

RECIPES



Harvest board art: Sydney Albertini

from

QUAIL HILL FARM E-NEWS



2008-2012



edited by Jane Weissman

Flowers are innocently fondled by the wind,
And birds trust freely to time—these are feats of giving.
Indeed, by reason of being originally gifted with the power of giving
One's present self came into being.

— *Master Dogen*
(1200-1253)



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Dear Farm Members & Friends,

The most pleasurable activity next to eating the beautiful, healthy, organically-grown food produced at Quail Hill Farm is talking about it.

Who hasn't marveled at the many colors and shapes of the varieties of any one vegetable or traded inventive recipes for preparing it? Such conversations invariably take place at the farm—members crouched low over planting beds as they harvest—and at farm events like the midsummer Pot Luck Supper and At the Common Table benefit dinner, and in our homes at table over bountiful, delicious meals shared with family and friends.

Farm members, and farm friends too, have generously shared their recipes with the wider world through the Quail Hill Farm newsletter—distributed in print form at the farm stand from 1998 through 2006 and more recently as an e-blast formatted and distributed by Peconic Land Trust, the farm's parent organization.

The information presented in this compilation—recipes submitted to the *Quail Hill Farm E-News* since 2008—does not pretend to be complete or inclusive. While harvesting tips and descriptions regarding some of the farm's more unfamiliar vegetables, herbs and edible flowers are included, more complete information can be found in the indispensable *Quail Hill Farm Cookbook*, edited by Hilary Leff and Linda Lacchia—published in 2006, now in its third printing.

If you don't own it, copies are available for purchase at the Farm Shop (where you can also buy farm eggs, Mary Woltz's *Bees' Needs* honey gathered from farm hives, Geri Woodhouse's *Taste of the North Fork* delicacies and, during the summer, Ronnybrook dairy products).

Do enjoy cooking from these recipes. As often as possible, their sources have been credited. And please share the recipes you particularly like for future issues of the *QHF E-News*. If the recipes are not your own, be sure to note their source—cookbooks, web sites, magazines and newspapers—and whether they are the original recipes or have been adapted.

Many thanks to Scott Chaskey and all Quail Hill Farm staff for their outstanding efforts to provide us with hours of unalloyed pleasure—harvesting, preparing and eating the farm's extraordinary produce. And many thanks to everyone whose recipes I am pleased to share.

A reminder for when you are harvesting. Some crops—like arugula, kale, parsley, spinach, Swiss chard, tatsoi and other Oriental salad and cooking greens—are easily decimated if not picked with care. Pinch off the outer leaves one by one or cut them with a knife or scissors. This not only allows the smaller, interior leaves to mature; it also allows the plants to form new leaves and, thus, extend their growing season. Clear-cutting (i.e., lopping off the top of an entire plant) is detrimental to both the health of the plant and the look of the fields.

Happy Harvesting and Happy Eating!



JANE WEISSMAN

May 2013

Editor, *Quail Hill Farm News*

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WHO WE ARE



Celebrating 24 seasons of Community Supported Agriculture,



QUAIL HILL FARM

is a stewardship project of Peconic Land Trust.

At the juncture of Deep Lane and Side Hill Lane in Amagansett, Quail Hill Farm is located on a portion of the 220 acres of land donated to Peconic Land Trust by Deborah Ann Light.

The farm produces over 500 varieties of organically grown vegetables, flowers, fruit and herbs.
During the harvest season, we welcome your visit on Tuesdays and Saturdays.

For questions involving the CSA or ecological agriculture, call the farm at 631.267.8492.

Or visit www.peconiclandtrust.org/quail_hill_farm

For membership information, call Peconic Land Trust at 631.283.3195



PECONIC LAND TRUST

30

years conserving Long Island's working farms, natural lands, and heritage for our communities now and in the future.

For more information: 631. 283.3195 or www.peconiclandtrust.org



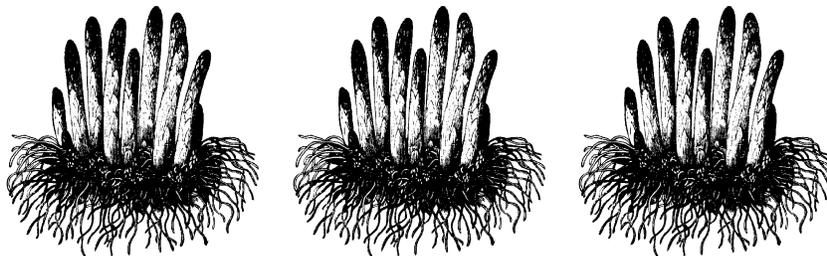
ASPARAGUS



PERFECT ASPARAGUS

contributed by **Anita and Alan Sosne**

Anita & Alan write: Asparagus—green and purple, tender and succulent—not a bountiful, but a welcome, visitor to our farm stand in early summer. Come early if you want some. Trim **stalks** to 8 or 10 inches—trim or snap off the hard ends—and cook quickly, gently in a pan with **a few Tbs. water**, no more than 3 minutes. Do not overcook! Refresh under cold water, return to warm pan. A touch of **salt** and **butter**. *Editor' note:* Try roasting asparagus in the oven or on the grill. Brush on some **olive oil** and season with **salt** and **pepper**. When done, splash on a little **balsamic vinegar**.



ASPARAGUS EGG DROP SOUP

from *Food & Wine*, June 2007

contributed by **Barbara DiLorenzo**

In a large saucepan, heat **2 Tbs. olive oil**. Add **1 onion**, halved and thinly sliced and cook over moderate heat until softened, 8 minutes. Pour in **4 c. broth** (vegetable or chicken) and bring to a simmer. Add $\frac{1}{2}$ **pound asparagus**, cut on the diagonal into 1-inch lengths, and cook until just tender, 3 minutes. In a small bowl, whisk **2 eggs** and season with **salt** and **black pepper**. Slowly pour the eggs into the simmering broth, stirring gently and constantly until cooked, about 30 seconds. Season with **salt** and **pepper**. Serve with shaved **Pecorino Romano cheese**.

ASPARAGUS WITH POACHED EGGS AND PROSCIUTTO

contributed by **Hilary Leff**

Trim **24 asparagus** and place on baking sheet. Dribble on a little **olive oil** and some **salt** and **pepper** and roast in 400 ° oven for about 10-15 minutes until cooked through. Set aside. Poach **4 eggs**, swirling the boiling water when inserting eggs to keep them compact. Place 6 asparagus spears on each plate, take one of **4 slices prosciutto** and wrap the egg in it. Place on the stalk end of the asparagus. Sprinkle grated **Parmigiano cheese**, drizzle with **olive oil**, and season with **salt** and **black pepper**. Serves 4.

See also **TURNIPS / ASPARAGUS, HAKUREI TURNIPS & GARLIC SCAPES**



BEETS



Don't throw out **beet greens** when they are fresh and unblemished. Follow the recipe for **SWISS CHARD / SWISS CHARD WITH RAISINS AND PINE NUTS** and try substituting **sherry vinegar** for the lemon juice. Serve as a side dish, with a bowl of **penne** topped with grated **Romano cheese**, or in one of the recipes below.



FUSILLI ALLA CRAZY BASTARD (a.k.a. PASTA WITH BEET GREENS & CHEVRE)

recipe by Mario Batali from *Food & Wine*

contributed by **Barbara DiLorenzo**

This recipe is an ode to Charles Barsotti's memorably silly *New Yorker* cartoon of a rigatoni noodle on the phone to a friend, exclaiming "Fusilli, you crazy bastard!" This became a punchline to all Batali's jokes.

In an oven preheated to 350°F, toast $\frac{1}{2}$ c. **walnuts** for 7 minutes, until lightly browned. Coarsely chop the nuts and transfer to a bowl. Raise temperature to 450°F, and roast **1 pint cherry tomatoes** that have been tossed with **1 tsp. olive oil**, $\frac{1}{2}$ tsp. **salt** and $\frac{1}{2}$ tsp. **pepper** for 10 minutes until browned in spots. In a large pot of boiling, salted water, cook **1 lb. fusilli**. Meanwhile, heat **2 Tbs. olive oil** in large skillet and add **3 cloves garlic**, sliced, over moderate heat until golden, 2 minutes. Add tomatoes, $\frac{1}{2}$ **pound beet greens**, stemmed, rinsed and coarsely chopped, and a **pinch of crushed red pepper** (or a fresh chile—deveined, seeded, chopped). Cook, crushing the tomatoes slightly, until the greens are just wilted, 3 minutes. Drain the fusilli, reserving $\frac{1}{2}$ c. **cooking water**. Add the pasta, cooking water, and $\frac{1}{2}$ **lb. soft goat cheese**, thickly sliced, to the skillet and cook over moderate heat, tossing to coat the pasta. Season with **salt** and **pepper**. Serve immediately garnished with the walnuts and topped with **Parmigiano-Reggiano**. Serves 4.

BEET RISOTTO WITH GREENS

from *Vegetarian Cooking for Everyone* by Deborah Madison

Heat **5- 6 c. light vegetable broth** (or water and beet stems) and keep it at a low simmer on the stove. Heat **3 Tbs. butter** in a large pot and add **½ c. onion**, finely diced, and cook on medium-low to medium heat for 3 minutes, stirring frequently. Add **1½ c. arborio rice**. Stir to coat well and cook for 1 minute. Add **½ c. dry white wine** and simmer until it is totally absorbed. Stir in **1 Tbs. parsley**, chopped, **2 Tbs. basil**, chopped, and **2 c. beets**, peeled and grated (2 to 3 medium beets). Add 2 c. stock, stirring until it is totally absorbed. Add the remaining stock in ½ cup increments, stirring constantly until each addition is thoroughly absorbed. With 1 cup stock remaining, add **2-3 c. beet greens**, chopped (chard, kale or spinach can also be used). Taste for **salt**, season with **pepper**, and stir in the zest and juice of **1 lemon** (to taste). Turn into a dish, sprinkle over top **½ c. Parmigiano cheese**, grated, and another **1 Tbs. parsley**, chopped, and serve.

GOLDEN BEET and FENNEL SAUTÉ with ANISE-HYSSOP

from Heart of Cooking

Trim and scrub (removing all hairs) **3 golden beets**, medium-large, and cut them into ½” cubes. In a large skillet, add **1-2 Tbs. olive oil** and heat to medium heat. Add the beets, cover and cook, stirring occasionally, until the beets start to “sizzle.” Reduce heat to just above low and cook 10 to 15 minutes, or until you can insert a fork into a beet but it is still firm. Add the fennel. Remove end and trim stalks of **3 fennel bulbs**. Cut bulbs lengthwise and slice across into smallish pieces. Cut usable **stalks and fronds** into ½” slices. Add **½ c. anise-hyssop**, chopped, to the beet/fennel mix, **salt** to taste, and continue cooking until desired doneness.

INDIAN STYLE BEETS

adapted from Madjur Jaffrey

contributed by **Barbara DiLorenzo**

Heat **4-5 Tbs. vegetable oil** in a medium sized heavy saucepan. Add **1 Tsp. cumin seeds**, whole, and let sizzle for 1 minute. Add **1 to 2 garlic cloves**, minced, and let sizzle until golden. Add **1 large onion**, coarsely chopped (Vidalia) and sprinkle with **salt** and **1 tsp. flour**. Stir and cook about 3 minutes. Add **3 to 4 beets**, peeled and cut into wedges, and **2 medium tomatoes**, peeled and finely chopped. Pour in **1¼ c. water** and bring to a boil. Turn down heat to a simmer. Cover and cook, simmering till beets are soft, about ½ hour. Take off cover and cook about 7 minutes more to thicken.

BEET AND FENNEL SALAD (*Remolachas al Anis*)

contributed by **Judy Freeman**

Cook **1 lb. beets**. Cool, peel and cut into ¾ inch cubes. Add **1 small onion**, chopped, and **½ tsp. anise seeds**, crushed. Dress with a mixture of **¼ c. olive oil** with **sherry vinegar**, **salt** and **pepper** to taste. Refrigerate for a day. Just before serving add **1 small fennel bulb**, coarsely chopped.

BEET SALAD

contributed by **Kathleen Masters**

Clean **2 lb. (4-6 medium) beets**. Cut off the root end, leave a little of the top. Drizzle with **olive oil** and a little **sea salt**, and wrap in parchment and then foil and roast at 400°F until fork tender, about an hour. Peel the beets and dice them in bite size pieces. Make a vinaigrette with **1/3 c. olive oil, 2 Tbs. lemon juice, 2 Tbs. red wine vinegar** and a **little salt**. Slice **3 shallots**. Mix the beets and shallots and toss with the vinaigrette. Serve over a mild lettuce such as Boston or bibb.

Editors note: Use **sherry vinegar** instead of wine vinegar and mix in fresh **basil** or **chives** before serving. Also, Alice Waters suggests dressing the beets first with the vinegar (and lemon juice) and letting them sit for ½ hour to absorb the flavor of the vinegar. She writes: The vinegar brightens and accentuates the beets' flavor; the oil should be added sparingly, for balance only. Try the beets in an **arugula** salad with thin slices of **goat cheese** and slightly **toasted walnuts**.



CHILLED BEET SOUP WITH ORANGE CRÈME FRAÎCHE & DILL

adapted from *Fields of Greens* by Annie Somerville

contributed by **Jane Weissman**

Cook **3 lbs. beets**; cool, peel and cut into large pieces. Sauté **1 c. onion**, chopped, with **¼ tsp. salt** in **1 Tbs. olive oil** over medium heat until tender, about 7 minutes. Add **3 garlic cloves**, finely chopped, and sauté 2 minutes more. Combine onions and beets in a blender or food processor. Add **1 to 2 c. water** and puree until smooth. Add **2 to 3 cups more water** to reach desired consistency, being careful not to make the soup too thin. Add **½ c. fresh orange juice, 2 tsp. lemon juice, 2 tsp. sherry vinegar, 1 tsp. salt**, and a few grindings of fresh **pepper**. Serve chilled with a dollop of **crème fraîche** (adding **2 Tbs. orange juice** and **¼ tsp. zest** per half cup), and garnished with fresh **dill**.

Variation: For a more traditional soup often enjoyed in the 1970s at the kosher restaurant on West 72nd Street, omit the orange and lemon juice and sherry vinegar. Add a cold boiled **potato**, cut into chunks. Top with diced **cucumber**, sliced **radishes** and **scallions, dill**, and a dollop of **sour cream**.



BOK CHOY



GRILLED BOK CHOY WITH CHICKEN

adapted from *Gourmet Magazine*, June 2008

contributed by **Linda Lacchia**

The marinade: Mince and mash to a paste **3 large garlic cloves**, add a pinch of **salt**. In a small saucepan, boil over medium heat $\frac{1}{2}$ c. **reduced-sodium soy sauce**, $\frac{1}{3}$ c. **dry Sherry**, and $\frac{1}{4}$ c. **brown sugar**, packed, stirring occasionally until reduced to about $\frac{2}{3}$ cup, 5 to 7 minutes. Stir in garlic paste, **1 Tbs. ginger**, peeled and finely grated, and **2 Tbs. Asian sesame oil**. Cool to room temperature. Pour half the marinade over **1½ lb. skinless, boneless chicken thighs** and refrigerate for at least three hours. Chill remainder of sauce for basting.

The bok choy: Trim **1½ lb. bok choy**, removing leaves from outer stalks; retain leaves on the more tender inner stalks. Steam bok choy about 2 minutes until tender but still crisp; plunge into ice water to stop the cooking. Drain as soon as stalks are cool and toss with $\frac{1}{2}$ c. **vegetable oil**.

Grilling: Cook chicken, brushing with its marinade until done. Grill the bok choy on both sides, brushing with reserved marinade, for 2 to 3 minutes. Serve chicken and bok choy with remaining marinade and accompanied by basmati rice. Serves 6.



CRUNCHY BOK CHOY SALAD

adapted from www.epicurious.com

contributed by **Ronnie Grill**

Prepare the dressing: **2 Tbs. sugar**, **3 Tbs. cider vinegar**, **3 Tbs. soy sauce**, **2 tbs. peanut butter**, $\frac{1}{2}$ tsp. **crushed red pepper**. Sauté $\frac{1}{4}$ c. **dry roasted peanuts** over medium high heat until browned. Place peanuts in a large bowl with **3 c. bok choy**, white and green parts thinly sliced, **1 c. red pepper** cut into thin strips, $\frac{1}{2}$ c. **carrot**, shredded or diced, $\frac{1}{4}$ c. **green onions**, cut diagonally into pieces. Add salad dressing, toss and serve. *Note from Ronnie:* the original recipe called for a 3 oz. package **ramen noodles** crumbled into the salad before it is dressed.



BROCCOLI RABE



SPAGHETTI WITH BROCCOLI RABE, TOASTED GARLIC & BREAD CRUMBS

from *Dining & Wine*, April 15, 2009

contributed by **Marjorie Silver**

Put $\frac{1}{4}$ c. **olive oil** in a large skillet over medium-low heat. When oil is warm, cook **3-4 cloves garlic**, peeled and slivered, just until fragrant, 1 to 2 minutes. Add **1 c. bread crumbs** and $\frac{1}{4}$ tsp **red pepper flakes** and cook until bread crumbs are golden, 5 minutes or so. Remove and set aside. Blanche **1 lb. broccoli rabe**, trimmed and washed in water brought to a boil and salted until it wilts. Do not overcook. Remove with a slotted spoon, drain well and chop. Cook **1 lb. pasta** in same pot of water. Meanwhile, add an additional $\frac{1}{4}$ c. **olive oil** to skillet over medium-low heat. Add broccoli rabe and toss well. Season with **salt** and **pepper**. When rabe is warm, add garlic and bread crumbs and mix well. Drain cooked pasta, reserving a little cooking water. Toss pasta in skillet with broccoli rabe mixture, adding a little reserved water if necessary. Adjust seasonings. Serve with freshly grated **Parmesan cheese**. Serves 4 to 6. *Note from Marjorie:* Substitute **Swiss chard** for the broccoli rabe. Try it without the pasta; it's just as good. Especially delicious with bread crumbs made from 3-cheese bread!



ORRECCHIETTE WITH BROCCOLI DI RAPE

from *Lidia's Italian Table* by Lidia Matticchio Bastianich

contributed by **Kathy Masters**

Use the tender leaves and flower buds of **2 lbs. broccoli di rape** as well as the peeled stems, cut into $1\frac{1}{2}$ to 2 inch pieces. Wash the broccoli and dry it well. Remove the casing from $\frac{1}{2}$ lb. **sweet Italian sausage** and crumble it. Cook until no longer pink in a large skillet over medium high heat with about **1 Tbs. olive oil** and **3 large garlic cloves**, crushed. Drain the fat, add about $\frac{1}{4}$ cup **extra virgin olive oil** and the broccoli, cover the pan and cook until wilted and bright green. Add **salt** and $\frac{1}{4}$ tsp **pepperoncino flakes** and **1 c. chicken stock** and bring to a boil. Boil gently until the broccoli rape is tender, add **1 Tbs. unsalted butter** (more if you like) and correct the seasoning. Cook a box of **orrecchiette** as directed on the package, drain and toss with the sauce. Sprinkle with grated **pecorino Romano** or **Parmigiano cheese**



BRUSSELS SPROUTS



HASHED BRUSSELS SPROUTS WITH LEMON ZEST

from *Union Square Cookbook* by Danny Meyer and Michael Romano
contributed by **Barbara DiLorenzo**

Trim bottoms off **2 lbs. Brussels sprouts**. Cut them in half lengthwise; then thinly slice crosswise. Put them in a bowl of water with lemon juice until ready to cook, and toss to separate leaves. Heat **2 Tbs. olive oil** and **2 Tbs. butter** in large frying pan over high heat. Add sprouts, **3 cloves garlic** (minced), **2 Tbs. black mustard or poppy seeds**. Cook about 4 minutes, stirring often, until lightly cooked but still green and crisp (it's okay if some leaves brown slightly). Add $\frac{1}{4}$ c. **white wine or vermouth**, and sprinkle with **salt** and **pepper** to taste. Cook, stirring, one minute more. Turn off heat, adjust seasoning, and add **zest of 1 lemon**, reserving a bit for garnish. Serves 10.

MAPLE GLAZED BRUSSELS SPROUTS

from *www.nyktchenco.com*, recipe by Robin Puskas
contributed by **Jane Weissman**

Heat **3 Tbs. olive oil** in skillet over medium high heat. Add **2 lbs. Brussels sprouts**, trimmed and cut in half. Allow to brown undisturbed for 1-2 minutes. Toss sprouts; lower heat to medium. Add **4 oz. butter**. Heat **3 Tbs. olive oil** in skillet over medium high heat. Add **2 lbs. Brussels sprouts**, trimmed and cut in half. Allow to brown undisturbed for 1-2 minutes. Toss sprouts; lower heat to medium. Add **4 oz. butter**. When butter is entirely melted, add **4 Tbs. maple syrup** and **1 tsp. Dijon mustard**. Cook a few minutes and then add **1½ Tbs. apple cider vinegar** and sea or kosher **salt** to taste. (Optional: toss in $\frac{1}{3}$ c. toasted walnuts.) Cook a few minutes more until sauce thickens and sprouts are just tender. Do not overcook. Serve immediately.



SHAVED BRUSSELS SPROUTS SALAD with FRESH WALNUTS & PECORINO

adapted from Jonathan Waxman, *Gourmet*, October 2005
contributed by **Barbara diLorenzo**

Using an adjustable blade slicer, slice **1½ lb Brussels sprouts** (preferably from the stalk) into thin disks. Toss into a bowl to separate the layers. Add $\frac{1}{2}$ c. **walnuts** (lightly toasted and gently crushed; use your hands) along with **2 Tbs. Pecorino Romano cheese** (or to taste), $\frac{1}{4}$ c. **olive oil**, and **3 Tbs. lemon juice**. Toss to combine to create an unbelievably delicate slaw. Season with freshly ground **pepper**. Serves 6.



CABBAGE



KILLER COLE SLAW

adapted from a dish made by **Hope Millholland**
contributed by **Jerry Plueneke**

Mix dressing and let stand for an hour for flavors to blend – $\frac{1}{2}$ c. **orange juice**, freshly squeezed, **1½ tsp. unseasoned Marukan rice vinegar**, $\frac{1}{3}$ **apple**, shredded, **2½ tsp. roasted sesame oil**, **2 pinches sea salt**. For the slaw – **3-4 c. cabbage**, shredded, **3 carrots**, shredded, $\frac{1}{3}$ c. **raisins**, softened, and $\frac{1}{2}$ c. **pomegranate seeds**. Add dressing to slaw, toss and serve.

LITE COLE SLAW WITH DILL

adapted from *The Greek Vegetarian* by Diana Kochilas
contributed by **Barbara DiLorenzo**

Toss $\frac{1}{2}$ **large head of cabbage**, finely sliced (a mandoline comes in handy here) with $\frac{1}{2}$ c. **chopped dill** in a large bowl. Mix **2 cloves garlic**, minced, $\frac{1}{4}$ c. **yogurt**, $\frac{1}{4}$ c. **canola oil** and **1 tsp. grainy mustard** in a jar or whisk in a small bowl. Toss cabbage/dill mixture with dressing *only when ready to serve*; this preserves the crunch of the cabbage.



CABBAGE SALAD WITH APPLES & WALNUTS

from *Chez Panisse Fruit* by Alice Waters

Remove and discard tough outer leaves of **1 Savoy cabbage**. Cut it in half, remove core and slice crosswise into a fine chiffonade. Toast **1/3 c. walnuts** in 375°F oven for 8 minutes. When cool put them in a towel and rub off as much skin as possible to remove any bitterness, then chop or coarsely crumble. For the dressing, mix **2 Tbs. cider vinegar** with **1 Tbs. lemon juice**, some **salt**, and **pepper**. Whisk in $\frac{1}{2}$ c. **olive oil** and then **2 Tbs. crème fraîche** (or heavy cream). Quarter, peel, and core **2 apples** (a crisp variety like Branny Smith or Fuji). Slice quarters lengthwise fairly thin and cut these slices lengthwise into a julienne. Toss the cabbage, apples, and walnuts with the dressing and an extra pinch of salt. Let the salad sit for 5 minutes, taste again, adjust the seasoning and serve.



CALENDULA



and other edible flowers

A member of the daisy family, **Calendula** has traditionally been used as both a culinary and medicinal herb. Its petals—yellow, orange and a creamy white—are edible. Adding both color and flavor, try them in salads and as a garnish for grilled vegetables. Calendula can even be used as a substitute for saffron.



CALENDULA DIP

Before coming to Quail Hill in the early 2000s to work as the farm’s field manager, **Nikki Conzo** worked on a farm in Italy where she learned this recipe.

Finely chop equal amounts of toasted, peeled **almonds** and toasted **pine nuts** plus handful of **calendula** petals. Add **plain yogurt** to reach a desired consistency and a hint of **honey, balsamic vinegar**, and **salt** and **pepper** to taste. *Optional:* add **tumeric** or **saffron** for a beautiful yellow-orange color!

Many herbs—**See HERBS**—produce edible flowers. **Anise hyssop, borage, chives,** and **dill** can be eaten raw. **Sage** is best fried like squash blossoms. After picking and before using them, put herbs in a small mason jar partly filled with water and enjoy them as a bouquet.

VEGETABLES, too, produce edible flowers, among them are **arugula, broccoli raab, ruby streaks mustard, peas, okra,** and **summer squash.**

The yellow, red and orange **Nasturtiums** growing just inside the Valley fence and the crescent herb garden are edible **FLOWERS**. Both flowers and leaves are can be eaten; they have a peppery, yet sweet flavor.



MORE INFORMATION can be found at:

<http://homecooking.about.com/library/weekly/blflowers.htm>



CARROTS



GINGER CARROTS

contributed by **Sigun Coyle**

Cut **6 to 8 carrots** into eighths, lengthwise. Parboil for 2 minutes, then drain. Sauté **1 red onion**, thinly sliced, and a small piece of **diced fresh ginger** in **1 Tbs. olive oil** until translucent. This can be prepared a day ahead of time. Ten minutes before serving, toss carrots with cooked ginger and onion. Season with **salt** and **pepper**. Bake for 10 minutes in hot oven (375 °s). *Sigun writes: It is delicious to add **parboiled parsnips**, prepared like the carrots.*

CAROTE AL MARSALA (Carrots with Marsala)

from *Italian Food* by Elizabeth David

contributed by **Sybil Schacht**

Clean about **1½ lb. carrots** and cut them in half lengthways, and then in half again. Cut out the woody part in the center if they are old carrots. Melt **1 oz. butter** in a sauté pan and add the carrots, tossing to coat. Season with **pepper**, a little **salt**, a little **sugar** and, a minute or two later, pour in **1/3 c. Marsala**. Simmer for 5 minutes and then add water to just cover the carrots. Cover pan and stew gently until the carrots are tender. Turn up the flame and let the liquid, which should already be considerably reduced, all but bubble away. The carrots should be shiny, with a little syrupy sauce. Garnish with **parsley**. *Sybil writes: Marsala with carrots may sound an unsuitable combination. Try it and see. And may I suggest, do not substitute sherry. Marsala makes them sweet and delectable.*



MORROCAN CARROT SALAD

from *Chez Panisse Vegetables* by Alice Waters

contributed by **Jane Weissman**

Looks and taste vie in this gorgeous, delicious salad that takes great advantage of the red, orange and yellow carrots grown at Quail Hill Farm. Scrub **carrots** and cut into coins. Boil until just tender in **salted water** and a crushed **garlic glove**. Drain and cool to room temperature. Toss with a little ground **cumin**, **paprika** and **salt** and a pinch of **cinnamon** and **cayenne**. Toss with **lemon juice**, **olive oil** and **chopped parsley**. Let sit for at least an hour before serving. A perfect party dish.

TORTA DI CAROTE

adapted from a recipe by Joyce Goldstein
contributed by **Judy Freeman**

The pastry: In a bowl combine: **2¼ c. flour**, **½ c. sugar**, **pinch of salt**. Cut in **1¾ sticks unsalted butter**, chilled, to consistency of coarse meal. Add **1 large or 2 small eggs**, slightly beaten, **1 tsp. vanilla**, **1 tsp. fresh lemon juice**, **2 Tbs. cold water** and toss with fork until mixture holds together. Divide into two portions (one slightly bigger than the other), flatten into disks, cover with plastic wrap and chill for 1 hour.

The filling: Combine in heavy pot **2 lbs. sweet carrots**, peeled and grated, **1¼ c. sugar**, **1 or 2 Tbs. water**, **6 Tbs. grated ginger**. Cook over medium heat until thick, approximately 18 minutes. Let filling cool.

Assembly: Preheat oven to 375°F. Roll out the larger pastry disk to 11 inches diameter, 1/8 inch thick. Transfer to a 9-inch pie pan. Spoon in filling, roll out second disk, cut strips and form lattice over filling. Press edges and brush with egg wash. Bake 20-25 minutes. Cool before serving.



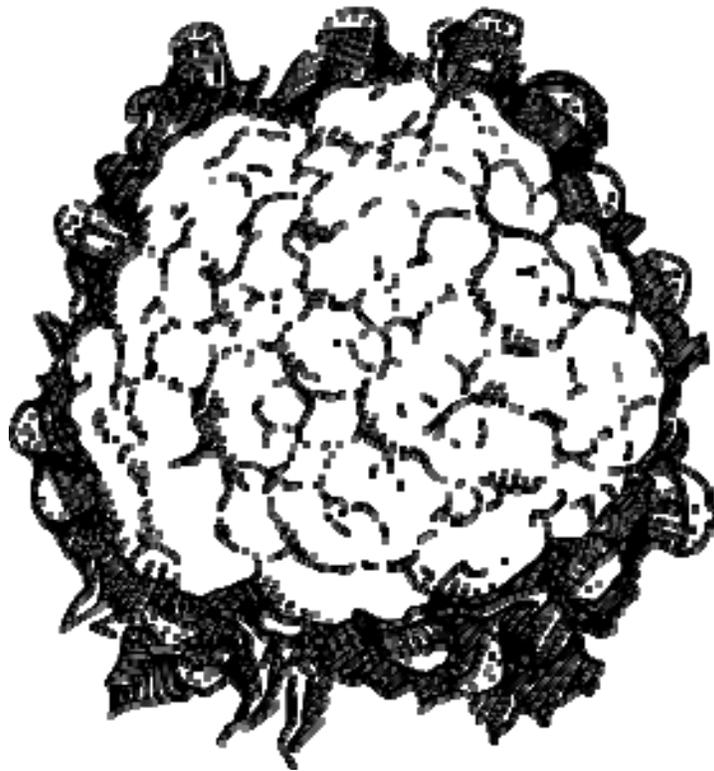
CAULIFLOWER



ROASTED CAULIFLOWER

contributed by **Richard Simpson**

Break **1 head cauliflower** into florets and spread on a baking tray. Sprinkle with **chili flakes** and **sea salt**. Toss with approx. **2 Tbs. olive oil**. Sprinkle mixture with $\frac{1}{3}$ **c. parmesan cheese**. Roast at 400°F until golden brown.





CELERIAC



POTATO, CELERIAC & APPLE GRATIN

adapted from www.deliciousmagazine.co.uk, recipe by **Matthew Drennan**
contributed by **Jane Weissman**

Peel **1 celery root** (about 1 lb.) and **3-4 medium potatoes** (about 1½ lb.) and slice thin. Put **1 c. heavy cream**, **1 c. milk** and **1 clove garlic**, crushed, in a non-stick pan over a medium-low heat. Add the potatoes and celeriac and simmer for 10 minutes, gently stirring, until tender. Spoon half the potatoes and celeriac into a greased 2-quart pan and season with **salt** and **pepper**. Quarter, core and thinly slice **2 unpeeled apples** and arrange over the vegetables. Top with the remaining potatoes and celeriac. Adjust seasoning and dot with **3 Tbs. butter**. Bake in oven preheated to 350°F for 30-35 minutes, until golden and bubbling.



MASHED POTATOES WITH CELERY ROOT

contributed by Jane Ulanoff

Peel **1 celery root** and cut into cubes. Peel **2 lb. Yukon Gold potatoes** and cut into cubes. Using separate pans, cover the celery root and potatoes, with **cold salted water** and bring to a boil. Simmer 20-25 minutes or until tender. Drain. Mash together the potatoes and celery root. Add **½ c. heavy cream** and **¼ Tbs. butter** that have been warmed and melted in a saucepan. Season with **salt & pepper**. Serves 4-6. *Editor's note:* Add **2 apples** that have been peeled, chunked and cooked until reduced to sauce.



CRANBERRIES



Quail Hill Farm may not grow cranberries, but many of us harvest them from the bogs in the Walking Dunes.

CRANBERRY WALNUT UPSIDE DOWN CAKE

from *Gourmet* magazine, November 2005

contributed by **Dorothy Roskam**, with thanks to **Sydney Albertini**

Make topping: melt **4 Tbs. butter** in skillet over moderate heat. Swirl to coat bottom and side of 10-inch cast iron skillet and stir in $\frac{3}{4}$ c. **light brown sugar**, packed. Simmer, stirring, until sugar is dissolved, 1 to 2 minutes, then sprinkle **1 $\frac{3}{4}$ c. cranberries** and $\frac{3}{4}$ c. **walnuts**, chopped, evenly over butter mixture. Remove from heat. *For the cake:* Whisk together **1 $\frac{1}{2}$ c. all-purpose flour**, **1 $\frac{1}{2}$ tsp. baking powder**, **1 tsp. baking soda**, $\frac{1}{2}$ tsp. salt. Beat together **1 stick (8 Tbs.) unsalted butter**, softened, and $\frac{3}{4}$ c. **granulated sugar** with an electric mixer at high speed until light and fluffy, 4 to 6 minutes. Add **2 large eggs**, one at a time beating well after each addition. Beat in $\frac{1}{2}$ tsp. **vanilla**. Reduce speed to low and add flour mixture alternately in batches with $\frac{3}{4}$ c. **buttermilk**, well shaken, beginning and ending with flour mixture and mixing until just combined. (Do not overmix.) Heat **topping** in skillet over moderately high heat until it starts to bubble, then gently spoon batter over topping and spread evenly. Quickly transfer to oven preheated to 350°F with rack in the middle position. Bake until cake is golden brown and a wooden skewer comes out clean, 25 to 30 minutes. Cool cake in pan on a rack 15 minutes. Run a thin knife around inside edge of pan, then invert a serving plate over pan and invert cake onto plate. Cool completely on plate on rack for 1 hour. Serve cake at room temperature with lightly sweetened **whipped cream**. *Note:* The cake can be made a day ahead and kept, wrapped in plastic wrap, at room temperature.



CRANBERRY SAUCE

contributed by **Jane Umanoff**

Put **1 bag fresh cranberries** in a pot. Add the juice **1 orange** (cut into quarters) and the **zest** of two of the quarters. Add **1 apple** and **1 pear** (both peeled and diced), **2 tsp. cinnamon**, **½ tsp. ground clove**, a pinch of **salt**, and **sugar or agave** (a natural sweetener from agave cactus that is healthier than sugar) to taste. Add water to barely cover. Bring to a boil and then simmer until it all comes together.

CRANBERRY GINGER RELISH

from Epicurious

contributed by **Barbara DiLorenzo**

Combine **1 bag cranberries**, **1½ c. orange juice**, **1 c. sugar**, and **2 Tbs fresh ginger** (peeled and finely chopped) in a pot and bring to a boil over high heat stirring until sugar dissolves. Turn heat to low and simmer, stirring often and gently mashing berries, until sauce is thick, about 15 minutes. *Variation:* Substitute **1 naval orange**, pulsed in a food processor, for the ginger and add **2 or 3 Tbs. Triple Sec**.

STUFFING WITH CRANBERRIES

enough for a 10-12 pound turkey

contributed by **Jane Umanoff**

Heat **½ stick butter** (4 Tbs.) and **¼ c. olive oil** in large pan. Add **2 large onions** (3 c.), **2 celery stalks**, and **1 or 2 apples** (peeled and diced.) Season to taste with **thyme**, **sage**, **salt** and **pepper**. Add **½ c. dried apricots** (cut in half), **½ c. dried prunes** (cut in half), **½ c. dried cranberries or cherries**, and approx. **½ c. vermouth**. Boil off the alcohol. Add the **6 c. whole grain bread** (cut in cubes and dried) and **1 c. chicken broth or vegetable stock**. Cook until ingredients are well mixed but not soggy. Cool and stuff in the turkey.

See also KALE / KALE WITH GARLIC AND CRANBERRIES



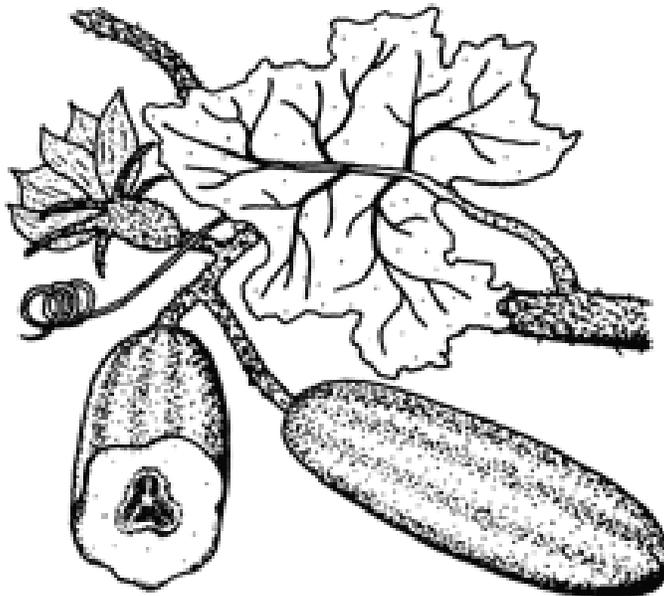
CUCUMBERS



TZATSIKI

contributed by **Ursula Lee**

This Greek dip is a great accompaniment to fish/lamb. Mix **2 c.yogurt**, **1 Tbs. mint**, finely chopped, **1 garlic clove**, finely chopped, **salt** to taste. Peel and grate over a colander **3 medium cucumbers** (the resulting juice is delicious with lemon, salt, and pepper). Take handfuls of the cucumber and squeeze out the moisture before adding to the yogurt. Refrigerate for a few hours to develop flavors.



CUCUMBER SOUP

From *Michael Field's Cooking School*

contributed by **Liadain Smith**

Liadain writes: This Russian recipe is not your typical cucumber soup. Don't be turned off by the sauerkraut juice which imitates the tang of vodka. (I have always wanted to try it with vodka.) Blend **2 c. sour cream**, **5 c. buttermilk** and $\frac{1}{2}$ **c. sauerkraut juice**. Stir in **2 medium cucumbers**, peeled, seeded and diced, **2 cloves garlic**, chopped, **salt**, **white pepper**, **3 Tbs. dill**, finely chopped, $\frac{1}{2}$ **c. fennel**, finely chopped or 1 tsp. powdered fennel seed, and $\frac{1}{2}$ **c. scallions**, finely chopped, including some green. Serve very cold in chilled bowls. A nice garnish would be cooked shrimp, cut into pieces, or hard-cooked eggs, chopped. *Notes:* You used to be able to buy a can of sauerkraut juice; now you have to buy a jar of sauerkraut and drain the juice. It's a good idea to salt the diced cucumber to draw off excess water before adding it to the soup.

CUCUMBER SALAD

contributed by **Hilary Leff**

Peel and slice **3 cucumbers** ¼ inch thick. Toss with ½ **red onion**, thinly sliced, a handful of **pitted Nicoise olives**, a chunk of **French feta cheese**, chopped **parsley**, **salt** and **pepper**. Drizzle on some really **good olive oil** and serve.

QUICK SWEET PICKLES

contributed by **Jane Weissman**

Slice **cucumbers** into ¼ inch slices and cover with a solution of 1 part **sugar** to 3 parts **white vinegar**. Add some sliced **scallion** or sliced **red onion**. Let sit for 30 minutes or, for a stronger pickle, longer. Pour off solution and they're ready to eat. Garnish with fresh **dill**.

PICKLES

contributed by **Hilary Leff**

from FoodTV.com, recipe by Bobby Flay

In a large, heatproof measuring cup, combine **1½ c. distilled white vinegar**, **¼ c. sugar**, **4 tsp. kosher salt**, **1 tsp. mustard seeds**, **1 tsp. coriander seeds** and **¾ tsp. dill seeds** with **2 c. hot water**. Stir until the sugar and salt are dissolved. Let the brine cool. In a large bowl, toss **2 lb. kirby cucumbers** (other varieties can be used), sliced ¼ inch thick with **¾ c. dill**, coarsely chopped, and **3 garlic cloves**, coarsely chopped. Pour the brine over the cucumbers and turn to coat. Place a small plate over the cucumbers to keep them submerged, then cover the bowl with plastic wrap and refrigerate overnight.

CUCUMBER, TOMATO AND BREAD SALAD

contributed by **Liadain Smith**

Cut ½ baguette into small cubes (stale bread is great for this!). Sprinkle with **3 to 4 Tbs. warm water**, toss, and set aside for 20-30 minutes. In a bowl, put **1 medium cucumber**, peeled, seeded, and diced, **½ medium onion**, thinly sliced, **1 pint cherry tomatoes**, halved (3 medium tomatoes, seeded and diced), and **½ bunch arugula**, washed and torn in half. Add vegetables to bread and sprinkle with **4 Tbs. sherry vinegar**, **6 Tbs. olive oil** and **salt and pepper** to taste. Gently toss and let sit for at least a half hour before serving. Even better the next day—if there are leftovers!



EDAMAME



Translated as "beans on branches" as the beans grow in clusters on bushy branches, edamame or soybeans have been grown in East Asia for over two thousand years as a major source of protein. Edamame are used in vegetable dishes, soups and salads and, even processed into sweets.

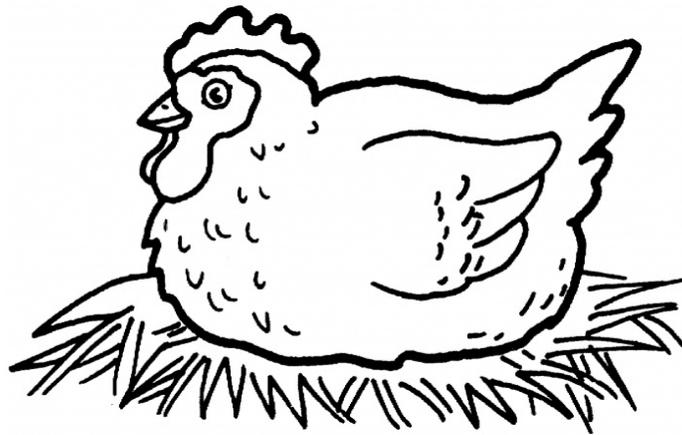
For a quick, healthy snack, lightly boil the pods in salted water. Drain, cool, and lightly salt. Using your fingers, squeeze the seeds directly from the pods into your mouth. The pods can also be parboiled and quick-frozen for winter eating. Drop the frozen pods into salted boiling water; remove when they float to the top.



LATE SUMMER SALAD

contributed by **Linda Lacchia**

Combine in a large bowl, **1 c. edamame beans**, steamed and shelled, **2 c. corn kernels**, raw or cooked, **1 c. string beans**, steamed and cut into small pieces, **½ c. sweet pepper**, diced, **1-2 Tbs. hot pepper**, chopped (to taste), **¼ c. cilantro** leaves, and **2 scallions**, coined. Prepare and add the dressing: **¼ c. vegetable oil**, **1 Tbs. toasted sesame oil**, **1Tbs. tahini**, **2 Tbs. rice wine vinegar**, **2 Tbs. mirin** (rice wine and sugar), **1 Tbs. lemon juice**, and (optional) **sesame seeds**, black or toasted. Let stand for 1 hour. Serve at room temperature.



ORANGE-ALMOND SPONGE CAKE

contributed by Sara Gordon

For the farm member who requested the recipe for this gluten-free confection served at the farm breakfast. Well, as Sara says, it does contain eggs.

Separate the yolks of **4 eggs** from the whites. Beat egg yolks until frothy and lemon colored. Add $\frac{1}{2}$ c. **granulated sugar** and $\frac{1}{2}$ c. **brown sugar** and beat until dissolved, then beat two minutes more. Add $\frac{1}{2}$ c. **orange juice**, freshly squeezed, and beat 3 minutes. Sift in **1 c. almond meal**, **$\frac{1}{3}$ c. tapioca starch** and **$1\frac{1}{2}$ tsp. baking powder** and beat until very smooth. Beat egg whites until stiff but not dry. Fold whites into batter until no specks of white remain. Pour into 9" square or round pan lined with parchment or wax paper. Bake at 325° F until a straw comes out clean, about 35-40 minutes. Cool completely on rack, then carefully remove from pan and peel away paper. Just before serving, top with: **confectioner's sugar** or **fresh fruit** or **mixed candied orange zest and sliced almonds** (slice fine strips of orange zest and boil in a very small amount of water and maple syrup until liquid starts to thicken, then combine with sliced blanched almonds that have been lightly toasted in a 325° F oven, and sprinkle over cake).

***See also* ASPARAGUS / ASPARAGUS WITH POACHED EGGS AND PROSCUITTO**

***See also* SWISS CHARD / SWISS CHARD & SCRAMBLED EGGS ON POLENTA**



EGGPLANT



CAPONATA

from *Rome, at Home* by Suzanne Dunaway
contributed by **Kathy Masters**

Place **1 large eggplant**, cut in ½ inch dice, in a colander, sprinkle on **2 tsp. salt** it and wait 15 minutes, then drain and blot off remaining liquid. Heat **6 Tbs. olive oil**, sauté the eggplant until brown and crispy on the edges. Transfer to a plate. If needed, add an additional **6 Tbs. olive oil** to the pan, then **2 large onions**, **3 stalks celery**, and **1 small fennel bulb** – all chopped fine. Cook over medium heat until golden. Add **4 garlic gloves**, chopped fine, and cook another 2 minutes or so. Add the eggplant, **1 Tbs. sugar**, **1½ to 2 c. tomato sauce**, **¼ c. capers**, **2 tsp. balsamic vinegar**, and **2 Tbs. red wine vinegar**. Simmer until some of the liquid is reduced and the mixture is fairly thick and shiny, 15 to 20 minutes. Serve at room temperature. Garnish with **¼ c. toasted pine nuts** or, alternatively, shredded *basil* or *fennel frond*.



CROSTINI WITH EGGPLANT & PINE NUT PURÉE

adapted from *Local Flavors* by Deborah Madison
contributed by **Ursula Lee**

Heat broiler. Peel and trim **1 lb. eggplant**, slice into ½ inch rounds. Lightly brush both sides of slice with **olive oil**, arrange on sheet pan, and broil about 6 inch away from heat until golden, 7-10 minutes. Turn and brown other side. Stack slices so they steam to finish cooking. Toast **1/3 c. pine nuts** in small skillet over low heat until golden. Cool. Using a large mortar and pestle, grind pine nuts with **1- 2 cloves garlic** and **½ tsp. sea salt** until smooth. Coarsely chop the eggplant and work it into puree (food processor is fine). Add a little fresh **lemon juice** to sharpen the flavor and **salt and pepper** to taste. Stir in **1 Tbs. mint**, chopped, **2 tsp. parsley**, chopped, and **2 tsp. basil**, chopped. Spread on bread slices or crackers, and garnish with **basil leaves**.

SPICY EGGPLANT SPREAD WITH THAI BASIL

from *Vegetarian Cooking for Everyone* by Deborah Madison
contributed by **Barbara DiLorenzo**

Score **1 lb. eggplant** in several places and roast in 475° oven about 30-40 minutes until it's about to collapse, the skin charred in places. Put in a colander to cool. Peel as best you can and coarsely chop the flesh. Mix together **1½ Tbs. light brown sugar**, **2 Tbs. rice wine vinegar**, **1 Tbs. soy sauce**, and **2-3 serrano chiles**, finely chopped. Heat skillet over high heat and add **3 Tbs. dark sesame oil** (or roasted peanut oil). Add **3 cloves garlic**, minced, and stir fry for 30 seconds. Add the eggplant and stir fry for 2 minutes, then add the sauce and fry for 1 minute more. Remove from heat. Stir in **3 Tbs. Thai basil leaves**, chopped. Taste for **salt**. Mound eggplant in a bowl and garnish with **basil leaves** and **2 Tbs. black sesame seeds**, toasted.

BURANEE BANJAN

from the *New York Times*
contributed by **Ursula Lee**

This is a popular Afghan street food. Preheat broiler. Cut **4 medium eggplant** crosswise into ½ inch slices. Select the 24 best slices (compost the rest) and sprinkle slices with **salt**. After 30 minutes, rinse and dry well. Brush slices with **2 Tbs. olive oil** and arrange on cookie sheet. Broil until lightly browned, 2-3 minutes. Don't cook them completely. In deep 12" skillet, over medium heat, sauté **3 medium onions** in **4-6 Tbs. olive oil** for 15 minutes, until reddish brown and juicy but not crisp. Remove to a plate with slotted spoon. Place 8 rounds of eggplant into the same skillet. Top with half the onions and half the slices of **3 large tomatoes**, sliced, peeled and seeded. Mix **¾ tsp. salt** and **¼ tsp. cayenne pepper** and sprinkle half over the vegetables. Repeat with another layer of eggplant, and remaining onions and tomatoes. Sprinkle with half of remaining cayenne mixture. Add **¼ c. water** and cover skillet tightly. Simmer about 30 minutes. Prepare yoghurt sauce: strain **2 c. plain yoghurt**, strained, mixed with **2 garlic cloves**, crushed, and **salt** to taste. To serve, spread half the yoghurt sauce onto the bottom of a serving dish. Top with the vegetables, lifting stacks carefully. Top with remainder of yoghurt sauce and drizzle with pan juices. Sprinkle with **fresh mint**, chopped. Serve immediately with nan or similar bread. Serves 8.

EGGPLANT ROLLATINI

contributed by **Ursula Lee**

Cut **1 medium eggplant**, skin on, in approx ½ inch slices. Broil or steam eggplant to make it pliable but not mushy, about 10 minutes. For the filling: Process **3 cloves garlic**, coarsely chopped, **2 anchovy filets**, **1 Tbs. capers**, **2 shallots**, coarsely chopped, **¼ c. walnuts** and **bread crumbs** made from 1½ medium thick slices of peasant bread, toasted and crumbled. Add **¼ c. Parmigiano cheese**, **2 Tbs. tomato paste** and **salt** and **pepper**. Add **1 Tsp. pesto** and as much **olive oil** needed to form a dry paste. Put some filling over each eggplant slice (leaving some for topping) and roll up and skewer or tie with string. Oil the bottom of a casserole, add rolls, dribble with olive oil and distribute the remaining filling over the rolls. Bake at 350°F for 30 minutes.

LAYERED VEGETABLE TORTE

adapted from *The New York Times*

contributed by **Nina Cobb**

Preheat oven to 400°F. Cut **1 large eggplant**, **4 medium zucchini** and **2 portobello mushrooms** into ¼ inch slices. Brush slices with **olive oil** and sprinkle with **salt** and **pepper**. Place slices on baking sheet and roast about 20 minutes, until soft, turning them over once. Coat bottom and sides of an 8-inch round spring form pan with oil. Layer eggplant, zucchini and mushrooms along with **2 plum tomatoes**, cut into ¼ inch slices, **2 Tbs. garlic**, minced, and **¼ c. basil leaves**, chopped, until all the veggies are used. Press down with spatula to make the torte as compact as possible. Sprinkle with **½ c. bread crumbs**, fresh, and **1/3 c. Parmigiano cheese**, grated, **1 Tbs. olive oil**. Bake torte for 30 minutes until hot throughout and browned on top. Wait 5 minutes before removing outer ring of pan. Let cool another 10 minutes before cutting into wedges



MNAZZALLEH (Eggplant, Tomatoes & Chick Peas)

from *Mediterranean Cooking* by Paula Wolfert

contributed by **Jane Weissman**

For this Arab variation on ratatouille, soak **1/2 c. dried chick peas** overnight; then drain, peel and split. (Canned chickpeas can also be used but added later in the recipe. Be sure to rinse them well and to slip off the papery skins prior to cooking.) Remove 3 vertical strips of skins from **4 medium eggplants** (1½ lb.) and cut each into six chunks. Fry eggplant in **½ c. olive oil** over medium high heat until golden brown on all sides but not fully cooked. Remove with slotted spoon to a colander. Reheat remaining oil. Add **1½ c. onions**, sliced, and **½ c. water** and cook for 20 minutes until water has evaporated and onions are golden. Add **5 large cloves garlic**, chickpeas (if using dried) and **3 medium tomatoes** (peeled, seeded and chopped). Cook, stirring for a minute, then add another **1½ cups water**. Bring to boil, cover, and cook 20 minutes. Add eggplant (and, if using, the canned chickpeas) to the tomato mixture with **¼ c. parsley**, chopped, **1 tsp. salt**, **1 tsp. sugar**, **1 Tbs. fresh mint** (chopped), and a pinch of grated **nutmeg or cinnamon**. Simmer until eggplant is very soft, about 20 minutes. Remove from heat and allow to cool about 3 hours to mellow before serving. Garnish with another **¼ c. parsley** and **2 Tbs. cilantro**, chopped. Serves 6.

EGGPLANT PARMESAN DECONSTRUCTED

Melissa Clark from the *New York Times*
contributed by **Barbara DiLorenzo**

Season **1 large eggplant**, sliced into ¼-inch-thick rounds, with salt. Add **olive oil** to cover bottom of large skillet and fry slices (in a single layer) over medium-high heat about 4 minutes to a side. Add oil if needed for next batch of eggplant. Transfer eggplant to a paper towel-lined plate. Let the skillet cool for a few minutes. Return it to medium heat and add **3 Tbs. olive oil**. Smash and peel **4 garlic cloves** and add them to the skillet; cook until golden and fragrant, about 2 minutes. Add **4 c. cherry tomatoes**, halved, and **4 sprigs oregano**. Cook, breaking up the tomatoes with the back of a spatula, until tomatoes start to form a sauce, 15 minutes. Add **3 basil sprigs** and **4 Tbs. Parmesan**, finely grated, and simmer 5 minutes longer. While the sauce simmers, in a small skillet over medium heat, warm **1 Tbs. olive oil**. Mince **1 garlic clove** and add to the skillet with ¼ c. **panko bread crumbs**. Toast, stirring, until bread crumbs are just golden, about 2 minutes. Remove from heat and stir in **1 Tbs. Parmesan** and a pinch of **salt**. Arrange eggplant on a large platter. Spoon dollops of **1/3 c. ricotta** over the eggplant and top with sauce. Scatter bread crumbs over sauce. Top with shavings of **2 oz. mozzarella** and garnish with torn **basil** leaves. Drizzle with oil and serve. Serves 6 as side dish



RATATOUILLE

contributed by **Richard Simpson**

This oven preparation helps retain the integrity of each ingredient before the communal simmer. Place on cookie sheets **3-4 medium eggplants** (slightly smaller than your hand), cut in ½ inch dice and **3-4 zucchini/summer squash**, cut into ½ inch dice (to yield same amount as eggplant). Add **olive oil** to coat, **salt** and **pepper**, and toss. Roast in a preheated 400°F oven for 20 to 30 minutes until soft and golden brown. Remove and set aside. In a large dutch oven, heat some **olive oil** over a medium flame and add **1 medium onion**, finely diced. After 3 or 4 minutes add **8 cloves garlic**, chopped, and cook for another 3 or 4 minutes until the onion is translucent and turning golden. Add **2 red bell peppers**; roasted, peeled, seeded and cut into ½ inch dice, and then the roasted eggplant and squash. Stir gently to incorporate but without breaking the vegetables. Heat gently for 15-20 minutes to let the flavors blend together. Adjust seasoning. Add **2 Tbs. champagne** or **white wine vinegar**. Add **tomatoes** (1 pint of cherries cut in half or equivalent standards, peeled, seeded or cut into ½ inch dice). After 5 minutes, add **1-2 Tbs. balsamic vinegar**. Cook five minutes more and just before serving, stir in **1 bunch parsley**, leaves finely chopped.

GRILLED EGGPLANT SALAD

Melissa Clark from the *New York Times*
contributed by **Barbara DiLorenzo**

Heat grill to medium high or oven to 400°F. Prick **1 large eggplant** all over with a fork and cook, turning occasionally, until eggplant is very soft and skin is blistered, about 15 minutes. When cool enough, scoop out the insides and coarsely chop. Transfer to a bowl and toss with **1 plum tomato**, diced, **1½ tsp. red wine vinegar**, **½ tsp. kosher salt**, **½ tsp. oregano**, chopped, and **2 garlic cloves**, finely chopped. Stir in **3 Tbs. olive oil**, **3 Tbs. parsley**, chopped. Season with **black pepper** and more salt, if needed. Optional garnish: **2 Tbs. capers**

GRILLED THAI EGGPLANT SALAD

Martha Rose Shulman from *The New York Times* (7/28/09)
contributed by **Stuart Selip**

Prepare a hot grill. Cut **1½ lb. eggplant** into ¼" slices. Brush with **2 Tbs. canola oil**. Grill 5-8 minutes per side (lower the flame to prevent burning) until slices are slightly browned and tender all the way through. When done, remove to a bowl and cover tightly, allowing the eggplant to steam and cool. Coarsely chop the eggplant, and toss together with **¼ c. mint**, finely chopped, **¼ c. cilantro**, chopped, and **1 large plum tomato**, diced. Combine **5 Tbs. lime juice**, **2 Tbs. Thai fish sauce**, **¼ tsp. sugar** and **½-1 Serrano chile**, finely minced. Fold into eggplant mixture and let stand 30-60 minutes. Serves four. *Stuart writes:* I modified the recipe to use one 14 oz. can crushed tomatoes and doubled the other ingredients.

GRILLED EGGPLANT SALAD WITH STEAMED JASMINE RICE

adapted by Martha Roe Shulman, from *Seductions of Rice* by Jeffrey Alford and Naomi Duguid
contributed by **Jerry Plueneke**

Prepare a hot grill. Diagonally slice **1½ lbs. Japanese eggplant** (or 1 large globe eggplant) into ¼ inch slices. Brush the eggplant with **2 Tbs. canola oil**. Grill the eggplant (turning once) until slices are slightly browned and tender all the way through. Remove to a bowl and cover tightly to allow the eggplant to steam and, eventually, cool. Coarsely chop the eggplant. Add **1 large plum tomato**, diced, **¼ c. fresh mint**, finely chopped and **¼ c. cilantro**. Mix together **5 Tbs. fresh lime juice**, **2 Tbs. Thai fish sauce**, **¼ tsp. sugar** and **½-1 serrano or bird chile**, finely minced and toss with eggplant mixture. Let sit for 30-60 minutes. Adjust seasoning. Serve on rice. Serves 4. *Note:* Recipe works equally well with summer squash or zucchini.

For the rice: Place **1 c. Thai jasmine rice** in a bowl, cover with water and swirl the rice around. Drain and repeat this step two or three more times until the water runs clear. Drain, place the rice in a medium-sized, heavy saucepan, and add enough water to cover the rice by a little more than ½ inch. Add **salt** if desired, and bring to a boil. Allow the water to boil hard for about 15 seconds, then reduce the heat, cover and cook over very low heat for 15 minutes. Do not lift the lid during this time. Turn off the heat and, leaving on the lid, let stand for five to ten minutes. Remove the lid, and gently turn the rice with a paddle to bring the rice up from the bottom of the pot. Return the lid, and let stand while you prepare the eggplant.



FAVA BEANS



For the farm's fans of fava beans, its short harvest season is far too brief. Pick the pods *only* when they are full and plump; the beans inside should optimally be about the size of your thumbnail. Preparing the beans is a two step process. Remove the beans from their pod and place them in a bowl. Pour boiling water over them, let sit a minute, drain. Then, with your thumbnail, nick their exterior skin—at the top opposite the little “tail”—and pop out the bean.

For an hors d'oeuvre, without further cooking, dress the beans with olive oil, shavings of Parmesan cheese, salt and pepper; serve with a crusty bread. Sauté for a few minutes large, older beans with garlic; then purée, season, and spread on crostini. Favas are delicious combined with peas in a risotto (studded with lots of chopped parsley) or sautéed with asparagus, peas, garlic scapes and/or hakurei turnips. **Richard Kelsey** recommends oiling, grilling and eating the entire pod—served with thin slices of prosciutto—a method that works especially well when the pods are fresh and the beans are small.



FAVA BEAN AND RICOTTA CROSTINI

served at *Gottino*, a restaurant in Greenwich Village, NYC
as published in *Time Out New York*, May 22-28, 2008

Mash young **fava beans**—that have been shelled from their pods and inner skin—into a rough purée. Season with **fresh mint**, chopped, and **salt** and **pepper** to taste. Spread **ricotta** on **grilled Italian bread** and top with a heaping spoon of puree.

See also **LETTUCE / ROMAINE LETTUCE AND FAVA BEANS**



FENNEL



BRAISED FENNEL

contributed by **Jerry Plueneke**, from *The Art of Simple Food* by Alice Waters

Trim fennel, removing stalks, root end, and coarse outer layer; retaining some of the leafy fronds. Slice bulbs horizontally. In a heavy bottomed pan, heat **1-2 c. water**. Add **½ c. white wine, fennel tops, 4 sprigs thyme, 4 sprigs savory** (winter or summer), **1 bay leaf, ½ tsp. fennel seeds** (crushed with a hammer) and **salt**. Bring to a boil, reduce to a simmer, and add **3 Tbs. olive oil**. Add the **fennel** and cook, stirring occasionally until tender, about 10 to 12 minutes. Add a squeeze of **lemon juice**.



See also **BEETS / GOLDEN BEET** and **FENNEL SAUTÉ** with **ANISE-HYSSOP**

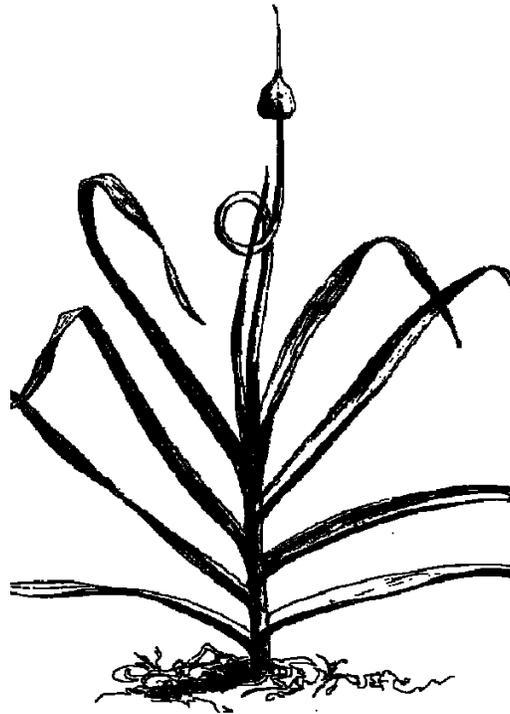
See also **PEAS SHOOTS / PEA SHOOT SALAD** WITH **CARAMELIZED FENNEL & GOAT CHEESE**



GARLIC SCAPES



Very young garlic, planted in October and harvested in July, is soft and onion-like. Early in harvest season, farm members are often treated with **garlic scallions**—they look like scallions, but have the bite of garlic. As the underground bulbs of “hardneck” garlic varieties get bigger, they send out a long thin shoot that curls into a beautiful tendril. If left unattended, the tendril’s soft top hardens and forms a mini-garlic bulb that inhibits the growth of the “stinking rose” below. Harvesting the scapes allows the plants to devote their energy to producing large bulbs rather than flowers, and they are found in abundance at the farm stand in June. Scapes have a mild garlic flavor and can be used like garlic gloves—in a stir-fry, soups and salads or as a paste or pesto.



GARLIC SCAPES WITH HAKURI TURNIPS, PEAS & PEA SHOOTS

contributed by **Jane Weissman**

Remove the string top of the bulb of **15 garlic scapes** and cut tender part of stem into 2-inch pieces. Sauté in **1 Tbs. olive oil** for 2 minutes over medium heat. Add **6 medium Hakuri turnips**, sliced about $\frac{1}{4}$ inch, and cook 5 minutes. Season with **salt** and **pepper**. Add $\frac{1}{2}$ c. **peas**, shucked. Toss and cook 1 minute. Add a handful of **pea shoots**, using only the tender leaves and flowers. Toss until lightly wilted. Turn into serving dish and garnish with fresh **pea shoot flowers**.

SKORTHALIA

contributed by **Judy Freeman**

Skordalia is a Greek sauce traditionally made with garlic and thickened with potatoes, nuts, or bread. Peel and cook **2 medium potatoes**. Blend together $\frac{3}{4}$ c **garlic scapes** (cut into 2 inch lengths), $\frac{1}{2}$ c. **water**, $\frac{1}{2}$ c. **olive oil**, dash **lemon juice**, **salt** and **pepper** to taste. Rice or mash the potatoes while hot. Add garlic mix. Use as a dip for bread and veggies. Or, put it on a pita or crusty bread and top with fried zucchini or eggplant.

GARLIC SCAPE PESTO

contributed by **Nicole Spinelli**

Place **8 or 9 garlic scapes**, top flowery part removed and cut into $\frac{1}{4}$ -inch slices, a handful of **parsley** leaves and **1/3 c. walnuts** in the bowl of a food processor and whiz until well combined and somewhat smooth. Slowly drizzle in $\frac{3}{4}$ c. **olive oil** and process until integrated. With a rubber spatula, scoop pesto into a mixing bowl. Add juice of **1 lemon** and $\frac{1}{4}$ to $\frac{1}{2}$ c. **Parmigiano Reggiano cheese**, grated, to taste. Add $\frac{1}{2}$ tsp. **salt** and **pepper** to taste. Yield: 6 ounces of pesto. Store in air-tight container in the refrigerator – it keeps up to one week – or freeze for winter use. For $\frac{1}{2}$ pound short pasta such as **penne**, add about 2 tablespoons of pesto to cooked pasta and stir until pasta is well coated.

GARLIC SCAPE PASTE 1

contributed by **Linda Lacchia**

Linda writes: Instead of eating the whole scape, I save some of the tender stem below the bud for a garlic paste. Cut up the scapes into 2-inch lengths and put them in a food processor or blender with enough olive oil to make a paste. Store in glass jars in the refrigerator, adding a little oil every time you take out some paste. Try it in sautés, marinades, dressings and rubs. Make enough to use long after the scapes' season is over.

GARLIC SCAPE PASTE 2

contributed by **Ursula Lee**

To store for winter use, process only the **scapes** and add just enough **olive oil** to hold it together. Freezes it in small containers. Defrost and use on fish. For pasta, add cheese and walnuts or pignoli and salt and pepper to taste.

See also TURNIPS / ASPARAGUS, HAKUREI TURNIPS & GARLIC SCAPES



GARLIC



SERPENT GARLIC

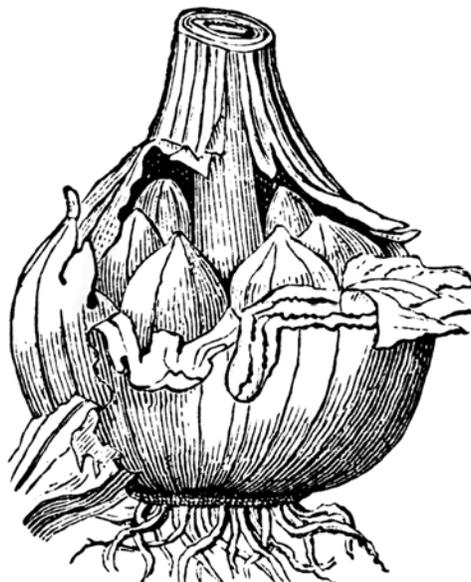
excerpted from

THIS COMMON GROUND: Seasons on an Organic Farm by Scott Chaskey

Patience is a virtue without which a gardener is instead a mechanic. To understand the details is also necessary, but to enter into the invisible heart space of living plants, patience is a prerequisite. Garlic will be in the ground for nine months, and during this time you will visit often. In warm winters the first shoot will break through the mulch layer in late autumn. In early spring, even in the cold soil, garlic will send up its leaves, looking for more light...

...By July, the bulb below is almost ready. When the leaf tips turn yellow, before the neck gives and causes the leaves to fall over, it is time to pull the plants. Traditionally, when only five leaves remain, the garlic bulbs are mature...In the humid Northeast we are forced to hang our garlic to dry in the greenhouse, covered with shade cloth, fans set at full throttle. The first two weeks of drying time are critical. Those introduced to the sweet, strong taste of fresh garlic are often pleasantly surprised, though it is safest for all involved to taste together.

...The ancient Greeks held that lovers of garlic would not be permitted to enter the temples of Cybele. We tell our farm members that if they are worried to be so easily dismissed, then better not to enter our temple of serpent garlic. Those unafraid are greeted by a sea of moons in groups of ten suspended from the metal hoop frames in the greenhouse for drying. If you crouch down, you are the planet receiving the (sulfurous) light of thousands of revolving cloves...This ancient food exemplifies a cooperation with wind, water, sun, and soil, leaves, seasons. The sweet smell of fresh garlic—medicinal, restorative—will prevail as a secret shared among friends.



GARLIC SOUP

from *The New York Times*

contributed by **Dorothy Roskam**

Peel and slice or roughly chop **2 heads garlic** (about 16 medium cloves). Warm **2 Tbs. olive oil** in a heavy soup pot over medium heat. Add the garlic and **12 sage leaves** and let them sizzle a bit without browning, about 2 minutes. Season with about **1 tsp. salt** and a few grinds of **pepper**. Add **6 c. water** and bring to a boil over high heat, then lower to a brisk simmer. Cook for 10-15 minutes. Adjust seasoning. Ladle about an inch of soup into a skillet. Over medium heat, bring to a brisk simmer and, for each serving, poach **1 egg** for about 3 minutes. Place a toasted slice of day-old **French bread** in each soup bowl and top with an egg and the soup. For garnish, sprinkle with **chopped parsley, scallions** or **chives**. Serves 4 to 6.

SLOW ROASTED GARLIC MOJO

from *Mexico—One Plate at a Time (Season 7)*

contributed by **Sarabelle Prince**

Break apart **2 heads garlic** and remove skins (a fist against the side of a knife works well). Combine cloves with **1 c. fruity olive oil** and **½ tsp salt** and place in small baking dish so garlic is completely submerged. Bake in oven preheated to 325°F and bake 45-55 minutes, until garlic is soft and lightly brown. Add **¼ c. lime juice** and continue baking 20 minutes longer for garlic to absorb lime and turn golden brown. Mash garlic into coarse puree. Pour mixture into container and refrigerate. Lasts up to three months as long as the garlic stays submerged under the oil.



HERBS



When harvesting herbs, **snip off individual stems** from plants throughout the patch. Clear-cutting (i.e., lopping off an entire section) is neither good for the health of the plants or for the look of the fields.

FREEZING HERBS FOR WINTER

contributed by **Dorothy Dolan**

Dorothy reports that this simple method worked well with **dill** and should be effective for other herbs, too. Try it with **basil, chives, cilantro, parsley** and **tarragon**. Wash and chop herbs before packing them into the compartments of an ice cube tray. Cover herbs with water and place trays in freezer. When frozen, knock cubes into a freezer bag. Defrost the cube, dry the herbs, and proceed with the recipe. If you toss the cube(s) into sauces and soups, remember to account for the addition of some water.

ANISE HYSSOP

Anise hyssop, a member of the mint family, has long spikes of lavender flowers and a sweet licorice-like flavor. Its leaves can be used in tea to aid digestion and, used sparingly, adds an intriguing flavor to green salads, marinades and stews.

See recipe for BEETS / GOLDEN BEET and FENNEL SAUTÉ with ANISE-HYSSOP

BORAGE

Covered with an abundance of starshaped, Wedgewood-blue flowers with distinguishing black anthers in their centers, borage is traditionally associated with good spirits and well-being. According to Pliny, “A borage brew would eliminate a person's sadness and make the person glad to be alive.” Borage tastes a bit like cucumber, and its edible flowers add zest to green or fruit salads. While its leaves can also be added to green salads, it’s best to cut them up to negate the plant’s hairy texture. The leaves can also be used with beans, spinach and peas.



CHIVES

CHIVE BLOSSOM BUTTER

from *The Edible Flower Garden*

by Rosalind Creasy

contributed by **Jane Weissman**



Cut **1 stick butter** (room temperature butter) into six or eight pieces and then mash them with a fork. Separate the florets (petal clusters) of **10 to 12 barely open chive flowers** and incorporate them into the softened butter. Add some **chive greens** snipped into small pieces. Mix well and transfer into a small bowl or container. Refrigerate until ready to use. Serve on crisp bread or melt over vegetables, fish or poultry. Use chives blossoms as you would the greens—in soups and salads and over eggs.

CHIVE, MUSTARD, LEMON VINAIGRETTE

from *Babbo Cookbook* by Mario Batali

contributed by **Richard Simpson**

Combine **1 Tbs. Dijon mustard**, **3 Tbs. lemon juice**, freshly squeezed, and **¼ c. extra virgin olive oil** in a bowl and whisk to emulsify. Whisk in **1 bunch chives**, chopped fine. Season with **salt** and **pepper** to taste. Serve. Try it on fish, arugula salad, and warm roasted fingerling potatoes.

HERB MARINADE

contributed by **Jane Weissman**

In a bowl, mix together chopped **chives**, **mint**, **parsley** and **rosemary** with minced **garlic** or **scallions**. Bind with **1 Tbs. olive oil** and season to taste with **salt** and **pepper**. Slather on sliced *eggplant* or *tomatoes* or on *pork*, *lamb* or *chicken*. Let sit for an hour at room temperature before grilling.

LOVAGE

A member of the parsley family, lovage—a tall perennial herb—grows in the Valley’s herb crescent. Its edible leaves have an intense celery-like flavor and are used to flavor soups.



SALSA VERDE

New York Magazine, June 5, 2011

Roughly chop **1 Tbs. salt-packed capers**, well rinsed, and place them in a bowl with **1 clove garlic**, peeled and crushed, **1 Tbs. Dijon mustard**, and **1½ Tbs. red-wine vinegar**. Wash and dry **12 lovage leaves**, a bunch of **Italian parsley** and a handful of **arugula** leaves. Chop finely (but be sure there is still plenty of texture). Add herbs to the bowl with a pinch of **sea salt** and **black pepper**. Add $\frac{3}{4}$ c. **olive oil** and stir well to combine. Try it on asparagus, grilled meat or poultry.

PARSLEY

SALSA VERDE RAPIDO

contributed by **Barbara DiLorenzo**

Use this simple salsa to enliven poached chicken or broiled fish and as an accompaniment to brown rice. Roughly chop one small bunch of **parsley**. Mince **3 Tbs. capers**, drained and rinsed. Toss both into a bowl. Dress with **olive oil** and a sprinkling of **salt**.

GREEN GODDESS DRESSING

adapted from *The Herb Farm Cookbook* by Jerry Traunfeld

contributed by **Barbara DiLorenzo**

*This lighter version of the original version, created in San Francisco at the turn of the nineteenth century, replaces mayonnaise with low-fat yogurt. Great on salads and as a crudité dip. Purée fresh herbs— $\frac{1}{2}$ c. tarragon (gently packed), $\frac{1}{2}$ c. chives (snipped), $\frac{1}{2}$ c. parsley (gently packed)—with **4 anchovy fillets**, **6 Tbs. lemon juice** and $\frac{1}{2}$ tsp. **salt** in a processor or blender. With machine running add **4 to 5 Tbs. olive oil** in slow stream. Scrape down sides. Add $\frac{1}{2}$ cup **low-fat yogurt** and process till smooth. Season with freshly ground **black pepper** to taste. Stores in fridge for 3 to 4 days.*

THYME

PASTA WITH LEMON, PROSCIUTTO, OLIVES AND THYME

from *Bistro Cooking* by Patricia Wells

contributed by **Liadain Smith**

Pour $\frac{1}{4}$ c. **lemon juice** in small bowl. Season lightly with **salt**. Add $\frac{1}{2}$ c. **olive oil** and stir gently with a fork to blend. Set the dressing aside. In a large, shallow serving bowl, combine **8 slices prosciutto**, cut into strips, $\frac{1}{2}$ c. **black olives**, oil-cured and pitted, **2 tsp. fresh thyme** (or more to taste), and **grated zest from 2 lemons**. Season with **salt** and **pepper**, and toss to blend. Cook **1 lb. thin pasta** and add to prosciutto mixture. Add oil and lemon dressing and toss gently.



HONEY



excerpted from

BEES NEED MARY WOLTZ, from the *QHF E-News*, 2011

Of the 85 hives tended by beekeeper **MARY WOLTZ**, founder of **Bees' Needs** honey, 13 are located at Quail Hill Farm. One August afternoon, Mary could be found cleaning out the two brood boxes at one of her two hives in the Valley.

By removing surplus food, Mary was creating sufficient room for the queen to lay eggs and for the hive's population to grow without overcrowding. When too crowded, bees will swarm and establish a new population, fine in May and June. But in August, a new population would have a hard time establishing itself before the onset of the cool weather. What bees really need to do at this time of year is to produce food to last them through the long cold days ahead and to grow their population in order to stay warm. Bees born in fall live longer than their summer sisters and they provide continuity when the queen stops laying eggs for a couple of months during winter.

It's an awesome sight to watch Mary "dance with bees." She wears no protective clothing and, as she works, she talks to her "sweet, lovely girls" in soft, melodic tones. Girls? At this time of year, a thriving hive--which is a matriarchal society--houses one queen, a few hundred male drones and, perhaps, 50,000 to 70,000 female bees, all functioning as one unit.

The bees flying in and out of the hive were as calm as she—although a soothing smoker stood nearby, mainly to dislodge bees so Mary could return the cleaned frames to the boxes without squashing them. As she reassembled the hive—the two brood boxes on the bottom, then an inhibitor screen to prevent the huge queen from going into the three supers that were placed on the top—Mary spoke about the challenges and rewards of beekeeping, a bit about the bee's life cycle, and the health of local bee populations.

Throughout her fascinating discourse, Mary showed no concern about getting stung. Stinging is a defense mechanism, and the bees certainly felt no threat from her, only trust. In a 2010 interview, Mary told the *Sag Harbor Express*, “When visiting them, if I am feeling vulnerable then I am not only more careful but also, as I am moving into their home and their environment, more sensitive to how they might feel.”

The name of Mary’s business—Bees’ Needs—reflects her attitude toward her girls; she places the needs of the bees before anything else. In recent years, bee populations have suffered grave losses due to colony collapse disorder (or honey bee depopulation syndrome). However, Mary’s losses have been minimal, which she attributes to her non-invasive beekeeping techniques that focus on the general wellbeing of honey bees.

Mary’s honey is available for purchase in the farm shop. Fervent honey lovers might also want to join Bees’ Needs community supported apiculture (CSAp). **Info:** mgwoltz@optonline.net or 631.702.5657.



CROSTINI WITH QUAIL HILL FARM HONEY AND PIGNOLI

Adapted from “Suddenly, Ricotta...,” *New York Times* (5/28/08)

Drizzle **honey** over **ricotta** spread on toasted **Italian bread**. Sprinkle with toasted **pine nuts**.



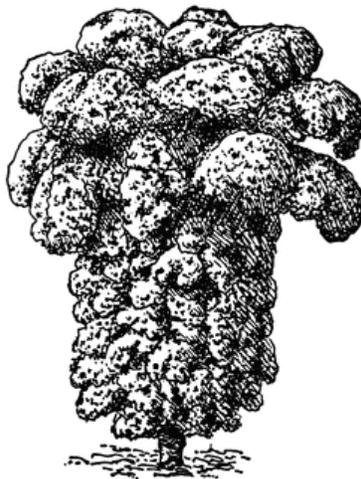
Three varieties of kale are grown at Quail Hill. *Curly*—with its deep green crinkled-leaves—has the strongest flavor and toughest leaves. *Tuscan / Dinosaur / Lacinato* has narrow dark blue-green leaves that can grow to up to a foot and a more delicate flavor and texture. *Red Russian* has serrated, deeply toothed leaves that are splotched with red and purple. Except when specified, all varieties can be used in the following recipes.

Kale can be harvested well into the fall and winter provided it's the outer leaves that get picked. This allows the plant to keep producing well into the cold weather.

KALE CHIPS

An amalgam of all the recipe variations shared in the field.

Preheat oven to 350°F. Line a cookie sheet with parchment paper. With a knife or kitchen shears carefully remove the leaves of **1 bunch kale** from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with **1 Tbs. olive oil** and sprinkle with **1 tsp. salt**. Optional: sprinkle on **paprika, hot pepper flakes** or grated **Parmigiano**. Bake until the edges brown but are not burnt, about 10-15 minutes.



KALE SPREAD for crackers and bread

Adapted from *The Engine 2 Diet Book* by Rip Esselstyn
contributed by **Linda Lacchia**

Steam **1 bunch kale** (leaves rinsed, de-stalked and chopped) for 5 minutes, until tender, but still very green. Retain water. In a processor, combine **kale** with $\frac{1}{2}$ c. **walnuts**, **1 clove garlic** or **garlic scape pesto**, and $\frac{1}{2}$ c. **cooking water**. Season with **salt & pepper**. Process until smooth.

KALE WITH GARLIC AND CRANBERRIES

from Ruth Cousinea

contributed by **Linda Lacchia**

Cook **2 lb. kale** (preferably Russian Red, stems and center ribs discarded and leaves coarsely torn) in a 6-quart pot of boiling salted water (*add 1½ Tbs. salt for every 4 quarts water*), uncovered, until almost tender, 5 to 7 minutes. Drain in a colander and immediately transfer kale to an ice bath to stop cooking. When kale is cool, drain but do not squeeze. In the same pot, cook **1 Tbs. garlic** (minced) in **5 Tbs. olive oil** over medium heat, stirring, until fragrant, about 30 seconds. Add kale, **½ c. dried cranberries** (which give hits of tartness to the garlicky kale), **¾ tsp. salt**, and **⅛ tsp. pepper** and cook, tossing frequently, until kale is heated through and tender, 4 to 6 minutes. Serves 8.

KALE WITH SHALLOTS, SUN-DRIED TOMATOES & PINE NUTS

contributed by **Gerry Pleunneke**

Wash 2 bunches **Lacinato** kale in a bowl of water. Strip leaves off stems (discard or save for another use). Stack leaves on a cutting board and cut crosswise in 1½ or 2-inch slices. Slice **1/3 c. sun-dried tomatoes in oil**, thinly sliced crosswise, and set aside in little dish. Heat skillet (cast iron is ideal), to medium with **1 Tbs. olive oil**. Add **3 large shallots**, finely chopped, and sauté until edges brown and add to the tomatoes. Lightly toast **¼ c. pine nuts** and add to shallot/tomato mix. Wipe pan with paper towel and raise heat slightly. Add the rinsed kale and stir, tossing until kale turns from dull, dark green to bright green, no more than 2 to 3 minutes. Remove from heat. Add shallots, pine nuts, tomato strips, **1/8 tsp. salt**, **pinch cayenne pepper** and toss with **1½ tsp. balsamic or rice wine vinegar**, **2 tsp. roasted sesame oil**, and splash on **1 tsp. organic tamari** (San-J is a good brand). Serve immediately or a room temperature.

PORTUGUESE GREENS SOUP

from *Soup Suppers* by **Arthur Schwartz**

contributed by **Sybil Schacht**

Place **4 large potatoes** (2 lbs.), peeled and cut in ¼ inch rounds, **1½ tsp. coarse sea salt**, and **8 c. water** in a 4 to 6 quart pot. Bring to a boil, adjust heat, and simmer, uncovered, until potatoes are mashable, about 15 minutes. With an immersion blender – a potato masher works fine, too – puree potatoes in the pot. (Or scoop out the potatoes and puree them in Cuisinart, and return them to pot.) Stir in **¼ c. olive oil** and **¼ tsp. pepper**, freshly ground. Bring soup back to a simmer over medium heat. Prick **6 oz. chorizo or Portuguese linguica sausage** in a few places, and add them to the pot. Simmer for 15 minutes. With tongs, remove the sausages, slice them about ¼ inch thick, and set aside. Add **½ lb. kale**, washed, stemmed, very finely shredded (about 4 c.) or **4 c. cabbage**, finely shredded, to the simmering soup. Boil, uncovered, for 3 to 4 minutes. Remove from the heat. Add the sliced sausage and serve.

LACINATO KALE and RICOTTA SALATA SALAD

adapted from Mario Batali, from *Gourmet*, January 2007

contributed by **Barbara DiLorenzo**

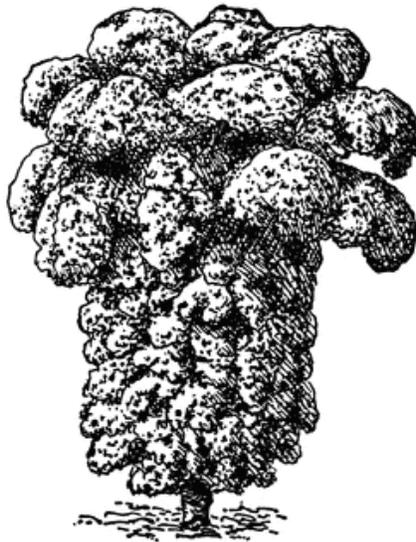
This hearty green, usually cooked, can be used raw to make a delicious salad. Cut $\frac{3}{4}$ to 1 lb **lacinato kale** (also known as Tuscan kale) crosswise into very thin pieces, discarding stems and center strips. Whisk together **2 Tbs. shallot**, finely chopped, **1½ Tbs. fresh lemon juice**, **¼ tsp. salt**, and **¼ tsp. pepper**. Add **4½ Tbs. olive oil** in a fine stream, whisking until combined well. Toss kale and **2 oz. or 1 c. ricotta salata**, coarsely grated, with enough dressing to coat well. Season with salt and pepper. Serves 6.

TUSCAN KALE SALAD

contributed by **Jerry Pleunneke**

from *True Food: Seasonal, Sustainable, Simple, Pure* by Andrew Weil, MD

Whisk together juice of **1 lemon**, **3-4 Tbs. olive oil**, **2 cloves garlic**, mashed, **salt & pepper** to taste and a generous pinch of **hot red pepper flakes**. Remove ribs and slice what will yield **4-6 c. Lacinato kale**. Place in serving bowl, add dressing and toss well. Add **4 oz. grated cheese** (Pecorino Toscano, Rosselino if you can find it, Asiago or Parmigiano). Toss and let sit for at least 5 minutes. Add **½ c. bread crumbs**, freshly made (Eli's health loaf preferred). Toss and top with another **2 oz. cheese** (total used is $\frac{2}{3}$ cup).



KALE SALAD WITH GINGER

contributed by **Joy Carol**

Stem, wash, dry (*wring and squeeze the leaves out with your hands*), and chop **kale** into bite-sized pieces. Place kale in a large bowl and add **roasted almonds**, slightly chopped, and generous amounts of **sharp cheddar** and **goat cheese** or **feta cheese**, shredded or crumbled. Dress salad with **olive oil**, **lemon juice**, lots of chopped **fresh ginger**, **salt** and **pepper** to taste. Toss & serve.

KALE CAESAR SALAD

adapted from *Chef Jeff* (www.Allrecipes.com)

contributed by **Linda Lacchia**

Dressing: Combine **2 cloves garlic**, crushed, **6 Tbs. olive oil**, $\frac{3}{4}$ **tsp. salt**, $\frac{1}{4}$ **tsp. mustard powder** (or Dijon), $\frac{1}{4}$ **tsp black pepper**, **1½ tsp. Worcestershire sauce**, **1/8 tsp. cayenne pepper** and **2 Tbs. lemon juice**. Add **anchovy filets** (1 2oz. can, rinsed under warm water, dried and roughly chopped. Mix thoroughly. Coddle **1 egg** (Lower egg into 2 inches of boiling water. Remove pan from heat and let stand for 1 minute. Remove egg; cool Crack open and, with a spoon, scrape out the yolk and the runny white into a bowl and whisk until very frothy). Add egg to dressing and mix well. Croutons: Combine **bread cubes** (1 French baguette, cut into $\frac{1}{2}$ inch pieces or any other firm day old bread) and **1 Tbs. Parmigiano cheese**, grated. Spray with **olive oil**, toss well, and place on a baking sheet and cook in an oven preheated to 275° F. for 30 minutes. Salad: rinse, dry, tear **1 bunch kale** into bite-size pieces and steam for two minutes. Turn into a large bowl and add $\frac{1}{2}$ **c. Parmigiano cheese**, the dressing and croutons. Toss well to coat and serve.

CHOPPED KALE SALAD WITH SPICED ALMONDS AND RED PEPPERS

from *Delicious Living*, April 2007

contributed by **Lynn Birks**

In a medium bowl, combine **1 tbsp. olive oil**, **1 tsp. curry powder**, $\frac{1}{2}$ **tsp. cumin**, and **1 tsp. unfiltered honey**. Mix well. Add $\frac{1}{2}$ **c. raw almonds** and toss to coat. Spread almonds in a single layer on one-third of a baking sheet. Place $\frac{1}{2}$ **c. pitted Kalamata olives** on the middle third of the sheet and **1 small red pepper** (seeded and cut into thin strips) on the remaining third. Roast for 10 minutes at 400 °s. Remove from the oven and let cool. Place $\frac{1}{2}$ **bunch Lacinato kale** (washed, stems removed, and chopped) in a medium salad bowl and drizzle with **1 tsp. olive oil**. Sprinkle with **salt** and **pepper**, and toss to coat leaves. Add **1¼ c. feta cheese** (crumbled) and the roasted peppers, almonds and olives. Toss and serve. Serves 4 to 6.

See also **LEEKs / LEEK, SQUASH & KALE STUFFING**

See **SWEET POTATOES / WEST AFRIDCAN SOUP WITH SWEET POTATOES & KALE**

See also **WINTER SQUASH / FARRO WITH KABOCHA SQUASH AND KALE**



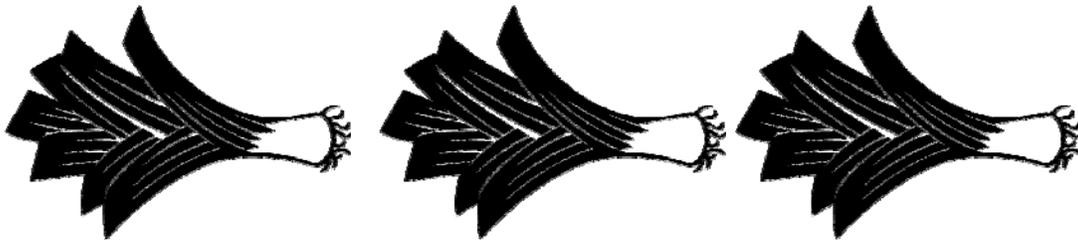
LEEKS



LEEK, SQUASH & KALE STUFFING

original source unknown
contributed by Hilary Leff

Heat **1 Tbs. butter** in a large Dutch oven or heavy pot over medium heat. Add **1 lb. sweet Italian fennel sausage**, casings removed, broken into small pieces, and cook until golden brown, about 6 minutes. Add **3 large leeks**, white and light-green parts only, sliced, and $\frac{1}{2}$ **medium butternut squash**, peeled and diced. Season with **1 tsp. Kosher salt** and **1 tsp. black pepper**, freshly ground. Cook until the leeks are soft, about 3 minutes. Add **1 bunch kale**, leaves trimmed and chopped. Toss and cover until the kale wilts, about 4 minutes. Add **1 lb stale bread**—onion focaccia or chewy peasant loaf—cubed, and additional **3 Tbs. butter** and toss until the butter melts. Whisk **1 large egg** and **2 c. low-sodium chicken broth** (or turkey stock) in a bowl until smooth. Stir in **1 c. diced parmesan cheese** and **1 tsp. salt**. Pour the broth over the bread mixture; cook until the liquid is absorbed by the bread, about 1 minute. Transfer the bread mixture to a buttered 3-quart casserole dish. Scatter an **additional $\frac{1}{4}$ c. parmesan cheese**, shredded, evenly on top and bake in an oven preheated to 350°F until golden and cooked through, about 40 minutes. Set aside for 5 minutes before serving.



POTATO LEEK SOUP + VARIATIONS

from *Soup Suppers* by Arthur Schwartz
contributed by Sybil Schacht

In a 2-quart pan, cook **2 c. leeks or onions**, coarsely chopped, **1½ c. potato**, peeled and chunked, **2 c. water** and $\frac{1}{2}$ **tsp. salt** until soft. (Try adding a few **garlic cloves**.) Puree and return soup to pot and bring to simmer, stirring in **black pepper** and **1 Tbs. butter**. Serves 2.

VARIATIONS: Carrot Soup: add **2 to 3 medium carrots** and an additional $\frac{1}{2}$ **c liquid** (carrot juice or vegetable juice or water). Cream of Watercress Soup: add **1 bunch watercress**, coarsely chopped, with stems, for the last 2 minutes of cooking, plus an additional $\frac{1}{2}$ **c liquid**. For Other Vegetables—such as broccoli, spinach, zucchini, string beans, fennel, winter squash, brussels sprouts, turnips, parsnips, or celery root—add **1 c. cooked vegetable**, chopped, and adjust liquid according to taste. As a garnish, swirl in **crème fraîche** or an extra spoonful of **butter** into each serving of soup and sprinkle with cut fresh **chives** (which grow nicely indoors).

LEEK BREAD PUDDING

adapted from *Ad Hoc at Home* by **Thomas Keller**

contributed by **Linda Lacchia**

Place **2 c. leeks**, white and light green parts only cut into ½-inch slices, cleaned and rinsed, in a medium sauté pan over medium-high heat. Season with **salt** and sauté until leeks begin to soften, about 5 minutes, then reduce heat to medium-low. Stir in **4 Tbs. butter**. Cover and cook, stirring occasionally, until leeks are very soft, about 30 minutes. Adjust salt and **pepper**, freshly ground, to taste. While leeks are cooking, spread **12 c. bread**—crustless brioche or Pullman loaf cut into ½ inch cubes—on a baking sheet and bake in oven preheated to 350°F until dry and pale gold, about 20 minutes, turning pan about halfway through. Transfer to a large bowl, leaving the oven on. Add leeks, **1 Tbs. chives**, finely chopped, and **1 tsp. fresh thyme** to the bowl of bread; toss well. In another large bowl, lightly whisk **3 large eggs**, then whisk in **3 c. whole milk**, **3 c. heavy cream**, a generous pinch of **salt**, **pepper** to taste and a pinch of **nutmeg**, freshly grated. Sprinkle ¼ c. **Comté or Emmenthaler cheese**, shredded, (1 c. will be used in all) along the bottom of a 9" x 13" baking pan. Spread half the bread mixture in pan, and sprinkle with second ¼ c. **cheese**. Spread remaining bread mixture in pan, and sprinkle with third ¼ c. **cheese**. Pour in enough milk/cream mixture to cover bread, and gently press on bread so liquid soaks in. Let rest 15 minutes. Add remaining liquid, letting some bread cubes protrude. Sprinkle with **salt** and remaining ¼ c. **cheese**. Bake until pudding is set and top is brown and bubbling, about 1½ hours. Serve hot. Serves 12.

***See also* ONIONS / RIGATONI WITH FIVE LILIES**



LETTUCE



ROMAINE LETTUCE AND FAVA BEANS

contributed by **Liadain Smith**

Shuck **12 pods fava beans**; blanch for 30 seconds and peel by slipping thumbnail under skin. Or use a handful of **shucking peas**. Wash and dry **2 medium heads of romaine lettuce** and dress with **4-5 Tbs. olive oil** and **2 Tbs. lemon juice**. Add half of $\frac{1}{4}$ c. **grated Pecorino Romano cheese** and toss again. Add **remaining cheese, fava beans or peas, salt and pepper**. Toss lightly and serve.



LETTUCE WRAPPED FISH

Mark Bittman from *The New York Times* (4/9/08)

contributed by **Linda Lacchia**

A good way to use lettuce past its prime for salad. Cut **1½ lbs. white fish fillets** (fluke, snapper, cod, rockfish, about $\frac{3}{4}$ -1" thick) into 1" x 2" pieces. For every piece of fish, blanch a large, intact leaf of **lettuce** (romaine, Bibb, iceberg) or **white cabbage** in boiling salted water for 30 seconds or until pliable. (If using romaine, cut out large center vein 2-3 inches from the bottom.) Remove and drain on towels. Place fish on lettuce and sprinkle with **salt and pepper**; fold leaf to cover fish and roll so edges overlap. In a large skillet melt **2-3 Tbs. butter**. Add **1 shallot**, minced, and cook until soft. Add **1 c. white wine** and bring to a boil. Reduce heat to a simmer and add fish packages. Cover and simmer until thick-bladed knife easily penetrates fish, 5 to 10 minutes. Remove fish to warm platter. Over high heat reduce liquid in skillet. Add **1-2 Tbs. chervil, tarragon** or other mild herb, chopped. When the sauce has thickened a bit, pour over fish and serve. Serves 4.



MUSTARD



INDIAN-STYLE MUSTARD GREENS (sarson ka saag)

www.foodandwine.com

To a large pot of salted boiling water, add **1¼ lb. mustard greens**, stemmed (or broccoli rabe, trimmed and chopped) and cook for 2 minutes. Add **½ lb. spinach**, cleaned, and cook for 30 seconds. Drain the greens, transfer to a food processor and puree. Sprinkle **2 Tbs. cornmeal** over the greens and pulse briefly to combine. Transfer the pureed greens to a bowl. Heat in a large nonstick skillet **¼ c. vegetable oil** and add **6 garlic cloves**, finely chopped, **4 jalapeños**, seeded and finely chopped, **1 2-inch piece of fresh ginger**, peeled and chopped, and **2 red onions**, finely chopped, and cook over moderate heat, stirring occasionally, until lightly browned, about 7 minutes. Add the pureed greens and cook for 4 minutes, stirring occasionally. (Add about **¼ c. water** if the greens look dry.) Season with **salt**. Serves 4-6 as side dish or as a spread on corn bread.



RUBY STREAKS MUSTARD

Look for Ruby Streaks Mustard in late spring and/or early fall. Its thin, purplish, pungent leaves and edible yellow flowers add nice bite and color to salads. They are delicious sautéed but, as they reduce to almost nothing, combine them **TATSOI** (a Japanese spinach) or **SWISS CHARD**.



OKRA



Of African origin, **OKRA** was brought to the United States three centuries ago by enchained slaves. Okra is in the same plant family as hibiscus and cotton. When harvesting okra, look for young pods free of bruises, tender but not soft, and no more than 4-5 inches long. Many prefer dishes that use the whole pod. When cut, the pods release a sticky substance with thickening properties—good for soups and stews—which has unfairly led to its slimy reputation, albeit deserved when pods are old, big or improperly stored. Okra doesn't keep well for more than a few days. Use as soon as possible or store it in the refrigerator, wrapped in paper or a plastic bag. Okra freezes well; wash and dry well the pods before putting them in a freezer bag. Cut the pods while still frozen before cooking.



GRILLED OKRA

from the Food Network)

contributed by **Elaine Altman**

Place **1 tsp kosher salt, 1 tsp sweet paprika, 1 tsp sugar, 1 tsp ground coriander, ½ tsp black pepper, ½ tsp cayenne pepper,** and **¼ tsp celery seed** in small bowl and stir to mix. Rinse and dry **1 lb. okra** (3-4 inches in length) and trim the tips off the stem ends, not cutting into the pods. Place the okra in a large mixing bowl and toss with **1 Tbs. olive oil** (or melted unsalted butter). Cook on grill preheated to high until nicely browned, about 2 to 4 minutes per side

FRIED OKRA

contributed by **Jane Weissman**

Make a *pastella* by pouring **½ c. water** in a bowl and add enough **flour** to achieve a thick yogurt-like consistency. Add **black pepper, hot pepper flakes,** and lots of **chopped parsley**. Wash and trim *small pods* of **okra**. Dip pods in the *pastella* and fry in very hot **canola oil**. Remove, drain on paper towels, transfer to platter and sprinkle with **salt**. *Note: zucchini sticks, squash blossoms, and sage buds* (+ 2 sets of leaves) can be prepared the same way.

CURRIED OKRA WITH CHICKPEAS

contributed by **Jane Umanoff** and **Bo Parsons**

Sauté **1 onion,** chopped and **3-4 cloves garlic,** minced, in **3 Tbs. olive oil**. Add **¼ tsp. curry powder, ¼ tsp. ground cumin, pinch cayenne** and **pinch Turmeric**. Sauté for 1 to 2 minutes. Add **4 tomatoes,** chopped, and **1 lb. okra** (approx. 3 inches long, washed, stems trimmed). Bring to a boil. Lower heat, add **salt** and **pepper** to taste, adjust spice seasonings, and simmer for 20 minutes. Add **1 can chickpeas** and cook a few minutes more. Serves 4 to 6.



ONIONS



BRAISED ONIONS

adapted from *Vegetarian Cooking for Everyone* by Deborah Madison
contributed by **Jane Weissman**

Blanch a combination of **red** and **white boiling onions**, **cipolline** and **shallots**, about 1 pound total, in boiling water for 2 minutes, drain and remove outer skins. (Peel the *shallots* raw, pulling them apart at their natural divisions.) Melt **2 Tbs. butter or olive oil** in skillet with **2 bay leaves**, **2 thyme sprigs**. Add onions and **2 tsp. sugar**. Cook over medium heat, stirring occasionally, until browned in places, 10 to 15 minutes. Season with $\frac{1}{2}$ **tsp. salt** and **pepper**, to taste. Add **1/3 c. dry white wine or vermouth**. Bring to a boil, lower heat, cover and simmer until onions are tender, 15 to 20 minutes. Add a few tbs. water if pan gets dry. Remove lid and reduce remaining juices to a syrupy glaze. Serves 4 to 6.

BROILED RED ONIONS WITH VINEGAR AND ROSEMARY

adapted from *Vegetarian Cooking for Everyone* by Deborah Madison
contributed by **Jane Weissman**

This and the recipe above combine to make a beautiful, tasty dish. Slice **4 or 5 onions** into $\frac{1}{2}$ -inch rounds and toss with **2 Tbs. olive oil** and **1 Tbs. rosemary** (finely chopped). Put on a baking sheet and broil 5 to 7 minutes about until tops are slightly charred. Turn. Continue cooking until onions are tender and charred. Drizzle **2 Tbs. balsamic vinegar** over onions. Serves 4 to 6.

SUPPER ONION PIE

from *How to Be a Domestic Goddess: Baking and the Art of Comfort Cooking* by Nigella Lawson
contributed by **Richard Kelsey**

Preheat the oven to 400F. Filling: Peel **4 medium red onions**, halve them, then cut each half into 4 segments each. Heat **1 Tbs. olive oil** and **1 Tbs. butter** in the pan, then add the onions and cook over a medium heat, stirring regularly, for about 30 minutes; they should be soft and tinged with color. Season with **salt** and **pepper**, and add **3-4 sprigs thyme**, de-stalked. Turn into a 9-inch pie plate, buttered, or 8 to 10-inch cast-iron skillet. Sprinkle **2 oz. sharp cheese** (Cheddar or Gruyere) grated, over onions. Topping: Place **1 2/3 c. flour**, **1 tsp. baking powder**, and **1 tsp. salt** in a bowl with additional **3 oz sharp cheese**, grated. Pour $\frac{1}{2}$ **c. milk** into a large measuring cup and add **3 Tbs. melted butter**, $\frac{1}{2}$ **tsp. dry mustard**, and **1 large egg**, beaten. Mix well and pour into the flour mixture. Mix to a dough using a fork, a wooden spoon, or your hands; it should be quite sticky. Tip dough onto a work surface and press into a circle about the size of the pie dish. Transfer it to the dish, pressing it to seal the edges. Bake for 15 minutes. Turn down to 350F. and bake additional 10 minutes. Dough should be golden and crisp on top. Let it stand for a couple of minutes, then cover with a large plate and turn upside-down. Place on a flat surface and remove the dish. Serves 6

RIGATONI WITH FIVE LILIES (vidalias, red onions, leeks, scallions & chives)

from *The Babbo Cookbook* by Mario Batali

contributed by **Jennifer Desmond**

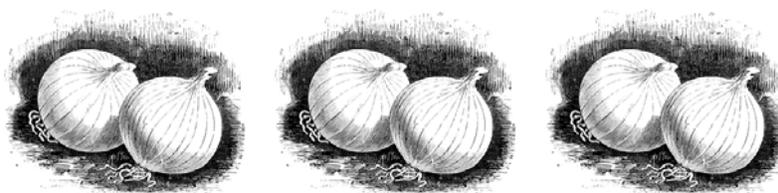
In a large skillet, heat **2 Tbs. olive oil** (or 1 part olive oil to 3 parts chicken or veggie stock to cut down on oil) over medium heat. Add **1 lb. sweet onions**, quartered and sliced, and cook over low heat, stirring often, until softened and translucent. Raise the heat to medium and cook until deeply golden and caramelized. Transfer the onions to a bowl and set aside. In the same skillet, melt **2 Tbs. unsalted butter**. Add **5 medium garlic cloves**, minced, **½ lb. leeks**, cut into 1/8-inch rings and washed, **½ lb. red onions**, quartered and sliced, **1 bunch scallions**, trimmed and cut into 2-inch lengths. Cook until very soft and golden. Add **½ c. water or stock**, and cook until the liquid evaporates. Season lightly with **salt** and **pepper**. Remove from the heat, and *stir in the sweet onions*. Cook the rigatoni until tender but al dente. Drain and add pasta to the onion mixture, tossing over medium-high heat for 1 minute. Serve immediately, topped with **4 oz. ricotta salata**, coarsely grated, **¼ c. Italian parsley**, finely chopped, **¼ c. chives**, finely chopped. **Salt** as needed. Finish with quick squeeze of **lemon**. Serves 4 (entrée) or 6 (appetizer).

FIG TART WITH CARAMELIZED ONIONS, ROSEMARY AND STILTON

from *The New York Times* (September 30, 2009)

contributed by **Carol Steinberg**

Preheat oven to 400°F. Line an 11 x 17-inch baking sheet with parchment paper. On a lightly floured surface, roll out **¾ lb. prepared puff pastry** to a 9 x 12-inch rectangle. Transfer to baking sheet. In a large skillet, melt **2 Tbs. butter** with **2 Tb. olive oil** over low heat. Add **2 large onions** (1½ lb.), halved lengthwise and thinly sliced, **1 sprig rosemary**, and a **pinch sugar**. Cook, tossing occasionally, until onions are limp and golden brown, 30 to 40 minutes. Stir in **1 tsp. sherry vinegar**, scraping any browned bits from bottom of pan. In a small bowl, whisk together **¼ c. milk** and **1 egg** until smooth. Stir in the onions. Use a fork to spread onion mixture evenly over pastry (let excess egg mixture drip back into bowl), leaving a 1-inch border. Stem and halve lengthwise **1 pt. figs** (¾ lb.) and arrange, cut-side up, in even rows on onion mixture. Scatter **6 Tbs. Stilton cheese** (1½ oz.), crumbled, and **2 Tbs. pine nuts** over figs. Use a pastry brush to dab edges of tart with egg mixture. Gently fold over edges of tart to form a lip and brush with more egg mixture. Bake until pastry is puffed and golden, 25 to 30 minutes. Serve, sprinkled with **rosemary** needles and drizzled with **honey**, if desired, warm or at room temperature. Serves 8.



The Japanese **SHIMONITA ONION**, which looks like a big scallion but with a very large bulb, is sweet and mild. Trim the green part to just above the middle section, slicing it and the smaller bulbs for salads or for finishing soups. The more mature leek-sized bulbs are wonderful grilled.



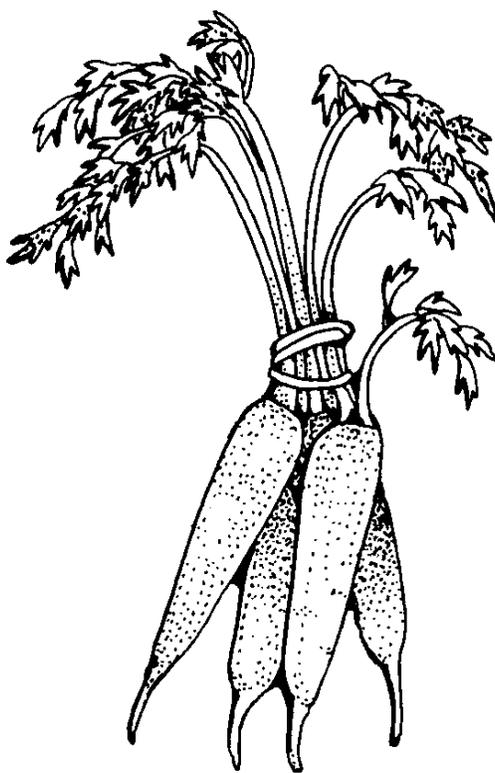
PARSNIPS



SAUTÉED CARROTS & PARSNIPS IN BUTTER & GINGER

contributed by **Jane Umanoff**

Peel **6 carrots** and **4 parsnips**. Slice on the diagonal. In a sauté pan, melt **1 stick butter** (8 Tbs.). Add **6 slices fresh ginger**. Add the carrots and parsnips and sauté slowly until done. (Cover pan for about 5 minutes to speed the cooking.) Season with **salt** and **pepper** to taste. Remove the ginger and serve. Serves 6 to 8.



PARSNIP PANCAKES WITH COCONUT

from *Kingston Cafe Cookbook* by Judith Weinstock

contributed by **Deborah Nevins**

In a food processor blend **4 egg yolks** for 1 minute. Add **4 c. parsnips**, peeled and diced, **13 oz. unsweetened coconut milk**, **½ c. flour**, **1 tsp. baking powder**, **1 Tbs. sugar**, **1 tsp. salt**, a **pinch cayenne**, and blend. For a great Indian taste, add some **minced shallots** and **½ tsp. curry powder**. Refrigerate ½ hour. Coat bottom of skillet with **olive oil** and when hot add ice cream scoops of mixture and press flat. Cook 3 minutes, flip, and cook another 3 to 4 minutes. Yield: 15 3-inch pancakes.



PEA SHOOTS



Pea shoots can be sautéed with peas, and the flowers make a lovely addition to a green salad. Look for shoots in bud or flower, otherwise use the tender tops with 3 or 4 sets of leaves.

PEA SHOOTS AND GARLIC SCAPES

contributed by **Jerry Plueneke**

Jerry writes: At the farm stand last Saturday, **Peter Cobb** mentioned that **pea shoots** are wonderful stir-fried in a little **oil** and **garlic**, a dish he's tasted in Chinese restaurants. I tried sautéing chopped up **garlic scapes** until they softened and colored slightly, then adding the pea shoots and stirring until they wilted—delicious.



PEA SHOOT SALAD WITH CARAMELIZED FENNEL AND GOAT CHEESE

inspired by the salad served at an EECO Farm benefit lunch, hosted by Nick & Toni's
contributed by **Jerry Plueneke**

Trim **fennel** and cut in half vertically, remove core, and cut horizontally in 1/8-inch slices. Sauté in **olive oil** over medium heat, tossing for 8 to 10 minutes until fennel is soft and caramelized. Season with **salt** and **pepper**. Sprinkle over **pea shoots**. Crumble **goat cheese** on top. Prepare a light **vinaigrette** – combine 1½ **tsp. sherry vinegar**, a small **shallot**, thinly sliced or the white of a **scallion**, chopped, ¼ **tsp. salt** and then whisk in ¼ **c. olive oil**. Toss and serve. *Variation:* After pea season, try this salad with **arugula**.

A GRAB THE JUNE MOMENT PEA SHOOT SALAD

contributed by **Jerry Plueneke**

Trim, remove core and separate layers of **1 fennel bulb** and toss in olive oil. Grill over an inside gas grill or outside, and cut into 1/8- inch strips. Combine **pea shoots, 4 scallions**, sliced crosswise in tiny bits, and **1/3 c. shaved Parmigiano or pecorino cheese**. Top with fennel. Dress with **olive oil, sherry and red wine vinegars**, and a few grinds of **black pepper**.

PEA SHOOT & ARUGULA SALAD

from *New York Times*, May 20, 2009

contributed by **Barbara DiLorenzo**

In a large bowl, toss together **2 c. pea shoots, arugula**, a small bunch, cleaned, **1/4 c. pine nuts, 3 Tbs. fresh cilantro leaves**, and **1 small shallot**, thinly sliced. Toss with enough **olive oil** to lightly coat greens; drizzle with **lemon juice** and season with **salt and pepper**.

PROSCIUTTO + PEA SHOOTS = ROSES

a simple, elegant appetizer from www.thekitchn.com

contributed by **Kathy Masters**

Take a slice of **prosciutto** and roll it up lengthwise, from bottom to top. Wrap/roll some **pea shoots** around the prosciutto, securing it with a toothpick. The result looks like a rose.

PEA SHOOT PESTO

from *New York Times*, May 20, 2009

contributed by **Barbara DiLorenzo**

In a food processor or blender combine **3 c. pea shoots, 1/2 c. toasted pine nuts, 1/2 c. cilantro leaves, 1/4 c. Parmesan**, grated, **2 cloves garlic**, chopped, and **3/4 tsp. salt**. Pulse until roughly chopped. With motor running, slowly drizzle in **3 Tbs. olive oil** and blend until well combined. *Barbara writes:* The *Times* suggested stuffing the pesto into porkchops which are then seared in a frying pan before being finished in the oven and served over salad. Think about using the pesto in a risotto with fresh shelled peas.

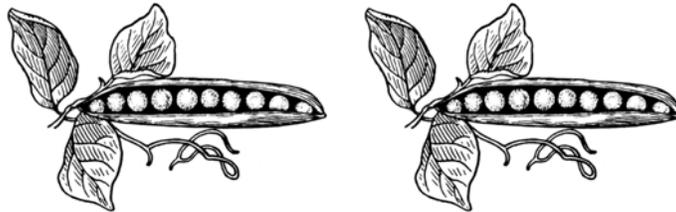


Unless indicated otherwise, these recipes can be made with just shucking peas, snow peas (trimmed) or sugar snaps (unzipped) or in combination with each other.

MARY'S MARVELOUS! SPRING PEA SOUP

a seasonal favorite at Mary Schoenlein's popular Amagansett eatery
contributed by **Jerry Pluenneke**

Sweat **1 large onion**, sliced, in **4 Tbs. butter** for 8 to 10 minutes to soften, but not color. Add **8 c. water or**, even better, **vegetable stock**, cover and cook until very soft. Uncover, raise heat to a boil and add **4 c. peas**. Cook about three minutes, no more than five, so the peas remain a vibrant green. Blend in a blender—this yields a light, silky texture that simply doesn't emerge in a food processor—adding liquid to desired consistency. Strain through a sieve to catch stray fibers. Season with **salt and pepper** to taste. Serve hot or cold garnished with **1 Tbs. fresh mint leaves**, finely sliced.



NEAR-INSTANT SNOW OR SUGAR SNAP PEA SOUP

adapted from *The Vegetable Book* by Colin Spencer (Rizzoli, 1996)
contributed by **Jerry Pluenneke**

Cook **4 c. of snow or sugar snap peas** in water or stock for 3 or 4 minutes. In a blender, puree peas and **1¼ c. buttermilk or thinned sour cream**. Strain through a sieve to catch stray fibers. Refrigerate for two hours. Garnish with **mint or lovage leaves**

PEA AND SPINACH SOUP

from *Local Flavors Cookbook*, by Deborah Madison
contributed by **Hilary Leff**

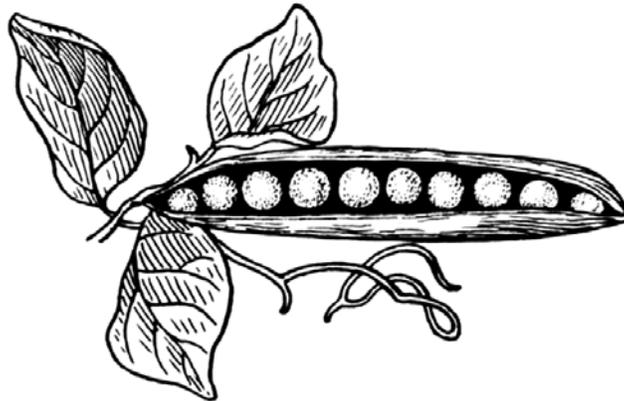
Melt **2 Tbs. butter**, add **2 Tbs. Basmati rice**, **2 c. thinly sliced white onions**, **1½ tsp. curry powder**, **4 cilantro sprigs** and **1 cup water**. Simmer over medium heat for 12 minutes. Meanwhile, shuck **1½ to 2 lbs. shucking peas** and wash and coarsely chop **4 c. spinach**. Add the peas and spinach to the pot, along with **1 qt. vegetable or chicken stock**. Bring to a boil and cook 3 minutes. Turn off heat and add **coconut milk**. Puree about a cup of the soup in a blender and return it to the pot, season with **salt and pepper** and garnish with cilantro leaves. Alternatively you can puree all the soup and pass it through a strainer for a more refined broth.

SUGAR SNAP PEA SALAD WITH RADISHES, MINT & RICOTTA SALATA

from *The New York Times* (June 17, 2009)

contributed by **Brande Stellings**

In a large bowl, toss together $\frac{3}{4}$ c. **radishes**, sliced, **sugar snap peas**, sliced (about $1\frac{1}{4}$ c.), **4 oz. ricotta salata**, crumbled (about 1 c.), and **mint leaves**, torn (about $\frac{1}{3}$ c.). Using a knife or a mortar and pestle, make a paste of **1 clove garlic**, minced and a **pinch kosher salt** (or to taste). Place paste in a small bowl and add **1 Tbs. lemon juice**, fresh squeezed, and **1 tsp. balsamic vinegar** and stir well to combine. Drizzle in the **3 Tbs. olive oil**, stirring constantly, and add freshly ground **black pepper** to taste. Pour dressing over salad and toss well to combine. Adjust seasoning. Serves 4.



SUGAR SNAPS & SCALLIONS WITH CODDLED LETTUCE

from *The Splendid Table*, an informative and entertaining radio show hosted by **Lynn Rossetto Kasper**. It bills itself not as a cooking show, but one "for people who love to eat."

Trim away the roots of **12 scallions** and cut away their dark green stalks, producing 2-2½ inch pieces of white to pale green stalks. In a large sauté pan set over medium heat, melt **1-2 Tbs. butter** with **1 tsp. tarragon leaves**, chopped and tightly-packed, until the butter is creamy. Stir in $\frac{3}{4}$ lb. **sugar snap peas**, washed and stringed, and scallions. Sprinkle them with **salt** and **pepper**, and sauté for 2 to 3 minutes. Blend in **6 leaves lettuce**, romaine or Bibb, shredded, and **zest of ½ large orange**. Reduce the heat to medium low, and stir for 30 seconds to 1 minute. Add $\frac{1}{4}$ c. **water** and $\frac{1}{2}$ tsp. **sugar** and continue cooking for 2 minutes or until the water is evaporated and the peas are just tender. Serves 3 to 4. Best eaten immediately.

SPRING PEAS WITH MINT OR THYME

contributed by **Linda Lacchia**

Linda writes: This simple recipe is not only light and wonderful, but also uses lettuce that is "past its prime." Bring $\frac{1}{2}$ c. **chicken broth** to a boil. Add **2 c. peas** and simmer until heated through, about 4 minutes. Sitr in **1 c. thinly sliced romaine lettuce** (or a variety with milk in its leaves) and **3 Tbs. fresh mint** or **thyme**. Season to taste with **salt**.

PEAS WITH SPRING ONIONS, LETTUCE AND HERBS

from *Chez Panisse Vegetables* by Alice Waters (Harper Collins, 1996)

contributed by **Sybil Schacht**

Thinly slice **spring onions**, or leave whole if they are very small. Gently stew the onions and separated tender leaves of **lettuce** in **butter** and a little **water** with a sprig of **thyme**, until the onions begin to soften. Add shelled sweet **peas** and cook until just tender. Season and finish with a little butter and some finely chopped **chervil** and **chives**.

MUSHY PEAS

contributed by **Richard Simpson**

A slightly 'fancied up' version of an English street food classic. Sweat **1 shallot** (or small onion), chopped, and **1-2 cloves garlic**, chopped, in a little hot **olive oil** for a few minutes to soften, but not brown. Shell **1½ lb. peas**. Add peas to oil and stir to coat. Add **chicken stock** to barely cover. Simmer for 10 minutes or until peas are just soft. Add a little more stock if needed, but at the end of the cooking time the liquid should be below the top of the peas. Use a stick blender to puree into a coarse puree. The idea is to 'mush' the peas so that most are pureed but there are some pieces of pea visible. Add a little more stock if needed (dry mushy peas are the scourge of English children). Season with **salt** and **pepper**. Keep warm until ready to serve. Garnish with **mint** or **thyme**. Serves 3 to 4 as a side.

**See also WHEAT BERRIES / WHEAT BERRY SALAD
WITH SUGAR SNAP PEAS & CHERRY TOMATOES**



PEPPERS



Quail Hill grows many varieties of sweet and hot (chili) peppers. Both types come in many colors. **SWEET PEPPERS** usually start out green and, as they mature, turn red, yellow or orange according to variety, taking on their richest flavor. One such variety is **Jimmy Nardello**, a long skinny pepper that grows in clusters and is its sweetest when harvested in its red stage. They are delicious raw and marvelous when cut crosswise, deseeded at their thick end, and sautéed in olive oil and garlic. There are many kinds of **HOT PEPPERS or CHILES**. **Jalepeños**—large and not too hot—measure 3 inches long and one inch across. The hotter **Serranos** are half their size. Whether in their green or red state, both have a clean, hot flavor. Be careful when working with chilies—don't touch your eyes while preparing them—as oil from their skins, membranes and seeds can cause irritation, blistering and burning.



MAMA'S STUFFED PEPPERS

contributed by **Barbara DiLorenzo**

Prepare the stuffing: mix together **1 c. Pecorino**, grated, **1 c. bread crumbs**, **3 cloves garlic**, chopped, and a few grindings of **black pepper**. Drizzle enough **olive oil** so, stirring with a fork, the mixture holds together. Cut off the tops of any long **sweet pepper—cubanelle** work well—and remove the seeds as best you can. Keep the peppers whole and stuff them with the mixture. Roll peppers in olive oil to lightly coat and roast in a 350°F oven for about 25 minutes, until peppers are tender. Any leftover stuffing can be frozen or used to stuff tomatoes and onions or as a topping for baked fish.

ROASTED RED PEPPER SPREAD

with thanks to **Rick Bogusch** of Bridge Garden
contributed by **Linda Lacchia**

Toast **1 c. walnuts** in skillet over medium heat until they are fragrant, about 5 minutes. When cool, put them in a towel and rub off as much skin as possible to remove any bitterness. In a food processor, combine nuts with 12 oz. jar of **roasted red peppers** (drained, rinsed and patted dry), **1/8 tsp. cayenne pepper**, **¼ c. plain crackers**, coarsely ground, **3 Tbs. lemon juice**, **1 Tbs. molasses**, **1 tsp. honey**, **½ tsp. ground cumin**, **¾ tsp. salt**, and **2 Tbs. olive oil**. Pulse until smooth (about 10 pulses, 1 second each). Chill for at least 30 minutes before serving.

HYSSOP-BAKED PEPPERS

from www.splendidtable.com, reprinted from *Jekka's Herb Cookbook* by Jekka McVicar

Halve **4 red peppers** lengthways. Discard the white core and seeds, then lay the peppers, cut side up, in a greased baking dish. Finely slice **3 cloves garlic** and put a few slices in each halved pepper, together with a little **salt**, a pinch of **hyssop leaves** and **1 Tbs. oil**. (If you are using anchovies in olive oil, use this oil, as it adds extra flavor.) Halve **16 cherry tomatoes** and tuck them into the peppers. Bake in preheated oven at 400°F until the peppers have almost collapsed and are full of juice. If in oil, drain, dry, and roughly chop **8 anchovy fillets** (if in brine, rinse and dry them) and divide them among the peppers. Cook 10 minutes longer, then serve.



PICO DE GALLO

contributed by **Vivian Stein**

Toss **1 green pepper** (left whole) and **1 small chile** in **olive oil**, to coat, and add **salt** and **pepper**. Grill until charred. OR chop the peppers and sauté in oil in skillet. Cut **1 pint tomatoes** into small chunks and place in a bowl with the juice. Chop **1 small red onion**, **1 bunch cilantro** and **1 clove garlic** and add to tomatoes and toss. When the peppers have cooled slightly (chop if grilled), add to tomato mixture and toss. Add juice of **½ lemon or lime**. Adjust seasonings.

SAUTÉED HOT PEPPERS

contributed by **Ursula Lee**

Use **Padrone peppers**—named for the town in Spain they come from. Heat a little **olive oil** in a small frying pan. When it is very hot add **whole peppers**—no more than 1½ inches in length—and cook, turning frequently, until the skins are charred and slightly burst. Turn peppers into a dish, let cool a bit, sprinkle **salt** on top, and serve as a *tapas* with drinks.



POTATOES



When **HARVESTING POTATOES**, know that only a few of the plant's tubers will be attached to its roots. Get down on your knees, dig around with your hands, and you will be amply rewarded. There are some farm members who rarely dig up plants. Instead they glean the rows, quickly gathering their share of spuds that others have left behind. Use a shovel to gently loosen the soil around the plant before pulling it out. Should you nick any tubers, set them aside for that day's dinner as they won't keep.



ROASTED SMASHED POTATOES

from America's Test Kitchen

contributed by **Barbara Dilorenzo**

Adjust oven racks to top and bottom positions and preheat to 500°F. Arrange **2 lb. potatoes** (about 18 and no bigger than 1½ to 2 inches in diameter) on rimmed baking sheet. Pour **¾ c. water** over potatoes and wrap sheet tightly with aluminum foil. Cook on bottom rack 25 to 30 minutes until done. (Test with paring knife as potatoes need to be cooked thoroughly so that they will smash easily.) Remove foil and cool 10 minutes. Blot dry any remaining water with paper towel. Drizzle **3 Tbs. olive oil** over potatoes and roll to coat. Space potatoes evenly on baking sheet and flatten potatoes to 1/3 to ½ inch in thickness. Use a potato smasher or place a second baking sheet on top of first and press down firmly. Sprinkle potatoes with **1 tsp. fresh thyme**, chopped, and season generously with **salt** and **pepper**. Drizzle another **3 Tbs. olive oil** evenly over the potatoes and roast on top rack for 15 minutes. Transfer potatoes to bottom rack and continue to roast until well browned, 20 to 30 minutes longer. If not served immediately, remove the potatoes from the baking sheet or they will toughen. Serves 4 to 6.

MASALA POTATOES

from Madhur Jaffrey

contributed by **Jane Umanoff**

Boil **5 medium potatoes**, about 1½ lbs, with skin on. When cool, dice into pieces 1 inch square. Put **fresh ginger**, a 2 inch piece, peeled and chopped, **3 garlic cloves**, roughly chopped, **3 Tbs water**, **¾ tsp turmeric**, **½ tsp. cayenne pepper**, **salt** and **pepper** into a food processor and blend until you have a paste. Heat **5 Tbs. olive oil** in a non-stick skillet. When hot, put in **1 tsp. whole fennel seeds** and **1 tsp. whole cumin seeds** and let them sizzle for a few seconds. Add the ginger-garlic paste and cook 2 minutes. Add the potatoes and cook over a medium heat fry for 5-7 minutes or until the potatoes have a nice golden-brown crust on them. Yum! Serves 4 to 6.

See also **SPINACH / SPINACH POTATO GRATIN**

See **SWEET POTATOES** for more potato recipes



PUMPKIN



PUMPKIN SEED BRITTLE

from chef **Guy Reuge**

contributed by **Judy Freeman**

Generously grease a cookie sheet; set aside. Combine **1½ c. sugar**, **¼ c. corn syrup**, **2½ Tbs. unsalted butter** and **¼ c. water** in a medium pot, stirring until no lumps remain. Cook the mixture over medium heat until it caramelizes, about 15 minutes. It's done when it turns a medium brown color. Take the pot off the burner and immediately whisk in **¾ tsp. salt**, **¼ tsp. baking soda**, and **½ tsp. cumin**. Quickly add **1¾ c. pumpkin seeds** and stir until they are coated with the caramel. If the mixture hardens too fast to allow you to stir in the seeds, return the pot to the heat for several seconds. Working quickly, pour the mixture on the baking sheet and spread it with a rolling pin to about ¼-inch thickness. When the brittle has cooled and hardened, break it into pieces. Store in an airtight container.



PURSLANE



Native to India and Persia, purslane has spread throughout the world. Usually considered a weed, purslane is embraced by many cultures as food. Growing throughout the farm, purslane has fleshy succulent leaves and stems—similar to baby jade plants— and a slight lemony flavor. Purslane is best eaten within a few days after it's harvested.

LENTILS AND PURSLANE

contributed by **Ursula Lee**

Wash purslane thoroughly as it hugs the soil. Discard the fleshy stems but keep the leafy outer parts and cut them into small pieces. Heat **2 Tbs. olive oil** in a large pan and add **1½ c. lentils**, soaked, and **3 c. water**. Add **½ tsp. turmeric powder** and **2 bay leaves**. Cook 15 to 20 minutes and stir in **5 to 6 c. purslane**. Cook approximately 45 minutes until lentils are soft. Meanwhile, in a small pan, bring **4 Tsp. olive oil** to high heat and add **1 Tbs. cumin seeds** and **2 cloves garlic**, chopped. When cumin seeds start "popping," add **1 Tbs. red pepper flakes**. Stir for a few seconds and add to lentils. Add **salt** to taste. Serve with rice.



PURSLANE RAGOUT

contributed by **Ursula Lee**

Heat **2 Tbs. olive oil** in a pan and add **2-3 shallots**, finely chopped, **2 Tbs. fresh ginger root**, finely chopped, and **2 cloves garlic**, minced. Cook for a few minutes and stir in **1 tsp. cumin powder**. Add **4 c. purslane**, cleaned and chopped, and **4-5 marinated sundried tomatoes**, chopped, or **fresh tomatoes** for a lighter flavor. Add **1 c. water** and cook until water is absorbed. Add **salt** to taste.

GREEK ISLAND CHICKPEA SALAD WITH PURSLANE AND ARUGULA

contributed by **Ursula Lee**

In large mixing bowl combine **1 c. chickpeas**, cooked or canned, **1 tsp. capers**, **2-3 cloves garlic**, finely chopped, **1 scallion**, thinly sliced. Add **2 Tbs. olive oil** and **2 Tbs. lemon juice**. Mix well & season with **salt** to taste. Combine with **1½ c. arugula**—or a similar green—torn in pieces, **½ c. purslane**, with tender stems and cut into 1" lengths, or **¾ c.** purslane leaves. Mix well. Season with additional oil, lemon juice and salt. Serve immediately. Serves 4.



RASPBERRIES



RASPBERRY FIG CRUMBLE

contributed by **Jane Weissman**

Cover the bottom of an 8" pie plate with **raspberries**—red, amber, and yellow. Cut **figs** in half and place on top of berries, cut side up, in attractive pattern. Sprinkle with **2 Tbs. sugar**. Mix together with a fork, **1 c. flour**, **½ c. light brown sugar**, and **4 Tbs. unsalted butter**, cut into small pieces. Spread mixture evenly over fruit. Top with **⅓ c. raw sliced almonds**. Bake in 350°F oven for 30 minutes or until fruit bubbles.



LEMON-GLAZED BUTTER CAKE TOPPED WITH RASPBERRIES

from *Gourmet*, April 2009

contributed by **Sydney Albertini**

Top this perky cake with raspberries—fresh or slightly cooked to release their juices. Preheat oven to 350°F with rack in middle. Butter and flour an 8" round cake pan (2" high). Whisk together **1½ c. flour**, **1½ tsp. baking powder**, and **¼ tsp. salt, rounded**. Stir together **½ c. cup + 1 Tbs. whole milk**, **1 Tbs. grated lemon zest**, and **½ tsp. pure vanilla extract**. Beat together **1 stick unsalted butter** and **¾ c. granulated sugar** with an electric mixer at medium speed until pale and fluffy, about 2 minutes. Add **3 large eggs**, one at a time, beating well after each addition. At low speed, mix in flour mixture in three batches, alternating with milk mixture, beginning and ending with flour mixture, and mixing until each addition is just incorporated. Pour batter into cake pan and smooth top, then rap gently on counter to release any air bubbles. Bake until golden and a wooden pick inserted into center of cake comes out clean, 35 to 40 minutes. Cool in pan 10 minutes. Turn out cake onto a rack set over a baking sheet, then turn top-side up. Brush top and side of cake with glaze: **1 c. confectioners sugar** and **¼ c. fresh lemon juice** whisked together until smooth. Cool completely. Dust with **confectioners sugar** or top with **raspberries**, and serve.



RHUBARB



A GREAT SUMMER DRINK

contributed by **Hilary Leff**

Wash and chop **6-8 stalks rhubarb**. Place **1 c. sugar** and **1 c. water** in a pan and simmer until the sugar dissolves. Add the rhubarb and simmer until the rhubarb is soft. Strain in a sieve over a bowl, pushing down on the mush (which makes a delicious jam). Mix the liquid with **vodka, muddled mint** and a little **seltzer**. Cheers!

BASIC STEWED RHUBARB

contributed by **Ursula Lee**

Peel & chop **rhubarb**. Place in saucepan over low heat & stir until rhubarb juices appear. Add peeled & chopped/grated **ginger** (*1 Tbsp chopped ginger per pint of rhubarb*) and **sugar** (to taste) and cook approximately 20 minutes until very soft. Enjoy on its own or over ice cream or in a pie (see below). Rhubarb prepared this way freezes well for later use.

FLO'S RHUBARB COMPOTE

contributed by **Flo Stoll**

Wash and trim (peel if needed) **2½ c. red rhubarb** (8 stalks) and cut into ½ inch chunks. Add **6 strawberries**, sliced, **½ c. water** and **½ c. sugar**. Cook on medium heat until tender. Allow to cool. Perfect side to chicken or beef entrees. Simple and delicious.



ROASTED RHUBARB 1

from *Chow.com*

contributed by **Susan Cook**

Trim **1 lb. rhubarb** and cut stalks in half lengthwise and then crosswise into 1-inch pieces. In an 8" x 8" glass baking dish, toss rhubarb with **1 Tbs. orange zest**, **3 Tbs. orange juice** (fresh squeezed) and **½ c. sugar**. Cover with aluminum foil and bake about 35 minutes at 350°F until the rhubarb has released a lot of juice and the mixture is bubbling. Remove foil and continue the baking until the juices are slightly thickened, about 20 minutes.

ROASTED RHUBARB 2

from *The Kitchen Diaries* by Nigel Slater

Preheat oven to 450°F. Cut **1 lb. rhubarb** into short lengths (about 5 cups) and place in shallow baking dish. Squeeze juice of **1 orange** over and drizzle **1 Tbs. honey** over rhubarb. Bake for 25 minutes occasionally spooning juices over fruit. Cool and serve over ice cream or frozen yogurt.

RHUBARB BUTTERSCOTCH SAUCE

from *The New York Times*, June 10, 2009

contributed by **Brande Stellings**

In a medium saucepan over low heat, combine **1 lb. rhubarb**, trimmed and sliced ½-inch thick (about 4 cups), **½ c. dark brown sugar**, **2 Tbs. unsalted butter**, and a **pinch kosher salt**. Cover and cook, stirring occasionally, until rhubarb breaks down, 15 to 20 minutes. Yield: 2 cups. Try this sauce over yogurt, ice cream, pancakes or sliced strawberries.

CARAMELIZED RHUBARB PORK STIR-FRY

from Rosanna Nafziger, *About.com: Local Foods*

contributed by **Brande Stellings**

This quick and easy rhubarb and pork stir-fry looks lovely with red onions and the brightest rhubarb you can find. Caramelizing the rhubarb separately keeps it from falling apart. For the rhubarb: Put **2 c. rhubarb**, chopped in ½-inch pieces on the bias (3-4 stalks), and **½ c. sugar** in a heavy stainless-steel or enamel pan over medium high heat and stir occasionally until the rhubarb is just-tender, the sugar melts and the resulting syrup bubbles vigorously, 5 minutes or so. Remove from heat and set aside. For the stir fry: heat **1 Tbs. vegetable or canola oil** in a heavy skillet over medium-high heat. When hot, add pieces of **1 pork tenderloin, cut into ½-inch slices** in a single layer and brown without disturbing for several minutes. Flip pork and when it is golden-brown all over, add **1 red onion**, **2 c. vegetables** (*asparagus, broccoli, bok choy, cabbage*, etc.) coarsely chopped, **1 Tbs. ginger**, minced, **2 cloves garlic**, **2 Tbs. cider vinegar**, **2 Tbs. soy sauce** and **salt** and freshly ground **black pepper** to taste. Cover and cook until vegetables are barely tender, about 5 minutes. Reduce heat and add reserved rhubarb and sugar syrup. Stir to combine. Serve hot, perhaps over rice. Serves 4.

SALSA AGRODOLCE DI RABARBARO PER FORMAGGI

(savory rhubarb compote for cheese)

from <http://lacucinaitalianamagazine.com>

In a medium skillet, combine **½ lb. rhubarb** stalks, finely chopped (about 2 cups), **3 Tbs. sugar**, **2 Tbs. red onion**, finely chopped red, **1 Tbs. sweet butter**, generous pinch **sea salt** and **black pepper**. Cook over medium heat, stirring constantly, until rhubarb is softened and sauce is combined, about 10 minutes. Remove from heat and stir in **¾ tsp. balsamic vinegar**. Chill in refrigerator until cooled, about 20 minutes. Serve at room temperature, as a condiment to mild hard or soft cheeses.

RUPA'S RHUBARB MUSTARD

Gourmet Weekly, May 21, 2009

contributed by **Linda Lacchia**

Grind $\frac{3}{4}$ c. **yellow** and $\frac{1}{2}$ c. **brown mustard seeds** and $\frac{1}{2}$ tsp. **fenugreek seeds** into a fine powder, leaving some portion of the yellow mustard seeds whole. In a wide pot, combine **3 c. rhubarb**, cut into $\frac{1}{2}$ -inch pieces, $\frac{1}{2}$ c. **sugar**, just under **1 $\frac{3}{4}$ c. cider vinegar** and $\frac{1}{2}$ tsp. **salt** and cook over medium heat until the rhubarb is "helplessly" soft. Add a splash of **sweet wine** at the end (optional). For a smooth rather than chunky mustard, run it through the coarse disc of a food mill. Refrigerate. For preserves, put mustard into sterilized jars and process 15 minutes in a boiling water bath. *Linda writes:* Cooking mustard tends to mellow it and in this recipe the rhubarb sourness is equal to the mustard heat. For more kick, first stew and then simmer the rhubarb with the vinegar and mustard for just a few minutes.

RHUBARB CHUTNEY

from <http://lacucinaitalianamagazine.com>

In a medium saucepan, combine $\frac{1}{2}$ lb. **rhubarb** stalks, finely chopped (2 cups), **1 Golden Delicious apple**, peeled, cored and finely chopped, $\frac{1}{2}$ c. **water**, **3 Tbs. sugar**, $\frac{1}{2}$ tsp. **fresh rosemary**, finely chopped, $\frac{1}{4}$ - $\frac{1}{2}$ tsp. **fresh chile** (or generous pinch red pepper flakes) and generous pinches of **salt** and **black pepper**. Bring liquid to a gentle simmer and cook, stirring occasionally with a wooden spoon and reducing heat as necessary, until chutney is thick and flavorful, about 25 minutes. Serve warm or at room temperature. Wonderful as a condiment to roast pork.

RHUBARB SORBET

contributed by **Josh Stein**

Combine **1 c. + 2 Tbs. sugar**, **1 $\frac{1}{2}$ c. water** and **3 Tbs. fresh lemon juice** in large saucepan. Stir over low heat until sugar dissolves. Increase heat and bring to boil. Add **4 c. fresh rhubarb** cut into 1-inch pieces. Simmer until rhubarb is tender about 5 minutes. Puree in food processor until smooth. Stir in **1 egg yolk**. Refrigerate about one hour until cold. Add rhubarb mixture to ice cream maker and process according to the manufacturer's instructions. Freeze. (Can be prepared 3 days ahead. Keep frozen.)

STRAWBERRY RHUBARB COBBLER

contributed by **Jane Weissman**

Chop **6 stalks rhubarb** and combine with **2-3 c. strawberries**, sliced, **sugar** to taste, juice of **1 lime** and **2 Tbs. Triple Sec**. Make topping for 9 inch square pan—combine **1 $\frac{1}{2}$ c. flour**, **2 Tbs. sugar**, **1 Tbs. baking powder**; cut in **4 Tbs. butter**; add **1 c. milk or cream**. Optional: try adding chopped **lime zest** and **rosemary** to the dough. Mix only until all ingredients are combined. Spoon dollops onto fruit and bake at 375°F for 35- 40 minutes until cobbler is browned and fruit is bubbling.

RHUBARB MUFFINS WITH STREUSSEL TOPPING

contributed Hilary Leff

Butter the top of a muffin pan and line with muffin cups and preheat oven to 400 °s. Muffins: In a bowl, combine **2/3 c. oil**, **1 egg**, **1c. buttermilk** and **1 tsp. vanilla**. Add **1½ c. brown sugar**, **1 tsp. salt**, **1 tsp. baking soda**, **2½ c. flour**, **1½ c. diced rhubarb** and **½ c. chopped nuts**. Mix until just combined. Spoon into muffin cups, 2/3 to the top. Topping: Combine **½ c. chopped nuts**, **1/3 c. brown sugar**, **1½ tsp. flour** and **1 Tbs. melted butter**. Sprinkle over unbaked muffins. Bake for about 20 to 25 minutes. Makes 16 muffins

RHUBARB PIE WITH STREUSEL CRUMBLE

A streusel topping adds sweetness to the tart/tanginess of the rhubarb filling. for 10" diameter pan: Knead all ingredients together: **1 c. flour**, **1/3 c. sugar**, **3.3 oz soft butter** cut into small pieces, **¼ tsp. vanilla**, and **cinnamon** to taste. Distribute crumble over rhubarb. The pie shell should be pre-baked for 10 minutes in order to form some crust, otherwise the rhubarb will soak thru.



RHUBARB CRUMB BARS

from www.marthastewart.com

Preheat oven to 350 °s. Butter an 8-inch square baking pan. Line with parchment paper, leaving a 2-inch overhang on two sides. Butter and flour parchment and pan, tapping out excess flour. Make streusel: Whisk together **6 Tbs. butter**, **½ c. brown sugar**, and **¼ tsp. salt**. Add **1 c. flour** and mix with a fork until large crumbs form. Refrigerate until ready to use. Make cake: In a medium bowl, combine **½ lb. rhubarb**, cut into ½ -inch pieces, **1 Tbs. brown sugar**, and **¼ c. flour**. In another medium bowl, whisk **¾ c. flour**, **½ tsp. baking powder**, and **¼ tsp. salt**. In a large bowl, using an electric mixer, beat **8 Tbs. butter** and **1 c. confectioners' sugar** until light and fluffy. Beat in **2 eggs**, one at a time. With mixer on low, beat in **½ tsp. vanilla**, then flour mixture. Spread batter in prepared pan. Sprinkle with rhubarb and top with streusel. Bake 45 to 50 minutes (until a toothpick inserted in center comes out with moist crumbs attached). Let cool completely in pan. Using paper overhang, lift cake from pan. Cut into 16 bars. **Note:** Substitute half the rhubarb with an equal weight of quartered strawberries.

UPSIDE DOWN RHUBARB CAKE

from *Gourmet Magazine*, April 1999

contributed by **Eileen Roaman-Catalano** and **Sydney Albertini**

Topping: In a well-seasoned 10-inch cast-iron skillet melt $\frac{1}{2}$ **stick unsalted butter** (1/4 cup) over moderate heat until foam subsides and reduce heat to low. Sprinkle $\frac{3}{4}$ **c. + 2 Tbs. light brown sugar** (packed) evenly onto bottom of skillet and heat, undisturbed, three minutes. (Not all the sugar will be melted.) Remove skillet from heat. Decoratively arrange **3 c. rhubarb** (approx. 1 $\frac{1}{2}$ lb.) that has been trimmed and cut crosswise into 1-inch pieces, rounded sides down, in one layer over brown sugar.

Cake: With a mortar and pestle or in an electric coffee/spice grinder finely grind **1 tsp. anise seeds**. Into a bowl sift together anise, **1 $\frac{1}{2}$ c. all-purpose flour**, **1 $\frac{1}{2}$ tsp. baking powder**, **1 tsp. baking soda**, and **$\frac{1}{2}$ tsp. salt**. In another bowl, with an electric mixer beat together **1 stick unsalted butter** ($\frac{1}{2}$ cup), softened, and **$\frac{2}{3}$ c. sugar** until light and fluffy. Beat in **$\frac{1}{2}$ tsp. vanilla**. Add **2 large eggs**, one at a time, beating well after each addition. With mixer on low speed, add flour mixture alternately in batches with **$\frac{1}{2}$ c. buttermilk** (well-shaken) and **$\frac{1}{4}$ c. milk**, beginning and ending with flour mixture and beating until just combined (do not overbeat). Spoon batter over rhubarb in skillet, spreading evenly (try not to disturb the rhubarb), and bake cake in middle of 350°F preheated oven until golden, about 45 minutes, or until a tester comes out clean. Cool cake in skillet on a rack 15 minutes. Run a thin knife around edge of skillet and invert a plate over skillet. Keeping plate and skillet firmly pressed together, invert cake onto plate. Carefully remove skillet and serve cake warm or at room temperature. Serves 8.

COUNTRY RHUBARB CAKE WITH WHISKEY CREAM

adapted from *epicurious.com*

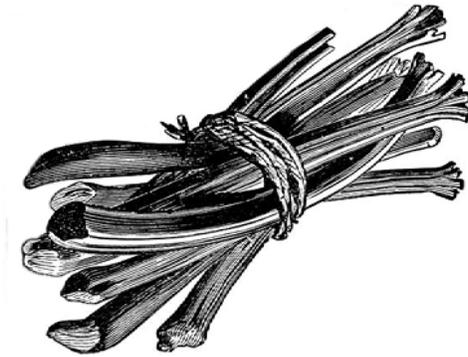
contributed by **Josh Stein**

Cake: Put oven rack in middle position and preheat oven to 400°F. Butter a 10-inch glass or ceramic pie plate or a 2 $\frac{1}{2}$ quart oval gratin dish and chill. Toss **6 c. fresh rhubarb**, cut into $\frac{1}{2}$ -inch pieces, with **1 c. light brown sugar** in a bowl until coated. Whisk together **2 c. flour** (sifted, not self-rising), **$\frac{3}{4}$ tsp. baking powder**, and **$\frac{1}{2}$ c. granulated sugar** in a large bowl until combined well. Blend in **1 stick butter**, cut into $\frac{1}{2}$ -inch cubes, with a pastry blender or your fingertips until mixture resembles coarse meal. Whisk together **$\frac{1}{3}$ c. whole milk**, **1 whole egg** plus and **1 egg yolk**. Make a well in center of flour mixture and add milk mixture, stirring with a wooden spoon to gradually incorporate flour and form a soft, sticky dough. Transfer half of dough to chilled pie plate and pat out over bottom and halfway up side with well-floured hands, then spoon rhubarb and any juices onto dough. Using a tablespoon, spoon remaining dough in small mounds evenly over top. Lightly beat **egg white** with a few drops of water, then lightly brush cake with egg wash. Sprinkle remaining **2 Tbs. sugar** over top. Bake cake until top crust is golden and rhubarb is tender, 30 to 40 minutes. Transfer to a rack to cool, about 30 minutes. Serve cake warm or at room temperature with whiskey cream. Whiskey Cream: Beat **1 c. heavy cream**, chilled, with **2 Tbs. confectioner's sugar**, **1 Tbs. whiskey** (preferably Irish) and **$\frac{1}{2}$ tsp. vanilla** in a bowl with an electric mixer until it forms stiff peaks.

COUNTRY RHUBARB CAKE

from *The New York Times*, adapted from *Forgotten Skills of Cooking* by Darina Allen
contributed by **Jen Griffith**

Heat oven to 350°F. In a bowl, sift together **3 c. flour** (more for work surface), **¼ tsp. salt**, **3 Tsp. sugar** and **½ tsp. baking soda**. Cut in **4 oz. butter**, cut into pieces, at cool room temperature until mixture is sandy. Beat **1 egg** and add to flour mixture. Add **½ c. buttermilk** and blend just until mixture forms dough; it will be quite stiff and sticky. Turn out onto a floured work surface and divide in two. Roll out each piece to fit a 10-inch round baking dish. Line bottom of pan with one round, pinching together any tears. Cover dough with **1½ lb. rhubarb** (about 8 stalks) cut into ½ inch pieces, and sprinkle evenly with **1 c. sugar**. Place second pastry round on top and pinch edges together. Pinch together any holes. Beat **1 egg** with **1 tsp. water** and brush mixture on dough. Place baking dish on a baking sheet to catch drips. Bake until crust is golden and rhubarb is soft and juicy, about 1 hour. Immediately sprinkle with **granulated sugar**. Serve warm, with a sprinkle of **brown sugar** and **whipped cream** on each serving.





SPINACH



SAUTÉED SPINACH

contributed by **Ursula Lee**

Heat generous amount of **olive oil** in lidded pan. Add **minced garlic** and cook until golden. Add **spinach**, turning it with tongs until coated. Add freshly ground **pepper**. Place lid on pan, turn off heat and let wilt for 10 minutes. Optional: grate **nutmeg** or squeeze **lemon juice** on spinach.



SPINACH SORREL SAUTÉ

from *The Herbfarm Cookbook* by Jerry Traunfeld
contributed by **Jerry Plueneke**

Remove the stems from **1 large bunch spinach** (about 1 pound) and wash leaves thoroughly, swishing them in several changes of cold water to remove grit; set aside in colander. Heat **2 Tbs. olive oil** in a 12-inch skillet over medium-low heat. Add **4 anchovy fillets** and **1 medium shallot**, finely chopped (about 1/3 cup) and cook, stirring and mashing the anchovy fillets with the back of a spoon until the shallots are soft, but not browned and the anchovy is dissolved. Add **1 c. sorrel leaves**, thinly slivered and gently packed. Increase the heat and toss it in the pan until it is wilted. Add as much spinach as will fit in the pan and toss it with tongs until wilted. Add remaining spinach and **¼ c. fresh spearmint**, coarsely chopped. Continue to toss until all the spinach is wilted and most of the liquid that collects in the pan is boiled away. Season with **salt** (optional, the anchovies are salty) and freshly ground **black pepper**. Serve immediately.

WILTED GREENS WITH GARLIC DRESSING

from *Spices of Life* by Nina Simonds
contributed by **Susan Cook**

Discard tough stems and rinse well **1¾-2 lbs. baby spinach** and **arugula** (or other leafy cooking green). Mix together **3½ Tbs. soy sauce**, **3½ Tbs. rice wine or sake**, **1½ Tbs. minced garlic**, **1½ tsp. sugar** and **1 tsp. hot chile paste**. Heat a large wok or skillet, add **1½ tsp. olive oil** and heat until near smoking. (*Don't be afraid to get the pan very hot. this will give the dish its appealing flavor.*) Add the greens and garlic dressing and toss lightly over high heat about **1½ minutes** or until the greens are slightly wilted but still bright green. Transfer to serving dish and spoon juice on top. Serve immediately, at room temperature, or chilled.

SPINACH ROMAN STYLE WITH RAISINS AND PINE NUTS

adapted from *Chez Panisse Vegetables* by Alice Waters
contributed by **Sybil Schacht**

Toast the **pine nuts** in a dry sauté pan or in the oven (or toaster oven) until they are golden brown and aromatic. Watch carefully as they can burn quickly. Put a handful of **raisins** in a bowl, just cover with boiling water, let stand 10 minutes or so until plump, and drain. Add just enough pure **olive oil** to coat the bottom of a pan and heat before adding rinsed and dried **spinach**. When the spinach has collapsed and wilted, add the raisins and the toasted pine nuts. Toss and warm through, and season with **salt** and **pepper**. Add a splash of **balsamic** or **sherry wine vinegar**. Serve hot.

SPINACH POTATO GRATIN

from Silvia Lehrer, *Dan's Papers* (June 11, 2004)
contributed by **Ursula Lee**

Preheat oven to 350°F. Cut and discard stems from **1 lb. spinach**, right up to the leaves. Soak leaves in a couple of changes of lukewarm water and drain. Pat dry with paper towels and put into a large mixing bowl. Peel **3 large russet potatoes** and slice about ¼ inch thick. Add potatoes to spinach along with **2 cloves garlic**, finely chopped, **½ tsp. nutmeg**, freshly grated, **½ tsp. coarse salt** (kosher) and freshly ground **pepper**. Add **4 to 5 tsp. olive oil** and gently toss with a large rubber spatula. Place the contents in a shallow baking/serving dish. Bake 30 - 35 minutes until potatoes are tender and slightly crisp. Serve hot.

PASTA WITH SPINACH PESTO AND WANUTS

overheard while harvesting and made with some modifications
contributed by **Susan Cole**

This "cold" pasta sauce is warmed up by the cooked penne pasta. In a large bowl, place **spinach**, leaves cut crossways into ribbons or strips, chopped fresh **garlic** (could be slightly cooked to take off the edge), and **walnuts**, roughly chopped. Add the **penne**. Toss with **olive oil**, grated **Parmigiano cheese**, **salt** and **pepper** to taste, and **red chili flakes**, if desired.

SPINACH & INDIAN RICE

contributed by **Sigun Coyle**

Prepare **Basmati rice** as if you were making risotto. Sauté a small minced **onion** and minced **garlic scapes** (if available!) or **1-2 cloves garlic**, minced, in **2 Tbs. butter** (or olive oil). When slightly golden, add **2-3 c. rice** (*I always make extra -- it is great reheated and keeps for a week in the fridge*). Sauté until the rice kernels have absorbed the butter or oil. Add **salt, pepper**, and **½ tsp. cumin** (roasted and freshly ground, if possible), **½ tsp black mustard seeds**, and **¼ tsp cinnamon**. Add heated **chicken broth**. Continue adding chicken broth until rice is done, but still al dente. At that moment add finely shredded fresh **spinach**, stir so that the spinach is wilted. Just before serving, add **1 small container of Greek yoghurt**. *Sigun writes:* This rice can be made ahead of time and quickly reheated before serving. If you do it ahead of time, add the yoghurt after reheating the rice. I often add **blond raisins** and **roasted pine nuts** to the rice.

SPINACH SALAD

contributed by **Sybil Schacht**

Prepare the dressing: **shallots, balsamic vinegar**, and extra-virgin **olive oil**. Place a stainless steel bowl over simmering water, add the **spinach** and enough dressing to coat the leaves, and when the spinach begins to wilt, add **raisins** and toasted **pine nuts**. Season and serve. Variation: try diced **apple, fresh figs** or **dried cranberries** instead of the raisins.

See also TATSOI



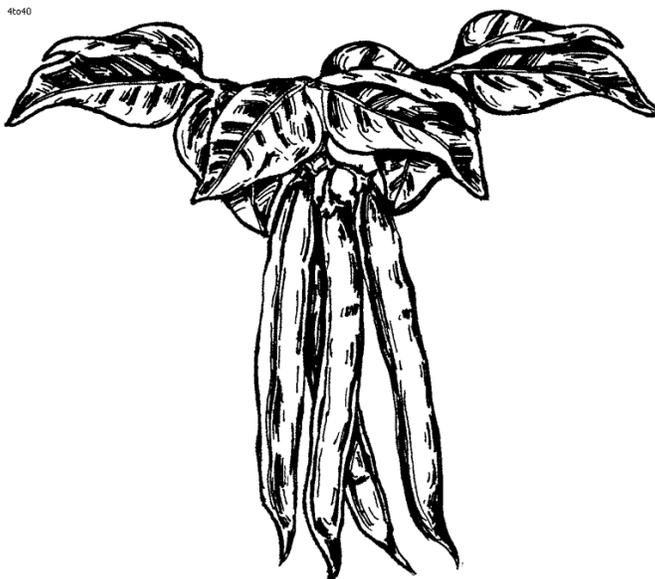
STRING BEANS



STRING BEANS PROVENÇALE

contributed by **Jane Umanoff**

Sauté **1 medium onion**, sliced, and **2 cloves garlic**, crushed, in **1-2 Tbs. olive oil** until golden. Add **2 tomatoes**, chopped or **½ box grape tomatoes**, chopped, and cook until they begin to fall apart. Cook **1 lb. green beans** for three minutes in boiling water. Drain and add to tomato mixture. Season with **salt** and **pepper** to taste. Continue to cook, stirring, for 3 to 4 minutes. Turn off the heat and add finely sliced leaves of a sprig of **basil**. Serves 4 to 6. *Editor's note:* For a nice char-flavor and look, cook sliced onions and tomatoes on an outdoor grill. Remove from grill and chop roughly. Mix with cooked beans and continue with above recipe.



FASSOULAKIA (Greek String Beans)

contributed by **Sigun Coyle**

Cut **1 red onion** and **1 Vidalia onion** into thin slices and sauté in **2-3 Tbs. olive oil** until translucent. Add **2 cloves garlic**, chopped, and **2 lb. string beans** that have been washed and dried. Cook 3-4 minutes before adding **2 or 3 tomatoes**, peeled and chopped, and **3 Tbs. water**. Simmer for 1 hour stirring frequently. (*Sigun writes:* Yes, an hour! These beans are not French beans that have a crunch; they are Greek beans that are well cooked and luscious.) When beans are tender, add a handful of **mixed herbs**—**parsley, basil, oregano and thyme**—and season with **salt** and **pepper**. *Sigun continues:* These beans go beautifully with any kind of lamb and are an ideal vegetable dish for a party, since they can be made a day ahead and are delicious at room temperature. They also keep in the refrigerator for about a week. We love a bowl of them for lunch, adding **1 Tbs. plain yogurt**.

GRILLED STRING BEANS

contributed by **Jane Weissman**

A great end-of-season preparation for those old, big beans you might pass on when harvesting. Blanch **string beans** in boiling water until they just lose their crunch. Plunge in **cold water** to stop their cooking. Toss with **olive oil** and season with **salt** and **pepper**. Slice a **red onion** and toss with **olive oil**. Put beans and onions at separate ends of a vegetable rack placed on top of your grill's regular rack. Cook, tossing frequently, until onions are cooked and beans are slightly charred. Combine in a bowl and add **1 Tbs. balsamic vinegar**. Toss and adjust seasoning. Serve hot or at room temperature. Garnish with shredded **red basil**. *Note:* Younger beans can also be prepared this way and there's no need for blanching.

GREEN BEANS WITH PARMIGIANO & GREMOLATA

(parsley, garlic, lemon zest & olive oil)

from Lynne Rossetto Kasper, www.SplendidTable.com

Lightly film the bottom large skillet with **olive oil** and sauté **3 lb. beans**, seasoned with **salt** and **pepper**, over medium-high heat or until the beans begin to brown. (You might need 2 pans.) Add $\frac{1}{2}$ c. **water** to pan. Cover pan and turn the heat to medium-low. Cook the beans until desired tenderness. Uncover pan and cook off any liquid and turn beans into a serving bowl and toss with *gremolata* and coarsely-grated **Parmigiano-Reggiano cheese**. For the *gremolata*: simmer **5 cloves garlic**, crushed, in **1/3 c. water** for 1-2 minutes. In a food processor, mince the garlic (with its liquid), shredded **zest of 2 lemons**, and **1 c. Italian parsley**, leaves, tightly packed. Add **salt** and **pepper** to taste.



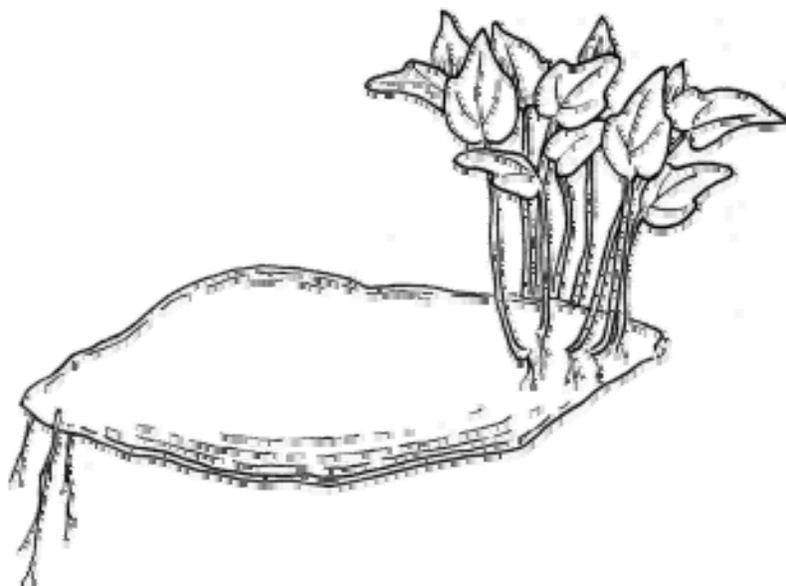
SWEET POTATOES



ROASTED SWEET POTATOES

contributed by **Richard Simpson**

Spread **sweet potatoes**—skins on—on a baking tray. Sprinkle with a generous amount of **salt** and toss with enough **olive oil** to coat the skins. Roast at 400°F until soft—time depends on thickness of potatoes. Eat whole with your fingers—especially those long thin tubers. *Editor's note:* For larger **sweet potatoes**, slice into ½-inch coins. Dress them with **olive oil, salt** and **chopped parsley**. Spread on a baking sheet and roast until done.



ROASTED SWEET POTATO SALAD WITH BLACK BEANS & CHILI DRESSING

Mark Bittman from *The New York Times* (September 25, 2009)

contributed by **Dorothy Roskam** and **Marjorie Silver**

Put **4 medium sweet potatoes** (1½ lbs.), peeled and cut into 1-inch chunks, and **1 large red onion** on a large baking sheet and drizzle with **2 Tbs. olive oil**. Toss to coat and spread out in a single layer. Sprinkle with **salt** and **pepper**. Roast in oven preheated to 400°F, turning occasionally, until potatoes begin to brown on corners and are just tender inside, 30-40 minutes. Remove from oven; keep on pan until ready to mix with dressing. Put **1-2 Tbs. hot pepper** (jalapeño), minced, in a blender along with **1 clove garlic**, peeled, juice of **2 limes**, **4 tbs. olive oil**, and a sprinkle of **salt** and **pepper**. Process until blended. Put warm vegetables in a large bowl with **2 c. cooked black beans**, drained (canned are fine) and **1 red or yellow bell pepper**, seeded and finely diced. Toss with dressing and **1 c. chopped fresh cilantro**. Taste and adjust seasoning if necessary. Serve warm or at room temperature. Serves 4.

WEST AFRICAN SOUP WITH SWEET POTATOES & KALE

Mark Bittman from *The New York Times* (June 12, 2009)

contributed by **Jane Weissman**

Chop or pulse $\frac{3}{4}$ c. **peanuts**, roasted and shelled. Put **2 Tbs. peanut oil** (or grapeseed or corn oil) in a deep skillet over medium heat. After a minute, add **1 medium red or white onion**, chopped, **1 Tbs. fresh ginger**, minced, and **1 Tbs. garlic**, minced. Cook, stirring occasionally, until onion is soft, 3 to 5 minutes. Add $\frac{1}{2}$ lb. **skinless, boneless chicken** (about 2 thighs or breasts) cut into chunks, and continue cooking for another 3 or 4 minutes, until chunks begin to brown. Add $\frac{1}{2}$ c. of the **peanuts** and pinch of **cayenne** and sprinkle with **salt** and **pepper**. Stir in **6 c. water or stock** and **2 sweet potatoes or yams** (about 1 lb.), peeled and cut into thick slices. Bring to a boil. Turn heat down to medium-low so the soup bubbles gently. Stir in **8 plum tomatoes**, cored and halved (canned are fine; drain and reserve liquid for another use) and $\frac{1}{2}$ lb. **kale or collards**, washed and cut into wide ribbons. Cook, stirring occasionally, until chicken is cooked through, about 10 minutes. Stir in $\frac{1}{4}$ c. **peanut butter** (natural). Taste, adjust seasoning (and perhaps more peanut butter) and serve, garnished with remaining $\frac{1}{4}$ c. **peanuts**. Serves 4.



SWISS CHARD



RAINBOW CHARD STEMS VINAIGRETTE

a family recipe handed down verbally
contributed by **Linda Lacchia**

Linda writes: Don't let the wonderful **chard stems** go to waste. Slice stems on the diagonal in 1-inch pieces and drop into boiling water for one or two minutes until al dente. Plunge immediately into ice water and drain. Combine **1/3 part white wine vinegar; 2/3 parts olive oil**; some **green olives**; a few **capers** packed in vinegar; chopped **mint** and finely minced **garlic**. Add **salt** and **pepper** to taste. *Linda continues:* I've made this salad with cilantro as well as with parsley or basil. I have also made it with a Dijon vinaigrette. In the winter my grandmother baked the blanched stalks in the oven with a topping of pecorino cheese, bread crumbs, garlic and oregano liberally sprinkled with olive oil, salt and pepper.



SWISS CHARD WITH APPLES AND DRIED CHERRIES

contributed by **Julie Resnick**

from *Julie's blog*—www.allthingslocalamagansett.blogspot.com—*inspired by her experiences at QHF where eating local & in-season became a new way of life for her and her family*

Sauté **2 medium yellow onions**, sliced, in **2 Tbs. olive oil** until brown. Add **2 apples**, peeled and thinly sliced, and continue to cook until the apples are also brown. Fold in **1 bunch Swiss chard**, chopped, and stir until wilted. Remove from heat and drizzle in **balsamic vinegar**. Top with **dried cherries** and season with **salt** and **pepper**.

SWISS CHARD WITH RAISINS AND PINE NUTS

contributed by **Hilary Leff**

Heat $\frac{1}{4}$ c. **olive oil** in a pan and sauté $\frac{1}{2}$ c. **onions**, sliced, until soft. Add **1 clove garlic**, minced, and cook for about a minute. Add **1½ lb. Swiss chard**, rinsed and chopped, but not dried. Keep the pan covered—the water left on the chard will steam it—and cook until soft. Add $\frac{1}{2}$ c. **raisins**, $\frac{1}{3}$ c. **pine nuts**, lightly toasted, **1 Tbsp. lemon juice**, freshly squeezed, and **salt** and **pepper**. *Note:* This recipe works equally well with **SPINACH** and **BEET GREENS**

FRESH SUMMER MINESTRONE (minestrone fresco d'estate)

adapted from www.lacucinaitalianamagazine.com

contributed by **Barbara DiLorenzo**

Melt **1 Tbs. unsalted butter** in a large saucepan over medium heat. Add **1 medium onion**, finely chopped, and cook stirring occasionally, until softened, about 5 minutes. Add $\frac{1}{2}$ c. **dried borlotti or pinto beans**, soaked overnight and **3 c. boiling water**. Bring to a simmer, then reduce heat to low, cover, and cook for 25 minutes. Add $\frac{1}{2}$ lb. **new potatoes**, cut into $\frac{1}{2}$ -inch cubes, and **2 small carrots**, coined, and continue to cook, covered, until beans are tender, about 40 minutes. Meanwhile, bring a medium saucepan of salted water to boil. Drop **3 medium tomatoes** into water and boil 30 seconds. Drain, peel, seed tomatoes and cut into $\frac{1}{2}$ -inch pieces. When beans are tender, add tomatoes, kernels from **1 ear corn**, **1 c. frozen peas** (optional) and **2 c. Swiss chard**, trimmed and sliced into thin strips (or **spinach** depending on the season). Simmer uncovered for 5 minutes. Season with **salt** and **pepper**. Serve warm or at room temperature, drizzled with **olive oil** and sprinkled with **2 Tbs. herbs** (any one or a combo of basil, marjoram, thyme and Italian parsley) and extra **pepper**. *Barbara writes:* A terrific source for heirloom beans is <http://www.ranchogordo.com/> If using canned beans, add them at the same time as the greens.

SWISS CHARD AND LENTIL SOUP

from *Food and Wine*

contributed by **Jerry Plueneke**

In a medium saucepan, combine **1 c. brown lentils**, rinsed, with **4 c. water**, **4 c. chicken stock** (or low-sodium broth) and **1½ tsp. salt**. Bring to a boil, cover partially, and cook over moderately low heat until the lentils are barely tender, about 25 minutes. Meanwhile, heat the **3 Tbs. olive oil** in a large skillet. Add **1 large onion**, finely chopped, pinch of **crushed red pepper flakes**, and a pinch of **salt**. Cook over moderately high heat, stirring occasionally, until the onion is lightly browned, 7-8 minutes. Add **4 cloves garlic**, finely chopped, $\frac{1}{2}$ c. **cilantro**, leaves coarsely chopped, and cook for 1 minute. Gradually add leaves of **1 bunch green Swiss chard** ($\frac{1}{4}$ lb.), ribs removed and reserved for another use, the leaves coarsely chopped. Cook, stirring occasionally, until wilted, about 3 minutes. Cover partially and simmer until thickened, about 15 minutes. Stir in $\frac{1}{3}$ c. **fresh lemon juice** and season with **salt** and **pepper**. Ladle the soup into bowls, season with **freshly ground pepper** and **olive oil** and serve.

SWISS CHARD SCRAMBLED EGGS ON POLENTA

from *Mediterranean Greens and Grains* by Paula Wolfert
contributed by **Sybil Schacht**

Wash $\frac{3}{4}$ lb. **young chard leaves**, removing thick stems, and chop greens into tiny pieces, about 6 cups. (Spinach can also be used.) Heat **2 Tbs. olive oil** and cook **1 Tbs. unsmoked bacon or pancetta** and $\frac{1}{4}$ c. **minced onion** in a large skillet until the bacon and onion begin to turn golden and soft. Add the chopped, wet greens. Cover and cook over medium-low heat, stirring often, until greens are tender, about 10 minutes. During this time, add a few teaspoons of stock to keep the greens from drying out. Add **2 or 3 eggs**, beaten, directly into the skillet and immediately scramble the eggs into the greens so that the mixture thickens and resembles creamed spinach. Season with **salt** and **pepper** and serve right away with 4 to 6 slices of grilled polenta crostini (or on toast or brown rice). Serves 2.



TOURTE AUX BETTES (SWISS CHARD TART)

from *The New York Times*
contributed by **Barbara DiLorenzo**

Preheat the oven to 400°F. For the pastry: Combine **2 c. unbleached flour** and $\frac{1}{2}$ tsp. **salt** in a medium-size bowl. Stir in $\frac{1}{2}$ c. **water**, then $\frac{1}{2}$ c. **olive oil**, mixing until thoroughly blended. Knead briefly. The dough will be very moist, much like a cookie dough. Press the dough into a 10½-inch metal tart tin with a removable bottom. For the filling: Wash and dry the green leafy portion **1 lb. Swiss chard** (or substitute spinach), discarding the center stem. Chop leaves and place in a large, shallow frying pan. Season with **salt** and **pepper**. Over low heat, wilt the chard and cook until most of the liquid has evaporated. Combine **3 large eggs** and **1 c. grated Parmigiano** in a medium-size bowl and mix until thoroughly blended. Stir in the chard. Mix well, then pour the vegetable mixture into the prepared tart tin. Bake until the crust is golden and the chard mixture is firm and browned, about 40 minutes. Remove from oven to cool. Serve at room temperature. Serves 6 to 8.

EGG NOODLE, CHARD, AND FONTINA TORTE

from *Gourmet*, December 2006, www.epicurious.com/recipes/food/views/236689

contributed by **Linda Lacchia**

Cook **2 lb Swiss chard**, stems and center ribs discarded, in an uncovered pot of boiling salted water until just tender, about 3 minutes. Transfer to a sieve set over a bowl, extract water, and chop. Reserve cooking water. Cook **1 large onion**, finely chopped, in **3 Tsp. olive oil** over moderate heat, stirring occasionally, until softened and golden brown, about 15 minutes. Add **2 cloves garlic**, finely chopped, and cook, stirring, 1 minute. Stir in chard, **½ tsp. salt**, and **¼ tsp. pepper** and remove from heat and cool mixture. Return cooking water to a boil and cook **¼ lb. dried egg fettuccine**, uncovered, until al dente. Drain and transfer to a large bowl and toss with **1 tsp. olive oil**. Blend **8 large eggs**, **1 c. whole milk**, **2/3 c. mascarpone** (5 oz.), and **¼ tsp salt** and **¼ tsp. pepper** in a blender until smooth. Stir chard and **½ lb. Italian Fontina**, rind discarded and cut into ½ inch cubes, into pasta mixture. Add egg mixture. Pour into a 9 or 9½-inch springform pan, greased with **2 tsp. olive oil** and wrapped outside with foil. Pat down chard to smooth the surface. Bake in the middle position of oven preheated to 375°F until just set and top is golden brown, 50 minutes to 1 hour. Cool before removing from pan. Serve immediately or at room temperature.

EASTER PIE

from *epicurean.com*

contributed by **Sydney Albertini**

Preheat the oven to 400°F. Grease a 10" pie dish with **butter**. Cook **1½ lb. Swiss chard** in salted, boiling water for 10 minutes until tender, then drain and chop. Push **1½ c. ricotta cheese** through a strainer into a bowl. Add **4 eggs**, already beaten (10 eggs will be used in all), **2 Tbs. Parmesan cheese**, grated, **2 Tbs. bread crumbs** and **1 c. heavy cream** and season with **salt** and **pepper**. Stir in the chard and **1 Tbs. marjoram**, chopped. Roll out one half of the **puff pastry dough** (14 oz., thawed if frozen) on a surface dusted with **flour** into two thin sheets. Line the prepared dish with a sheet of dough, letting the edges overhang, and brush with **olive oil**. Place the second sheet on top and pour in half the chard mixture. Make six hollow holes in the chard mixture and break an egg into each. Season, cover with the remaining chard mixture and smooth the surface with a damp knife. Roll out the remaining dough into two thin sheets. Place one on the filling and brush with oil, then top with the second and crimp carefully around the sides to seal. Prick the surface with a fork. Bake for about 1 hour. Serve hot or cold. Serves 12. *Sydney writes:* I omit the breadcrumbs, use crème fraîche instead of heavy cream, put in a little more ricotta and Swiss chard (and sometimes use a mix of arugula, spinach and chard). I crack 4 eggs instead of 6 into the holes of the mix. Make sure pie is cooked through, and let stand for a good 20 minutes, minimum.



TATSOI



Dark green **TATSOI** and its lighter green, crinkly-leafed cousin **YUKINA SAVOY** are Japanese varieties of spinach well worth getting to know. Use the smaller leaves and edible yellow flowers in salads. Sauté the larger leaves and florets in olive oil and garlic; add in some toasted pine nuts and a splash of balsamic vinegar.

CHILLED SESAME-GINGER TATSOI

from bigoven.com

contributed by **Hope Millholland**

Add **1½ lb. tatsoi**, washed and dried, to large pot of boiling salted water and blanch for 1 minute. Drain and immediately plunge greens into ice water to stop the cooking process; drain again. In a small bowl, combine **1/3 c. soy sauce**, **2 Tbs. sesame oil**, **1 Tbs. ginger**, minced, **2 Tbs. sugar**, **¼ c. white vinegar** and a healthy **dash Tabasco sauce**. Mix well, and season to taste with **salt** and **black pepper**. Place tatsoi and dressing in large bowl and mix well. Refrigerate until well chilled. Garnish with **¼ c. sesame seeds**, toasted, and serve. Serves 4.



TOMATILLOS



FRESH TOMATILLO SALSA

contributed by **Jane Weissman**

Husk and wash **15-20 small tomatillos** and drop into boiling water for 1 minute. Drain and rinse with cold water. (For a tangier salsa, omit this blanching.) Chop and place in bowl. Add **1 small red onion**, cut in half or quarters and thinly sliced, **2 cloves garlic**, chopped, **4 plum or 10 cherry tomatoes**, diced, **1 tsp. olive oil**, **1 tsp. rice wine vinegar**, **1 small Jalapeño chile**, deveined, seeded and chopped, **salt** and **pepper** to taste, and chopped **herbs** (any or a mix of cilantro, basil, parsley, chives). Let sit 20 minutes. Serve with chips, chicken, or over an herb frittata.



SALSA VERDE

contributed by **Erik Diamond**

Toss **10 tomatillos** and **1 small red onion** (cut in half) in **olive oil**, **salt** and **pepper** to coat. Place in a pan and broil until slightly charred. Place in blender and add **pan juices**, **1 bunch cilantro leaves**, chopped, **2 cloves garlic**, chopped, and blend until smooth. Add **1 tsp. cumin** and adjust seasonings. Terrific with chips or on meat, fish and chicken or a salad.

COOKED TOMATILLO SALSA

contributed by **Richard Simpson**

Heat **1 tbs. canola oil** over medium heat and add **1 lb. tomatillos**, husks removed, washed to remove stickiness, and cut in half. Cook until they begin to soften. Add **1 small onion**, chopped, **1 clove garlic**, chopped, and **1-2 serrano chiles** (cut in half lengthways, remove seeds and membranes, and chop). Cook until golden brown, remove from heat and let cool slightly. Blend in food processor, adding a **handful cilantro leaves**. Add **salt** and **pepper** to taste and a little **honey** if the chile is fierce. Try with fish, corn, or potatoes



TOMATOES



LINGUINI WITH TOMATOES, HERBS AND ZUCCHINI

from *Food & Wine*

contributed by **Barbara DiLorenzo**

A lovely "uncooked" pasta sauce for when you're too hot or tired to cook. Combine **1 lb tomatoes**, chopped, **2 Tbs. basil**, chopped, **2 Tbs. parsley**, **2 garlic gloves**, minced, **2 tsp. kosher salt**, **1 small hot chile**, minced, **1/3 c. olive oil**, and **2-3 small zucchini**, sliced VERY thin. Let sit while **12 oz. linguine** cooks. Drain pasta and add to bowl. Toss with $\frac{1}{4}$ c. **Parmagiano-Reggiano** (plus more for serving).

PANZANELLA (Tomato and Bread Salad)

contributed by **Katie Baldwin**

Use the farm's red, green and yellow tomatoes for a great looking salad. Cut a good **crusty bread**—a stale loaf is good for this—into 1-inch cubes and sauté in **olive oil** until lightly browned and crispy. Cut **6 medium tomatoes** (about 2 lb.) into large dice. Add **1 medium red onion**, chopped, and $\frac{1}{4}$ c. **capers**, drained. Dress with a fruity **olive oil** and **salt** and **pepper** to taste. A splash of **red wine vinegar** is optional. Add the bread just before serving.



GREEN TOMATO CAKE

contributed by **Leslie Rochlen**

Place **4 c. chopped green tomatoes** in a bowl and sprinkle with **1 Tbs. salt**. Let stand for 10 minutes. Place tomatoes in a colander, rinse with cold water and drain. Preheat oven to 350°F. Cream $\frac{1}{2}$ c. **butter** and **2 c. sugar** (less for a tarter taste). Add **2 eggs** and beat till creamy. Sift in **2 c. flour**, **1 tsp. ground nutmeg**, **1 tsp. ground ginger**, **1 tsp. baking soda**, and $\frac{1}{4}$ tsp. **salt**. Stir in $\frac{1}{2}$ c. **yellow raisins** and $\frac{1}{2}$ c. **walnuts**, chopped. The dough will be stiff. Add drained tomatoes and mix well. Fold batter into a 9" x 13" greased and floured baking pan, and bake for 40-45 minutes.

TOMATO JAM 1 (sweet)

Mark Bittman from *The New York Times* (August 20, 2008)

contributed by **Richard Kelsey**

Combine the following in a heavy medium saucepan: **1½ lb. ripe paste tomatoes** (Speckled Roman), cored and coarsely chopped, **1 c. sugar**, **2 Tbs. lime juice**, freshly squeezed, **1 Tbs. ginger**, fresh grated or minced, **1 tsp. ground cumin**, **¼ tsp. ground cinnamon**, **⅛ tsp. ground cloves**, **1 tsp. salt**, **1 jalapeño pepper**, stemmed, seeded and minced (or red pepper flakes or cayenne to taste). Bring to a boil over medium heat, stirring often. Reduce heat and simmer, stirring occasionally, until mixture has consistency of thick jam, about 1 hour 15 minutes. Taste and adjust seasoning, then cool and refrigerate until ready to use. Yield: 1 pint. Keeps at least a week in refrigerator.

TOMATO JAM 2 (savory)

adapted from *The Slow Mediterranean Kitchen* by Paula Wolfert

contributed by **Barbara DiLorenzo**

Preheat oven to 450°F. Arrange **4 lbs. paste tomatoes** on baking sheet, roast turning occasionally until charred and soft, about 1 hour. Let cool, peel, core and coarsely chop. Heat **2 Tbs. olive oil** in large skillet till shimmering. Cook tomatoes over high heat, stirring frequently, until liquid has evaporated and the tomatoes are sizzling and begin to brown. Add **2 Tbs. honey**, **¼-½ tsp. cumin** (or smoked paprika or cinnamon), **½ tsp. orange flower water**, and **salt and pepper**. Garnish with toasted **sesame seeds**. Makes 1½ - 2 cups.



CURRIED TOMATO AND PEACH RELISH

adapted from *Gourmet* magazine, August 2005

contributed by **Barbara DiLorenzo**

Blanch **1½ lb. peaches** and **¾ lb. tomatoes** and transfer to a bowl of ice water till cool enough to handle. Peel peaches and tomatoes. Cut peaches in half then into 1 inch pieces. Coarsely chop tomatoes. Cook **½ c. chopped red onion**, **1 Tbs. minced fresh ginger**, **1 tsp. kosher salt** in **1 Tbs. vegetable oil** in a 3 quart pot until softened, 3 to 4 minutes. Add **1½ tsp. curry powder** and cook stirring for 1 minute. Add peaches and tomatoes and their juices, **1 Tbs. sugar**, and **1 Tbs. fresh lime juice**. Simmer uncovered until mixture is thickened and the peaches are tender but still hold their shape, about 8 minutes. Chill covered at least 8 hours. *Barbara writes:* This is a great accompaniment to **LOIN OF PORK**. Marinate pork overnight in **2 Tbs. molasses**, **salt**, fresh **thyme**, **lime juice** and **1-2 tsp. hot sauce**, preferably habañero. Before roasting, wipe off marinade and rub with some **cooking oil**. Roast on gas grill till temp reaches 145°F, about 25 minutes. Sear it first on hot side of grill; then finish the roast on indirect heat.

FRESH PEACH & TOMATO SALSA

adapted from the thecitycook.com

Dip **3 firm peaches** into boiling water. Remove, peel skins, halve, remove pits, and cut into chunks. Toss with **1 Tbs. lemon juice**. Dip **2 ripe tomatoes** into boiling water, then peel and seed them. Cut into chunks. Combine peaches and tomatoes. Add **1 medium red pepper**, minced, **1jalapeno pepper**, chopped, and **3 Tbs. cilantro leaves**, coarsely chopped. Mix well. Whisk together **6 Tbs. olive oil**, **2 Tbs. sherry vinegar** and **½ Tbs. honey**. Pour over other ingredients and let salsa stand if using within several hours. Otherwise cover and refrigerate.



TOMATO-CHILE CHUTNEY

contributed by **Richard Simpson**

Cut **3 lbs. plum tomatoes** in half, and place on a baking sheet. Brush on a little **olive oil** and season with **salt** and **pepper**. Roast in a 300°F oven for 2 to 3 hours, until slightly shriveled. Set aside in a pan. In a saucepan, put **1 Tbs. mustard seeds** and cook over low heat until they pop. Grind to a fine powder. Add to the tomatoes, the mustard powder and **5 oz. red wine vinegar**, **2-3 oz. ginger** (2 inches), chopped fine, **7 cloves garlic**, chopped fine, **5 medium hot red chiles**, seeded and chopped, **½ c. sugar**, **4 Tbsp. fish sauce**. Set over a low flame and cook gently for 2 hours, stirring occasionally. Keeps in the fridge for a week.

TOMATO CHUTNEY

adapted from *The Cooking of India* by Santha Rama Rau Matte
(Food of the World Time Life series, 1969)

contributed by **Pyser Edelsack**

In a heavy 2-3 quart enamel pot, combine **1 lb tomatoes** (3 medium-sized, cored and coarsely chopped), **1 c. malt vinegar** (or apple cider vinegar), **1 c. onions**, finely chopped, **1" cinnamon stick**, and a dash of **salt**. Stirring constantly bring to a boil over moderate heat. Stir in **1 c. Indian jaggery**, coarsely crumbled (or 1 c. dark brown sugar combined with 1 Tbs. dark molasses), **4 Tbs. ginger root**, peeled and finely chopped, **2 Tbs. garlic**, finely chopped, **8 whole cloves**, **½ tsp. fresh red or green chili pepper**, chopped (or cayenne pepper), and **¼ c. cilantro**, chopped. Still stirring, cook over moderate heat for 5 minutes. Heat **½ c. mustard oil** (or 3 Tbs. olive oil) in a small skillet until it begins to smoke. Stir in **2 Tbs. black mustard seeds** and as soon as they begin to splatter, add them (oil and all) to the tomato mixture. Stirring frequently, boil briskly for about 10 minutes until the chutney begins to thicken. Cool to room temperature before serving. *Pyser writes:* Cooking times are much longer than stated and, to thicken the mixture, you might need to drain off a bit of the liquid, depending on the tomatoes. The chutney is good served on papadum (Indian flatbread) or with cheese or yogurt.

See also **WATERMELON / WATERMELON AND TOMATO SALAD**



TURNIPS



Sweet **HAKUREI** or **JAPANESE WHITE TURNIPS** are as good raw in salads as they are braised along with their tender greens (remove wilted or damaged leaves). There's no need to peel them. Slice and cook the turnips in water with a little butter and summer savory in combination with tiny carrots or shucking peas. Or toss with a little olive oil and roast them whole.

SAUTÉED TURNIP GREENS

adapted from *Jane Grigson's Vegetable Book*
contributed by **Jerry Plueneke**

Wash and cut crosswise **Hakuri turnips greens** that have been carefully picked over. Sauté in **olive oil** and **chopped garlic**. For older greens, cook until barely tender in boiling water, then finish cooking in oil and chopped garlic.



ASPARAGUS, HAKUREI TURNIPS & GARLIC SCAPES

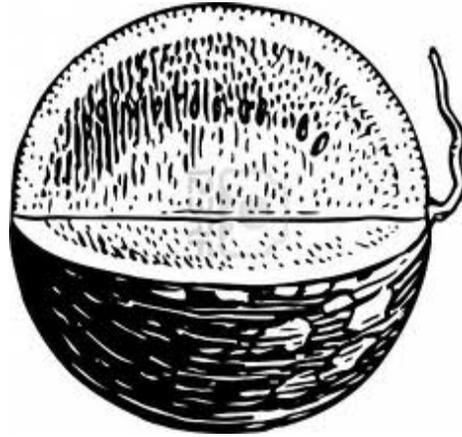
contributed by **Jane Weissman**

Trim **10 stalks asparagus** and cut into 1½ inch lengths. Steam a few minutes until bright green. Immediately plunge asparagus in cold water (to stop the cooking and to retain the nice color) and set aside. Snip off stringy top part of **20 garlic scapes**. Cut just under the bulbs, and the remaining stalk into 1½ inch lengths. Trim ends of **12 hakurei** and cut crosswise into ¼ inch slices. Heat **3 Tbs. olive oil** in pan. Add scapes and hakurei and sauté over medium heat until just heated through. Add asparagus, toss. Season with **salt** and **pepper**. Cook for a minute or two more and serve. Serves 6.

See also GARLIC SCAPES / GARLIC SCAPES WITH HAKURI TURNIPS & PEA SHOOTS



WATERMELON



WATERMELON AND TOMATO SALAD

Combine **3 c. watermelon**, cut in 1-inch chunks, with **2 c. tomatoes**, cut in 1-inch chunks. Add **¼ lb. feta cheese**, cut into ½ inch dice, **1 small red onion**, minced, **basil leaves**, **1 tsp. lemon juice**, **1 tsp. red wine vinegar**, and **2 Tbs. olive oil**. *Note:* Equally good without the tomatoes.



WHEAT BERRIES



Wheat berries are whole wheat kernels. Boiled, they have a chewy bite and a subtle nutty, earthy flavor. Three years ago, QHF neighbor Ambers Waves Farm revived Long Island's tradition of growing wheat and Quail Hill, too, now grows wheat on its Town Lane fields.

WHEAT BERRY SALAD

contributed by **Steve Eaton**, blissfoodz@gmail.com

Soak **wheat berries** overnight and sprout until rootlets start to appear. Simmer wheat berries in **water** (1:1 ratio), covered, for 25 minutes or until soft. If water is left in pot, uncover and simmer until it evaporates. Cool. Chop **cucumbers**, **scallions** and **parsley**, and mix into the cold wheat berries. Toss in a small amount of **olive oil** and **apple cider vinegar**. For an inventive presentation, scoop salad into *lettuce boats*, using firm leaves like **romaine**, or cup leaves like **butter lettuce**.



WHEAT BERRY SALAD WITH SUGAR SNAP PEAS & CHERRY TOMATOES

from Silvia Lehrer, *Dan's Papers*, June, 23, 2006

contributed by **Ursula Lee**

For the wheat berries: Toast **1 c. whole wheat berries** in a skillet over medium heat about 5 minutes, gently shaking pan occasionally until kernels give off a pleasant aroma. Transfer to a strainer and rinse under cold running water. Put the wheat berries in a saucepan with the water and let sit at room temperature for 1 hour. Add **2½ c. water** and **coarse salt** (kosher) to taste to wheat berries. Cover pan and bring to a boil. Adjust heat to a brisk simmer and cook for 1 hour or longer just until grains are tender. Check the water level near the end of the cooking time to be certain the water doesn't evaporate before the berries are done. Add more water if necessary. When done, remove from heat, let rest for a few minutes, then turn into a large strainer to cool. Transfer to a salad bowl.

For the salad: Add to the wheat berries **4 large scallions**, trimmed & thinly sliced, **2 Tbs. chives**, snipped, **2 Tbs. flat-leaf Italian parsley**, chopped, **2 Tbs. fresh cilantro**, chopped, **¾ c. sugar snap peas**, stemmed and cut in thirds, **8 cherry tomatoes**, rinsed and halved. Season with coarse **salt** and freshly ground **pepper**. Add **3 Tbs. olive oil** and **1 Tbs. balsamic vinegar**. Toss gently to mix and taste to adjust seasoning to taste. *Note:* The salad may be prepared up to one day in advance, stored covered in the refrigerator. When ready to serve, bring to room temperature. *Optional:* Arrange washed and dried whole leaves of lettuce on serving plates and spoon equal amounts of salad over the leaves.



WINTER SQUASH



WINTER SQUASH SOUP WITH HOT PEPPER

contributed by **Barbara DiLorenzo**

Cut a decent sized **squash** (or two smaller ones) in half. Deep orange-fleshed squash like kabocha or butternut work best; acorns don't work at all. Brush **olive oil** on the cut sides and place face down in pan. Place **1 hot pepper** (habanero or any other hot pepper) wrapped in aluminum foil next to the squash. Roast in oven preheated to 350°F, occasionally checking the pepper so it does not burn or shrivel away. When pepper is soft and slightly charred remove from oven. When squash is done, cool slightly and puree along with some of the pan juices and a *piece* of the habanero—unless you really like it hot! Taste first – you can always add more. Add **4 - 6 c. vegetable stock** and/or **chicken stock** to puree to desired consistency. **Salt** to taste.



FARRO WITH KABOCHA SQUASH AND KALE

from *Sunday Suppers at Lucques* by Suzanne Goin

contributed by **Hilary Leff**

This recipe has many steps, but all but the last can be done beforehand. **1.** Cut **squash** into ½-inch cubes (about 2½ c.) Toss with **2 Tbs. olive oil**, **1 tsp. thyme**, **¾ tsp salt** and some **pepper**. Spread on baking sheet and bake in 425°F oven until tender, about 25 minutes. **2.** Rip **1 lb. kale** (preferably the Tuscan cavolo nero) into small pieces and blanch for approx. 2 minutes in boiling water. Drain and squeeze excess water out with your hands. **3.** Heat a large pot and add **¼ c. olive oil**, a sprig of **rosemary** and **1 chile de arbol** (crumbled). Let them sizzle in oil for 1 minute then turn heat down and add **1 c. onion** (sliced). Season with **salt** and **pepper**. Cook 2 minutes; then stir in **2 cloves garlic** (thinly sliced). Cook 5-7 minutes more, until onion starts to color. Add kale and **2 Tbs. oil** (additional). Season with salt, and cook over low heat for 30 minutes. Remove rosemary from pot. **4.** In another saucepan, add **¼ c. olive oil** over medium heat. Add **1¼ c. farro** and toss until coated. Add **1 Tbs. thyme**, **¼ c. sherry**, and **6 c. water**. Bring to a boil. Turn heat to low and simmer for 30 minutes. Drain farro and spread on baking sheet to cool. **5.** Heat sauté pan and add **2 Tbs. butter**. Add **¾ c. shallots** (thinly sliced), and brown in butter for 4-5 minutes. Add farro and sauté, stirring for 3 to 4 minutes. Add squash and kale, sauté until warmed through and serve immediately.

See also LEEKS / LEEK, SQUASH & KALE STUFFING



ZUCCHINI



ZUCCHINI BLOSSOMS WITH BURRATA AND TAPENADE

from *The New York Times*

While no one has reported making the published recipe below, **Linda Lacchia** adapted it by stuffing the flowers with rice and herbs and **Madeline Haberman** stuffed the flowers with fresh ricotta cheese and herbs (or try a soft goat cheese). Both adaptations met with success. If the blossoms are freshly picked, front end the filling. Alternatively, cut a lengthwise slit in each

For the tapenade: In a food processor, combine **1 c. black olives**, pitted and coarsely chopped, **3 anchovy fillets**, chopped, **1 large garlic clove**, minced, **1 tsp. rosemary**, chopped, and **1 tsp. lemon zest**, finely grated. Pulse until coarsely chopped and well blended. Slowly add **3 Tbs. olive oil** and continue to process. Into **12 squash blossoms**, spoon **1 Tbs. burrata** or **buffalo mozzarella** and $\frac{1}{2}$ **tps. tapenade** and pinch closed. (Use extra tapenade on bruchetta.) Transfer the blossoms to a platter. Drizzle generously with more **oil** and sprinkle with coarse **sea salt**.



ZUCCHINI LATKES

Paul Grimes from *Gourmet* magazine (December 2008)

contributed by **Linda Lacchia**

Grate **3 lb. zucchini**, using medium shredding disk of a food processor. Transfer to a bowl and toss with **2 tsp. salt**. Let stand 30 minutes. Squeeze zucchini in batches in a kitchen towel to remove as much liquid as possible. Transfer zucchini to a large bowl and stir in **1 1/3 c. bread crumbs** (plain, fine, and dry), **2 eggs**, slightly beaten, **1 tsp. dried marjoram**, $\frac{1}{2}$ **tsp. salt**, and $\frac{1}{4}$ **tsp pepper**. Heat **1/3 c. canola oil** in a 12-inch heavy skillet over medium heat until it shimmers (375°F in an electric frying pan). Scoop 2 Tbs. mixture per latke into skillet (6 to 8 per batch). Tip: Use a slotted spoon to drain excess liquid. Flatten with a fork to form 2½ -3 inch pancakes. Fry until golden brown, about 2 minutes per side (adding more oil as needed). Transfer to a paper-towel-lined baking sheet and keep warm in oven preheated to 200°F. Yield: 36 latkes. Serve with **sour cream**.

BULGARIAN ZUCCHINI SLICES

contributed by **Sigun Coyle**

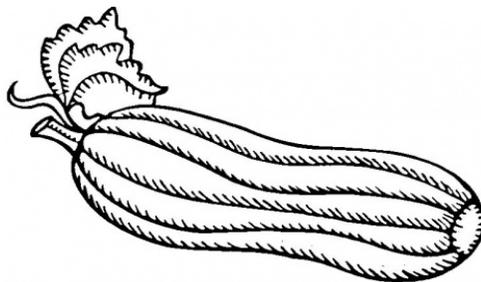
Wash and trim **zucchini**; cut diagonally into long, thin slices. Add **salt**, let stand 1 hour in colander. Dry slices in paper towels, put them into a plastic bag into which you have put $\frac{1}{2}$ c. **flour** and freshly ground **pepper**. Fry them in **olive oil** until golden on each side. Put on paper towels to absorb olive oil. Serve with **hung yoghurt** mixed with freshly squeezed **garlic**. Can be prepared hours ahead of time. When ready to serve, put slices on aluminum foil into preheated oven for a few minutes to reheat, making sure not to burn them.

ZUCCHINE ALLA MARCHIGIANA (Stuffed Zucchini)

from *The Romagnolis' Meatless Cookbook* by Margaret and G. Franco Romagnoli

contributed by **Sybil Schacht**

Preheat oven to 400. Wash **6 medium zucchini** thoroughly and cut off the ends. Cut in half lengthwise and scoop out the inner pulp onto a chopping board and reserve. Chop the leaves from **12 parsley sprigs** (and about half the stems, too) and add to the zucchini pulp. Add **3 Tbs. bread crumbs**, **2 Tbs. Parmigiano cheese**, $\frac{1}{2}$ tsp. **salt** and $\frac{1}{4}$ tsp. **pepper** and mix well. Fill the zucchini halves with the chopped mixture, patting in the filling gently but firmly. Mix an additional **1 Tbs. bread crumbs** and **2 Tbs. cheese** and pat some on each stuffed zucchini. Grease with **unsalted butter** an oven-proof casserole that is just large enough to hold the zucchini. Line the halves up in the casserole. Sprinkle with **4 to 6 Tbs. olive oil**. Bake at 400°F for 30 minutes. Serve either hot or at room temperature. Serves 6.



ZUCCHINI, CORN & BASIL FUSILLI WITH BACON

Melissa Robera from *Gourmet* magazine (July 2008)

contributed by **Linda Lacchia**

Cook **6 slices bacon** in a 12-inch heavy skillet over medium heat, turning occasionally, until crisp. Drain on paper towels and crumble when cool. Meanwhile, cook **1 lb. fusilli** in pot of boiling salted water (**3 Tbs. salt** per 6 quarts water) until very al dente. Drain, reserving $\frac{1}{2}$ c. **pasta-cooking water**. Return pasta and half the reserved water to pot and add kernels cut from **3 ears corn** and **1½ lb. zucchini**, cut into $\frac{1}{2}$ inch dice. Cook, partially covered, 2 minutes (water will stop boiling). Drain. Place pasta and vegetables in skillet and add **5-7 oz. basil pesto** and remaining cooking water and toss. Season with **salt** and top with crumbled bacon, freshly ground **pepper**, and grated **Parmigiano-Reggiano**. Serves 6.

KOLOKITHOPITA (Zucchini & Onion Pie)

contributed by **Ursula Lee**

Stack **9 phyllo sheets**, 7" x 12" (thawed if frozen), between 2 sheets plastic wrap and cover with a kitchen towel until ready to use. Sauté **1 large onion**, chopped, and **1 lb. grated zucchini** in **2 Tbs. olive oil** about 10 minutes. Transfer to bowl to cool slightly. Stir in $\frac{3}{4}$ **c. feta** (4 oz), **1 large egg**, lightly beaten, **2 Tbs. fine semolina** (or corn meal), **2 Tbs. fresh mint**, chopped, and **salt** and **pepper** to taste. Arrange 1 phyllo sheet on a work surface and brush with oil (you will need $\frac{1}{3}$ cup in all). Transfer oiled sheet to the center of a 9" metal pie plate, allowing phyllo to overhang rim evenly. Top with 4 more sheets brushed with oil, letting corners overhang in different directions around the pie plate edge. Spoon filling into phyllo shell and smooth top. Arrange remaining 4 oiled phyllo sheets over the filling. With scissors trim phyllo overhang to 1 inch beyond rim and roll it toward center of pie to form an edge just inside rim. (Pie can be prepared to this point one day ahead and kept chilled and covered.) Bake in oven preheated to 375°F for 45 minutes or until golden. Let cool. Slice into wedges and serve as hors d'oeuvre.