



# The Highlander's Guide

TO  
*Farm Fresh Produce*

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# THE HIGHLANDER'S GUIDE TO FARM FRESH PRODUCE



## A NOTE ON RECIPES

Recipes are essential to the way we think of food, and in particular, untried foods. A guide to preparing unfamiliar produce allows us to see the possibilities each new vegetable presents, and opens the imagination, as much as the palate. With that said, the art and the joy of cooking is experimentation. The recipes presented here are merely guidelines, to be embellished upon at the whim of the chef. Happy Cooking!

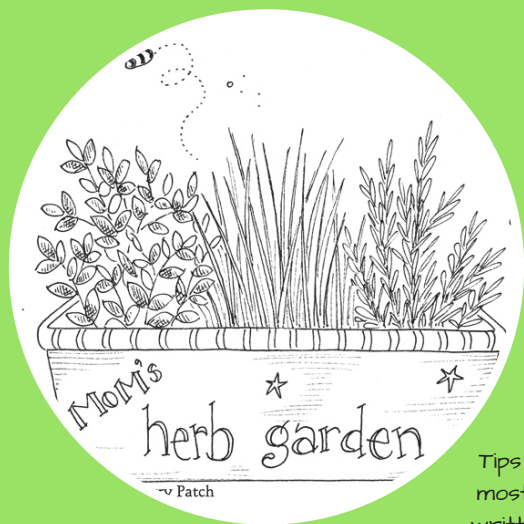
Tips for success: All recipes featured in this work are meatless, because the author is vegetarian. However, if you consider meat an essential part of your diet, the meat of your choice may be incorporated into any of the recipes that follow.

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# FRESH HERBS

FOR KITCHEN USE OR TRANSPLANT



## CONTAINER GARDENING

Growing common kitchen herbs indoors on a windowsill is a perfect way to keep a green thumb occupied through the winter and early spring months. Even more importantly, Your fresh herb garden can lead to fresher, more flavorful and healthy meals, and the more herbs you use, the better the plant will grow.

Tips for success: Keep your herb containers moist, but always plan for good drainage--most herbs are vulnerable to overly wet roots. If you are using fresh herbs in a recipe written for dry, use a bit more than the recipe calls for. Adding your herbs towards the end of cooking will produce the most robust flavor.

## BASIL

Sweet or Genovese Basil is a staple of Italian cuisine and the star ingredient in pesto sauces. In the kitchen it is most frequently paired with tomatoes and cheeses. All basil varieties grow best with well drained soil and lots of light.



### USING FRESH BASIL

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- Caprese Salad- P. 11

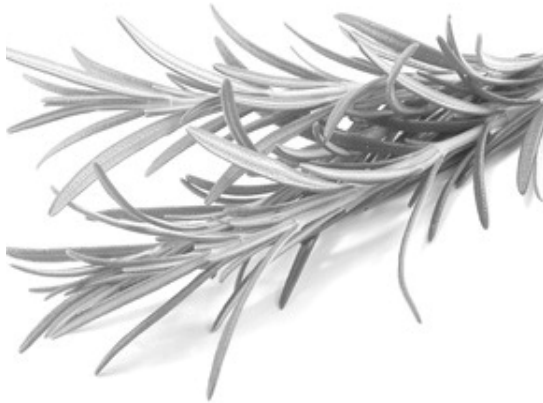
## OREGANO

Most often used in Greek or Italian recipes, a tiny bit of Oregano can add a powerful punch of flavor. Oregano tends to grow in trailing vines, spilling over the sides of pots or low walls. Also keep an eye out for near-cousin and look-alike Sweet Marjoram.

### USING FRESH OREGANO

- Marinade for Everything- p.12
- Zucchini with Oregano- p.12





## ROSEMARY

It can be difficult to coax rosemary to grow from seed, so for best results, purchase a mature rosemary plant or begin with a cutting from a friend's plant. Simply soak the bottom end of your cutting in water until roots emerge, and then transplant to the container or your choice. Rosemary is a natural accompaniment to anything roasted, as well as being wonderful in soups, stews, and risottos.

### USING FRESH ROSEMARY

- Rosemary-Thyme Roasted Root Veggies- p.13
- Rosemary-Thyme Mushroom Risotto- p.13



## THYME

Similar to Rosemary, thyme is most successfully started from cuttings, but once it gets established, thyme tends to be hardy and drought tolerant, often thriving with little care or attention. In the kitchen, use this savory herb with poultry, meat, or roasted vegetables, as well as in simmered sauces. Simply pull the leaflets away from the stem and mix in to your dish.

### USING FRESH THYME

- Rosemary-Thyme Roasted Root Veggies- p.13
- Rosemary-Thyme Mushroom Risotto- p.13

## TRANSPLANTING

**While growing herbs indoors in a sunny window allows you to grow year-round, you may prefer to move your herbs into the garden when the weather warms. Many of the herbs that will thrive in containers will also grow well outside, as long as you choose a site with plenty of sunshine and good drainage. However, there are a few common kitchen herbs that do not transplant well, and should either be sowed out of doors or kept in their containers all year. These include Dill, Cilantro, Coriander, Anise, and Fennel.**



# LETTUCE, SPINACH & ASIAN GREENS



## GREEN POWER

When it comes to healthy food, even our youngest diners know that green means go. But when you reach for some leaves for your salad, or the "L" that makes a BLT possible, there may be more options than you realize.

*Tips for success: Match your green to your use, but don't be afraid to get creative! Mix up lettuce varieties in a salad or as a sandwich topping. Use bok choy in a stir fry or add it to a stew. Substitute spinach for lettuce, or tatsoi for spinach. The possibilities are endless, and whatever you choose, your body will thank you.*

## LETTUCE

There are an overwhelming number of lettuce varieties in the world, but the best known can be grouped into iceberg, leaf lettuce, head lettuce, and romaine. Any variety of lettuce is low in calories, high in fiber, and rich in vitamins A and K, but some pack more of a punch than others. A good general rule is the darker the lettuce, the more nutritious.



### 4 SIMPLE SALAD DRESSINGS

- p. 14

## SPINACH

When it comes to leafy greens, spinach is a winner in terms of both versatility and nutrition. Whether raw or cooked, it can transform a bland meal into something wholesome and delicious. In addition, spinach has twice as much potassium, protein, calcium, iron, niacin and vitamins A, C, B, C and B-12 as any other leaf vegetable.



### USING SPINACH

- Saag Paneer- p.16
- Strawberry Spinach Salad p.14





## BOK CHOY

Also called Pak Choy or Chinese cabbage, bok choy combines tender dark green leaves with crunchy stems. It can add satisfying crispness to a salad, and it really shines in stir fry. In addition to vitamins A and K, common to so many leafy greens, bok choy also contains some calcium, iron, and a bit of protein.

### USING BOK CHOY

- Bok Choy Stir Fry- p. 15
- Apple Bok Choy Salad- p. 15
- 



## TATSOI

Smaller and less robust than its cousin bok choy, tatsoi is a wonderful and often under-represented addition to the cool season garden as well as the kitchen. You can use tatsoi in any recipe that calls for spinach, including salad, stir-fries, or casseroles. Plus tatsoi has more calcium than milk, and more vitamin C than oranges!

### USING TATSOI

- Saag Paneer- p. 16
- Substitute in any recipe calling for cooked spinach, kale , or chard

## MICROGREENS

Why eat 10 tiny leaves instead of one large one? It turns out, there is a very good reason that microgreens continue to grow in popularity. A microgreen is any leafy crop that is harvested for eating as soon as the first true set of leaves forms, before the plant reaches maturity. Microgreens boast a small-yet-mighty burst of flavor, often even more potent than the adult plant, and some varieties are more nutrient dense as well. Try some at the market or experiment with growing them yourself-- the Highland Seed Library and the fellows of Allegheny Mountain Institute can help you get started.



# KALE

DINOSAUR, RED RUSSIAN, & SIBERIAN VARIETIES



## OH KALE, YES

One of the first greens to appear in the spring, Kale is cold-tolerant and hardy, making it a favorite of farmers' markets. Kale is nutrient dense, low calorie, and a surprisingly versatile ingredient, both in salads and in cooked dishes.

Tips for success: Kale's thick, fibrous leaves are one of the reasons the leaves are so healthy, but for some consumers the texture can be off-putting. Many of the cooking techniques used with Kale work to break down the fibers of the leaves, making them more tender and more easily processed by your body.

## THE GOOD STUFF

Kale is low in calories, high in fiber, and packed with vitamins and nutrients, including iron, vitamin K, Vitamins A & C, and Calcium. In fact, calorie per calorie, it has more calcium than milk!

### CHOICES, CHOICES...

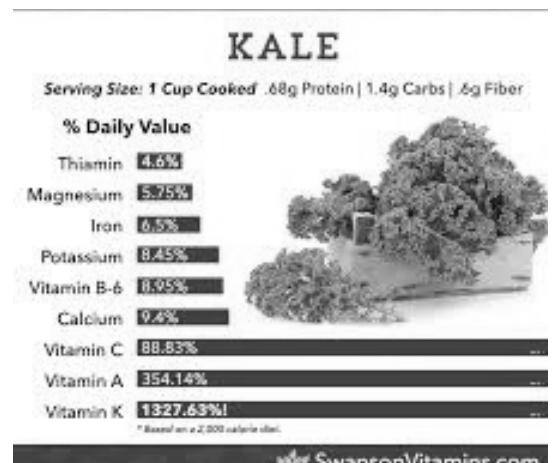
One of the most frequent questions we are asked at the farmers' market is about differences between each variety of kale. The simple answer is that the differences are slight. All three varieties we've grown in Highland have the nutritional benefits mentioned above, but Dinosaur Kale is ideal for stews, Red Russian is the sweetest for eating raw, and Siberian is best for sauteing.

## MAKE THE MOST OF IT

To use kale in a salad, we recommend massaging the leaves with salt, lemon juice, and olive oil to break down the cellulose. Kale also responds well to sauteing, and does not shrink as much as other greens. Or, add it to soups and sauces.

### KALE RECIPES

- Rubbed Kale "Caesar" - p. 16
- Saag Paneer - p. 16





# CABBAGE



## A HEAD FOR NOW & LATER

**How to prepare cabbage? The answer likely depends upon your family's culinary tradition. Colcannon? Stir fried? Cole slaw? In Dal? Sauerkraut? Why not try them all? A cousin to Kale, Mustard, and Broccoli, Cabbage shares many benefits with its relatives in the brassica family. Plus, it stays fresh in your fridge until you are ready to enjoy it.**

*Tips for success: Look to the future! Some of the health benefits found in raw cabbage are even more available to your body when cabbage is preserved through fermentation as in sauerkraut or kimchi*

## THE GOOD STUFF

Cabbage is packed with antioxidants--those cell-helpers that filter toxins and repair damage within our bodies-- as well as being linked to lower blood pressure and diabetes prevention. In addition, cabbage has been called the second most economical vegetable: only potatoes can match it for value.

## MAKE THE MOST OF IT

When you think of raw cabbage, you may think of cole slaw: with a mayonaise or vinegar base, depending on region or taste preference, and with shredded carrots and simple spices. But cole slaw is only one of many fresh options, including mixed vegetable salads, stews and stir-fries, cabbage rolls, and more.

Another promising option for cabbage is fermentation. Fermented cabbage dishes like sauerkraut and kimchi cultivate beneficial bacteria to improve digestion and strengthen the immune system. And they are easier to make at home than you might think!



## CABBAGE RECIPES

- fancy vinegar cole slaw- p. 18
- Simple Sauerkraut- p. 19
- Irish Colcannon- p. 18
- Spicy Kimchi- p. 19



# BROCCOLI & CAULIFLOWER



## EDIBLE ARRANGEMENTS

**What makes Broccoli and Cauliflower so special? Aside from their impressive nutrient density, and wide range of uses in delicious dishes, both Broccoli and Cauliflower are true flowers: some of the few we eat.**

*Tips for success: Get Sneaky!*

Cauliflower provides a great neutral flavor that can play the role of other foods in some of your favorite dishes. Use it as a stand in for chicken in buffalo cauliflower bites, or mash it into potatoes for an extra nutrient boost.

## THE GOOD STUFF

Vitamins A & K abound in broccoli and cauliflower, which helps your body to keep healthy blood and skin, as well as more acute vision. In addition, both broccoli and cauliflower offer a hefty dose of vitamin C, as well as norepinephrine: the hormone and neurotransmitter that helps your body mobilize for action.

## MAKE THE MOST OF IT

When it comes to nutrition, dark green broccoli has a slight leg up on the paler cauliflower. That said, each is a wonderful choice, and they work beautifully in combination as well. Steaming, sauteing or roasting all serve to bring out their rich flavors, but they can also be enjoyed raw with a variety of dips or with hummus.

Don't forget rainbow varieties! Purple and yellow varieties are sure to impress diners young and old, and might convince otherwise picky eaters to view these veggies with fresh eyes.



## BROCCOLI & CAULIFLOWER RECIPES

- Betty's Broccoli in Winter- p. 20
- Broccoli & Cauliflower Bake- p. 20



# SWISS CHARD & RAINBOW CHARD



## EAT THE RAINBOW

**What does Chard have to do with Switzerland? Very little, as it turns out. Chard is actually a green first cultivated in the Mediterranean. A relative of both Spinach and Beets, Chard's dark green leaves and crispy stem are filled with vitamins, and It's preference for cooler conditions makes for a long, lush growing season in Highland County.**

*Tips for success :Chard can be used in place of spinach in any recipe, although chard will need to be cooked a bit longer. And don't forget the stems! Although American chefs tend to focus on the greens, European chefs favor chard stems to the point of ignoring the leaf. Both are packed with flavor and goodness.*

## THE GOOD STUFF

Swiss Chard and Rainbow Chard are varieties of the same plant, which is actually a beet that has been selectively bred to favor the leaves. Like beet greens, the stems and greens of chard are filled with vitamins, especially Vitamin A, and also boast crucial nutrients like calcium, potassium, and iron.



## MAKE THE MOST OF IT

Although cooked chard is more common, eating the leaves raw gives salads a flavor not unlike beets, and raw chard stems are ideal for dipping in dressings or hummus..

As with all dark leafy greens, chard is delicious cooked--but not too much! The most successful ways to cook chard include sauteing it lightly or braising in a shallow pan with water or vegetable broth. Chard pairs particularly well with the flavor of lemons, and some nutritionists even suggest that adding lemon juice or vinegar may help the body absorb its calcium content. If you are using both leaves and stem, be sure to separate the two, as they will cook at different rates.

## CHARD RECIPES

Lemon Garlic Rainbow Chard- p. 21

Simple Swiss Chard Pasta- p. 21





# CARDOON

## YOU CALL THIS AN ARTICHOKE?



If you've heard of Cardoon at all, you probably know that it is something like a Globe Artichoke. But if you are considering buying Cardoon, looking for the globe won't help much. The edible part of each Cardoon plant is actually its stem, whereas for a typical Artichoke, the flower is the edible portion.

*Tips for success :Love me tender.*

Cardoon is very fibrous by nature, so most methods of cooking it are concerned with tenderizing. If you are preparing Cardoon, budget a significant chunk of time for cooking.

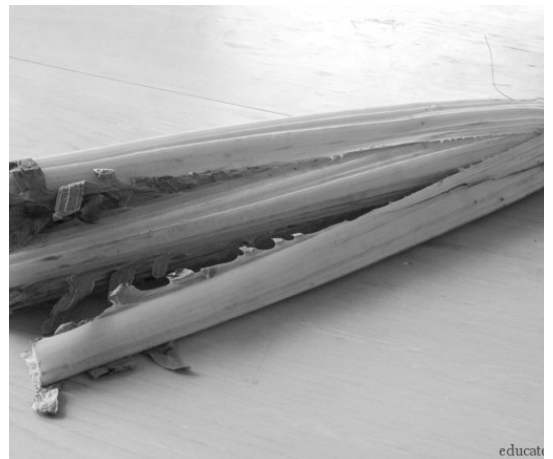
## THE GOOD STUFF

Although Cardoon is most closely related to artichokes, its nutrition profile is actually similar to the celery it resembles in appearance. Cardoon is low in calories, high in fiber, and also boasts some calcium and iron.

## MAKE THE MOST OF IT

With Cardoon, it's all about tenderness to make a successful dish. After cleaning and trimming your Cardoon stems, you may want to soak them in salty water to cut the bitterness. Next, pre-cooking to aid in texture: a few recommended methods of preparation include steaming or simmering in water or vegetable stock until the stem softens.

Now you are ready to prepare the Cardoon to your taste and your dish. Try sauteing with other favorite vegetables, or bread and deep fry them for a fun finger-food appetizer.



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## CARDOON RECIPES

Buttery Garlic Cardoon- p. 22

Cardoon Poppers- p. 22





# Basic Basil Pesto

## INGREDIENTS

- 2 cups fresh basil leaves, packed (can sub half the basil leaves with baby spinach or kale)
- 1/2 cup freshly grated Romano or Parmesan-Reggiano cheese (about 2 ounces)
- 1/2 cup extra virgin olive oil
- 1/3 cup pine nuts (can sub chopped walnuts)
- 3 garlic cloves, minced (about 3 teaspoons)
- Salt and freshly ground black pepper to taste

## INSTRUCTIONS

- Place the basil leaves and pine nuts into the bowl of a food processor and pulse a several times.
- Add the garlic and Parmesan or Romano cheese and pulse several times more. Scrape down the sides of the food processor with a rubber spatula.
- While the food processor is running, slowly add the olive oil in a steady small stream. Adding the olive oil slowly, while the processor is running, will help it emulsify and help keep the olive oil from separating. Occasionally stop to scrape down the sides of the food processor.
- Stir in some salt and freshly ground black pepper to taste.

# Caprese Salad

## INGREDIENTS

- 2 pounds vine-ripened tomatoes (about 4 large), sliced 1/4 inch thick
- 1 pound fresh mozzarella, sliced 1/4 inch thick
- 1/4 cup packed fresh basil or arugula leaves, washed well and spun dry
- 3 to 4 tablespoons extra-virgin olive oil
- 2 tablespoons balsamic vinegar (optional)
- fine sea salt to taste
- freshly ground black pepper to taste

## INSTRUCTIONS

- On a large platter arrange tomato and mozzarella slices and basil leaves, alternating and overlapping them. Drizzle with oil and balsamic if desired. Season salad with salt and pepper.



# Marinade for Everything

## INGREDIENTS

- 5 tablespoons freshly squeezed lemon juice (from about 2 medium lemons)
- 5 tablespoons dry white wine
- 1/2 cup extra-virgin olive oil
- 1/4 cup packed fresh oregano (leaves and tender stems only)
- 2 tablespoons packed fresh thyme leaves
- 1/2 medium yellow onion, peeled and halved again
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

## INSTRUCTIONS

- Place all of the ingredients in a blender or food processor and process on high until smooth, about 1 minute.
- Use immediately or refrigerate in a container with a tight-fitting lid for up to 1 day.

# Zucchini with Oregano

## INGREDIENTS

- 5 medium zucchini
- 1 clove of fresh garlic
- 2 tablespoons of extra virgin olive oil
- 1 sprig of fresh oregano (or 1 tablespoon of dried oregano)
- salt
- pepper

## INSTRUCTIONS

- Wash the zucchini and cut them into not too large cubes.
- Crush a clove of fresh garlic with the back of a knife, put it in a pan with 2 tablespoons of extra virgin olive oil over medium heat and let it infuse its flavour for a minute.
- Add the zucchini, the fresh oregano leaves, salt and pepper and let cook for about 5 minutes on medium heat without the lid, stirring constantly with a wooden spoon. It will take just 5 minutes to cook if the zucchini are fresh and tender, otherwise you can cook them a 10 minutes more, if you prefer them more tender or if they are not so fresh, adding a tablespoon of hot water. It's better to leave them slightly crisp and al dente, to enjoy their freshness.
- Serve the zucchini warm, sprinkled with some leaves of fresh oregano.

# Rosemary & Thyme Roasted Vegetables

## INGREDIENTS

- 1 small butternut squash, cubed
- 2 red bell peppers, seeded and diced
- 1 sweet potato, peeled and cubed
- 3 Yukon Gold potatoes, cubed
- 1 red onion, quartered
- 1 tablespoon chopped fresh thyme
- 2 tablespoons chopped fresh rosemary
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- salt and freshly ground black pepper

## INSTRUCTIONS

- Preheat oven to 475 degrees F (245 degrees C).
- In a large bowl, combine the squash, red bell peppers, sweet potato, and Yukon Gold potatoes. Separate the red onion quarters into pieces, and add them to the mixture.
- In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt, and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan.
- Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned

# Rosemary & Thyme Mushroom Risotto

## INGREDIENTS

- 2 Tablespoons extra virgin olive oil
- 2 garlic cloves, peeled and finely chopped
- 1 Medium onion, peeled and finely chopped
- 1 Tablespoon Fresh thyme leaves
- A small bunch of fresh rosemary
- 8 oz shitake or portabella mushrooms
- 1 ¾ cups Arborio or Carnaroli rice
- 3 cups Low-sodium vegetable stock, hot
- 1/2 cup Freshly grated Parmesan cheese
- Sea salt

## INSTRUCTIONS

- Bring the vegetable broth to a boil in a small saucepan. Keep it at low heat, as we need it to be hot when we add it to the rice.
- Heat the olive oil in a large deep frying pan over medium heat, add the garlic and sauté for around 1 minute until golden. Add then the onion and 1 teaspoon salt and stir and cook for around 3 minutes until soft but not brown. Add the mushrooms and stir for one more minute.
- Reduce heat to low. Add the rice and stir well for a couple of minutes to ensure that each grain of rice is well coated with oil. Add then the fresh thyme leaves and a small bunch of fresh rosemary. Pour the hot vegetable broth making sure the rice is completely covered. Continue stirring and leave to cook at a medium-low heat and when it boils lightly taste the broth and add a pinch of salt if needed. Stir the rice from time to time and cook it uncovered for around 12 minutes.
- Pour in the rest of broth and add the freshly grated Parmesan cheese. Stir and allow it to simmer gently until the liquid has been absorbed and the rice is al-dente, about 5 minutes. Remove from the heat and serve hot.



# 4 Simple Salad Dressings

## OIL & VINEGAR

The most minimalist of the salad dressing options: simply toss your greens with olive oil and balsamic vinegar, then sprinkle with your favorite herbs and a generous measure of salt and pepper.

## CARROT-GINGER

In food processor, combine:

1 cup sliced carrots (about 2 large); 1 small shallot, sliced; 1 2-inch piece fresh ginger, peeled and sliced; 1/4 cup white miso (soybean paste; found in the refrigerated section of the supermarket); 2 tablespoons rice vinegar; 3/4 teaspoon toasted sesame oil, & 1/3 cup canola oil

## CREAMY HERB DRESSING

Combine: 1/2 cup buttermilk, 1/4 cup mayonnaise, 2 tablespoons chopped fresh herbs (such as chives, parsley, and dill) & kosher salt and black pepper

## THAI PEANUT

Combine:

1/4 cup creamy peanut butter; 2 tablespoons unseasoned rice vinegar; 2 tablespoons fresh lime juice, from one lime; 3 tablespoons vegetable oil; 1 tablespoon soy sauce, & 2 tablespoons honey.

# Strawberry Spinach Salad

## INGREDIENTS

- 2 teaspoons poppy seeds
- 3 tablespoons sugar
- 1/4 cup olive oil
- 2 tablespoons distilled white vinegar
- 9 ounces fresh baby spinach
- 1-quart fresh strawberries, cleaned, hulled and cut in half
- 1/2 cup toasted pecans
- 1/4 medium red onion, thinly sliced (optional)

## INSTRUCTIONS

- Add the poppy seeds, sugar, olive oil, and vinegar to a mason jar. Secure the lid and shake well to combine. Refrigerate an hour to up to 7 days.
- Combine the spinach, strawberries, pecans, and red onion slices (if using) in a large salad bowl or on a platter. Pour the dressing over salad, and lightly toss. Refrigerate about 10 minutes before serving.

# Bok Choy Stir Fry

## INGREDIENTS

- 1 tablespoon olive oil
- 2 -3 cloves garlic, minced
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground black pepper
- 2 cups bok choy, thinly sliced
- 2 cups sliced vegetables of your choice (eg. carrots, snow peas, bell peppers, broccoli)
- 1/2 cup vegetable broth
- 1/4 cup soy sauce
- 1 teaspoon granulated sugar

## INSTRUCTIONS

- Heat oil in saucepan over medium heat.
- Add garlic, ginger, black pepper, bok choy, and other vegetables.
- Stir fry about 3 min.
- In bowl, combine broth and water, soy sauce, and sugar.
- Whisk well.
- Add broth mixture to skillet and stir fry until sauce thickens and cabbage is tender, about 3 min.
- Serve hot.

# Apple Bok Choy Salad

## INGREDIENTS

### FOR THE SALAD

- 3 large leaves bok choy, chiffonaded
- 1 large apple, mandoline sliced
- 1 large carrot, grated
- 1/2 cup red onion, sliced thinly

### FOR THE DRESSING

- 1/2 cup milk
- 1/2 cup raw cashews (soaked in water for 30 min or more if using standard blender, then drained)
- 1/4 cup balsamic vinegar
- 1/4 cup raisins (soaked in water for 30 min or more if using standard blender, then drained)
- 1 teaspoon Dijon mustard

## INSTRUCTIONS

- Add all salad ingredients to a large bowl and mix to combine.
- In a blender, add all the dressing ingredients and blend to combine until smooth and creamy. Serve the salad with dressing mixed in. Tip: Don't dress the salad until ready to eat, and that way leftovers can be kept in separate containers in the fridge for 3-5 days.



# Rubbed Kale "Caesar"

## INGREDIENTS

- Kale
- Juice & Zest of 1 Lemon
- 1/2 cup Olive Oil (+ extra for massaging kale)
- 2 cloves Garlic
- 2 tsp Worcestershire Sauce
- 2 tbsp Mayonaise
- 1 tbsp Dijon Mustard
- grated Parmesan Cheese to taste

## INSTRUCTIONS

Rub Kale with salt and olive oil until limp  
Combine remaining ingredients and 2 tbsp  
grated Parmesan cheese  
Dress kale as desired, and top with additional  
cheese to taste  
Sprinkle with Salt and Black Pepper  
Serve & enjoy!

# Saag Paneer

## Ingredients

## PANEER

- 1/2 Gallon Whole Milk
- 1/4 Cup Lemon Juice or Vinegar
- 1/2 tsp Salt

## OTHER INGREDIENTS

- 16 oz greens (i.e. spinach, tat soi kale, Swiss chard)
- 2 tablespoons oil
- 1 finely chopped onion
- 2 chopped tomatoes
- 1/2teaspoon minced garlic
- 1/2teaspoon ground ginger
- 1/2teaspoon ground cumin
- 1/2teaspoon ground coriander
- 1/4teaspoon turmeric powder
- 1/2cup plain yogurt

Recipe continues on next page...

# Saag Paneer (Continued)

## Paneer

### Equipment

4 quart saucepan, slotted spoon, strainer/colander, mixing bowl, cheesecloth or thin napkin, and weights (i.e. a 32 oz. can of food)

### Instructions

1. Heat the milk: Pour the milk into the saucepan and set over medium heat. Bring the milk to a bare simmer — just below the boil at around 200°F. Stir the milk occasionally, scraping the bottom of the pot to make sure the milk doesn't scald. When ready, the milk will look foamy and steamy.
2. Add the lemon juice: Remove the milk from heat and stir in the lemon juice. The milk should begin to curdle immediately, but it's ok if it doesn't.
3. Cover the milk and let stand for 10 minutes to give the acid time to completely separate the curds and whey. At the end of 10 minutes, the curds should be completely separated and the liquid should look yellow and watery. If the milk hasn't separated, try adding another tablespoon of acid.
4. Strain the curds: Set a strainer or colander over a mixing bowl and line it with cheesecloth, a nut bag, or other straining cloth. Carefully scoop or pour the curds into the strainer, letting the whey collect in the bowl beneath.
5. Squeeze the curds: Gather the cheesecloth in your hand and gently squeeze to remove the excess whey.
6. Salt the curds: Open the cheesecloth and sprinkle 1/4 teaspoon of salt over the curds. Stir gently and taste. Add more salt if desired.
7. Press the curds: Transfer the curds (still in the cheesecloth) to a large dinner plate. Shape them into a rough square and then fold the cheesecloth tightly around the curds to form a neat rectangular package. Set a second plate on top of the package and weigh it down. Press for at least 15 minutes or up to 1 hour.

## Saag

1. Mince greens finely.
2. Saute onions until golden. Add tomatoes, ginger and garlic. Mix well, add dry seasoning.
3. Stir constantly until it thickens, then add the blended greens, and mix well.
4. Cook 2 minutes. Salt to taste.
5. Turn off heat, add plain yogurt a little at a time.
6. Serve with your fresh cheese and some rice.
7. Enjoy!



# Fancy Vinegar Coleslaw

## INGREDIENTS

For the Slaw:

- 2 cups red cabbage
- 1 cup green cabbage or lettuce
- 1 1/2 apples
- 2 carrots (about 1 cup)
- 3 green onions
- small handful cilantro (optional)

For the dressing:

- 2 tbsp olive oil
- 2tbsp honey
- 2 tbsp apple cider vinegar
- 1 tbsp lemon or lime juice
- salt and pepper to taste

## INSTRUCTIONS

- Shred or grate the cabbage, carrots, and apples
- Dice Onion thinly
- Combine dressing ingredients
- Toss with slaw to coat
- Serve chilled.

# Irish Colcannon

## INGREDIENTS

- 2 pounds potatoes, peeled and cubed
- 1 head cabbage, chopped
- 1 bunch green onions, chopped
- 1/4 cup butter, softened
- 1/2 cup half-and-half or milk
- salt and black pepper to taste

## INSTRUCTIONS

Place the potatoes, cabbage, and green onions into a large sauce pan, fill with water, and bring to a boil. Reduce heat, cover, and simmer until the potatoes are tender, about 20 minutes.

Drain the vegetables and place into a large bowl. Mash the potatoes and vegetables with the butter using a fork until the mixture is chunky, pouring in half-and-half gradually as you mash. Season with salt and pepper, and serve.

# Simple Sauerkraut

## INGREDIENTS

- 2 medium cabbages, red or green, or one of each (approx. 2.5 - 3 pounds)
- 3 tbsp unrefined sea salt
- 2 tbsp caraway seeds (optional)

## INSTRUCTIONS

- Remove cores from cabbages and thinly slice using a food processor or good knife. Place in a large bowl and add the salt and caraway seeds.
- Mix with your hands, squeezing firmly and pushing down the cabbage with your fist to encourage the salt to draw the natural water out. Continue to do this for the next 15 minutes or so.

- You want to extract enough of the cabbages' juices so that they will cover the cabbage when it goes in the jar or pot.
- Transfer the cabbage to the jar, also pour in all the liquid. You want the cabbage to be submerged in its juices. (If there's not enough juice, just add some water.)
- Once the cabbage is completely submerged by the brine, cover with a lid or tea towel and leave at room temperature in a dark corner of your kitchen for 1 - 3 weeks (less time in summer, longer in winter).
- It's ready when it tastes sour and tangy and the cabbage has become soft. Skim off any white scum that appears on the surface. This is a harmless natural 'kahm' yeast and nothing to worry about.
- Once sufficiently fermented, seal and store in the refrigerator. It will last 12 months unopened, and 2 months once opened.

# Spicy Kimchi

## INGREDIENTS

- 1 Napa cabbage, cut into 2-inch strips; 1/4-1/2 cup kosher salt; 2 tablespoons garlic, minced; 2 tablespoons ginger, minced; 1 teaspoon sugar; 3 tablespoons water; 4 tablespoons Korean red pepper flakes; 1 large daikon radish, peeled and cut into 1-inch matchsticks; 2 bunches green onions, cut into 1-inch pieces

## INSTRUCTIONS

- Place cabbage in a large bowl and sprinkle with salt. Mix thoroughly using gloves, if preferred. Place a heavy pot or pan on top with weights and allow cabbage to sit for 1-2 hours until wilted and water has been released.

- Discard water after 1-2 hours. Rinse the cabbage 2-3 times in the sink until salt is removed and allow to drain in a colander for another 15-20 minutes.
- Combine cabbage with remaining ingredients (through water) and mix. Using gloves, add the Korean red pepper flakes and begin mixing and rubbing flakes into the mixture.
- Once combined, place mixture in a jar pressing down and packing tightly so that the mixture is submerged in its own liquid. Place top on jar and allow to sit at room temperature for 2-5 days. Place jar on a plate since the mixture may bubble over while fermenting.
- Each day of fermentation, remove the lid to release gases and press down on the mixture to keep it submerged. You can taste a sample each day to decide if the level of fermentation is to your liking.
- After 2-5 days of fermentation, store kimchi in refrigerator.



# Broccoli-Cauliflower Bake

## INGREDIENTS

- 1 cauliflower head
- 1 large broccoli head
- 1/2 cup (1 stick) butter
- 1 medium onion, diced
- 2 garlic cloves, minced
- 1/4 cup all-purpose flour
- 2 1/2 cups vegetable broth
- 4 ounces cream cheese, at room temperature
- 1/4 teaspoon seasoned salt, more to taste
- Kosher salt and black pepper to taste
- 1/4 teaspoon paprika, plus more for sprinkling
- 1/3 cup seasoned breadcrumbs
- 1 1/2 cups grated Monterey Jack cheese

## INSTRUCTIONS

- Preheat the oven to 375°F.
- Steam broccoli and cauliflower over boiling water until tender..
- Melt 6 tablespoons of the butter in a large skillet over medium heat, then add the onion and garlic and cook until the onion is translucent, 3 to 4 minutes. Sprinkle in the flour, stirring it into the onion mixture and cook it for a minute or so. Pour in the broth, stirring continuously, and cook the sauce, stirring occasionally, until it begins to thicken.
- Add the cream cheese and stir until it melts completely. Then stir in the seasoned salt, kosher salt, pepper, and paprika. Turn off the heat and set the sauce aside.
- In a small bowl, combine the breadcrumbs and the remaining 2 tablespoons melted butter and blend with a fork.
- To assemble, butter a small (2-quart) casserole and add half the broccoli-cauliflower mixture. Pour on half the sauce, top with half the cheese, and sprinkle on a little paprika. Repeat another round of the veggies, sauce, cheese, and paprika...then top the casserole with the buttery breadcrumbs..
- Bake the casserole for 25 to 30 minutes,

# Betty's Broccoli in Winter

## INGREDIENTS

- 2 cups broccoli, cleaned and chopped
- 3 cups vegetable broth
- 2 cloves garlic, minced
- 2 tsp curry powder

## INSTRUCTIONS

- Steam broccoli in vegetable broth with garlic until tender
- Pour off excess broth and puree broccoli and garlic
- mix in curry powder
- freeze mixture in air-tight container
- Thawed mixture can be reconstituted with yogurt for cream of broccoli soup, or blended into stir fry for additional flavor and nutrition.

Recipe courtesy of Betty Mitchell

# Lemon Garlic Rainbow Chard

## INGREDIENTS

- 3 bunches rainbow chard, trimmed and rinsed
- 6 tablespoons olive oil
- 6 cloves garlic, sliced, or to taste
- 1 pinch crushed red pepper flakes
- 1 tablespoon lemon juice

## INSTRUCTIONS

- Separate the stems of the chard from the leaves. Cut the leaves into thin strips and set aside. Thinly slice the stems.
- Heat the olive oil in a large skillet or pot over medium heat. Stir in the sliced garlic, red pepper flakes, and chard stems, and cook for 3 minutes until the flavor of the garlic mellows and the stems begin to soften. Stir in the shredded chard leaves, cover, and cook 5 minutes over medium-low heat. Stir, recover, and continue cooking until the chard is tender. Toss with lemon juice to serve.

# Simple Swiss Chard Pasta

## INGREDIENTS

- 6 oz pasta
- 1 teaspoon olive oil
- 4-5 chard leaves, stems diced, leaves coarsely chopped
- ½ teaspoon balsamic vinegar
- 1 cup canned fire roasted diced tomatoes
- 2 cloves garlic, minced
- ½ cup cooked white beans, drained and rinsed
- shaved pecorino cheese
- ¼ cup pine nuts, optional
- salt & pepper

## INSTRUCTIONS

- In a large pot of salted boiling water, cook pasta until al dente.
- Meanwhile, in a large skillet, heat oil over medium heat. Add chard stems and a pinch of salt. Give them a stir, then add the chard leaves and gently toss until they begin to wilt. Add the balsamic, tomatoes, garlic, white beans, freshly ground pepper, and toss. Once the chard is cooked down, add pasta and remove from heat. Serve with shaved pecorino cheese and pine nuts on top.



# Buttery Garlic Cardoon

## INGREDIENTS

- 6-8 stalks of Cardoon
- 6 tablespoons butter or olive oil
- 4 cloves garlic, sliced, or to taste
- Salt and pepper to taste

## INSTRUCTIONS

- Clean and peel cardoon stems completely
- Cut into pieces about 4 inches long.
- Boil for approximately 45 min or until tender
- Saute onion in butter, adding garlic once the onions begin to turn translucent.
- Add Cardoon pieces and any other vegetables
- Saute until lightly browned, approximately ten minutes

# Cardoon Poppers

## INGREDIENTS

- 6 stalks of Cardoon
- 2 large eggs
- 1 cup flour or cornmeal
- Oil for frying
- Salt & Pepper to taste

## INSTRUCTIONS

- Cut Cardone/Cardoon in pieces about 4 inches long. Clean up the outer portion of the stalk by pulling of any strings that can be removed. Put cut Cardone/Cardoon in a pot of salted water and boil them until tender.
- After tender and cooled off, dredge the Cardone/Cardoon pieces in flour with salt and pepper.
- Dip pieces in egg and fry them in olive oil. They taste like Artichokes so anyone who likes Artichokes will love these.