squash

3 C sliced summer squash
¼ C milk
2 T butter
Salt, pepper, and nutmeg
Crumbled bacon

Place the squash in a greased baking dish. Cover with milk and dot with butter. Sprinkle with salt, pepper, and a little nutmeg. Cover and bake until tender, about 30 minutes. While the squash is baking, cook and crumble the bacon; use it to garnish the squash.

Swiss Chard

Chard was eaten by the Greeks and Romans. Its present strain was developed from wild beets in the Mediterranean. The “Swiss” part of the name honors the nationality of the botanist who described the plant. There are now multiple colors and textures of chard to choose from.

Chard is very easy to grow, and is especially good in winter. We plant seedlings in the greenhouse in the early fall, and enjoy chard all winter. Chard is a “cut and come again” plant: cut the large outer leaves off at the bottom, and new ones will grow from the center. A few plants can supply a family for a whole season.

Swiss chard is a good source of vitamins A and E, and is high in calcium and potassium.

Culinary Tips

- Chard can substitute for spinach in most recipes.
- The stalks are tender enough to cook with the leaves.
- Young chard can be used in salads.
- You can freeze chard to use in winter quiches, soups, and casseroles. Just chop it up, stalks and all, blanch it briefly in a steamer, plunge it immediately into cold water. Squeeze out the moisture, and bag it. If you use it in a “dry” dish, such as a quiche, you’ll need to wring out the moisture after the chard is defrosted.

Steamed Chard

Steam fresh chard lightly, and serve with a dash of vinegar, or vinegar and butter, or a mixture of sour cream and garlic that has been sautéed in butter.

Baked Stuffed Chard Leaves

Black Olive Vinaigrette:

¼ C olive oil
3 T vinegar
½ tsp salt
¼ tsp pepper
¼ C pitted Greek olives
3 shallots, thinly sliced

Filling:

2 large potatoes, scrubbed and pierced
1 T unsalted butter
4 cloves garlic, minced
½ C minced onion

1 tsp salt
¼ tsp nutmeg
4 oz goat cheese
2 tsp minced fresh basil
2 tsp minced fresh chives
1 bunch chard leaves, stemmed

In a small bowl, whisk together the oil, vinegar, salt, and pepper. Mix in the olives and shallots, set aside.

Bake the potatoes until tender. Let cool slightly. Cut them in half and scoop the flesh into a medium bowl. Mash and set aside.

Melt the butter in a saucepan. Add garlic, onion, salt and pepper. Sauté until onion is just tender. Blend the onion mixture, nutmeg, goat cheese, basil and chives into the mashed potatoes.

Blanch the chard leaves by dipping them briefly into boiling salted water. Immediately plunge them into cold water.

Place portions of the potato mixture on chard leaves. Fold the sides and roll up. (This can be done a day ahead, and refrigerated.)

Place the stuffed chard on a buttered baking sheet. Bake for 20-30 minutes, or until heated through. To serve, place the chard leaves on a plate and spoon on the vinaigrette.

Swiss Chard Au Gratin

Like the dish above, this can be served as a vegetable dish with meat, or be a meal in itself. It can also be prepared the day ahead and baked just before serving.

2 tsp butter, softened
3 T fresh breadcrumbs
1 lb Swiss chard, with stems
1 T olive oil
1 small onion, diced
Salt and pepper

Sauce:

2 T butter
2 T flour
1 & ½ C whole or 2% milk
¼ tsp salt
2 bay leaves
1/8 tsp nutmeg
1 T oregano
1 tsp thyme
½ C grated Parmesan cheese

Topping:

¼ C fresh breadcrumbs

½ C grated Parmesan

Coat the interior of a 1 & ½ quart baking dish with the softened butter. Spoon in the bread crumbs and shake the dish until it is coated with the crumbs.

Preheat the oven to 400.

Slice the chard and stems into small pieces. Wash and drain the leaves, but don't dry them. Heat the olive oil in a large pot over medium heat. Add the shallot and garlic and cook them, stirring, until they are just soft. Add the damp chard leaves, sprinkle with a little salt, cover, and let steam until it is just wilted. Remove the lid and turn the chard so that it cooks evenly, until all the water has evaporated. Season with pepper and set aside.

To prepare the sauce, melt the butter in a saucepan over medium heat. Whisk in the flour and continue to whisk until the mixture bubbles, about one minute. Pour in the cold milk all at once and whisk vigorously. Add salt and bay leaves and continue to whisk until the sauce comes to a boil and thickens. Reduce the heat to low and simmer the sauce for about two minutes. Stir in oregano, thyme, and cheese. Remove the bay leaves.

Stir the sauce into the Swiss chard in the large pot. Add salt and pepper to taste. Spoon the mixture into the baking dish. Top with the breadcrumbs and Parmesan.

At this point, you can cover and refrigerate the dish for 1 day.

To bake, place the dish in a preheated oven until it bubbles and browns, about 30 minutes. Serve hot.

Tomatoes

Is there anything to compare with the first tomatoes of summer, picked right off the vine? Just maybe the tomato sauce you make and preserve yourself and pour over pasta, or the tomatoes dried with basil and added to an omelet. Or the homemade salsa that sings with cilantro and chili peppers.

Tomatoes are native to Central and South America, and were taken back to Europe from Mexican cultivars. Tomatoes have had a lively reputation. Called “love apples,” they were believed to be an aphrodisiac. But also, because they are members of the deadly nightshade family, they were believed to be toxic, capable of causing appendicitis, cancer, and “brain fever”. But a Colonel Robert Johnson brought tomatoes from Europe to Salem, New Jersey. A man with a strong sense of drama, he announced to the public that, on September 26, 1820, he would eat an entire basket of tomatoes. 2,000 people showed up to watch him commit what they were certain would be suicide. He lived, of course, and tomatoes went on to become our favorite fruit. Americans eat more tomatoes, fresh or processed, than any other fruit or vegetable (Yeager 532).

Not only are tomatoes delicious in any form, but also contain antioxidants that trap free radicals and help prevent heart disease and cancer. Tomatoes are also an excellent source of vitamin A, vitamin C, potassium, and iron.

We grow some varieties of tomatoes for processing, and make from them dried tomatoes, tomato sauce, crushed tomatoes, ketchup, chili sauce, and salsa. We grow many other varieties, (including golden tomatoes, which are low in acid) for eating fresh off the vine.

Culinary Tips

- Tomatoes that are not fully ripe when picked will continue to ripen off the vine if stored out of the sun at 60-75 degrees.
- You can freeze tomatoes; just cut away the stem and pop in a freezer bag. The skins will slip off easily when they are defrosted, and you can use them as you would canned tomatoes.
- Tomatoes taste best at room temperature.
- If you have a dehydrator, slice tomatoes thin, sprinkle with dried or fresh chopped basil, and dry them until they are leathery. Freeze these (they will mold from residual moisture if not frozen) and use in soups, stews, and egg, or pasta dishes.

Broiled Tomatoes

Slice ripe tomatoes ½ inch thick onto a broiler tray; top with a thin slice of cheddar cheese and fresh basil leaves. Broil until the cheese melts and the tomatoes steam. Serve over fresh, toasted French bread.

Scalloped Tomatoes

3 lb tomatoes
2 C breadcrumbs
8 T butter
½ C minced shallots or onions
Chopped basil
Salt and pepper

Peel and halve the tomatoes and gently squeeze out the seeds. Melt 7 T of the butter and sauté the onions or shallots in it until soft. Stir in the breadcrumbs, coating with butter, and lightly cook. Add the basil and season with salt and pepper. Place half the tomatoes in a baking dish. Top with half the crumb mixture. Repeat the layering and dot with remaining butter. Bake in preheated oven for 30 minutes.

Crostini

This is my absolutely favorite breakfast. I love getting up early, putting on my bathrobe and boots, walking out to our dew-fresh garden, and picking the tomatoes and cutting the basil for this wonderful dish. The basil is so fresh that it cracks under the scissors, and the tomatoes are fragrant.

2 C chopped tomatoes, drained
2 T chopped shallots, onion, or garlic
¼ C chopped basil
5 T virgin olive oil
4 T balsamic or herb vinegar
½ tsp pepper
1&1/2 tsp salt
Sliced French bread

In a bowl, combine the tomatoes, onion, and basil. Add all the other ingredients except the bread, and mix well. Toast the bread until golden brown. Spoon the tomato mixture over the bread at the table, and feast!

Rosemary Broiled Tomatoes

2 medium ripe tomatoes, cored and cut crosswise
2 T butter
1 clove garlic, minced
2/3 C fresh breadcrumbs
1& ½ tsp minced rosemary

Butter baking dish. Place tomato halves in dish, cut side up. Season with salt and pepper. Melt butter in small skillet. Add garlic and sauté 1 minute. Add breadcrumbs and rosemary. Toss ingredients to blend well, and spoon over tomatoes. Preheat broiler. Set tomatoes 4-6 inches from broiler. Broil until breadcrumbs are crisp and tomatoes are heated through.

Swiss Chard and Chopped Tomatoes

1 bunch Swiss chard
1 onion, diced
2 cloves garlic, minced
¼ C olive oil
2 T fresh lemon juice
1/3 C butter
2 medium tomatoes, chopped
Salt and pepper

Separate leaves and stems of chard. Roughly chop leaves and stems, and cook stems in boiling water until tender. In small skillet, cook onion and garlic in oil and lemon juice until translucent. In large skillet, heat butter, add chard and tomatoes, and sauté about 4 minutes. Mix with onion, garlic, and season to taste.

Fresh Basil Tomato Sauce

I can great batches of this and we eat it over pasta or crepes all winter long. Plum tomatoes, or any other tomato that has little juice, are best for this recipe, because the sauce will be thicker.

3 T olive oil
3 onions, minced
3 cloves garlic, minced
2 T fresh basil, chopped, or 1 T dried basil
3 T minced parsley
4 lbs tomatoes
2 tsp salt
2 tsp pepper
1 & ½ tsp sugar
1 T plus 1 tsp beef bouillon

Add oil to 6-quart pot. Mince onions and garlic in a food processor. And sauté until transparent. Add basil and parsley. Process tomatoes until like juice. Add to pot with onions and herbs. Add the rest of the ingredients and blend well. Cook on low heat for 1 & ½ hours, stirring often. When sauce is done, ladle into hot, sterile jars to within ½ inch of the top. Clean top of jars and seal. Process for 45 minutes in a water bath canner.

Salsa

5 & 1/2 lbs tomatoes, peeled and diced
2 onions, diced
1 can (7oz) chili peppers, diced
2 tsp salt
1 tsp pepper
2 T bottled lemon juice

2 T chopped cilantro
½ C vinegar
1&1/2 tsp cayenne pepper

Chop tomatoes and drain. Combine all ingredients and mix well. Heat salsa until just hot. Ladle into hot, sterile jars. Clean rims and seal. Process in a water bath canner for 45 minutes.

Summer Tomato-Basil Soup

3 C tomato puree
¼ lemon, peeled, seeded, and chopped
1 avocado, chopped
2 T chopped fresh basil
1 T chopped onion
1 clove garlic, chopped
Basil flowers

Chop the tomatoes coarsely and process briefly in a food processor until chunky. Then add lemon, avocado, basil, onion, and garlic. Blend in the processor and pour into serving bowls. Top with basil flowers, and, if you like, a handful of fresh sprouts.

Tomato and Onion Salad

½ C thinly sliced red onion
3 T vinegar
¼ tsp salt
5 med. tomatoes, sliced
4 large basil leaves, thinly sliced
Ground pepper, to taste
1 tsp olive oil

In a small bowl, toss onion with vinegar and a pinch of salt; set aside 10 minutes. Place sliced tomatoes on platter, and top with onion mixture. Sprinkle with basil, pepper, salt, and drizzle with oil.

Turnips

The wild ancestors of the turnip range from Europe through Southwest Asia. The ancient Arabs and Hebrews domesticated the turnip for its seeds as a source of oil. When grown for oil, the seed is called “rapeseed”, and is a popular crop in Europe today. The oil was used as lamp oil in Europe until it was replaced by petroleum products.

Thomas Jefferson was a big fan of turnips, and liked them dressed with cheese.

Turnips are a good source of carbohydrate, vitamins C and A, calcium and potassium.

Culinary Tips

- Small to medium turnips are best; large ones may be fibrous and woody.
- Non-organic, non-local turnips may be waxed; in that case, they should be peeled.
- Turnips can keep for a month or longer in your refrigerator.
- Turnips can be eaten raw, flavored with lemon juice or an oil and vinegar dressing. Great mild flavor and crunch!
- Turnips are an excellent addition to soups, stews, and roasted vegetables.
- Try boiling and mashing turnips with potatoes. They add a mild, sweet flavor to the potatoes.
- Hold onto those greens! A cup of cooked turnip greens contains 3 grams of protein, 252 mg. Calcium, 1.5 mg. iron, as well as vitamin A, thiamin, riboflavin, niacin, ascorbic acid, and potassium.
- Light steaming reduces the sharp flavor of turnip greens. Overcooking strips greens of their vitamins. Serve with butter and a dash of vinegar.

Italian Greens

You can add any edible greens to this recipe – mustard, beet, collard, spinach, or Swiss chard, for example.

¼ C olive oil

6 large garlic cloves, minced

Salt to taste

1 lb turnip greens, minced

Heat the oil in a heavy skillet. Sauté garlic until golden, and then remove with slotted spoon and reserve. Add greens and sauté until just tender. Add salt. Just before serving, sprinkle reserved garlic over greens.

Parsley Turnips

2 lb turnips

3 T butter

1 & ½ C broth (beef, chicken, or vegetable)

2 T minced parsley

Cut turnips into ½ inch slices. Place in saucepan with broth and butter. Boil gently until tender. Drain and sprinkle with parsley.

Oven-Roasted Vegetables

Equal portions of carrots, beets, and turnips, peeled and cut into bite-size chunks.

Several garlic cloves, peeled and halved

Olive oil

Thyme, basil, and rosemary

Preheat oven to 400. Coat bottom of a roasting pan with olive oil. Place vegetables in pan according to roasting time: cook carrots with thyme for about 15 minutes, and then add rosemary, beets and garlic. Cook another 15 minutes, and then add turnips. Toss repeatedly to brown the vegetables and coat them with oil. Ideally the garlic will caramelize. You'll need 45-60 minutes total roasting time.

Himmel und Erde (Heaven and Earth)

Boil together equal amounts of peeled and sliced potatoes and turnips with one peeled and sliced apple. Mash and serve warm with a dollop of butter.

Glazed Turnips

2 lbs turnips, peeled and sliced

2 T butter

Salt and pepper, to taste

2 T brown sugar

2 T chopped parsley, for garnish

Put prepared turnips in a large saucepan, cover them with cold water, and bring to a boil. Simmer turnips until just tender. Drain turnips and return them to the saucepan with butter, salt and pepper. Cook over gentle heat until the butter has melted, shaking the pan to coat the turnips. Sprinkle on the sugar, mixing gently until the sugar has melted and the turnips are shining with glaze. Sprinkle the chopped parsley over the top and serve at once.

Turnip Casserole

Layer sliced turnips, sliced raw potatoes, sliced tomatoes, sliced zucchini, and sliced onion in an ungreased casserole. Top with shredded cheese. You may add dried herbs, such as basil or thyme, between the layers. Bake, uncovered, in 350 degree oven for an hour, until vegetables are done and the cheese is bubbly. If you do not have vegetables that contain a lot of water, such as zucchini and tomato, add some water or broth to the casserole, so that the vegetables will not stick or become dry during baking.

Turnips in Cream Sauce

Steam or boil turnips until they are tender. Reserve cooking water. Make a cream sauce with 3 T butter, 3 T flour, and 1 & ½ C cooking water and ½ milk or light cream.

Melt the butter in a frying pan. Over medium high heat, add the flour slowly, whisking constantly, until you have a thick paste. Then, one ladle at a time, add the cooking water and then the cream, whisking constantly to prevent burning and lumps.

Season to taste, fold cooked turnips into the sauce, and reheat.

Add bread crumbs or cheese if you like.

Fresh Turnip Salad

5 C grated turnips
2 C diced carrots
½ C minced red onion
½ C minced fresh parsley

Toss all ingredients together and serve with a vinaigrette made of ¼ C olive oil, 3 T lemon juice, ½ tsp sugar, salt and pepper to taste.

Cream of Turnip Soup

2 T butter
2 C diced onions
6 C diced turnips
4 C chicken broth (preferably home made)
2 bay leaves
1 C minced kale
1 C cream
Salt and pepper

In a large soup pot, sauté the onions in the butter until tender. Add turnips, chicken broth, and bay leaves. Simmer until turnips are tender. Remove bay leaves, and cool the soup slightly. Puree half the soup in a food processor, and return to the pot and heat. Add the kale and cream. Simmer gently until the kale is limp. Season to taste with salt and pepper. Serve hot.

Winter Squash

Winter squash, like summer squash, originated in the Americas; native Americans in New England cultivated the main varieties we grow today: Acorn, Delicata, Butternut, Sweet Dumpling, Buttercup, and Spaghetti.

Winter squash are high in carbohydrates, vitamin A, iron, and potassium. The darker the flesh, the higher the vitamin A content.

We have grown Butternut, Acorn, and Delicata squash on the farm, partly for animal feed during the winter, partly for our own consumption. We prefer Delicata for its sweet buttery flavor and convenient small size.

Culinary Tips

- We refer to all of these varieties as “winter keeper” squash, because, properly stored, they will keep for months. When they have reached maturity in color and size, (and in any case, before the first frost) harvest, wash and dry them, and store them in a cool place. Enjoy all winter!
- Mice love squash. If you store your winter squash any place where mice have access, have a talk with your cat.

Baked Squash

This is our favorite way to prepare squash, particularly Delicata and acorn. Simply put the squash in a 400 degree oven, bake until a knife passes easily through the flesh. Cut in half, scoop out the seeds, add butter if you like, and serve.

Sautéed Butternut Squash

3 T olive oil
1 Butternut squash, cut into 1-inch chunks
2 cloves garlic, minced
1 T fresh sage, chopped
1 t fresh parsley, chopped

Heat oil in skillet; add squash and garlic and toss to coat with oil. Sauté slowly over low heat, stirring frequently and adding a bit of water if the squash starts to stick, for about 20 minutes, until squash is tender. Add salt and pepper to taste, then sprinkle herbs over squash and mix well.

Winter Squash Soup

2 lbs winter squash, cubed
1 onion, chopped
1 carrot, chopped
1 stalk celery, chopped
2 T butter

5 C chicken broth (preferably home made)

½ tsp salt

¼ tsp ginger

1 & ½ C light cream

Freshly ground pepper

In a large pan, sauté onion, carrot and celery in the butter, Stir in squash. Add 4 cups of the broth, and salt. Bring to a boil, cover, and simmer until squash is tender, about 20 minutes. Stir in ginger. Cool slightly, remove about half the solids, and process in a food processor with the remaining cup of broth, until smooth. Return the processed vegetables to the soup pot. Add cream, and season with salt and pepper. Reheat, but do not boil.

Curried Squash Soup

This recipe is adapted from Rosalind Creasy's *Cooking from the Garden*. It makes a great first course, or a main course, if served with French bread.

¾ C chopped leeks, shallots, or onion

2 T butter

2 T curry powder (we like a sweet curry powder, such as Zanzibar curry)

¼ tsp pepper

2 lbs yellow squash, peeled, seeded, and chopped

2 C chicken broth (preferably home made)

In a large pan, sauté leeks, shallots, or onion in butter until wilted. Stir in curry powder and pepper and cook a few minutes longer. Add squash and broth, cover and simmer until squash is tender. Cool, and then process in batches in a food processor. Reheat, but do not boil.

Zucchini

One zucchini plant, properly tended, could probably feed a small town for an entire season. So prolific are the plants that you may have found giant zucchini on your doorstep, left by an anonymous donor. Summer squashes, along with winter squashes, were a part of the regular diet of the American Indians. Zucchini is a good source of vitamins A and C, and niacin.

Sautéed Zucchini

You can sauté zucchini in olive oil for a simple side dish. Add a few herbs, such as basil and thyme, salt and pepper, and serve warm.

Zucchini Casserole

This is a wonderful one-dish meal. You can keep it vegetarian or slip in a layer of cooked bacon.

In a casserole dish, layer thick slices of zucchini, onion, and tomatoes. You can add sliced raw potatoes, as well. Top the zucchini layer with a sprinkle of dried thyme, and the tomato layer with fresh or dried basil, and cover with grated cheese. Bake, uncovered, at 350 for one hour. Makes its own, delicious sauce.

Stuffed Baked Zucchini

4 small zucchini
2 T butter
2 T chopped onions
½ tsp salt
¼ tsp paprika
dash of nutmeg
1 egg
½ C breadcrumbs
½ C grated cheese

Wash the zucchini and cut horizontally, scooping out the pulp and leaving a ½ inch shell. Reserve pulp. Sauté the onions in the butter. Add the reserved pulp, salt, paprika and nutmeg to the onions. Stir until they are hot. Remove from heat and add the egg, beaten, half the breadcrumbs, and half the cheese.

Rub the shells with butter, and fill with the stuffing. Place in an ovenproof dish on a rack over 1/8 inch water or stock. Sprinkle the top with the remaining breadcrumbs, cheese, and a bit more paprika.

Bake at 350 until tender, about 20 minutes.

Marinated Zucchini

Cut Zucchini into thin slices and steam briefly until tender, but still crunchy. Prepare marinade by shaking 2 tsp prepared mustard, ¼ tsp salt, ¼ tsp pepper, 2 tsp

vinegar, 1 clove minced garlic, and ½ C olive oil in a jar. When zucchini has cooled, toss with the marinade and refrigerate. Serve chilled.

Zucchini and Apple Bread

The wonderful thing about zucchini is that when amounts become overwhelming, you can freeze it. Some people freeze it in chunks to use for winter soups and casseroles. I freeze it, shredded, along with shredded apples, pop it in a freezer bag and use it all winter for bread. (For each bag, use 2 cups of zucchini and 1 cup of apple. Remove it from the freezer and let it thaw before using.)

3 eggs
 1 C vegetable oil
 1 C sugar
 1 C bran flakes
 2 tsp vanilla
 2 C shredded zucchini
 1 C shredded apple
 3 C flour
 2 tsp baking soda
 1 tsp salt
 ½ tsp baking powder
 1 & ½ tsp cinnamon
 ¾ tsp nutmeg
 1 C chopped nuts or currants

Cream together the eggs, oil, sugar, bran, and vanilla. Stir in the zucchini and apple. (If it was frozen, it will have produced liquid. Use that, too.)

In a separate bowl, combine the remaining ingredients. Stir the dry ingredients gently into the zucchini mixture until just blended.

Divide the batter into two greased bread pans. Bake at 350 for 1 hour. Cool briefly in pans and then turn onto a rack.

Zucchini Soup

¾ C chopped leeks, shallots, or onion
 4 cloves garlic
 2 T butter
 ¼ tsp pepper
 2 lbs zucchini, chopped
 2 C chicken broth
 Grated Parmesan, for garnish
 Any of the following fresh herbs: 2 T minced dill, ¼ C chopped basil, 1-2 sprigs parsley.

In large pan, sauté leeks, shallots or onions until they are tender. Add pepper and garlic and sauté 2 minutes more (do not brown). Add zucchini and broth, cover and simmer until zucchini is tender. Remove about half of the soup and puree it with the herbs, in a blender or food processor. Return to the soup pot. Garnish with Parmesan cheese.

Zucchini With Garlic and Oregano

1&1/2 lbs zucchini
1&1/2 tsp olive oil
4 cloves garlic, minced
1 large tomato, seeded and diced
¾ tsp dried oregano
¼ tsp salt
Pinch of ground black pepper

Trim the zucchini and cut into ¼ inch slices.

In a large skillet over medium heat, warm the oil. Add the garlic and cook for 30 seconds, until just tender. Add the zucchini; toss to mix. Reduce heat to medium low. Cover and cook for 5 minutes, until zucchini softens. Add the salt and pepper and stir gently to mix. If you like, sprinkle the zucchini with grated Parmesan cheese before serving.

Zucchini in Sour Cream

6 small zucchini
2 T butter
2 T sour cream
¼ tsp each salt and pepper

Cut zucchini into slices. Sauté in melted butter until crisp/tender. Add sour cream, salt, and pepper, and toss to coat the zucchini in the sauce.

Zucchini Calzones

This recipe is adapted from Mollie Katzen's *The Enchanted Broccoli Forest*. She has her own recipe for the calzone crust – I recommend just using a simple French bread dough. (See *Bread* section in this book for recipe.)

2 T olive oil
2 C minced onion
1 tsp salt
1 tsp dried oregano
1 & ½ lbs zucchini, diced

8 cloves garlic, minced

Pepper

Crushed red pepper to taste

A handful of minced fresh basil

½ lb mozzarella cheese, grated

Sauté the onion, salt, and oregano until onion is just tender. Add zucchini and garlic, and sauté until zucchini is just tender.

Remove from heat, and add black pepper and crushed red pepper, to taste.

Have risen French bread dough ready. Roll it out thinly, divide into 6-8 balls, and roll them into circles about ¼ inch thick. Fill each calzone on one side with about a half cup of the zucchini mixture, followed by a handful of the cheese, and some parsley. Fold, crimp, prick several times with a fork, place on a cookie sheet. If you like, you can brush a wash of equal parts egg white and water over the top for a firm, golden crust. Bake for 15 minutes at 425 degrees.

Zucchini Cakes

This recipe is adapted from *Cuisine at Home*, Issue No.66 December 2007

For the Sauce:

¼ C cracklings from rendered pork lard. (You can also use minced bacon or prosciutto)

1 T olive oil

½ C onion, diced

½ C red pepper, diced

1 T tomato paste

2 tsp garlic, minced

½ C dry white wine

1 can diced tomatoes in juice (14 oz)

1 T white wine or tarragon vinegar

2 tsp sugar

½ tsp red pepper flakes

½ tsp basil leaves

Salt to taste

Sauté the cracklings, bacon, or prosciutto in oil in a large nonstick skillet until crisp. Add onion and bell pepper, sauté until tender, then stir in tomato paste and garlic; cook until garlic is tender. Deglaze with wine, reduce until wine is nearly evaporated, then add remaining ingredients, except for the salt. Bring to a boil and simmer 8-10 minutes. Add salt. Remove to a saucepan and reheat before serving. (Note – this recipe will make double the sauce you need for the number of zucchini cakes you'll have.)

For the Cakes:

4 C zucchini, grated

½ C onion, minced

1 C bread crumbs

2 eggs

1 tsp sea salt

½ tsp baking powder

Grated Parmesan

Sprigs of fresh parsley

Spin zucchini and onion in a salad spinner to remove liquid. Do this at least three times to prevent the cakes from being soggy. Transfer to a large bowl and stir in the bread crumbs. Whisk eggs, salt, and baking powder together in a small bowl and then stir into zucchini mixture.

Heat oil in a nonstick skillet. When the oil is hot but not smoking, place mounds of the zucchini mixture (1/3 C each, patted flat by hand) into the pan. Fry gently on both sides until golden brown. Serve with sauce. Top with grated Parmesan and parsley.