

A vibrant still life photograph of fresh vegetables. In the foreground, a large pile of bright orange carrots sits on a piece of brown burlap fabric. To the left of the carrots is a fennel bulb with its characteristic feathery fronds. In the background, there are green leafy vegetables, possibly kale or chard, and a small black rectangular tag with white text. The entire scene is set on a warm-toned wooden surface.

— Farmers Market — meals

FEATURING RECIPES FROM CHEF MATT COLLIER
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OF THE MONTH

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MICHIGAN HARVEST OF THE MONTH

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ABOUT THE CHEF

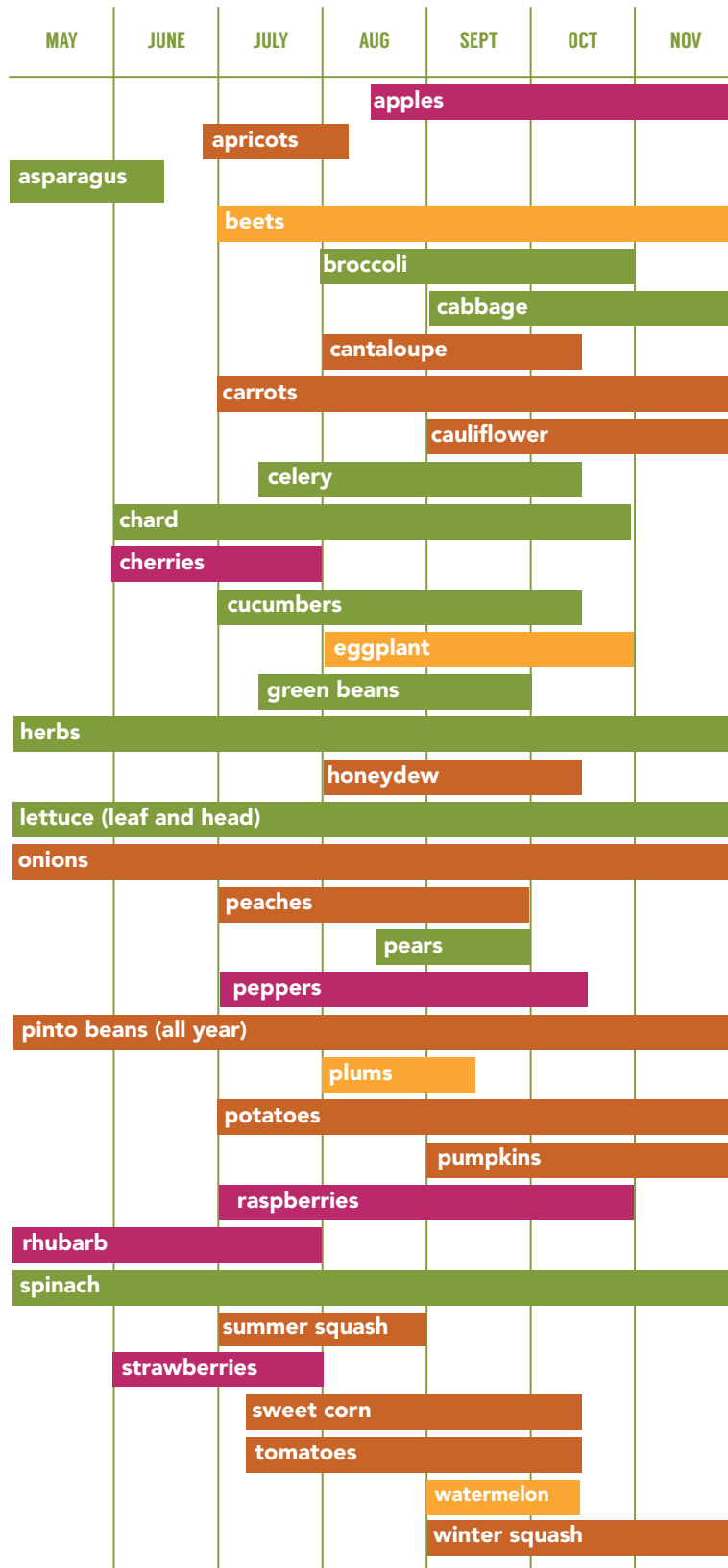
MATT COLLIER

Chef, Seeds Café

Matt Collier, the chef and general manager of Boulder County Farmers Markets' Seeds Café, entered into the culinary world more than 15 years ago when he took a job at the Chautauqua Dining Hall. Since then he has worked at several restaurants in Boulder, including The Kitchen, Full Moon Grill, T/ACO, Oak at Fourteenth, and the Kitchen Upstairs. Matt has also worked in some of Chicago's most acclaimed restaurants, including helping to open the Publican and Big Star.

Matt's recipes are inspired by the seasons and he enjoys the challenge of creating dishes that feature local produce. Matt is a firm believer that everyone should know the farmers who grow their food. He is motivated by a desire to change how people buy their food. Through his culinary work, Matt hopes to influence the community to buy more local food.

SEASONAL PRODUCE GUIDE



TIPS FOR COOKING VEGETABLES

Always start by washing produce. Cut produce into uniform sizes so it cooks evenly.

SAUTÉ

METHOD: Heat pan over medium / medium-high heat. Add oil. When oil is warm and glistening, add vegetables, and cook until tender.

STIR-FRY

METHOD: Heat pan over high heat. Add oil. When oil is hot, add vegetables. Stir constantly until tender. Cooking tip: Use a high heat oil, such as avocado, canola, refined sesame, or safflower oil.

BLANCH

METHOD: Place water in a large pot, and bring water to a full boil. Add vegetables, and cook until just tender.

COOKING TIP: Add a pinch of salt to the boiling water to enhance the flavor. Blanching helps vegetables retain their color and remain slightly crispy. Produce should be blanched before freezing to help retain nutrients, taste, color, and texture.

BOIL

METHOD: Place water in a large pot and bring to a full boil. Add vegetables, and reduce heat to a simmer. Simmer until vegetables are tender.

COOKING TIP: Add a pinch of salt to the boiling water to enhance the flavor. Boiling works well for dried beans, potatoes, beets, and other root vegetables that require longer cooking times.

BAKE

METHOD: Preheat oven to 350°. Place vegetables on a baking sheet. Cook until tender.

ROAST

METHOD: Preheat oven to 425°. Lightly coat vegetables with oil, and a pinch of salt. Place on a baking sheet and cook until tender.

COOKING TIP: Add seasonings, such as bay leaves, garlic, or spices, before placing vegetables in the oven.

STEAM

METHOD: Add 1" of water to a saucepan. Place a steaming basket or heat-resistant colander on top of the pan. Vegetables should not touch the water when added to the basket or colander. Heat water to boiling. Add vegetables. Cover pot, and cook until vegetables are tender.

COOKING TIP: Add spices, such as cinnamon sticks or ginger, to the steaming liquid for subtle flavor enhancements.

MICROWAVE

METHOD: Place vegetables into a microwave-safe bowl. Add a small amount of water. Cover the bowl with plastic wrap, and leave a small gap for steam to escape. Cook on high for five minutes, then check for tenderness. Cook an additional one minute at a time until tender.

BRAISE

METHOD: Place two tablespoons of oil into a pan large enough to hold vegetables in a single layer. Heat oil over medium-high heat. Once oil is hot, add vegetables and a pinch of salt. Let cook without stirring for three minutes or until vegetable bottoms have browned. Flip vegetables over, and cook another two minutes. Add enough vegetable broth, wine, or water to cover the vegetables halfway. Cover pan, reduce heat, and simmer until liquid is mostly gone and vegetables are tender.

COOKING TIP: Add chopped onion, garlic, chives, or shallots for extra flavor. Braising works well for root vegetables, such as carrots, parsnips, sweet potatoes, turnips, and beets.

GRILL

METHOD: Lightly coat vegetables with oil and a pinch of salt. Arrange vegetables in a single layer on the grill. Cook over medium-high heat in a covered grill. Flip vegetables after grill marks have developed on bottom side. Cook until tender.

COOKING TIP: If you have a gas cooktop, you can grill vegetables inside. Hold vegetables with tongs above flame, turning occasionally until they are evenly cooked.

GUIDE TO COOKING PRODUCE

VEGETABLE	PREPARATION	BOIL	STEAM	MICROWAVE	OTHER
ASPARAGUS	Break off ends where they snap easily. Ends can be saved and used in a vegetable stir-fry.	Not recommended	8-10 min	3-5 min	Roast 9-11 min Blanch 2-3 min Stir-fry, chopped, 5 min
BEANS	Remove ends.	8-10 min	9-11 min	7-9 min	Roast 12-15 min Blanch 4-5 min Stir-fry 3-4 min
BEETS	Remove leaves. Cut off stems. Leaves can be saved and used in a vegetable sauté.	25-40 min	45-50 min	12-16 min	Roast 35-40 min Bake 60 min
BROCCOLI	Trim leaves and end of stems. Cut into florets.	4-6 min	5-10 min	4-6 min	Roast 15-18 min Blanch 2-3 min Stir-fry 3-4 min
BRUSSELS SPROUTS	Remove discolored leaves. Cut off stems.	7-9 min	8-10 min	4-7 min	Roast 15-20 min Blanch 4-5 min Stir-fry 3-4 min
CABBAGE, SHREDDED	Remove outer leaves. Cut out core.	5-10 min	5-8 min	5-6 min	Roast 30 min Stir fry 3-5 min
CARROTS, SLICED	Cut off top. Carrot greens can be saved for pesto.	5-10 min	5-9 min	4-5 min	Roast 20-30 min Blanch 3-4 min Stir-fry 3-4 min

GUIDE TO COOKING PRODUCE

VEGETABLE	PREPARATION	BOIL	STEAM	MICROWAVE	OTHER
CAULIFLOWER	Trim leaves and end of stems. Cut into florets.	5-10 min	5-10 min	4-6 min	Roast 15-25 min Blanch 3-4 min Stir-fry 3-4 min
CELERIAC	Cut off stalk and root. Peel and briefly soak in bowl of water mixed with lemon juice.	10-35 min	15-20 min	8-10 min	Roast, cubed, 25-30 min
CORN ON THE COB	Remove husk and silk.	5-8 min	4-7 min	2 to 3 minutes for 1 ear. 3 to 4 minutes for 2 ears.	Bake 30 min Blanch 3-4 min
EGGPLANT, DICED	Remove stem.	Not recommended	6-10 min	4-5 min	Roast 15-30 min Blanch 3-4 min Stir-fry 8-10 min
FENNEL	Remove feathery tops. Remove base of bulb. Slice bulb into fourths. Save feathery tops for use in salads.	8-11 min	12-15 min	4-5 min	Roast 20-25 min Stir-fry, sliced, 2-5 min
GREENS (Beets, chicory, collards, escarole, kale, mustard, radish, spinach, swiss chard, turnips.	Remove root ends. Remove stems of collards, kale, and chard. Stems can be saved and used in a vegetable sauté.	Not recommended	5-8 min	5-10 min.	Blanch 2-3 min Stir-fry 3-5 min
KOHLRABI	Cut off root ends and top.	15-20 min	8-12 min	3-5 min	Roast 50-60 min Stir-fry, diced, 7-9 min

GUIDE TO COOKING PRODUCE

VEGETABLE	PREPARATION	BOIL	STEAM	MICROWAVE	OTHER
LEEEKS	Cut off root ends and top.	15-20 min	8-12 min	3-5 min	Roast 35-45 min Stir-fry, diced, 2-3 min
MUSHROOM	Trim off ends.	3-4 min	4-5 min	3-5 min	Roast 10-20 min Stir-fry 4-5 min
ONIONS	Peel. Trim tops and roots.	30-50 min	5 min (sliced)	Not recommended	Roast, cut in half, 25-30 min Stir-fry, 5-10 min
PARSNIPS, SLICED	Cut off ends.	9-15 min	9-15 min	5-6 min	Roast 25-30 min Blanch 3-4 min Stir-fry 3-4 min
PEAS, SNOW	Remove tips and strings.	2-3 min	3-5 min	6-7 min	Blanch 1-2 min Stir-fry 2-3 min
PEAS, SWEET	Remove from shell.	5-10 min	15-20 min	4-6 min	Blanch 1-2 min Stir-fry 2-3 min
PEAS, SUGAR SNAP	Remove stems and string.	4-5 min	6-7 min	6-7 min	Blanch 2 min Stir-fry 3-5 min
PEPPERS	Remove stems, inner membrane, and seeds.	Not recommended	4-6 min	3-4 min	Roast 15-20 min Blanch 2-3 min Stir-fry 2-3 min

GUIDE TO COOKING PRODUCE

VEGETABLE	PREPARATION	BOIL	STEAM	MICROWAVE	OTHER
POTATOES		15-20 min	18-22 min	4-6 min. for 1 to 2 medium potatoes Pierce skin before microwaving.	Blanch 10-15 min Bake 50-60 min Roast, cubed, 30-40 min
RUTABAGAS	Peel. Remove stems.	20-25 min	20-25 min	12-15 min	Roast 40-45 min Blanch, cubed, 2-3 min Stir-fry, cubed, 5-7 min
SQUASH, SUMMER	Remove stems.	5-10 min	5-7 min	4-6 min	Roast 10-15 min Blanch, sliced, 2-3 min Stir-fry, sliced, 2-4 min
SQUASH, WINTER	Cut in halve and remove seeds.	10-15 min	10-30 min	Microwave whole. Pierce skin first. 10-20 min.	Roast 40-60 min Blanch, cubed 3 min Stir-fry, cubed, 3-5 min
SWEET POTATOS		20-30 min	Cubed, 5-7 min	5-8 min Pierce skin before microwaving.	Bake 45-60 min Roast, cubed, 20 min Blanch 10-15 min
TOMATOS	Remove stems.	Not recommended	2-3 min	3-4 min	Roast, cut in half, 8-15 min Blanch, 1-2 min
TURNIPS	Cut off tops. Greens can be saved for vegetable sauté.	20-25 min	15-20 min	6-10 min	Roast, 30-35 min Blanch, cubed, 2-3 min Stir-fry, cubed, 2-3 min

TIPS FOR PREPARING PRODUCE

It is very important to always wash your produce before cooking or eating it. Harmful bacteria can live in the water or soil where produce grows, and it can contaminate fruits and vegetables.

Here are some important food safety tips from the U.S. Food and Drug Administration (FDA) that will help to keep you and your family safe!

- Place fruits and vegetables in separate bags from raw meat, poultry, and seafood when shopping at the farmers market.
- Store perishable fruits and vegetables in the refrigerator. Check the produce storage guide if you're not sure whether an item should be refrigerated or stored at room temperature. Refrigerate all produce that has been cut.
- Keep fruits and vegetables that will be eaten raw separate from raw meat, poultry, and seafood — and from kitchen utensils that have been used for those products.
- Wash cutting boards, dishes, utensils, and countertops with soap and hot water between preparing raw meat, poultry, and seafood and preparing produce that will be eaten raw.
- Wash your hands for at least 20 seconds with soap and warm water before preparing produce.
- Cut off damaged or bruised areas.
- Throw away any produce that looks rotten.
- Wash all produce thoroughly under cold running water. Wash produce, even if you do not plan to eat the skin; dirt and bacteria can be transferred from the outer surface when you peel or cut the produce.
- Scrub firm produce, such as potatoes and melons, with a clean produce brush.
- Wash green leafy vegetables, leeks, and green onions in a bowl with several changes of water.
- Lift the vegetables out of the water rather than draining the water so sand and dirt can sink to the bottom.
- After washing, dry produce with a clean towel to further reduce the spread of bacteria that may be present on the surface.

WINTER PRODUCE STORAGE





PRODUCE	CURING / PREPARATION	STORAGE TEMPERATURE COLD: 32-45°F COOL: 45-60°F	STORAGE
APPLES	Wrap fruits individually in paper.	Cold	Waxed box or plastic bag with holes. Keep away from other produce.
BEETS	Cut tops off. Wash in cold water. Dry.	Cold	Closed box with ventilation holes or cloth-covered basket.
CABBAGE	Remove outer leaves.	Cold	Upside down in a plastic bag.
CARROTS	Cut tops off. Wash in cold water. Dry.	Cold	Plastic bag or packed in damp sand in a sealed container.
GARLIC	Cure in dry, warm place for 2+ weeks.	Cool	Boxes or mesh bags (pantyhose works). Store in dark area.
ONIONS	Cure in dry, warm place for 2-3 weeks.	Cool	Boxes or hang in mesh bags (pantyhose works). Store in a dark area.
PARSNIPS	Cut tops off. Wash in cold water. Dry.	Cold	Plastic bag or packed in damp sand in a sealed container.
PEARS	Cure in 40-50° for 1 week. Wrap fruits individually in paper.	Cold	Waxed box or plastic bag with holes.
POTATOES	Cure in cool, dark, moist place for 2-3 weeks.	Cool	Closed box with ventilation holes or cloth-covered basket.
RUTABAGA	Cut tops and taproot off. Wash in cold water. Dry.	Cold	Closed box with ventilation holes or cloth-covered basket.
SWEET POTATOES	Cure in warm, dry place for 2 weeks.	Room Temperature	Closed box with ventilation holes or cloth-covered basket.
TURNIPS	Cut tops off. Leave roots. Wash in cold water. Dry.	Cold	Plastic bag or packed in damp sand in a sealed container.
WINTER SQUASH	Cure in warm, dry place for 2 weeks. Do not cure acorn squash.	Cool	Shallow container or on shelves.

Many vegetables need to be cured before storage. Curing allows the vegetables to dry out before storing, which will help to prevent them from rotting. Produce can be cured by laying it on newspaper in a well-ventilated area. Produce should not be washed before curing. Do not store damaged produce.

FRUIT STORAGE






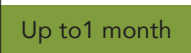



FRUIT	FRIDGE	ROOM TEMP	RIPEN, THEN FRIDGE	COOL + DRY	NOTES	LIFE EXPECTANCY
APPLES	●			●	Store in cool place for up to two weeks. For longer storage, put in a cardboard box in the fridge.	Up to 1 month
APRICOTS			●		Store in plastic bag in fridge once ripe.	3-5 days
CANTALOUPE			●		Store cut cantaloupe in air-tight container in the fridge.	1 week, once ripe
CHERRIES	●				Store in plastic bag. Wash just before eating.	5-10 days
HONEYDEW			●		Store cut honeydew in air-tight container in the fridge.	1 week, once ripe
PEACHES		●			Store unripe peaches in paper bag.	3-5 days, once ripe
PEARS			●		Store unripe pears in a paper bag. Once ripe, store in a plastic bag in the fridge.	3-5 days, once ripe
PLUMS		●			Store unripe plums in a paper bag.	3-5 days, once ripe

FRUIT STORAGE




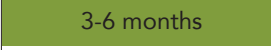



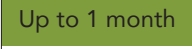

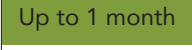
FRUIT	FRIDGE	ROOM TEMP	RIPEN, THEN FRIDGE	COOL +DRY	NOTES	LIFE EXPECTANCY
RASPBERRIES	●				Store in a paper bag. Wash just before eating.	 2-3 days
RHUBARB	●				Store in a plastic bag.	 5-7 days
STRAWBERRIES	●				Store in a paper bag. Wash just before eating.	 3-5 days
WATERMELON	●	●			Store cut watermelon in air-tight container in the fridge.	 5 days

VEGETABLE STORAGE

Always remove any tight bands from your vegetables, or at least loosen them to allow the vegetables to breath.

VEGETABLE	FRIDGE	ROOM TEMP	COOL + DRY	NOTES	LIFE EXPECTANCY
ASPARAGUS	●	●		Place upright in a bowl with stems in water at room temperature. Store with stems wrapped in a moist paper towel inside a plastic bag in the fridge.	 5-7 days
BASIL			●	Trim ends, and place in a jar with 1" of water. Cover loosely with plastic bag.	 7-10 days
BEETS	●			Separate the leaves from the roots before storing separately in a plastic bag; leaves will stay fresh for up to 3 days. Store beets in a plastic bag.	 3 weeks
BROCCOLI	●			Place in an open container, or wrap in a damp towel.	 1 week
CABBAGE	●			Remove wilted outer leaves. Remove core. Rinse with cold water, and allow to dry. Store in a plastic bag.	 1-2 weeks
CARROTS	●			Cut the tops off. Store in a plastic bag.	 Up to 1 month
CAULIFLOWER	●			Store in a plastic bag.	 5 days
CELERY	●			Store in a plastic bag.	 1-2 weeks
CHARD	●			Store unwashed, in a plastic bag.	 3 days

VEGETABLE STORAGE

VEGETABLE	FRIDGE	ROOM TEMP	COOL + DRY	NOTES	LIFE EXPECTANCY
CUCUMBERS	●			Store in a plastic bag.	 1 week
EGGPLANTS	●			Store in the crisper drawer.	 1 week
GREEN BEANS	●			Store in a plastic bag.	 1 week
GARLIC			●		 3-6 months
HERBS, LEAFY	●			Wash, cut ends off. Store in a glass of water like a little bunch of flowers. Cover with plastic bag.	 3-5 days
LETTUCE	●			Store unwashed in a loose plastic bag.	 1 week
MUSHROOMS	●			Store in a paper bag; wash just before eating.	 1 week
ONIONS			●		 Up to 1 month
PEPPERS	●	●		Store in a plastic bag.	 1-2 weeks
POTATOES			●		 Up to 1 month

VEGETABLE STORAGE

VEGETABLE	FRIDGE	ROOM TEMP	COOL + DRY	NOTES	LIFE EXPECTANCY
PUMPKINS			●		2-3 months
SPINACH	●			Store unwashed in a plastic bag.	1 week
SUMMER SQUASH	●			Store unwashed in a plastic bag.	5-7 days
SWEET CORN	●			Refrigerate with husks on.	5-7 days
TOMATOES		●		Wash just before eating.	1 week
TURNIPS	●			Separate leaves from roots, wash and store separately in a plastic bag. Leaves will stay fresh for up to 3 days. Store unwashed turnips in a plastic bag.	2 weeks
WINTER SQUASH			●		1-3 months

Ethylene gas releaser. Keep away from other produce. Some fruits emit ethylene, an odorless, colorless gas that speeds ripening and can lead to the premature decay of nearby ethylene-sensitive vegetables. Ethylene releasers will ripen faster if stored in a paper bag

A close-up photograph of several pink tulips. The tulips are covered in small, clear water droplets, suggesting they have been recently watered or it has rained. The background is softly blurred, showing more tulips and green leaves. A semi-transparent white horizontal band is positioned across the middle of the image, serving as a background for the text.

—Spring—



salads

Bean & Spinach Salad
with Mustard Vinaigrette

Hakuri Turnip Salad
with Spiced Honey Vinaigrette

Asparagus and Snap Pea Salad

BEAN & SPINACH SALAD WITH MUSTARD VINAIGRETTE

4 TO 6 SERVINGS

DIRECTIONS

1. Place dried beans in a large pot with 2 cloves of garlic and carrot. Cover by double with water. Bring to boil, reduce heat, and allow to simmer for 30 minutes to 1 hour, or until beans are tender.
2. Remove from heat, and allow to cool.
3. Drain beans, remove garlic and carrot. Rinse well, and set aside.
4. Place oil, vinegar, mustard, water, honey, and garlic in a blender, and process until smooth.
5. In a large bowl, toss together beans, spinach, radish, onion, and a pinch of salt. Toss with vinaigrette.

TIP

Can substitute 2 cups of cooked beans for dried beans. Radish greens can be saved to add to salads, make pesto, or add to soups.

SOURCE Matt Collier, Chef, Seeds Cafe

NOTES

INGREDIENTS

{ Salad }

1 cup dried beans

2 cloves garlic

1 carrot

4 to 6 cups spinach, washed & dried

2 radishes, diced

1/4 red onion, thinly sliced

salt

{ Vinaigrette }

4 T olive or vegetable oil

2 T mild vinegar

1 T Dijon mustard

1 T water

1 tsp honey

1 clove garlic

HAKURI TURNIP SALAD WITH SPICED HONEY VINAIGRETTE

4 TO 6 SERVINGS

DIRECTIONS

1. Cut tops off of turnips, and cut into bite-size wedges (about 6 to 8 wedges per turnip). Repeat with radishes, and place in a mixing bowl together.
2. Cut peas into 1" segments, and add to bowl with other vegetables. Add arugula and chopped scallions.
3. In a separate small bowl, whisk together honey, vinegar, oil, salt, and chili flakes.
4. Pour vinaigrette over vegetables, and lightly toss.

TIP

Hakuri turnips are sweet and mild. Turnip greens can be saved and used in salads or sautéed and added to a stir-fry.

SOURCE Matt Collier, Chef, Seeds Cafe

INGREDIENTS

{ Salad }

6 to 8 hakuri turnips

4 to 6 radishes

1 cup snow or snap peas

1/2 cup chopped scallions or spring onion tops

2 cups arugula or other greens

{ Vinaigrette }

1/2 tsp of honey

1/2 tsp cider vinegar

1 tsp olive or vegetable oil

pinch of salt

1/8 tsp chili flakes or pinch of cayenne

NOTES

ASPARAGUS & SNAP PEA SALAD

4 SERVINGS

DIRECTIONS

1. Boil 2 quarts of water. Add 1/2 tablespoon of salt and asparagus. Boil for 1-2 minutes or until asparagus is tender.

2. Drain and place asparagus in a bowl of cold water.

3. Once cool, remove asparagus from water, and place into mixing bowl. Add peas, cheese, and cilantro.

4. Place oil and vinegar in a small bowl. Stir together vigorously with a fork until well-mixed. Pour dressing over asparagus and peas. Toss together, gently, until it becomes creamy.

5. Add greens. Toss lightly. Adjust salt to taste.

TIP

Sorrel will add a lemony flavor to the salad, while arugula will add a peppery/spicy flavor. For a dairy-free version, substitute chopped nuts or seeds for the cheese.

SOURCE Matt Collier, Chef, Seeds Cafe

NOTES

INGREDIENTS

1 bunch asparagus,
sliced into bite-size pieces

2 cups snap or snow peas,
sliced into 1/4" pieces

2 T goat or feta cheese

1/2 tsp chopped cilantro

1/2 tsp apple cider vinegar

3/4 T olive or vegetable oil

3 to 4 cups lettuce, arugula, sorrel,
and/or spinach

salt



soups

Creamy Asparagus Soup

Chilled Spring Pea Soup

Carrot Coconut Soup

CREAMY ASPARAGUS SOUP

4 SERVINGS

DIRECTIONS

1. Place oil and onions in a large pot, and cook over medium heat while stirring, until onions become translucent (about 10 minutes).
2. Add asparagus; stir and cook for additional 10 minutes.
3. Add chili powder, black pepper, and enough water to cover the vegetables.
4. Simmer on low for 30 - 45 minutes, or until asparagus is very tender.
5. In batches, put spinach and asparagus mixture in a blender, adding just enough water to blend. Blend until smooth.
6. Pour soup into a large pot, and add cream. Adjust salt to taste.
7. Garnish with chives, radishes, thinly sliced red onions, or chopped parsley.

TIP

For a dairy-free soup, substitute the cream with water, coconut milk, or pureed potatoes mixed with water.

SOURCE Matt Collier, Chef, Seeds Cafe

INGREDIENTS

- 1 yellow onion, *chopped*
- 1 1/2 T olive or vegetable oil
- 2 bunches asparagus, *cut into 1" segments*
- 1/4 tsp chili powder
- 1/4 tsp black pepper
- 3 cups spinach
- 2 cups cream
- salt
- optional garnish: chives, radish, red onion, or parsley

NOTES

CHILLED SPRING PEA SOUP

6 SERVINGS

DIRECTIONS

1. Bring a large pot of water with a pinch of salt to a boil. Add peas, and cook for 1 minute.
2. Remove peas, and place in ice water.
3. Add spinach and mint to the boiling water, and cook for 45 seconds.
4. Remove the spinach and mint, and add to ice water.
5. Once cool, drain peas, spinach, and mint and place in a bowl in the refrigerator.
6. Place onions and oil in a sauté pan. Cook over low-medium heat, stirring occasionally. Cook for approximately 20 minutes, or until onions become translucent. Remove from heat, and allow to cool.
7. Place all ingredients in a blender. Blend until smooth, adding water, as necessary, until you have your desired consistency.
8. Adjust salt to taste.
9. Garnish with sliced radishes or thinly sliced carrots.

TIP

For a dairy-free version, substitute the half & half with water, coconut milk, or pureed white beans mixed with water.

SOURCE Matt Collier, Chef, Seeds Cafe

INGREDIENTS

2 cups peas

3 cups spinach

2 T mint leaves (optional)

2 medium white onions, *chopped*

1 T olive or vegetable oil

1 1/2 cups half & half

3 T parsley

1 1/2 tsp cider vinegar

1/8 tsp cayenne pepper

salt

optional garnish: radishes or carrots

NOTES

CARROT COCONUT SOUP

6 TO 8 SERVINGS

DIRECTIONS

1. Heat oil in a large saucepan over medium heat. Add ginger and sauté for 2 minutes.
2. Add vegetable broth and carrots. Cook over medium heat until carrots are tender.
3. Add coconut milk. Puree all ingredients in a blender until smooth.
4. Serve topped with fresh cilantro.

SOURCE Jill Strange

INGREDIENTS

- 2 T coconut oil
- 3 T fresh minced ginger
- 4 cups vegetable broth
- 10 medium carrots,
peeled and chopped
- 1 can (16 ounces) coconut milk
- fresh cilantro

NOTES



mains

Quinoa & Bean Fritters

Healthy Mexican Stuffed
Sweet Potatoes

QUINOA & BEAN FRITTERS

APPROXIMATELY 16 FRITTERS

DIRECTIONS

1. Place beans, garlic, and water in a food processor and process until smooth.
2. Place all ingredients in a large bowl, and mix until thoroughly combined.
3. Adjust salt to taste.
4. Preheat oven to 350°.
5. Drop batter onto an oiled cookie sheet, 1/4 cup at a time, 1" apart. Press batter down slightly to form fritters.
6. Bake for 15 minutes.
7. Top with your favorite sauce, salsa, or dressing.
8. Leftovers can be refrigerated or frozen.

TIP

Potato starch can be substituted with corn starch or tapioca starch.

SOURCE Matt Collier, Chef, Seeds Cafe

NOTES

INGREDIENTS

- 1 cup cooked beans
- 2 cloves garlic
- 1/4 cup water
- 3 cups cooked quinoa
- 1 cup finely chopped, roasted veggies, such as onions, carrots, or winter squash
- 1 T dried oregano
- 1 T chili powder
- 3 T oil
- 1/4 cup potato starch
- 2 tsp salt

HEALTHY MEXICAN STUFFED SWEET POTATOES

2 TO 4 SERVINGS

DIRECTIONS

1. Preheat oven to 400°. Bake sweet potatoes for 1 hour.
2. Remove from oven, and slice lengthwise. Scoop out flesh so there is only a thin layer remaining lining the edges. Set aside.
3. Heat oil in sauté pan over medium heat. Add onion, pepper, garlic, and salt. Cook until vegetables are tender, about 7 minutes.
4. Add black beans and lime juice. Mash mixture with the edge of a fork to break up beans.
5. Add sweet potato flesh, and mix until thoroughly combined.
6. Stuff each potato skin with bean mixture.
7. Place in oven and heat until warm.

SOURCE Foodshare Healthy Produce Recipes, Bloomfield, CT. from greatlist.com

INGREDIENTS

- 2 sweet potatoes
- 1 T olive, coconut, or vegetable oil
- 1/2 onion, *diced*
- 1/2 red pepper, *diced*
- 1 clove garlic, *minced*
- 1/2 tsp salt
- 1 can (13 ounces) black beans
- 1 lime, *juiced*

NOTES

[illegible]



sides

Polenta & Creamed Spinach

Roasted Spring Vegetables

Turnip & Potato Gratin

Roasted Butternut Squash

Garlic Lemon Spinach

POLENTA & CREAMED SPINACH

4 TO 8 SERVINGS

DIRECTIONS

{ Polenta }

1. Place oil and onion in a large saucepan. Cook over medium heat for 10 minutes, or until onions become translucent.
2. Add vegetable broth, and heat until it begins to simmer.
3. Whisk in polenta.
4. Turn heat down to low, cover, and stir every 5 minutes.
5. Cook for 45 minutes.

{ Creamed Spinach }

1. Heat oil in a large sauce pan over medium-high heat. Once oil is warm, add spinach, and cook for 1 - 2 minutes, or until spinach begins to wilt. Remove from pan.
2. Add oil, onion, and garlic to pan. Cook for approximately 10 minutes, stirring occasionally. Add cream and milk, and bring to simmer. Continue cooking until liquid is reduced by half.
3. Add spinach, and remove from heat.
4. Adjust salt to taste.
5. Place polenta in bowls, and top with creamed spinach.

TIP

For a dairy-free version, substitute the milk and cream with creamed cauliflower (cooked cauliflower blended with water).

SOURCE Matt Collier, Chef, Seeds Cafe

INGREDIENTS

{ Polenta }

- 1/2 onion, *diced*
- 1 tsp olive or vegetable oil
- 4 cups vegetable broth
- 1 1/2 cups polenta or cornmeal

{ Creamed Spinach }

- 2 T coconut, olive, or vegetable oil
- 7 to 8 cups spinach, *chopped*
- 1 tsp coconut, olive, or vegetable oil
- 1/2 onion, *thinly sliced*
- 4 cloves garlic, *thinly sliced*
- 1/2 cup cream
- 1/2 cup milk
- salt

NOTES

ROASTED SPRING VEGETABLES

6 SERVINGS

DIRECTIONS

1. Preheat oven to 400°.
2. Bring 4 cups of water and 1 tablespoon of salt to a boil. Add peas, and cook for 1 minute.
3. Drain and place peas in a bowl of cold water.
4. Once cool, drain and place peas aside.
5. Wash carrots, and remove green tops; place carrots in a large bowl.
6. Wash asparagus, break bottom part of stems off. Add tops to bowl with the carrots.
7. Remove spring onion tops, and slice into very thin rounds; place aside.
8. Cut onion bulbs into 1/4" slices and add to bowl of carrots and asparagus. Add garlic, oil, pepper, and cumin to the bowl, and stir well.
9. Place vegetables on a baking sheet and bake for 10 - 15 minutes, or until vegetables are tender. Remove from oven.
10. Toss in spring onion tops, radishes, parsley, and peas.

TIP

Carrot tops can be saved for later and turned into pesto. Radish greens can be used in soups, salads, and stir-fries. Asparagus bottoms can be thinly sliced and added to stir-fries.

SOURCE Matt Collier, Chef, Seeds Cafe

INGREDIENTS

1 cup peas

8 - 10 baby carrots

1 bunch asparagus

3 - 5 spring onions

4 cloves garlic, *thinly sliced*

1 1/2 T coconut, olive,
or vegetable oil

1/4 tsp black pepper

1/8 tsp cumin

3 radishes, *thinly sliced*

1 T chopped parsley

salt

NOTES

TURNIP & POTATO GRATIN

12 SERVINGS

DIRECTIONS

1. Preheat oven to 425° degrees.
2. Place oil in a large saucepan. Add leeks and garlic. Sauté over medium heat until soft.
3. Add cream and herb bundle to pan, and steep for 30 minutes; add salt to taste.
4. Grease baking dish and layer potatoes, turnips, and a little parmesan cheese.
5. Remove herbs from the cream. Pour the cream into baking dish, just covering potatoes and turnips. Cover and bake for 45 minutes, or until tender.
6. Top with the remaining parmesan cheese and bake until golden brown.

TIP

For a dairy-free version, substitute pureed white beans mixed with water for the whipping cream and 1/2 cup nutritional yeast for the parmesan cheese.

SOURCE Bradford Heap, chef and owner, SALT, saltthebistro.com

NOTES

INGREDIENTS

1 leek, *sliced*

2 garlic cloves, *minced*

4 cups heavy whipping cream

Bundle of bay leaves, thyme, and sage

8 russet potatoes, *sliced 1/8" thick*

8 turnips, *sliced 1/8" thick*

2 cups grated parmesan cheese

1/2 cup olive or vegetable oil

salt and pepper

ROASTED BUTTERNUT SQUASH

4 TO 8 SERVINGS

DIRECTIONS

1. Preheat oven to 375°.
2. Remove the stem and the bottom from the squash. Slice squash in half, and remove the seeds.
3. Cut squash into slices, leaving skin on.
4. Toss with sugar, oil, and salt, and place in large baking dish.
5. Bake for 25 minutes, or until the squash is soft.

TIP

Add 1 tsp dried sage for a savory dish, or serve with chopped walnuts or pecans and dried cranberries or raisins.

SOURCE Boulder Valley Schools Harvest of the Month

INGREDIENTS

- 1 butternut squash
- 2 T brown sugar or maple syrup
- 2 T coconut, vegetable, or olive oil
- 1 tsp salt

NOTES

GARLIC LEMON SPINACH

DIRECTIONS

1. Place oil in a large skillet, and heat over medium heat. Add garlic, and cook for 1 minute.
2. Add spinach, lemon juice, salt and pepper. Cook until the spinach begins to wilt.
3. Remove from heat.
4. Adjust salt to taste.

SOURCE Boulder Valley School Harvest of the Month

INGREDIENTS

1 T olive or vegetable oil

1 tsp garlic, *minced*

10 - 12 cups baby spinach

1/2 T fresh lemon juice

3/4 tsp salt

3/4 tsp pepper

NOTES

sauces, dips, spreads

Spring Hummus

Squash Soubise



SPRING HUMMUS

4 TO 8 SERVINGS

DIRECTIONS

1. Bring 2 quarts of water to a boil in a large saucepan, and season with 3 tsp of salt. Add fava beans and English peas, and simmer for 3 minutes. Drain and place in ice water. Allow to cool.

2. Pop the beans and peas from their outer skin.

3. Place fava beans and peas in food processor with garlic, lemon juice, olive oil, and parmesan cheese. Pulse until well-mixed but slightly chunky.

4. Stir in mint.

5. Adjust salt to taste.

6. Smear hummus on top of toast, and top with small amount of greens, shallots, and radish wedges.

7. Drizzle olive oil on top.

TIP

For a dairy-free version, use nutritional yeast instead of parmesan cheese, or omit cheese altogether. For a gluten-free version, serve over lettuce or gluten-free toast.

INGREDIENTS

1 1/2 cups fava beans

1 cup English peas

2 cloves garlic

juice from 1 lemon or 1 T apple cider vinegar

4 T olive oil

4 T grated parmesan cheese

1 T chopped mint

salt

6 - 8 slices of toast

3 small radishes,
cut into thin wedges

2 small shallots,
sliced into very thin strips

handful of greens
*(arugula, frisee, mizuna, pea shoots,
or other small greens)*

NOTES

SQUASH SOUBISE

4 SERVINGS

DIRECTIONS

1. Place onions, squash, and olive oil in large sauté pan.
2. Add a pinch of salt, nutmeg, and chili flakes.
3. Cook on low to medium heat for 1 hour, stirring frequently and making sure the vegetables do not brown.
4. Adjust salt to taste.
5. Place in a blender or food processor, and blend until smooth.
6. Serve over chicken, pork, beans, or tempeh.

TIP

Will keep in the refrigerator for up to 7 days.

SOURCE Matt Collier, Chef, Seeds Cafe

INGREDIENTS

3 medium onions, *sliced*

1 small winter squash or pumpkin, *peeled, deseeded, and diced*

1 1/2 cups olive oil

pinch of salt

pinch of nutmeg

pinch of chili flakes

NOTES

A vibrant bouquet of sunflowers is the central focus, featuring several large yellow blooms with dark brown centers and some smaller white flowers. The bouquet is tied together with a piece of light-colored burlap fabric, which is visible at the bottom. The background consists of horizontal wooden planks, giving it a rustic, country feel. A semi-transparent horizontal band across the middle of the image contains the word "Summer" in a green, cursive font, flanked by short horizontal lines.

— Summer —



salads

Colorado Fruit & Pepper Salad

Mediterranean Salad

Grilled Peach Salad

Spinach Black Bean Salad

Zucchini, Summer Squash,
Mint & Goat Cheese Salad

COLORADO FRUIT & PEPPER SALAD

8 TO 10 SERVINGS

DIRECTIONS

1. Mix ingredients gently in a large mixing bowl.
2. Toss with tarragon.
3. Adjust salt and pepper to taste.

SOURCE Matt Collier, Chef, Seeds Cafe

INGREDIENTS

3 cups of fruit (peaches, apricots, grapes, strawberries, raspberries, plums, currants, and/or cherries),
cut into bite size pieces

1 cup cherry tomatoes, *cut in half*

1 cup mild to medium heat peppers (bell, Anaheim, banana, or poblano),
deseeded and diced

1 cup cucumbers,
cut into bite-sized pieces

1/4 cup thinly sliced red onions
or shallots

1 T lemon juice or cider vinegar

1 T olive or vegetable oil

salt

pepper

1 tsp chopped tarragon (optional)

NOTES

MEDITERRANEAN SALAD

4 SERVINGS

DIRECTIONS

1. Place grain, vegetables, and herbs in a large mixing bowl. Toss with oil and lemon juice.

2. Adjust salt and pepper to taste.

TIP

For a full meal, toss with chickpeas, walnuts, or chicken.

SOURCE Jill Strange

INGREDIENTS

2 cups cooked grains, (such as rice, quinoa, couscous, or millet)

1 1/2 cups chopped fresh parsley

1 bell pepper, *diced*

1 cucumber, *diced*

1 large tomato, *diced*

1/3 cup sliced olives (optional)

1/4 cup chopped fresh mint leaves

2 T chopped fresh dill weed

1/4 cup olive or vegetable oil

1/4 cup lemon juice

salt and pepper to taste

NOTES

GRILLED PEACH SALAD

4 TO 6 SERVINGS

DIRECTIONS

1. Preheat oven to 425°.
2. Cut peaches in half, remove pit, and coat lightly in oil.
3. Place peaches on a hot grill, flesh side down. Once nice grill marks are achieved, flip over, and grill on skin side for 1 more minute. Remove from grill, and cut into slices.
4. Place peaches in a mixing bowl with the balsamic vinegar; set aside.
5. In a separate bowl, toss corn and pole beans with oil and salt, and place on baking sheet. Bake for 8 - 10 minutes, or until beans and corn are tender.
6. Remove from oven, and toss corn and beans with grilled peaches and vinegar. Add bell peppers and basil.
7. Adjust salt for taste.
8. Serve warm or chilled.

TIP

If you don't have a grill, you can broil peaches in the oven.

SOURCE Matt Collier, Chef, Seeds Cafe

INGREDIENTS

- 3 large peaches
(slightly under ripe—firm)
- 1 T vegetable, olive,
or coconut oil
- 1/2 tsp balsamic vinegar
- 1 1/2 cups pole beans,
cut into 1" segments
- 1 1/2 cups corn
- 1 tsp vegetable, olive, or coconut oil
- salt
- 1/4 cup bell peppers, *cut into slices*
- 1 tsp thinly sliced basil
(4 - 6 leaves)

NOTES

SPINACH BLACK BEAN SALAD

3 SERVINGS

DIRECTIONS

1. In a large bowl, combine vinegar, oil, mustard, garlic, oregano, basil, and nutmeg.
2. Wash, drain, and chop spinach.
3. Add spinach, black beans, tomatoes and onions to the vinegar and oil. Toss well, and serve.

TIP

For a full meal, try topping with other vegetables, such as mushrooms, peppers, cucumbers, zucchini, or yellow squash, and add in cooked chicken, egg, tuna, or cheese for more protein.

SOURCE Connecticut Food Policy Council, Farm Fresh Summertime Recipes

INGREDIENTS

2 T vinegar

1 T olive or vegetable oil

1 T mustard

1 tsp garlic powder

1/2 tsp dried oregano

1/2 tsp dried basil

1/8 tsp nutmeg (optional)

2 cups spinach

1 1/2 cups cooked black beans

2 tomatoes, *chopped*

1 small red onion, *chopped*

NOTES

ZUCCHINI, SUMMER SQUASH, MINT, & GOAT CHEESE SALAD

4 SERVINGS

DIRECTIONS

1. Using a vegetable peeler, peel zucchini and summer squash into thin slices, and place in a mixing bowl.
2. Add the remaining ingredients, and mix until the goat cheese becomes creamy and coats the zucchini and squash.
3. Adjust salt to taste.

TIP

For a dairy-free version, replace the goat cheese with 1 1/2 T nutritional yeast.

SOURCE Matt Collier, Chef, Seeds Cafe

INGREDIENTS

2 medium zucchini

2 medium summer squash

1/4 red onion, *thinly sliced*

1 T mint leaves, *thinly sliced*

1 tsp apple cider vinegar

1 1/2 tsp olive, or vegetable oil

1 1/2 T goat cheese

salt

NOTES



soups

Farmer Vegetable Soup

Peach Gazpacho

Tomato Bisque Soup

FARMER VEGETABLE SOUP

4 TO 6 SERVINGS

DIRECTIONS

1. Place oil, diced vegetables, garlic, and tomatoes in a large pot. Cook over medium-high heat for 30 minutes, stirring occasionally.
2. Add salt, black pepper, chili pepper, cumin, thyme, and vinegar.
3. Add just enough water to cover the vegetables. Bring the water to a boil, and then lower heat. Simmer for 1 hour.
4. Adjust salt and pepper to taste.

TIP

Can last up to 7 days in a covered container in the refrigerator.

SOURCE Matt Collier, Chef, Seeds Cafe

INGREDIENTS

1 T vegetable or olive oil

6 cups of diced vegetables
(use at least 5 varieties of vegetables, such as carrots, onions, celery, cabbage, radish, turnips, rutabaga, beets, winter squash/pumpkin, summer squash, fennel, leeks, potatoes, sweet potatoes, fava beans, English peas, asparagus)

4 cloves garlic, finely minced

2 tomatoes, chopped

pinch salt

pinch black pepper

pinch chili pepper

pinch cumin

pinch dried thyme

1 tsp mild vinegar

water

NOTES

PEACH GAZPACHO

6 SERVINGS

DIRECTIONS

1. Place tomatoes, peaches, cucumbers, jalapeño, garlic, and cilantro in a large mixing bowl. Toss with the oil and vinegar.
2. Season with salt and pepper. Cover and place in the refrigerator for 4 hours to overnight.
3. Serve topped with the red onion.

TIP

Lasts up to 5 days covered in the refrigerator.

SOURCE Matt Collier, Chef, Seeds Cafe

INGREDIENTS

4 large tomatoes, *diced*

3 ripe peaches, *diced*

2 cucumbers, *diced*

1/2 jalapeño pepper,
deseeded and minced

2 cloves garlic, *minced*

2 T fresh cilantro, tarragon,
or chives, *chopped*,

3 T olive or vegetable oil

1 1/2 T red wine vinegar

salt

1/2 tsp black pepper

1/4 small red onion, *diced*

NOTES

TOMATO BISQUE SOUP

6 SERVINGS

DIRECTIONS

1. Place the onions, garlic, and oil in a large pot and cook over medium heat for 30 - 40 minutes, stirring occasionally until the onions are translucent.
2. Add the tomatoes and pinch of salt. Bring to a boil. Turn the heat down to low-medium, and cook for 1 hour.
3. Add all ingredients to a blender. Leave the blender lid cracked, and cover the crack with a folded kitchen towel to allow steam to escape. Blend until smooth.
4. Add cream. Adjust salt to taste.

TIP

For a dairy-free version, replace the cream with coconut milk or pureed white beans mixed with water.

SOURCE Matt Collier, Chef, Seeds Cafe

INGREDIENTS

1 medium to large yellow
or white onion, *chopped*

4 cloves garlic, *thinly sliced*

3 T butter, olive, or vegetable oil

8 large tomatoes, *chopped*

salt

1/2 cup of cream

NOTES



mains

Peruvian Chicken Causa

Cold Asian Noodles

Apricots, Goat Cheese
and Caramelized Onion Toast

Summer Squash Ratatouille

Savory Summer Cobbler

Vegetable Jambalaya

PERUVIAN CHICKEN CAUSA

4 TO 6 SERVINGS

DIRECTIONS

1. Preheat oven to 425°. Coat the chicken with the oil, and season with salt and pepper.
2. Place the chicken on a baking sheet and bake for 20 minutes, or until the chicken is tender and fully cooked; allow to cool.
3. Place the potatoes in a large pot, and cover with water. Bring to a boil, and cook until the potatoes are tender. Remove from the heat, but leave the potatoes in the water until ready to use.
4. Dice the chicken and place in a medium mixing bowl. Add the onion, pepper, celery, lemon juice, and mayonnaise. Mix well and set aside.
5. Drain the potatoes, and mash them with a beater, fork, or masher.
6. Gently mix the potatoes with a pinch of salt and hot sauce, making sure not to over-mix.
7. In a casserole dish, layer the mashed potatoes, chicken salad, potatoes, and chicken salad. Finish with potatoes on top.
8. Cool in the refrigerator, covered, for 3 hours or overnight.

TIP

Goes well with salad greens, radishes, or other shaved or pickled vegetables.

SOURCE Matt Collier, Chef, Seeds Cafe

INGREDIENTS

2 - 3 chicken breasts

vegetable or olive oil

salt

black pepper

3 medium potatoes

1/4 onion, *diced*

1 mild to hot pepper,
deseeded and minced

2 celery stalks, *diced*

juice of 1/2 lemon

1/4 cup mayonnaise

salt

2 tsp favorite hot sauce

NOTES

COLD ASIAN NOODLES

4 SERVINGS

DIRECTIONS

1. Prepare the noodles according to package directions. Rinse under cold water, and drain well.
2. Toss the noodles in a bowl with the soy sauce, scallions, and cucumber.
3. Adjust red pepper flakes, salt, and pepper to taste.
4. Let the noodles sit in the refrigerator for about an hour to allow the flavors to intensify.

TIP

Goes well with grated carrots, shredded cabbage, bean sprouts, hard-boiled egg, chopped tomato, or chopped peanuts.

SOURCE Leanne Brown, Good and Cheap

INGREDIENTS

12 oz noodles (*spaghetti, soba, or any Asian noodles*)

2 T soy sauce

1 bunch scallions, *chopped*

1 cucumber, *finely chopped*

pinch red pepper flakes

salt

pepper

NOTES

APRICOTS, GOAT CHEESE, & CARAMELIZED ONION TOAST

4 TO 6 SERVINGS

DIRECTIONS

1. Place the oil and onions in a large sauté pan, and cook over medium-high heat for 20 - 30 minutes. Stir occasionally, allowing onions to brown. Scrape the browned bits of onions off the pan and incorporate into the onion mixture.
2. Add 1 tablespoon of water to deglaze the pan. Season with salt, and allow to cool.
3. Toast the bread, and cut the slices in half.
4. Top the toast with the onions, apricots, and crumbled goat cheese.

TIP

For a dairy-free version, replace the cheese with chopped walnuts or pecans.

SOURCE Matt Collier, Chef, Seeds Cafe

INGREDIENTS

2 yellow onions, thinly sliced

1 tsp vegetable or olive oil

water

salt

3 pieces bread

**4 apricots, pit removed
and sliced into thin wedges**

2 T goat cheese or ricotta cheese

NOTES

SUMMER SQUASH RATATOUILLE

DIRECTIONS

1. Heat the oil in a large pot over medium heat for 2 minutes. Add the zucchini and squash, and sauté for 3 minutes, or until they begin to brown.
2. Add the onions and continue to cook until the onions become translucent.
3. Add the garlic and lower the heat to medium-low. Cook until the garlic is aromatic, but make sure not to burn.
4. Add the tomatoes and basil. Simmer for 5 minutes, or until the water is reduced by half.
5. Season with the salt, black pepper, and lemon juice.
6. Add the balsamic vinegar, and simmer for 2 minutes, or until most of the liquid has evaporated.
7. Adjust salt and pepper to taste. Serve topped with goat cheese.

TIP

For a dairy-free version, omit the cheese or substitute the cheese with chopped nuts or seeds.

SOURCE Chef Colton Wagner, The Kitchen Next Door, thekitchen.com

INGREDIENTS

- 1/4 cup olive or vegetable oil
- 1 medium yellow squash, *diced*
- 1 medium green zucchini, *diced*
- 1/2 yellow onion, *thinly sliced*
- 1/4 cup chopped garlic
- 3 medium tomatoes, *chopped*
- 10 basil leaves, *torn into pieces*
- 1/4 tsp salt
- 1 T black pepper
- 1 lemon, *juiced*
- 1/4 cup balsamic vinegar
- 4 oz goat cheese (optional)

NOTES

SAVORY SUMMER COBBLER

4 SERVINGS

DIRECTIONS

1. Place the butter for topping in the freezer.
2. Preheat the oven to 425°.
3. Lightly oil an 8"x 10" baking dish. Add the vegetables, garlic, scallions, lemon zest, and basil. Pour the oil and a pinch of salt and pepper over the top. Gently stir. Bake for 25 minutes.
4. While the vegetables are cooking, place flour, cornmeal, baking powder, salt, pepper, paprika, and cheese in a bowl and stir well.
5. Grate the frozen butter into the flour mixture. Gently massage the butter into the flour with your fingers until it's crumbly but still clumpy. Add the milk, and quickly stir the dough together. Place the dough in the refrigerator until the vegetables come out of the oven.
6. Once the vegetable mixture has cooked for 25 minutes, remove from the oven, and top with small clumps of the topping. The vegetables should still be visible in some areas.
7. Bake for 20 - 25 minutes, or until the vegetables are bubbly, and the topping is lightly browned. Serve topped with fresh herbs.

TIP

For a gluten-free version, replace the flour with gluten-free flour or cornmeal. For a dairy-free version, omit the cheese, replace the butter with coconut oil, and replace the milk with water.

SOURCE Leanne Brown, Good and Cheap

INGREDIENTS

3 - 4 medium zucchini
or summer squash,
chopped into bite-sized pieces

3 - 4 large tomatoes,
chopped into bite-sized pieces

3 cloves garlic, *finely chopped*

4 scallions, *finely chopped*

1 lemon, *zested*

1/4 cup fresh basil (optional)

1 T vegetable or olive oil

salt

pepper

{ Topping }

1 1/2 cups all-purpose flour

1/2 cup cornmeal

1 T baking powder

1/2 tsp salt

1 tsp black pepper

1 tsp smoked paprika

1/2 cup sharp cheddar, *grated*

1/2 cup butter

1 cup milk

chopped fresh herbs for topping

VEGETABLE JAMBALAYA

6 SERVINGS

DIRECTIONS

1. Heat the oil in a large, high-sided saucepan over medium-high heat. Add the onion, pepper, and celery, and cook for about 5 minutes, or until the onions become translucent but not brown.
2. Add the rest of the ingredients except the rice and broth, and cook for about 1 minute.
3. Add the rice, and slowly pour in the broth. Reduce the heat to medium, and cook for 20 - 25 minutes, or until the rice has absorbed all of the liquid.

TIP

Works well with sausage, tofu, beans, or shrimp.

SOURCE Leanne Brown, Good and Cheap

NOTES

INGREDIENTS

2 T vegetable, olive,
or coconut oil

1 medium onion, *chopped*

1 green bell pepper, *chopped*

3 stalks celery, *chopped*

3 cloves garlic, *finely chopped*

1/2 small green chili,
deseeded and finely chopped

2 large tomatoes, *chopped*

2 bay leaves

1 tsp paprika

1 tsp garlic powder

1 tsp cayenne pepper

1/2 tsp dried thyme

1/2 tsp dried oregano

1 tsp salt

1 tsp pepper

1 tsp worcestershire sauce
or soy sauce

3/4 cup long grain rice

3 cups vegetable broth
or chicken stock

[illegible]



sides

Garlic Beans

Autumn Vegetable Succotash

Green Bean and Mushroom Medley

GARLIC BEANS

6 SERVINGS

DIRECTIONS

1. Bring a large pot of water to a boil. Add the beans and cook for 2 - 3 minutes, or until just tender. Remove the beans and place them in cold water. Once cooled, remove the beans from the water.
2. Place the oil in a large sauté pan, add the garlic, and cook over medium-high heat, stirring occasionally until the garlic begins to sizzle and become aromatic. Add the beans, and cook until heated through.
3. Adjust salt and pepper to taste.

TIP

Top with sliced almonds.

SOURCE Matt Collier, Chef, Seeds Cafe

INGREDIENTS

5 cups green beans or pole beans,
ends removed

1 tsp vegetable or olive oil

5 cloves garlic, *minced*

salt

black pepper

NOTES

AUTUMN VEGETABLE SUCCOTASH

8 SERVINGS

DIRECTIONS

1. Heat the oil in a skillet over medium-high heat.
2. Add the onion, and cook for 2 minutes, or until translucent.
3. Add the garlic, bell peppers, zucchini, squash, lima beans, and corn. Cook for 10 minutes, or until the vegetables are tender, stirring occasionally.
4. Adjust salt and pepper to taste. Serve topped with fresh sage.

SOURCE What's Cooking USDA
Mixing Bowl

INGREDIENTS

1/4 cup olive oil

1 cup onion, *diced*

2 cloves garlic, *minced*

2 red bell pepper, *diced*

1 medium zucchini, *diced*

1 yellow summer squash, *diced*

3 cups cooked lima beans

3 cups cooked corn kernels

salt and pepper

2 tsp fresh sage, *coarsely chopped*

NOTES

GREEN BEAN & MUSHROOM MEDLEY

8 SERVINGS

DIRECTIONS

1. Place the green beans and carrots in 1" of boiling water. Cover and cook until the beans are tender but firm. Drain.
2. Add the oil to a heated skillet. Sauté the onions and mushrooms until almost tender. Reduce the heat, cover, and simmer 3 minutes.
3. Stir in the green beans, carrots, lemon zest, and garlic salt. Cover and cook for 5 minutes over medium heat.
4. Serve topped with toasted almonds.

SOURCE North Carolina Cooperative Extension, Wayne County, Healthy Recipes: Tested, Tried & True

INGREDIENTS

3 cups green beans,
cut into 1" segments

2 carrots, *cut into thick strips*

3 T vegetable or olive oil

1 large onion, *sliced*

1 pound mushrooms, *sliced*

1 tsp lemon zest

1/2 T garlic salt

1/4 cup toasted almonds, *chopped*

NOTES

sauces, dips, spreads

Carrot Top Gremolata

Tomatillo Salsa



CARROT TOP GREMOLATA

1 1/2 CUPS

DIRECTIONS

1. Mix all ingredients in a bowl, and season with salt.

TIP

Serve over chicken, beef, roasted carrots, or vegetarian entrée. If stored in an airtight container in the refrigerator, will last up to 5 days.

SOURCE Matt Collier, Chef, Seeds Cafe

INGREDIENTS

1 cup carrot tops, *finely chopped*

1/2 cup chopped shallots or red onion, *chopped*

zest of 1 lemon
grated skin of lemon

juice of 1 lemon

1 jalapeño, *deseeded and minced*

1/4 cup vegetable or olive oil

salt to taste

NOTES

TOMATILLO SALSA

1 1/2 CUPS

DIRECTIONS

1. Peel and wash the tomatillos.
2. Place the tomatillos and chiles on a pan and broil for 4 minutes, or until they are blistered on each side.
3. Transfer the blackened tomatillos, chiles, and any juices from the pan to a blender or food processor.
4. Add the remaining ingredients, and blend to desired consistency.

TIP

Add garlic, cumin, or lime for additional flavor.

SOURCE Sonja Gifford via Marcia Crary

INGREDIENTS

5 medium tomatillos

1/4 cup water

1 to 2 serrano chiles, *deseeded*

handful cilantro, *chopped*

1/4 cup onion, *finely chopped*

1/4 tsp salt

NOTES



— Fall —



salads

Apple, Radish and Arugula Salad

Broiled Eggplant Salad

Beet and Chickpea Salad

Pink Party Salad

Sweet Potato Salad

APPLE, RADISH, & ARUGULA SALAD

4 SERVINGS

DIRECTIONS

1. In a large bowl, combine the apples, radishes, onion, and arugula.
2. In a small bowl, add the vinegar, oil, and mustard. Whisk to combine. Add a pinch of salt, and toss the salad with the dressing.
3. Serve topped with toasted caraway seeds.

SOURCE Matt Collier, Chef, Seeds Cafe

INGREDIENTS

3 apples or pears,
core removed and thinly sliced

4 watermelon radishes or 6 - 8
red/breakfast/easter egg radishes,
thinly sliced

1/4 red onion, *thinly sliced*

4 cups arugula, mizuna,
or other field green

1 tsp mild vinegar

2 tsp olive or vegetable oil

1/2 tsp mustard

1/4 tsp toasted caraway seed
(optional)

salt

NOTES

BROILED EGGPLANT SALAD

2 SERVINGS

DIRECTIONS

1. Turn on the broiler.
2. Arrange eggplant slices on a baking sheet; place under the broiler for about 3 minutes, or until the eggplant begins to blacken.
3. Remove baking sheet from the oven, flip eggplant slices over; broil on the other side.
4. Once eggplant is nicely charred, chop into bite-sized pieces.
5. In a bowl, mix the tahini, lemon juice, and chili flakes. Sprinkle with salt and pepper. Add the eggplant, and stir until mixed.
6. Adjust salt, and add more lemon juice to taste.
7. Serve topped with dill.

TIP

Broiled eggplant has a crunchy and meaty texture.

SOURCE Leanne Brown, Good and Cheap

INGREDIENTS

1 medium eggplant,
sliced into circles

1 T tahini

1 T lemon juice

sprinkle of chili flakes (optional)

fresh dill, *finely chopped* (optional)

salt and pepper

NOTES

BEET & CHICKPEA SALAD

2 SERVINGS

DIRECTIONS

1. Combine the beets in a bowl along with the chickpeas and nuts.
2. Place the lime juice, red pepper, and oil in a small mixing bowl. Stir until well-mixed. Add salt and pepper to taste.
3. Add the dressing to the chickpeas and nuts and toss together.
4. Let sit for 5 minutes so the flavors can soak into the vegetables.

SOURCE Leanne Brown, Good and Cheap

INGREDIENTS

2 - 3 beets, *peeled and grated*

1 cup cooked chickpeas

3 T peanuts

{ Dressing }

1 T lime juice

pinch red pepper flakes

1 T vegetable or olive oil

salt and pepper

NOTES

PINK PARTY SALAD

6 SERVINGS

DIRECTIONS

1. Boil the potatoes in 2 cups of water in a deep pot. Cook over moderate heat for 20 minutes, or until the potatoes are tender. Remove from the heat, and allow to cool.
2. Dice the potatoes and place them in a large bowl.
3. Mix the diced beets with the potatoes.
4. Set aside 1/4 cup of the peas for garnishing, and add the rest to the bowl.
5. Save 1 egg for use as a garnish. Chop the remaining eggs, and add them to the bowl.
6. Cut the apple into small pieces, place them in a small bowl, and sprinkle with lemon juice. Add the apples to the salad.
7. Add the vinegar, oil, and sugar.
8. Mix thoroughly, chill, and serve.

SOURCE University of Connecticut,
Cooperative Extension, From Farm to Table

NOTES

INGREDIENTS

4 potatoes, cut in half

3 cups beets,
cooked, peeled and diced

1 cup green peas

3 eggs, hard-boiled

1 apple, peeled and cored

1 tsp lemon juice

3 T vinegar

2 T vegetable or olive oil

1 T sugar or honey

SWEET POTATO SALAD

6 TO 8 SERVINGS

DIRECTIONS

1. Boil the sweet potatoes in water until tender. Drain. Allow to cool.
2. Add the sweet potatoes in a large mixing bowl with the remaining ingredients. Toss until well-mixed.
3. Adjust salt and pepper to taste.
4. Serve at room temperature or slightly chilled.

SOURCE Jill Strange

INGREDIENTS

3 sweet potatoes, peeled and cubed

2 small bell peppers, de-seeded and chopped

1/2 cup diced green chiles

1/4 cup lemon juice

1/4 cup chopped dill

2 T vegetable or olive oil

1 T dried ground mustard

salt and pepper to taste

NOTES



soups

Corn, Potato, Pepper & Bacon Soup

Lightly Curried Butternut Squash Soup

Pumpkin & Leek Soup

CORN, POTATO, PEPPER & BACON SOUP

6 SERVINGS

DIRECTIONS

1. Place the bacon and oil in a large pot, and cook over medium heat, stirring until the bacon starts to crisp.
2. Add the onions, corn, potatoes, and peppers. Cook for 10 - 15 minutes while stirring occasionally.
3. Add the water, and bring to a simmer.
4. Add the cumin, coriander, chili powder, and season with salt.
5. Simmer for 20 minutes.
6. Place 1/4 of the soup in a blender with the cream and blend until smooth.
7. Add the pureed soup back to the pot with the rest of the soup, and simmer for 5 -10 more minutes.
8. Taste for seasoning.

TIP

For a dairy-free version, omit the cream or substitute with coconut milk. For a vegetarian soup, omit the bacon, and add 2 T of smoked paprika to the soup.

SOURCE Matt Collier, Chef, Seeds Cafe

INGREDIENTS

- 5 thick slices of bacon,
cut into small pieces
- 1 tsp vegetable or olive oil
- 1 large onion
- 4 ears of corn,
shucked and removed from cob
- 3 medium potatoes,
cut into bite-size pieces
- 3 poblano, 4 anaheim, or 3 green
pepper, or any combination
of the three, *deseeded and diced*
- 6 cups of water
- salt to taste
- 1/8 tsp ground cumin
- 1/8 tsp ground coriander
- 1/8 tsp chili powder
- 1/2 cup of cream

NOTES

LIGHTLY CURRIED BUTTERNUT SQUASH SOUP

4 SERVINGS

DIRECTIONS

1. To prepare the squash, peel off the tough skin with a potato peeler. Cut the squash in half lengthwise, and scoop out the seeds. Cut off the stem and very bottom of the squash; throw away. Place the squash halves face-down on a cutting board. Slice each horizontally into 1/2" sticks, and then slice into cubes.
2. Heat a large pot or Dutch oven on medium heat. Place oil in the pan, and add the onion, pepper, and garlic. Sauté for 2 minutes.
3. Add the cubed squash and spices, and stir. Put a lid on the pot and cook for another 2 minutes. Add the coconut milk and water. Bring the soup to a boil, then turn the heat to low, and cook for 30 minutes, or until the squash is tender.
4. Allow the soup to cool, then transfer it to a blender. Purée until smooth. Adjust salt and pepper to taste.
5. Serve topped with a drizzle of coconut milk and chopped scallions or cilantro.

TIP

Squash seeds can be cleaned and toasted for a tasty snack.

SOURCE Foodshare Healthy Produce Recipes, Bloomfield, CT

INGREDIENTS

1 butternut or other winter squash

1 T oil

1 medium onion, *diced*

1 green bell pepper, *diced*

3 cloves garlic, *minced*

1 tsp cumin powder

1 tsp coriander powder

1 tsp turmeric powder

1 tsp cayenne pepper

1 can coconut milk

3 cups water

salt and pepper

{ *Optional* }

scallions

cilantro

NOTES

PUMPKIN & LEEK SOUP

6 SERVINGS

DIRECTIONS

1. Cut the top green ends and stem off the leeks. Cut the leeks into 1/4" rounds, and submerge them in a bowl of cold water. Shake the leeks under water to remove dirt. Remove the leeks from the water (make sure to lift them from the water; don't pour the water out, as the dirt will sink to the bottom).
2. Heat the oil in a large pot over medium heat. Add the leeks, onions, and garlic. Cook for 8 minutes, or until fragrant. Add the pumpkin. Season with the salt, pepper, thyme, and cayenne pepper. Cook for 30 - 40 minutes, stirring occasionally.
3. Cover the vegetables with water, and turn the heat to high. Once simmering, reduce the heat to medium-low, and simmer for 45 minutes to 1 hour.
4. Remove 3 cups of the vegetables and liquid, and place in a blender. Leave the blender lid cracked, and cover the crack with a folded kitchen towel to allow steam to escape. Blend until smooth and add back to the rest of the soup.
5. Adjust salt and pepper to taste.

SOURCE Matt Collier, Chef, Seeds Cafe

NOTES

INGREDIENTS

4 - 6 leeks

1 T olive or vegetable oil

1 yellow onion, *thinly sliced*

4 garlic cloves, *thinly sliced*

1 medium pumpkin or winter squash, *stem and skin removed and cut into 1/2" cubes*

salt to taste

1/8 tsp black pepper

pinch cayenne pepper

1/4 tsp chopped fresh thyme (optional)

water



mains

Mexican Eggplant Casserole

Seed Library Cafe's
Grilled Eggplant Panino

Squash Pepita Tacos

Pasta with Eggplant and Tomato

MEXICAN EGGPLANT CASSEROLE

4 TO 6 SERVINGS

DIRECTIONS

1. Preheat the oven to 450°.
2. Slice the eggplant into 1/4" rounds. Brush both sides with oil. Place on a cookie sheet, and bake for 20 minutes.
3. While the eggplant is cooking, combine the remaining ingredients, except the cheese, in a large saucepan. Simmer for 30 minutes. Adjust salt and pepper to taste.
4. Reduce oven temperature to 350°.
5. When the eggplant is done, layer the rounds into a casserole dish. Pour the tomato sauce on the eggplant, and sprinkle the cheese on top.
6. Bake for 30 minutes.
7. Serve topped with cilantro.

TIP

For a dairy-free version, substitute the cheese with toasted pumpkin seeds.

NOTES

INGREDIENTS

- 2 large eggplants
- 1 T olive or vegetable oil
- 4 medium tomatoes, *diced*
- 1 small jalapeño chili, *minced*
- 1 bunch green onions, *thinly sliced*
- 1 small can sliced black olives
- 1 to 2 cloves garlic, *minced*
- 1 T dried oregano
- 2 tsp cumin
- salt and pepper to taste
- 1 cup shredded cheddar cheese
- 1/4 cup cilantro, *chopped*

SEED LIBRARY CAFE'S GRILLED EGGPLANT PANINO

4 SERVINGS

DIRECTIONS

1. Heat 2T of the olive oil over medium heat in a large sauté pan. Add the onions. Sauté for 15 minutes, or until onions begin to brown.
2. Preheat oven broiler or grill.
3. Cut the eggplant into 1/4" round slices. Brush with olive oil. Lightly salt and pepper to taste. Grill or broil for 3 - 4 minutes on each side.
4. Cut flatbreads in half.
5. Arrange 4 slices of grilled eggplant on 1 side of 4 breads.
6. Portion 1/4 cup of marinara sauce and 1/4 cup caramelized onions on top of each eggplant layer.
7. Sprinkle 1 T of the shredded cheese on top of the eggplant, and top with the remaining flatbreads.
8. Add a small amount of the olive oil to a sauté pan and heat over medium heat. Place a sandwich in the pan and cook until the bread is golden brown. Flip with a spatula to cook the other side, occasionally pressing the sandwich down with the spatula. Repeat with other sandwiches.

TIP

For a dairy-free version, substitute the cheese with nutritional yeast or chopped sunflower seeds. For a gluten-free version, substitute gluten-free bread for the flatbread.

SOURCE Matt Collier, Chef, Seeds Cafe

INGREDIENTS

4 small eggplants

2 medium yellow onions,
chopped

3/4 cup marinara sauce

4 T of Haystack buttercup cheese,
shredded

3/4 cup arugula

4 flatbreads

salt and pepper

1/4 cup olive oil

NOTES

SQUASH PEPITA TACOS

4 SERVINGS

DIRECTIONS

1. Heat the olive oil over medium heat in an uncovered large pot. Add the onions and a pinch of salt. Sauté for 5 minutes, or until the onions begin to sweat.
2. Add the peppers, garlic, another pinch of salt, and 1 1/2 T of the Mexican spice blend. Sauté for another 5 minutes.
3. Add the squash, cinnamon, and remaining spice blend. Sauté over medium to medium-low heat for 15 - 20 minutes, stirring occasionally, until the squash is tender.
4. Add the beans, and cook until they are heated through.
5. Serve on corn tortillas topped with shredded red cabbage and toasted pumpkin seeds.

SOURCE Community Food Share

NOTES

INGREDIENTS

- 2 T olive oil
- 1 medium yellow onion, *diced*
- 1 jalapeño, *finely minced*
- 1 pasilla pepper, *finely minced*
- 4 cloves garlic, *minced*
- 1 large butternut squash, *peeled, deseeded, and cubed*
- 1 T cinnamon
- 1 1/2 cups cooked black beans
- 8 corn tortillas
- 1 cup shredded red cabbage
- 1/2 cup toasted pumpkin seeds
- salt
- { *Mexican Spice Blend* }
- 1 1/2 tsp chili powder
- 1 1/2 tps paprika
- 1 tsp cumin
- 1 tsp oregano
- 1 tsp garlic powder
- 1/2 tsp onion powder

PASTA WITH EGGPLANT & TOMATO

2 SERVINGS

DIRECTIONS

1. Add the oil to a wide pan, and heat over medium-high heat. Once the oil is hot, add the eggplant. Sprinkle with salt. Cook for 5 minutes. If the eggplant starts to look dry, add a small amount of water.

2. Once the eggplant is brown on all sides, add the garlic and chili flakes. Stir.

3. Add the tomatoes, and cook for 15 minutes, stirring occasionally. If it looks dry, add a bit of water.

4. Add the pasta, half of the cheese, and half of the basil. Toss everything together, and cook until heated through.

5. Adjust salt and pepper to taste.

6. Serve in bowls sprinkled with the remaining cheese and basil.

TIP

For a dairy-free version, substitute the cheese with nutritional yeast or chopped walnuts.

SOURCE Leanne Brown, Good and Cheap

INGREDIENTS

2 cups cooked pasta

2 T vegetable or olive oil

1 large eggplant, *cubed*

4 cloves garlic, *minced*

1/2 tsp chili flakes

2 medium tomatoes, *finely diced*

1/4 cup romano or parmesan cheese, *freshly grated*

salt and pepper

fresh basil, *finely chopped (optional)*

NOTES

[illegible]



sides

Braised Cabbage

Smoky and Spicy Roasted Cauliflower

Braised Collard Greens

Cauliflower Grits

Sweet and Spicy Slaw

Mashed Celery Root & Potatoes

Pan-Roasted Turnips & Sweet Potatoes

Roasted Rutabaga, Carrots & Leeks

BRAISED CABBAGE

DIRECTIONS

1. Heat oil in a large pan. Add the onions, and cook over medium heat until the onions are translucent.
2. Add the cinnamon, bay leaves, salt, and cabbage. Cook an additional 8-10 minutes, or until the cabbage is wilted.
3. Add the water, vinegar, sugar or honey, and pepper. Cover and reduce the heat to low. Cook for 35 minutes, or until the liquid has evaporated.
4. Top with the cheese.

TIP

Cheese can be toasted for added flavor. Preheat oven to 375°. Place the cheese on parchment paper on a baking sheet. Bake until the cheese begins to brown. Allow to cool, and sprinkle over the cabbage.

SOURCE Paul C. Reilly, executive chef-proprietor, Coperta, Denver.

INGREDIENTS

- 1/4 cup vegetable or olive oil
- 2 onions, *sliced*
- 1 cinnamon stick
- 2 bay leaves
- 4 tsp salt
- 2 small heads of cabbage, *thinly sliced*
- 2 1/2 cups water
- 1/2 cup red wine vinegar
- 2 T sugar or honey
- 1/2 tsp black pepper
- 1/2 cup shredded/crumbled cheese (optional)

NOTES

SMOKY & SPICY ROASTED CAULIFLOWER

4 SERVINGS

DIRECTIONS

1. Preheat the oven to 400°.
2. Arrange the cauliflower pieces and the unpeeled cloves of garlic on in a medium-sized roasting pan.
3. Pour the butter or oil over the cauliflower, and sprinkle with the paprika, cayenne, salt, and pepper.
4. Use your hands to thoroughly coat the cauliflower with the oil and spices.
5. Bake for 45 minutes to 1 hour, depending on how crispy you like the florets.
6. Squeeze the roasted garlic throughout, and discard the skins.

SOURCE Leanne Brown, Good and Cheap

INGREDIENTS

1 head cauliflower,
cut into small pieces

2 cloves garlic, *unpeeled*

1 T melted butter or olive oil

1 tsp smoked paprika

1/2 tsp cayenne pepper

salt and pepper

NOTES

BRAISED COLLARD GREENS

4 TO 6 SERVINGS

DIRECTIONS

1. Peel away the collard greens from the stems. Wash and dry the leaves, and set aside.
2. Add the oil to a large pot, and cook over medium-high heat. Add the bacon. Cook while stirring. Once the bacon begins to brown, add the onions and garlic. Cook for an additional 5 minutes while stirring.
3. Add the honey, wine, and stock or water. Bring to simmer. Add the collards leaves, and sprinkle with salt. Stir well. Cover and turn the heat down to low-medium.
4. Stir every 10 minutes to make sure there is still a little liquid in the bottom of the pan. Add 1/4 cup of water at a time, as needed.
5. Cook for 45 - 60 minutes, or until the collards are very tender.
6. Adjust salt to taste.

TIP

Goes well with pork or beef. Collard stems can be diced and used in a vegetable sauté.

SOURCE Matt Collier, Chef, Seeds Cafe

INGREDIENTS

2 - 3 bunches of collard greens

1 T vegetable or olive oil

2 pieces of bacon,
cut into small pieces (optional)

1 small yellow or white onion, *diced*

4 cloves garlic, *thinly sliced*

1 tsp honey

1/2 cup white wine (optional)

1 cup chicken stock, beef stock,
or water

salt to taste

NOTES

CAULIFLOWER GRITS

4 SERVINGS

DIRECTIONS

1. Heat 2 T of butter or oil in a medium sauté pan, over medium heat.
2. Add the shallots, and cook until soft.
3. Add the grated cauliflower, and cook for 3 minutes. Cauliflower should remain a little firm.
4. Remove the pan from the heat, and add the remaining butter or oil, salt, and cheese.
5. Stir until melted all the way through.
6. Plate and top with shaved cheese and cracked pepper.

TIP

For a dairy-free version, substitute the cheese with 1/4 cup nutritional yeast.

SOURCE Kelly Whitaker, owner and chef, Basta, bastaboulder.com

INGREDIENTS

3 T butter or olive oil

1 shallot, *finely diced*

1 head cauliflower, *finely grated*

1 cup Fruition Farms cacio pecora, *finely grated*
plus shaved cheese for garnish

salt and pepper, to taste

NOTES

SWEET & SPICY SLAW

4 SERVINGS

DIRECTIONS

1. In a large mixing bowl, toss the cabbage, apples, and raisins.
2. In a small bowl, whisk together the oil, honey, vinegar, salt, and pepper.
3. Pour the liquid over the cabbage/apple mix, and toss.
4. Serve as a side dish or as a topping for sandwiches in place of lettuce.

SOURCE Michigan Harvest of the Month

INGREDIENTS

4 cups cabbage,
chopped or shredded

2 medium apples, *finely chopped*

1/2 cup raisins

3 tsp apple cider vinegar

1/4 cup olive or canola oil

1/4 cup honey

1/4 tsp ground red pepper
or 1/2 tsp hot pepper sauce

1/4 tsp salt

NOTES

MASHED CELERY ROOT & POTATOES

4 TO 6 SERVINGS

DIRECTIONS

1. Put the cubed celery root and the potatoes in a pot, and cover with water.
2. Bring to a simmer, and cook until tender.
3. Drain the water, and mash the celery root and potatoes.
4. Add the remaining ingredients, and warm on stovetop.
5. Taste for seasoning, and serve.

TIP

Goes great with beef, pork, and chicken.

SOURCE Matt Collier, Chef, Seeds Cafe

INGREDIENTS

2 celery root, *outside skin removed; cut into 1/2" cubes*

2 small potatoes,
peeled and cut into 1/2" cubes

3 cloves garlic, *minced*

1/2 cup milk or water

2 T butter or olive oil

salt to taste

NOTES

PAN-ROASTED TURNIPS & SWEET POTATOES

6 SERVINGS

DIRECTIONS

1. Heat the butter or oil, black pepper, and allspice in a large skillet.
2. After the butter has melted, add the turnips and sweet potatoes in a single layer. Cook without stirring for 4 - 5 minutes, or until lightly browned.
3. Stir and continue to cook, stirring regularly, for 4 more minutes, or until vegetables are browned on all sides.
4. Add the apple cider and salt; bring to a boil.
5. Reduce the heat and simmer for 12 minutes, or until the vegetables are tender and the cider has reduced to almost nothing.

SOURCE Foodshare Healthy Produce Recipes, Bloomfield, CT

INGREDIENTS

3 T unsalted butter or coconut oil

black pepper to taste

1/4 tsp allspice

7 - 8 turnips, *cut to 3/4" cubes*

1 sweet potato,
peeled and cut into 1/2" cubes

1 cup apple cider

1/2 tsp salt
(less if using salted butter)

NOTES

ROASTED RUTABAGA, CARROTS, & LEEKS

4 SERVINGS

DIRECTIONS

1. Preheat the oven to 425°.
2. Trim off the green top and very bottom of the roots from the leeks.
3. Cut the leeks into 1/4" round slices. Place in a bowl with water, and stir around to remove dirt. Remove the leeks from the water. Cut into bite-size pieces.
4. Toss the rutabaga, carrots, leeks, garlic, and oil in a large bowl. Season with salt and pepper.
5. Place the vegetables on a baking sheet, and bake for 30 minutes, or until the vegetables are just tender.

TIP

Goes great with beef, pork, or chicken.

SOURCE Matt Collier, Chef, Seeds Cafe

INGREDIENTS

4 leeks

2 medium rutabaga, ends trimmed and cut in a medium dice

2 - 3 medium carrots, cut into bite-size pieces

3 cloves garlic, thinly sliced

vegetable, olive, or coconut oil

salt

pepper

NOTES

[illegible]

sauces, dips, spreads



Eggplant Spread

Winter Radish Relish

The Kitchen's Squash Hummus

Pumpkin Winter Squash Puree (for storage
or pies or other fun ideas!!)

EGGPLANT SPREAD

DIRECTIONS

1. Preheat oven to 375°.
2. Drizzle the oil over the eggplant and bell pepper. Roast for 30 minutes, or until the skins begin to brown. Allow to cool.
3. Place the eggplant, bell pepper, and remaining ingredients in a food processor, and process until smooth.
4. Serve as a spread for sandwiches or a dip for fresh vegetables and crackers.

SOURCE Jill Strange

INGREDIENTS

1 medium eggplant, *sliced*

1 bell pepper, *sliced*

3 T vegetable or olive oil

1 cup loosely packed parsley

juice from 1 lemon

1 tsp smoked paprika

pinch cayenne pepper

salt and pepper to taste

NOTES

WINTER RADISH RELISH

4 SERVINGS

DIRECTIONS

1. Combine all ingredients together and mix well.

TIP

Will last for up to 10 days in a covered container in the refrigerator. Goes well with fish, chicken, pork, or beef.

SOURCE Matt Collier, Chef, Seeds Cafe

INGREDIENTS

1 watermelon radish, *diced small*

1/2 daikon radish, *diced small*

1/4 onion, *diced small*

2 T pickled peppers, *diced small*

1 T parsley leaves, *minced*

1 tsp mild vinegar

4 T olive oil

pinch of salt

NOTES

THE KITCHEN'S SQUASH HUMMUS

4 TO 6 SERVINGS

DIRECTIONS

1. Preheat oven to 400°.
2. Halve the squash, scrape seeds from the center, drizzle with oil, and salt and pepper to taste.
3. On a foil-lined baking sheet, place the halved squash cut-side down, and roast until completely tender (i.e. until you can push a fork through the skin with no resistance). Check for doneness after 30 minutes.
4. Cool completely, and remove the squash from its skin with a large spoon, and scoop into a food processor.
5. Add all other ingredients with the squash, and pulse to desired texture.
6. Taste and adjust seasoning as needed.

SOURCE David Engel, The Kitchen Boulder, thekitchen.com

INGREDIENTS

1 winter or acorn squash

2 cloves garlic

2 T lemon juice

1/4 cup olive or vegetable oil

1/4 cup tahini paste

salt and pepper to taste

NOTES

PUMPKIN WINTER SQUASH PUREE

(FOR STORAGE OR PIES OR OTHER FUN IDEAS!)

DIRECTIONS

1. Preheat oven to 400°. Put parchment paper on a baking sheet, and add just enough oil to coat the bottom of the baking sheet.
2. Place the pumpkins on the oil, cut-side down. Drizzle oil on top. Bake for 30 - 50 minutes, or until the pumpkin is very tender to the touch.
3. Remove from the oven, and cool for 10 - 15 minutes.
4. While still warm, remove the pumpkin flesh from its skin with a large spoon, and set in a bowl. Discard the skin.
5. In batches, place the pumpkin flesh in a food processor, and process until smooth. Store the puree in freezer-safe jars or containers.
6. Cool to room temperature uncovered. Add lids, and freeze for up to 4 months.

SOURCE Matt Collier, Chef, Seeds Cafe

INGREDIENTS

however many pumpkins you want,
cut in half (stem to base)
and seeds removed

vegetable, coconut, or olive oil

food processor

NOTES

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— Farmers Market Meals —

Boulder County, Colorado
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