

Crookneck Squash and Tomato Slices

From Robyn's mom's kitchen

4 crookneck squash, sliced 1/4 in thick
4 medium tomatoes, sliced 1/4 in thick
2 green onions, minced
4 tbs olive oil
2 tbs wine vinegar
1 tbs Dijon style mustard
1/2 tsp salt and pepper

In a lightly oiled 1 quart shallow baking dish, alternate squash and tomato slices. Sprinkle with green onions. Combine oil, vinegar, mustard, salt and pepper. Drizzle over vegetables. Bake at 400 degrees for 10-15 minutes. Let cool before serving; the flavor will be superior. Slices of eggplant can be added. Increase baking time to 35 minutes and top with parmesan cheese.

Great Marinade for Grilled Vegetables

1/2 C oil
4 tbs vinegar
2 garlic cloves,
1 tsp basil
1 tsp rosemary
1 tsp tarragon
1 tsp salt and pepper

Marinate for 30 minutes. Cook vegetables 5 minutes each side and they are ready to eat. Double the seasonings if using fresh herbs.

Thai-Spiced Pumpkin Squash Soup

2 acorn squash or small pie pumpkins	1 teaspoon red Thai curry paste
3 tablespoons unsalted butter	water (or light vegetable stock)
1 14 oz can coconut milk	2 teaspoons fine grain sea salt

Preheat the oven to 375 degrees and place the oven racks in the middle.

Carefully cut each squash/pumpkin into halves (or quarters). Slather each piece with butter, sprinkle generously with salt, place on a baking sheet skin sides down, and place in the oven. Roast for about an hour or until the squash is tender throughout.

When the pumpkin/squash are cool enough to handle scoop it into a large pot over medium high heat. Add the coconut milk and curry paste and bring to a simmer. Remove from the heat and puree with a hand blender, you should have a very thick base at this point. Now add water (or a light vegetable stock) a cup at a time pureeing between additions until the soup is the consistency you prefer. Bring up to a simmer again and add the salt. Top with roasted pumpkin seeds.

Butternut Squash Fries

1 (2 pound) butternut squash, halved and seeded
salt

Preheat the oven to 425 degrees F (220 degrees C). Use a sharp knife to carefully cut away the peel from the squash. Cut the squash into sticks like French fries. Arrange squash pieces on a baking sheet and season with salt. Bake for 20 minutes in the preheated oven, turning the fries over halfway through baking. Fries are done when they are starting to brown on the edges and become crispy.

Green Tomato Cobbler

4 c. peeled and sliced green tomatoes
1 c. sugar
2 tbsp. minute tapioca
1 tbsp. flour
3 tbsp. melted butter
Juice of 1/2 lemon
1/4 tsp. cinnamon
1/2 c. boiling water

TOPPING:
1 1/2 c. flour
1/4 c. sugar
3 tsp. baking powder
1/2 c. melted butter
1/2 c. half and half

Preheat oven to 425 degrees. Combine ingredients in 2 quart baking dish. Bake 15 minutes. Mix topping ingredients to make a soft dough and scoop into tomato mixture. Bake another 25 minutes. Turn off the oven and leave cobbler. Serves 6 to 8.

Kale Philo Bake

By Joanna Vaughn (a backyard farmer)

Serves 4

1-2 bunches of kale
1 pkg of Philo dough
1/4 lb of Feta cheese
1 med onion
2 cloves of fresh chopped garlic
2 Tablespoons of Olive Oil
1 med Tomato sliced
Optional a squeeze of fresh lemon

Sauté kale and set aside, sauté in olive oil onion, and garlic. When translucent sauté in kale. In mixing bowl toss mixture with feta and squeeze of lemon.

Prepare a 13 X 8 inch pan. Brush bottom with olive oil and evenly lay out kale mixture. Top with philo dough brushing with olive oil and add another layer of kale mixture. Continue until you have between 6 & 8 layers. Top with sliced tomatoes and bake until golden brown at 375 for 40-45 minutes.

Eggplant Fritters with Spiced Yogurt

Spiced Yogurt:

3/4 cup Greek-style yogurt
1/4 teaspoon ground cumin
1/8 teaspoon ground coriander
1 teaspoon freshly squeezed lime juice
Pinch cayenne pepper
Salt and cracked black pepper
~ Combine ingredients & season with salt and pepper to taste

Fritters:

1 lb eggplant, sliced 1/2" thick
Oil to brush eggplant plus extra for frying
Salt and freshly ground pepper
1 cup garbanzos, rinsed, drained, mashed
1 tablespoon all-purpose flour
1/2 teaspoon baking powder
2 eggs lightly beaten
1 green onions, thinly sliced

Brush both sides of eggplant slices with oil and sprinkle lightly with S & P. Grill over medium-high heat for 8-10 minutes until tender. Cool, cut into 1/2" cubes. In large bowl stir together diced eggplant, garbanzo beans, flour, baking powder, eggs and green onions. Season with salt and pepper, stirring to combine. [I put all in processor and pulsed a few times to chop and combine]

Heat enough oil to cover fritters halfway in a nonstick frying pan over medium heat. Drop tablespoons of fritter mixture into oil in batches, for 2-3 minutes on both sides or until golden and cooked through. Drain on paper towels, serve with spiced yogurt.

Zucchini Casserole

1 lb. zucchini
1 Tbsp olive oil
1/3 cup chopped onion
3 cloves garlic
3/4 lb. tomatoes
1 oregano plus salt and pepper
1 cup parmesan and mozzarella cheese mix

Preheat oven to 400° F. Heat the oil in a medium saucepan. Sauté the onion in the oil, then add the garlic, until the garlic is fragrant. Cut tomatoes in 3 to 5 pieces, and add along with the herbs and spices. Cook over medium heat until the liquid is mostly gone. cut the zucchini into slices approximately 1/4 inch thick. line the bottom of a 9 X 9" or 8 X 8" pan. Spread about 1/4 of the tomato mixture on the zucchini, followed by 1/4 cup of the cheese. Continue layering. Reserve final layer of cheese for later. Bake for 20 minutes. Top with remaining cheese, lower oven temperature to 375 F and bake approx. 20 minutes longer, or until cheese is golden brown.

Nasturtium capers

2 tablespoons salt
1 c water
1/2 c green nasturtium seedpods
3/4 c white wine vinegar
2 teaspoons sugar
1-2 leaves of bay
2 3-inch sprigs fresh thyme

Bring the salt and water to a boil in a small saucepan. Put the nasturtium seedpods in a half-pint glass jar and pour the boiling brine over them. Cover and let them soak at room temperature for 3 days. Drain the nasturtium seedpods in a fine sieve and return them to the jar. Bring the vinegar, sugar, bay leaves, and thyme to a boil in a small (1-quart) saucepan. Pour the boiling vinegar mixture over the seedpods and let cool. Cover the jar and refrigerate for 3 days before using. They'll keep for 6 months in the refrigerator if covered in the vinegar.

The seedpods of nasturtiums look just like the caper plant's buds, and when pickled they taste remarkably similar. Nasturtiums usually don't start forming seedpods until late in the summer and you have to search for them. You'll find them attached to the stems underneath the foliage, where they develop in clusters of three. Pick only young pods that are still green and soft.

Ratatouille

Almost all the ingredients can be found on the farm!

2 T olive oil
1 medium onion, chopped
2 bell peppers, cubed
1 medium zucchini or squash, cubed
1 eggplant, cubed
3 tomatoes, chopped
1 clove of garlic (I like to add more)
fresh parsley, oregano, basil taste

Sauté the onion, garlic and pepper until soft; stir in eggplant and squash; add tomatoes and seasoning; cover and simmer for about 30 minutes. Serves 6.

Organic Potatoes with Golden Garlic Sauce

6 to 8 organic potatoes washed, unpeeled, cut 1-inch cubes
6 Tablespoons olive oil
18 to 20 fresh harvested cloves of garlic, peeled and sliced
1 Tablespoon granulated sugar
1/3 cup freshly chopped basil
For garnish: Peppercorns, freshly ground, 1 TBS fresh chopped parsley

Preheat oven to 425°. Put 3 TBS of the olive oil in the bottom of a 9 x 13-inch baking dish and heat in oven for 5 minutes. Add organic potatoes, tossing to coat them then roast, turning occasionally, for 30 to 35 minutes or until tender. While the potatoes are baking, prepare garlic sauce: In a small skillet, heat remaining 3 TBS olive oil, add garlic. Cover and cook over very low heat for 7 to 10 minutes, or until garlic is tender. Sprinkle with sugar and stir until garlic is caramelized. Add balsamic vinegar, white wine, basil and simmer 2 minutes. Spoon sauce over the roasted potatoes. Sprinkle with the fresh ground pepper and parsley.

Hot Wilted Greens

3 thick slices smoky bacon
1/2 T olive oil
1 large clove garlic, minced
1 medium sweet red onion
3 T chicken stock
2 T balsamic vinegar
1 quart mixed piquant leafy greens (such as arugula, endive or mustard greens)
1/4 cup toasted pecans

In a large, deep skillet or wok over medium heat, cook bacon until crispy. Remove and drain on paper towels. Crumble and reserve. Add olive oil to bacon drippings in skillet, heat and add garlic and onions. Sauté for 3-4 minutes, until onions and garlic are softened. Stir in chicken stock and vinegar. Add greens and mix. Stir-fry for 2-3 minutes, until leaves are coated. Cover and cook several minutes more, until leaves are wilted, cooked tender and crisp. Top with bacon and chopped pecans. Serve hot. Serves 4

Broccoli Cheese Quiche

Ingredients:

- 1 pie crust
- 6 eggs
- 1/2 cup cottage cheese
- 1/2 cup shredded colby/monterey jack cheese
- 1 cup fresh chopped broccoli
- 1/4 teaspoon oregano
- 1/4 teaspoon salt
- 1/4 teaspoon freshly grated lemon zest

Preheat oven to 375 degrees. Bake pie crust for 10-12 minutes or until it just starts to turn golden. Mix the remaining ingredients together and pour into pie crust. Bake about 45 minutes or until quiche is puffed up and a knife inserted near the center comes out clean.

Turnips in Cream with Parmesan

A real treat: using young turnips for their delicate flavor, this is a delicious side vegetable. Serve it with a rice dish and a tossed salad, and you have the perfect meal.

- 1 lb. young turnips
- 1 pint of heavy cream
- Grated nutmeg to taste
- 1/4 teaspoon freshly ground pepper
- 1 clove of minced garlic
- 1/4 cup of freshly grated parmesan cheese

Scrub the turnips clean but leave the skins on. Slice them finely. Put into a bowl and pour over the cream. Season with nutmeg and pepper and mix. Rub an oven proof dish with a cut clove of garlic, and then pour in the turnip mixture. Cover with foil and bake at 375°F for 45 minutes or until the turnips are tender. Sprinkle the top thickly with grated Parmesan, and brown lightly under a hot grill. Serves 3-4.

Baked Acorn Squash with Bacon

- 1 acorn squash
- 1 cup of wild rice cooked
- 1 med onion
- 2 tablespoons butter
- goat cheese
- Salt and freshly ground black pepper
- 2 slices bacon, cut into halves
- 1 tablespoons brown sugar

Preheat oven to 350 degrees. Cut the squash in half and spoon out the seeds. Arrange the squash halves, cut side up, on a baking sheet. Saute onion, mix with cooked wild rice add bacon crumbled, brown sugar and butter. Top with goat cheese. Season to taste with salt and pepper. Bake at 350 for 45 minutes until tender.

Linguine with Arugula, Pine Nuts and Parmesan Cheese

- 1 pound linguine
- 1/2 cup olive oil
- 4 ounces arugula, trimmed
- 1 cup freshly grated Parmesan cheese
- 1/2 cup pine nuts, toasted

Cook linguine in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Meanwhile, heat oil in heavy large skillet over medium heat. Add arugula and stir until just wilted, about 30 seconds. Remove from heat. Drain pasta and return to pot. Add arugula and toss well. Add 1 cup Parmesan and salt and pepper to taste; toss well. Transfer to bowl. Sprinkle with pine nuts. Serve immediately, adding additional Parmesan, if desired.

Sautéed Kale

- 1 tablespoon olive oil
- 2 cups thinly sliced onions
- 1 teaspoon salt
- freshly ground black pepper
- 2 tablespoons minced garlic
- 8 cups (firmly packed) torn and stemmed kale pieces
- 2 cups chicken stock

Heat the oil in a large skillet over high heat. Add the onions, salt, garlic pepper, and stir-fry for 2 minutes. Add the kale and stock and cook, stirring occasionally, for 8 to 10 min until tender.

Vegetable Cheese Chowder

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| 3 to 4 cups diced peeled potatoes | 1-cup butter |
| 4 cups broccoli & Cauliflower florets | 1-cup flour |
| 1 Tablespoon dried minced onion | 5 cups milk |
| 1 cup grated carrots | 1-teaspoon salt |
| 2 celery stalks chopped | 1/4-teaspoon white pepper |
| 4 cups water (or chicken broth) | 4 cups shredded cheddar cheese |

In a soup kettle, combine potatoes, broccoli/cauliflower mix, onion, carrots, celery, garlic, chicken broth; simmer for 20 minutes or until vegetables are tender. In a saucepan, melt butter; stir in flour. Cook and stir over medium heat for 2 minutes. Whisk in milk, salt and pepper. Bring to a boil; boil and stir for 2 minutes. Add to vegetable mixture, simmer for 5 minutes. Stir in cheese until just melted. This makes a large pot of soup, enough for 8 to 10. Enjoy!

Roasted Beet and Arugula Salad

- 3 large golden or red beets
- 3 tbsp olive oil
- 4 oz baby arugula leaves, washed (about 2 large handfuls)
- 1/2 cup chopped toasted pecans
- 1/4 cup rice vinegar
- 2 tbsp sherry vinegar
- 2 oz goat cheese
- Salt and fresh ground black pepper to taste

Preheat oven to 375 degrees F.

Wash the beets and coat with 1 tbsp of the oil. Wrap in several layers of foil and bake for 1 hour or until tender. Let cool to room temp or refrigerate. With a knife, scrap off the beet skin, and cut in 1-inch cubes. Add to a mixing bowl, and add the rest of the ingredients, except the goat cheese. Toss well to combine, and divide on to 4 plates. Crumble over the cheese, and serve.