

## Maple Pecan Bark

### Ingredients:

3 cups raw pecan (or other nut) halves  
1 cup raw pecan (or other nut) pieces  
1 cup dried cranberries  
Zest of 2 small oranges  
1 tsp cinnamon  
1 1/2 tsp cracked black pepper  
2 tsp vanilla or the seeds of 1 small vanilla bean  
1/2 cup maple syrup  
1 to 2 tsp coarse sea salt  
10 oz (1 1/4 cups) dark chocolate chips (60 to 70%)

### Directions:

Preheat the oven to 350 degrees F.

Line a baking sheet with parchment paper.

Place the pecan halves, pecan pieces, cranberries, orange zest, cinnamon, pepper, vanilla, and maple syrup in a saucepan and stir to combine.

Bring the syrup to a boil over medium-high heat. Stirring constantly, cook for 2 to 3 minutes, or until the syrup has been completely absorbed by the nuts.

Remove nuts from heat and pour onto the parchment lined baking sheet. Spread the nuts out into a single layer. Bake them in the preheated oven for 20 to 25 minutes, or until the pecans are a deep golden brown and give off a nutty aroma. Remove from oven and let cool completely.

While the nuts cool, line another baking sheet with parchment paper.

Place the chocolate chips in a saucepan and place over medium-low heat. Stir occasionally, until the chocolate is completely melted and smooth.

Pour the chocolate over the parchment lined sheet and smooth the chocolate out to a thickness of 1/4 inch.

Break up the cooled pecans and place them evenly over the surface of the chocolate. Set the chocolate aside for several hours to set.

Once the chocolate has set, break up into pieces and use as desired.

Makes about 25 pieces of bark depending on the size of each piece.

# 2019

## Mountain Fresh Farmers Market

# Recipes



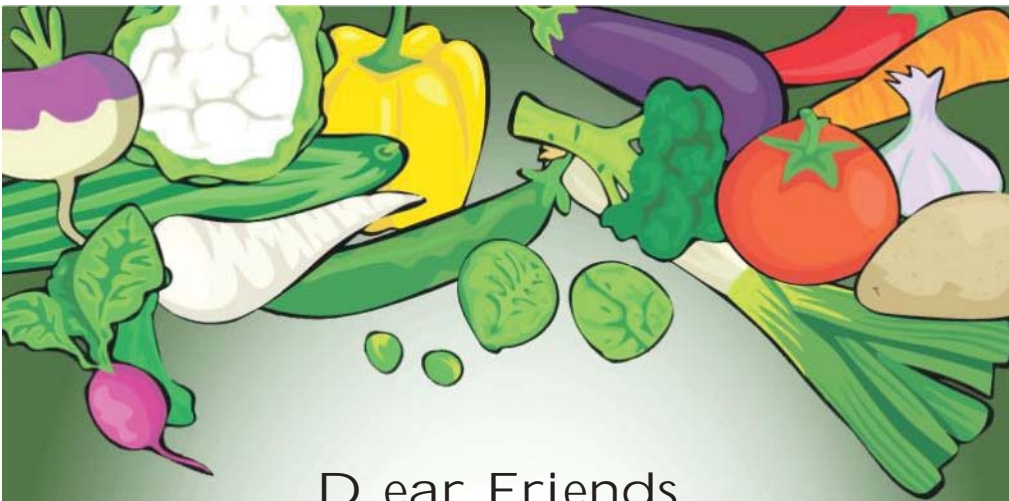
## Mountain Fresh Farmers Market

Oakland, Maryland

[www.MountainFresh.org](http://www.MountainFresh.org)

Find us on Facebook!





Dear Friends,

First, **thank you for supporting the vendors** at our farmers market! I think it's a wonderful place to get an amazing variety of local products!

I hope you enjoy trying these recipes as much as I did! The recipes were adapted to use the **fresh ingredients** available at the market throughout the season.

Each week, we send a new recipe in an **email newsletter**, which also lists the availability of fresh products at the market. Then we compile all the newsletter recipes for the year into a booklet like this one.

If you're not on our market email list, you can sign up at our website at **www.MountainFresh.org** or contact us with the information listed below. Of course we won't share your email address with anyone.

Another way to access our newsletter is through our **Facebook page** — we post the newsletter link each week. Find us there:

**@MountainFreshFarmersMarket**

Please let us know if you find a typo or error in the booklet! You report it to Cheryl DeBerry at:

**info@mountainfresh.org or 301-334-6968**

Thanks,

Maria

Volunteer Newsletter Editor  
& Recipe Guru

## Sausage Stuffed Winter Squash

*This recipe calls for acorn squash, but you can use another winter squash of your choosing.*

### Ingredients:

2 small/med acorn squash cut in half lengthwise, seeds/strings scooped out  
1 lb pork sausage, casings removed if necessary,  
1 large onion or 2 small, cut in half and sliced thin  
3 TBS coconut oil, or other cooking fat (for caramelizing the onions) + 2 tsp (for sautéing the garlic)  
2 cloves garlic, minced  
1 medium-large apple cored and diced  
2 cups fresh spinach, roughly chopped  
1 TBS fresh rosemary, chopped  
2 tsp fresh thyme, chopped  
sea salt and black pepper to taste

### Directions:

Preheat oven to 400 degrees and line a baking sheet with parchment paper. Place the 4 acorn squash halves (seeds removed) open-side down on the baking sheet and roast in the preheated oven for about 20-30 minutes, or until the top of your squash feels tender when gently pressed. Set aside after removing from oven. While the squash roasts, make the filling. Begin by caramelizing the onions (this process takes a good 20-25 minutes to really bring the flavor out!) In a medium skillet, heat oil over low heat and add all the onions, stirring to coat. Sprinkle with a bit of salt and cook over low heat, stirring every 5 minutes or so to prevent burning. Once onions have been cooking for about 25 minutes and are deep golden brown, remove from heat and set aside. Next, heat a large saucepan over medium low heat and add the remaining 2 tsp cooking fat to melt. Add the garlic and cook until just tender, then add all the sausage and increase the heat to medium. Cook the sausage and stir to break up lumps, about 5-8 minutes until just browned. Add the apples and herbs and continue to cook, stirring until the apples soften. Add the spinach and a pinch of salt and pepper and cook, stirring, until the spinach wilts. Add the caramelized onions to the sausage mixture, leaving excess cooking fat in the pan. Preheat your broiler, then fill all 4 halves of the squash with the stuffing mixture (you may have leftover depending on how big your squash was) Arrange the squash on the baking sheet, stuffing side up, and put under the broiler for 5-10 minutes until the tops get toasty, checking often to prevent burning. Once nice and browned, remove from oven, allow to cool a bit and then serve warm. Enjoy!

# Non-Traditional Green Bean Casserole

## Ingredients:

3-4 cups of blanched green beans (you can start with fresh, canned or frozen- just make sure they are partially cooked to start as you will just saute)  
 1/2 medium red onion, chopped fine  
 8-12 slices bacon (you decide how much bacon flavor you like best)  
 1 packet dry Ranch dressing mix

## Directions:

Fry bacon in a Dutch oven style skillet until crisp. Set bacon aside to drain on a paper towel, saving bacon grease in the pan.

Add chopped onion and let it sizzle, but not brown. Add green beans and stir to coat, then saute to heat through (3-4 minutes). Crumble bacon and add into skillet, stirring to mix thoroughly.

Sprinkle dry dressing mix over the bean, onion, bacon mix and stir thoroughly to combine.

Heat through (about 3-5 minutes) on medium low heat.

At this point you can turn the mixture into a greased casserole dish, cover with foil, and keep warm in the oven with the other fix'ns for your Thanksgiving meal.

Serve warm.



## Table of Contents

Baked Beans from Scratch.....	4
Easy Tater Cakes (aka Potato Pancakes) .....	5
Breakfast Frittata with Greens and Potatoes .....	6
Tuscan Potato Soup (a la olive Garden) .....	7
Colcannon Style Potato Pancakes .....	8
Make-Aead 6-Layer Easter Salad.....	9
Oven Roasted Asparagus.....	10
“Kitchen Sink” Hash Brown Potatoes .....	11
Grilled Pork Chops with Oyster Mushrooms .....	12
Cucumbers in Sour Cream .....	13
Roasted Beet and Goat Cheese Salad .....	14
Garlic Scape Saute over Pork Chops.....	15
Garlic Parmesan Zucchini Noodle Pasta .....	16
Red-Skin Potato Salad .....	17
Mexican Street Corn Nachos .....	18
Peach “Melba” Cobbler .....	19
Giambotta (Italian Vegetable Stew) .....	20
Chocolate Zucchini Bread.....	21
Grilled Eggplant with Feta, Oregano, & Parsley .....	22
Fresh Cantaloupe Sorbet.....	23
How to Roast Tomatoes .....	24
Five Ways to Serve or Preserve Sweet Corn.....	25
Eggplant Caponata .....	26
Butternut Squash Soup.....	27
Roasted Vegetable Platter .....	28
How to Prepare Pumpkin for Pies .....	29
Easy Pumpkin Muffins .....	30
Stuffed Peppers .....	31
Pumpkin Pie.....	32
Sweet Potato or Butternut Squash Fries .....	33
Simple Method for Roasting Red Peppers .....	34
Roasted Red Pepper Relish .....	35
Hasselback Bacon & Sage Butternut Squash .....	36
Beet & Goat Cheese Salad.....	37
Non-Traditional Green Bean Casserole .....	38
Sausage Stuffed Winter Squash .....	39
Maple Pecan Bark.....	40





## Baked Beans from Scratch

1 pound dry beans  
cooking water  
1 medium onion, chopped  
1 cup ketchup  
1/2 cup brown sugar, packed  
1/3 cup molasses  
1 TBS Dijon mustard  
1 1/2 tsp salt plus additional if desired  
1 tsp fresh ground pepper plus additional if desired  
1 bay leaf  
1 ham bone or 1/2 cup chopped cooked ham slices or 4 slices thick-sliced bacon, cooked and crumbled

There are several varieties of dried beans that can be used when making beans from scratch. Use whatever you can find at the market!

Start by checking the beans, picking out any pebbles or debris (if any) then rinsing the beans with cool water. Transfer the beans to a large Dutch oven and cover with cold water by about 2". Cover the pot and let it sit overnight.

The next day, drain the beans and cover with the same amount of fresh water. Bring to a boil, then reduce heat to low, cover the pot, and let the beans simmer for 1 hour.

Drain the beans, reserving the cooking liquid. To the drained beans, add chopped onion, ketchup, molasses, Dijon mustard, brown sugar, salt, pepper, and one cup of the cooking liquid; reserving the rest.

If you happen to have a ham bone on hand, it goes in now. This recipe does not require a ham bone. Most of the time that I make these, I substitute cooked, crumbled bacon but when I bake a ham for the holidays I use it as an excuse to make a batch of baked beans the following day.

Cook, covered, in a 300 degree oven about 4-1/2 hours. They are ready when the beans are very tender and the sauce has thickened to your liking. You should check them periodically while they cook and add additional cooking liquid if necessary to be sure they have a nice, saucy consistency.

Trust me, anyone who has been in or near your house while these are cooking will be waiting anxiously to eat them. Beans from scratch cooking in the oven make your house smell incredible.

### **Alternatively, you can do these in a crockpot!**

Follow the recipe as directed but instead of a Dutch oven, combine the ingredients in the insert of a large (6 quart) slow cooker. Cook them on LOW for about 8 hours or as long as needed for the beans to get nice and tender.

Whichever method you follow, be sure to check the beans periodically and add additional liquid as needed.

## Beet & Goat Cheese Salad

### **Ingredients:**

6 Cups greens (your choice: arugula, lettuce, kale, Swiss chard, etc.)  
4 medium beets, cooked and peeled  
1 6-oz log goat cheese (chevre, plain or herbed)  
1/2 cup pecan or walnut halves (toasted)

### **Dressing:**

2 TBS Extra Virgin Olive Oil  
2 TBS Red Wine Vinegar  
1 tsp Balsamic Vinegar  
1/2 tsp Garlic powder  
1/2 tsp Chopped onion (dry) or 1 TBS fresh  
Salt & Pepper to taste  
Herbs to taste (chives, thyme, etc.)

### **Directions:**

Place a base of greens on each plate (use more or less, depending on the size of the salad.)

Add two cheese rounds (or a few chunks) to each plate.

Slice or wedge the beets, add four rounds or several chunks, arranged around the cheese.

Top with the nuts.

Combine all dressing ingredients in a bottle. Shake well and top each plate. Enjoy!

## Hasselback Bacon & Sage Butternut Squash

### Ingredients:

1 large Butternut squash  
1 TBS extra-virgin olive oil  
1/4 cup (4 TBS) unsalted butter, melted  
2 TBS maple syrup  
2 TBS lemon juice  
7 slices of bacon, halved crosswise  
10 Fresh sage leaves  
Kosher Salt  
Freshly ground black pepper

### Directions:

Preheat oven to 425°.

Peel squash and cut in half lengthwise. Scoop out the seeds with a spoon and discard (or save for roasting).

Brush all over with oil and place cut side down on a baking sheet.

Roast until just barely tender, about 20 minutes, let cool slightly.

In a small bowl, whisk together the butter, maple syrup, and lemon juice.

Make thin cuts in partially roasted squash, going as deep as possible without cutting all the way through.

Arrange sage leaves and bacon randomly in the cuts.

Roast 15 minutes. Remove squash from oven.

Drizzle with butter/syrup mixture and season with salt and pepper.

Roast until tender, about 35 minutes more.

Serve while hot, or refrigerate and reheat later.

## Easy Tater Cakes (aka Potato Pancakes)

### Ingredients:

4 large potatoes  
1 small yellow or white onion  
1 egg, beaten  
1 tsp salt  
2-4 TBS all-purpose flour  
Ground black pepper to taste  
Vegetable oil for frying

### Directions:

Grate potatoes with onion into a large bowl. Drain off any excess liquid.

(Alternatively, you can use leftover mashed potatoes. Mix in the grated or minced onion and continue with the recipe.)

Mix in egg, salt, and black pepper. Add enough flour to make mixture thick, about 2 to 4 TBS all together.

Turn oven to low, about 200 degrees F (this is to keep the batches warm while you finish frying!)

Heat 1/4 inch oil in the bottom of a heavy skillet over medium high heat. Drop two or three 1/4 cup mounds into hot oil, and flatten to make 1/2 inch thick pancakes. Fry, turning once, until golden brown. Transfer to paper towel lined plates to drain, and keep warm in low oven until serving time.

Repeat until all potato mixture is used.

## Breakfast Frittata with Greens and Potatoes

*If you've never had a frittata before, it's basically a giant omelet that's started on the stove and finished in the oven.*

### Ingredients:

1 TBS Olive Oil  
2 Potatoes, thinly sliced  
1 cup chopped greens (spinach, kale, etc.)  
1 tsp paprika

### Frittata "batter":

8 eggs  
Splash (up to 1/4 cup) of heavy cream  
3/4 cup grated Cheese  
1/4 cup chopped green onions or scallions  
1 tsp salt

### Directions:

Preheat oven to 375.

Heat a large oven-proof skillet over medium heat with olive oil, then layer thinly sliced potatoes (about 2, peeled or unpeeled as you wish ) in the pan, and sprinkle with salt. Cover, and cook for about 10 minutes. Add the greens, cover, and cook until potatoes and greens are tender (add a little water if you need, to help it cook).

While the potatoes cook, combine the frittata "batter" Ingredients and whisk together until the egg is well blended.

When the potatoes and greens are tender, sprinkle with paprika, then pour the batter on top.

The egg will start cooking on the bottom and sides, so quickly but carefully transfer the skillet to the oven.

Continue cooking for another 15-18 minutes in the oven, until the egg is completely cooked through.

Cut the frittata into slices for serving. Serve with fresh fruit or a green salad.

## Roasted Red Pepper Relish

### Ingredients:

4 large red peppers, whole  
3 TBS olive oil  
1 large red onion, peeled and thinly sliced  
3 cloves of fresh garlic, chopped  
3 TBS balsamic vinegar  
2 TBS brown sugar  
1 tsp Smoked Sweet Paprika  
1 tsp fresh Ground Black Pepper  
Just a pinch of Sea Salt

### Directions:

Roast red peppers and remove skin, (see directions on previous page,) then cut into strips.

In a medium skillet or saute pan, heat olive oil to medium high heat and add onions, cooking until soft and translucent.

Add garlic and continue to cook for another minute or two until garlic starts to become fragrant (watch garlic closely so that it does not burn).

Add the peppers and continue to cook for another 2-3 minutes.

Add about 3 TBS of water to the peppers and then add balsamic vinegar, sugar, Smoked Sweet Paprika, Ground Black Pepper and Salt to the roasted pepper mixture.

Heat to a boil, reduce heat and simmer 15-20 minutes.

Serve warm or allow to cool and refrigerate for up to one week.

## Simple Method for Roasting Red Peppers

*Most recipes will tell you to roast the peppers whole and then peel and seed afterwards. I like to take what I consider an easier route.*

Wash the peppers, cut them in half length-wise and remove the stem and seeds. Trim any excess that clings to the insides and place them cut-side-up on a cookie sheet that has been greased with spray or olive oil.

Place them in the oven under the broiler and broil on high for about 10 minutes, or until the cut edges start to turn brown.

Turn them over and place them back under the broiler to roast for about 5 more minutes or until the tops start to blacken.

Turn them off and cover loosely with foil and let the skins loosen, about 5-10 minutes.

Take off the foil and gently peel off the skin and place the peppers in a container in a stack layered with olive oil spray.

Cover tightly and refrigerate.

They will keep this way for up to 5 days. You can use them on sandwiches, with crackers and other veggies or meats, or make them into relish.

## Tuscan Potato Soup (a la Olive Garden)

### Ingredients:

4-5 potatoes, scrubbed and sliced thin (skins on or off, your preference)  
1 sweet onion, peeled, cored and chopped coarse  
2-3 cloves garlic, peeled, cored and chopped finely  
2 tsp dried Italian seasoning (I like Penzey's Tuscan Sunset blend)  
3-4 cups baby kale (large center vein removed), chopped coarse  
3/4 lb sweet Italian pork sausage, casings removed and pinch separated  
1 quart chicken stock (low-sodium is ok if desired)  
water to cover potatoes  
2 tsp olive oil, or olive oil spray

### Directions:

Slice and rinse potatoes; cover with water and bring to a low boil. Reduce heat to simmer and cook for 20 minutes.

Meanwhile chop onion and saute briefly in olive oil (or olive oil sprayed) large skillet.

Add garlic and saute again (do not let mixture brown). Add Italian seasoning and stir to combine.

Add sausage in parts, separating with a fork, and let brown slightly.

Add chopped kale and stir to combine. Cover and let kale steam on low heat until kale is bright green and reduced.

Add chicken broth and bring to a low boil, reduce to simmer.

Add potatoes, water and all, to the sausage/kale/broth mixture. Bring back to simmer.

Let simmer for 10-15 minutes.

Serve hot with grated cheese and freshly ground pepper.

## Colcannon Style Potato Pancakes

*Colcannon is a traditional Irish & Scottish dish of mashed potatoes with kale or cabbage, boiled then pounded or mashed.*

### Ingredients:

3-4 large potatoes, scrubbed & peeled or unpeeled, as you desire  
4 cups chopped cabbage or kale  
1/3 cup chopped green onions, green parts included  
1/2 lb bacon, fried crisp (save drippings)  
4 TBS unsalted butter (separated)  
1/3 cup cream or half-n-half  
1/2 tsp sea salt

### Directions:

Cube potatoes, cover with cold water & bring to a boil, simmer for 25 minutes or until just tender, but NOT falling apart.

While potatoes are cooking, cook bacon until crisp, saving drippings in pan.

Drain bacon on paper towel and set aside.

Add 2 TBS of butter in with bacon drippings and saute cabbage or kale about 10 minutes.

When the cabbage/kale has wilted, add chopped green onions and continue to saute until tender.

Crumble the bacon into the pan and set aside.

When potatoes are cooked, drain off cooking liquid, add remaining butter, cream and salt and mash (can use a hand masher or a potato ricer) until smooth.

Place the mashed potatoes in a large bowl and add the cabbage/green onion mixture. Stir until the two are completely combined. Place mixture in the refrigerator to firm up (minimum of 2 hours, better if overnight).

Heat a heavy skillet over medium-high. Add 2 TBS butter or oil.

Butter your hands and make a ball (about 3 large spoon-fulls) of the mixture, flattening the balls into pancakes once they are formed.

Carefully place in the heated skillet.

Fry until warmed through and browned on each side, turning once. If your skillet is small, you may have to fry in batches and add additional oil or butter if needed.

Serve warm with a little sour cream. Great with pork chops or sausages.

## Sweet Potato or Butternut Squash Fries

### Ingredients:

Sweet potatoes or butternut squash – Sliced into fries. (Can be done up to 3 days ahead and stored in the fridge)  
2 TBS olive oil per 1 lb sweet potatoes or butternut squash

### Directions:

Preheat oven to 500 degrees.

Place sweet potato or butternut squash fries in a single layer on a sheet pan lined with parchment and then cover tightly with foil. (Do not crowd them - make sure there is a little space between them.) Bake for 10 minutes on top rack.

After sweet potatoes or butternut squash have steamed for 10 minutes, take them out, remove the foil, and toss with olive oil and a generous sprinkle of salt. Rearrange into single layer in the pan.

Roast for another 10 to 15 minutes uncovered, giving them a shake or stir midway through. They are done when they can be pierced/cut easily with a knife and they are starting to brown.

When done give them another sprinkle of salt if desired and then enjoy!



## Pumpkin Pie

### Ingredients:

1 8" pie shell  
1 3/4 cups pumpkin puree  
1 large egg  
3 large eggs yolks  
1/2 cup granulated sugar  
1/2 cup light brown sugar  
2 TBS all-purpose flour  
1/2 tsp salt  
1 tsp ground cinnamon  
1 tsp ground ginger  
1/2 tsp ground nutmeg  
1/8 tsp ground cloves  
1-1/4 cups evaporated milk or half'n'half

### Directions:

Preheat oven to 350 F.

Make a single crust for an 8" pie or buy a prepared shell.

Make the filling by whisking together all of the other Ingredients in a large bowl.

Pour the filling into the prepared crust.

Bake at 350 F for 50-60 minutes, until the filling is set. (The filling will puff up, the center will be firm to the touch and a toothpick will come out clean.)

Keep a close eye on the pie as it bakes; if the crust looks like it's browning too quickly, tent the edges with foil strips.

Cool the pie on a rack to room temperature.

Slice and serve immediately or refrigerate until ready to serve.

## Make-Ahead 6-Layer Easter Salad

### Ingredients:

1-1/2 cups uncooked small pasta shells  
1 TBS vegetable oil  
3 cups shredded lettuce and/or spinach  
3 large hard-boiled large eggs, sliced  
1/4 tsp salt  
1/8 tsp pepper  
2 cups shredded cooked chicken breast  
1 package (10 ounces) frozen peas, thawed -or fresh if you have any yet

### Dressing:

1 cup mayonnaise  
1/4 cup sour cream  
1 large or 2 small green onions, chopped  
2 tsp Dijon mustard

### Toppings:

1 cup shredded Colby or Monterey Jack cheese  
2 TBS minced fresh garlic greens or scapes

### Directions:

Cook pasta according to package Directions; drain and rinse with cold water. Drizzle with oil and toss to coat.

Place the lettuce in a 2-1/2-qt. glass serving bowl; top with pasta and eggs. Sprinkle with salt and pepper. Layer with chicken and peas. In a small bowl, mix dressing Ingredients until blended; spread over top. Refrigerate, covered, for several hours or overnight.

Just before serving, sprinkle with cheese and garlic greens.

## Oven Roasted Asparagus

### Ingredients:

1 bunch asparagus (about 1 lb) - thicker, larger stalks work best  
Extra virgin olive oil (about 1 TBS for each pound of asparagus)  
Salt  
Black pepper

### Directions:

Heat oven to 450 degrees.

Wash asparagus and pat dry. Trim off the tough, thick end part of each stalk.

Line a baking sheet with aluminum foil or parchment paper for easier cleanup, if desired. Spread asparagus out on foil/parchment or ungreased baking sheet.

Drizzle extra virgin olive oil evenly over the top of the asparagus.

Use your fingers to gently rub each stalk to coat evenly with the olive oil.

Sprinkle the asparagus generously with salt and pepper. Place in the oven.

Roast the asparagus for 12-15 minutes. You will know they're done when the asparagus turns bright green, the stems are tender, and the tips of the asparagus begin to get crisp. Small or very thin stalks may take less than 12 minutes to roast.

Serve hot.

Drizzle with lemon juice and sprinkle with Parmesan cheese for a flavor twist!

## Stuffed Peppers

### Peppers:

*I used 5 Poblanos, but you can use any pepper variety - 4 large bells, either red or green, or some combination of banana peppers or Italian Roasting peppers, either hot or sweet, will work also.*

Heat oven to 375 F.

Wash peppers, split in half and remove stems and seeds.

### Stuffing:

1 lb ground beef or pork (optional, for vegetarian peppers just add more of the other Ingredients)  
1/3 cup finely chopped onion  
1/2 cup cooked rice or quinoa (optional)  
1/2 cup chopped tomatoes  
1/2 cup fresh corn kernels  
1/2 cup black beans or other horticulture beans (cooked)  
1 cup grated cheddar cheese or other hard cheese, separated  
salt and/or pepper to taste  
1 cup tomato sauce or mild or hot salsa (you decide how spicy you want these to be)

### Directions:

Combine meat (if using), onion, rice or quinoa (if using), tomatoes, corn, beans and half the cheese. Mix well.

Use to stuff the pepper halves. Place on a greased baking sheet

Top with sauce or salsa, then sprinkle the rest of the cheese over the tops.

When oven is preheated, reduce heat to 350 F and place sheet in the center of the oven.

Roast for 35 to 45 minutes or until peppers wilt and the filling bubbles.

## Easy Pumpkin Muffins

### Ingredients:

1 3/4 cups prepared pumpkin  
1 box spice cake mix (you can use a yellow cake mix + 1 TBS pie spice)  
1 cup chopped walnuts (optional)  
1 cup dried raisins or cranberries (optional)  
1/2 cup cinnamon red hots (optional)

### Directions:

Combine prepared pumpkin and cake mix. Add pie spice if you are using a yellow cake mix

Mix thoroughly with a wooden spoon.

Stir in any or all (or none) of the add-ins

Spoon into 18 prepared muffin cups (either paper liners or spray with cooking spray)

Bake at 350 F for 20-25 minutes or until browned on top and toothpick comes out clean

Let cool in pans for 5 minutes

Turn out and serve warm with butter, or cool and store for later.

## “Kitchen Sink” Hash Brown Potatoes

*Good for breakfast or as a side dish for any meal*

Start with 4-6 baking potatoes, cleaned, peeled (if desired), and cubed. (figure on 1 potato per person served)

Wash and chop additional veggies of your choice. Good choices are:

Spinach  
Swiss chard  
Green garlic  
Green onions  
Chives  
Asparagus (sliced diagonally into 1/2 inch pieces)  
Any other vegetable in season that day (I am partial to red or green peppers)

Spray a large skillet with oil spray, add cubed potatoes and spray tops or add a little oil or butter to saute. Cover and saute for 3-5 minutes.

Uncover and add in order, if using: asparagus, Swiss Chard, spinach, green garlic. Continue to saute til potatoes and veggies are tender.

Stir in a little butter to allow potatoes to brown. Add green onions and chives, salt and pepper to taste, and stir.

*Note: Some people might like to add sausage or bacon. If adding sausage, add at the beginning and let it cook thoroughly. If adding bacon, fry to desired crispness at the beginning, take out and drain, then crumple and add back in at the end.*

## Grilled Pork Chops with Oyster Mushrooms

### Ingredients:

2-4 thick-cut pork chops  
1 tsp thyme  
2 TBS parsley  
1 tsp basil  
2 garlic cloves, minced, for the meat  
1 garlic clove, minced, for the mushrooms  
4 TBS olive oil  
4- 5 oyster mushrooms  
1 green onion, chopped in 1-inch pieces (optional)  
Salt and pepper

### Directions:

In a mixing bowl combine olive oil, thyme, basil, parsley, garlic, salt and pepper. Mix until well combined. Add in pork chops and mix. Let marinate for at least 30 minutes.

In a separate mixing bowl, combine mushrooms, garlic, olive oil, onion (if using) salt and pepper. Mix until nicely combined.

After marinating, grill the pork on a hot grilling pan for about 5 – 10 minutes on each side. Be careful not to burn the pork. Set aside on a platter.

Grill the mushrooms and green onions (if using) for about 2 minutes on each side. Put back into a bowl. Add parsley, thyme and stir until well mixed.

Serve the grilled pork on a platter with grilled mushrooms on the side, or over the meat if you desire.

Garnish with remaining herbs and marinating sauce.

## How to Prepare Pumpkin for Pies

*Choose a firm, small pie pumpkin, not more than 3-4 pounds. Check with the farmer to be sure it's a pie pumpkin, and not an ornamental one. Though all pumpkins are edible, the larger, jack-o-lantern types tend to be fibrous and lacking the sweet, pumpkin-y flavor you need for a nice pie.*

### Ingredients:

1 small pie pumpkin

### Directions :

Rinse pumpkin under warm water, removing dirt.

Cut pumpkin in half on a large cutting board with a sharp knife.

Scoop out seeds with a metal spoon, I use an old measuring spoon that has a nice edge.

Lay pumpkin face side down in a large baking dish.

Cover bottom of pan with ¼ inch water.

Bake at 350°F for 45-60 minutes (depending on size) or until tender (add more water if it evaporates).

Remove from oven and scoop out insides, discarding skin.

If not using immediately, store pulp in refrigerator in a glass mason jar.

Keeps for 5 days in refrigerator. Or, place in freezer-safe containers and freeze up to 3 months. (Pro tip: freeze the exact number of cups for your pie recipe, so it's ready to go at Thanksgiving!)

For extra smooth pie, process in a food processor. Otherwise, mash with a fork or potato masher, or press through a ricer.

## Roasted Vegetable Platter

### Ingredients:

2 medium potatoes, scrubbed, skin-on and cut in chunks (can use sweet potatoes or a combination)  
3-4 carrots, scrubbed and cut in 2" pieces  
2 medium sweet onions, quartered  
1 red onion, quartered  
2-3 red bell peppers, stemmed, seeded, and cut in 2" pieces  
2 beets, scrubbed and quartered (optional)  
1 medium acorn or butternut squash, peeled, seeded and cut into 2" chunks  
5-6 Baby Bella mushrooms, quartered (optional)  
2 medium Roma tomatoes, quartered (hold)  
1/4 cup extra virgin olive oil  
2 TBS fresh thyme  
2 fresh garlic cloves, peeled and smashed  
salt and pepper to taste

### Directions:

Assemble all the vegetables except tomatoes in a large bowl.

Toss with olive oil and seasonings.

Spread loosely on a large baking sheet that has been sprayed with olive oil or other vegetable oil.

Roast at 400 F for 20 minutes, stirring every 5 or 10 minutes to keep them separated.

Add tomatoes and stir to combine.

Roast another 15 minutes or until all vegetables can be easily pierced with a fork, again stirring a couple of times to keep the pieces separated so they roast evenly.

Remove from oven, toss with a little more olive oil, and arrange on a serving platter to show off all the colors.

Serve warm.

## Cucumbers in Sour Cream

*Creamy cucumber salad is the perfect refreshing summer salad, and, fortunately, it is extremely easy to make:*

### Ingredients:

1/2 cup Sour cream  
2 TBS Fresh dill (chopped)  
1 TBS Olive oil  
1 TBS Lemon juice  
1/2 tsp Garlic powder  
1/2 tsp Sea salt  
1/4 tsp Black pepper  
6 cups Cucumber (sliced or chopped, your taste)  
1 small Red onion (thinly sliced)

### Directions:

In a large bowl, whisk together the sour cream, dill, olive oil, lemon juice, and garlic powder.

Season with sea salt and black pepper to taste.

Slice the cucumbers and onions very thinly and stir them into the sour cream dressing, making sure to coat well.

Serve chilled



## Roasted Beet and Goat Cheese Salad

### Ingredients:

6 medium beets, scrubbed  
6 cups arugula  
1 avocado, sliced  
4 oz goat cheese, crumbled  
1/2 cup chopped toasted walnuts

### Dressing:

1/2 cup extra-virgin olive oil  
1/4 cup balsamic vinegar  
1 TBS maple syrup  
2 tsp Dijon mustard  
Kosher salt  
Freshly ground black pepper

### Directions:

Preheat oven to 400°. Wrap each beet in foil and place on a baking sheet. Roast until tender (you can insert a fork or knife through the foil to test), about 1 hour. Let sit until cool enough to handle, then peel and cut into wedges.

You can toast the walnuts at this time. Place the nuts in a dry skillet and heat over low heat, stirring constantly until they smell toasty. Do not let them burn.

Meanwhile, make vinaigrette: In a jar, shake together olive oil, vinegar, maple syrup, and Dijon until fully combined. Season with salt and pepper.

Place arugula in a large serving bowl and lightly dress with vinaigrette. Top with beets, avocado slices, goat cheese crumbles, and walnuts. Toss gently and add more vinaigrette as needed.

## Butternut Squash Soup

### Ingredients:

1 large butternut squash, peeled and cubed (seeds removed)  
2 potatoes, peeled and chopped  
3 TBS extra-virgin olive oil  
Kosher salt  
Freshly ground black pepper  
1 TBS butter  
1 onion, chopped  
1 stalk celery, thinly sliced  
1 large carrot, chopped  
1 TBS fresh thyme, plus more for garnish  
1 quart (32 oz) low-sodium chicken broth

### Directions:

Preheat oven to 400°.

On a large baking sheet, toss butternut squash and potatoes with 2 TBS olive oil and season generously with salt and pepper.

Roast until tender, about 25 minutes.

Meanwhile, in a large pot over medium heat, melt butter and remaining TBS olive oil.

Add onion, celery, and carrot and cook until softened, 7 to 10 minutes.

Season generously with salt, pepper, and thyme.

Add roasted squash and potatoes. Pour chicken broth over the mix and stir. Simmer 10 minutes.

Using an immersion blender, blend soup until creamy. (Alternately, carefully transfer batches of the hot soup to a blender.)

Serve garnished with thyme.

## Eggplant Caponata

### Ingredients:

5 TBS olive oil  
1 (about 1 1/2-pound) eggplant, unpeeled, cut into 1/2-inch cubes  
1 medium onion, cubed  
4 large garlic cloves, chopped  
1 14 1/2-ounce can diced tomatoes with Italian seasonings in juice, or 2-3 medium chopped tomatoes plus 1 TBS Italian seasoning  
3 TBS red wine vinegar  
2 TBS drained capers  
1/3 cup chopped fresh basil  
Toasted pine nuts (optional)

### Directions:

Heat oil in heavy large pot over medium heat.

Add eggplant, onion, and garlic cloves. sauté until eggplant is soft and brown, about 15 minutes.

Add diced tomatoes with juice, then red wine vinegar and drained capers.

Cover and simmer until eggplant and onion are very tender, stirring occasionally, about 12 minutes.

Season caponata to taste with salt and pepper. Mix in fresh basil.

Transfer caponata to serving bowl. Sprinkle with toasted pine nuts, if using.

Serve warm, at room temperature, or cold.

(Caponata can be made up to 2 days ahead. Cover and chill.)

## Garlic Scape Saute over Pork Chops

### Ingredients:

24 garlic scapes, chopped  
2 TBS olive oil  
1 TBS butter  
4-6 lean pork chops, about 3/4 inch thick

### Directions:

Chop garlic scapes, keeping thicker bulb ends separate from green parts.

Place olive oil in saute pan, add butter and scape bulb ends and cover briefly to bring out the moisture. Uncover pan and let bulb ends sizzle, but not brown.

Add green parts, stir and saute until wilted. Remove scape mixture and set aside.

Add chops to pan and brown both sides.

Add scape mixture back in and stir.

Cover briefly to finish cooking pork (USDA recommends pork be cooked to 145 degrees internal temperature, with a 3 minute resting time after removal from the pan)

Serve each chop with a generous helping of scapes.

*Note: If you would like more greens: Add 1-2 cups of chopped kale or Swiss Chard when you add the green parts of the scapes. Just saute a little longer, until the kale/Swiss Shard becomes tender.*

## Garlic Parmesan Zucchini Noodle Pasta

### Ingredients:

4 medium zucchini (about 2 pounds)  
3 TBS extra virgin olive oil  
1 TBS minced garlic (3 to 4 cloves)  
1/4 to 1/2 tsp crushed red pepper flakes, depends on how spicy you like the pasta  
2 medium tomatoes, chopped (about 12 ounces)  
1/2 cup shredded Parmesan cheese, plus more for serving  
1 cup basil leaves, torn into pieces  
1 tsp cornstarch  
2 tsp cold water  
Salt, to taste

### Directions:

Trim and spiralize the zucchini. (see Directions below). Cut extra long noodles so that they are about the length of spaghetti.

Add olive oil, garlic, and the red pepper flakes to a large, deep skillet. Turn to medium heat. When the oil begins to bubble around the garlic, add the zucchini noodles. Toss the noodles with pasta tongs and cook until al dente — they should be wilted, but still have a crunch; 5 to 7 minutes. Do not let the noodles cook any longer or else they will become mushy. As they cook, keep tossing so that all the zucchini noodles have a chance to hit the bottom of the skillet.

Stir in the tomatoes, basil, and Parmesan cheese. Cook for one minute. Use pasta tongs to transfer the noodles, tomatoes, and basil to a serving dish. Leave the liquid in the skillet.

### To Finish:

Bring the liquid left in the skillet to a simmer.

Combine cornstarch and cold water in a small bowl then whisk into the simmering liquid. Cook, while whisking until the liquid thickens to a sauce; about 1 minute.

Taste the sauce and season with salt. Pour the sauce over the zucchini, tomatoes, and basil. Finish with more Parmesan cheese on top and serve immediately.

### How to make Zucchini Noodles without a Spiralizer:

The spiralizer is not the only way to make noodles. You can use a julienne vegetable peeler or a mandolin slicer. You can also use a standard vegetable peeler to make wide noodles or ribbons.

### Tips for cooking zucchini noodles:

Don't peel the zucchini. Peeled zucchini noodles are mushy and have little crunch. Plus, it adds a step and we're looking for dinner on the table fast.

Don't salt the zucchini ahead of time or while it cooks in the pan. Salt draws out water from the zucchini. This will make it less crunchy when it's cooked. Since salt makes things taste good, we prefer to salt the sauce and not the zucchini.

Don't overcook. The noodles should be cooked to al dente (just like pasta). This means they will look wilted, but still have a crunch.

## Five Ways to Serve or Preserve Corn

### For each recipe below:

4 ears of corn, shucked  
4 TBS butter, melted (optional)  
Kosher salt (to taste)  
Freshly ground black pepper (to taste)

### Boiled:

Bring 3 quarts of water to a full boil. Drop in shucked corn.  
Time for 3-4 minutes (just-picked corn will cook more quickly.)  
Take out corn, butter (if using), salt/pepper (if using) and Enjoy!

### Grilled in the Husk:

Heat grill to medium. Pull down the outer husks and strip out silks.  
Fold husks back in place and place ears in a large bowl of cold water with 1 TBS salt to soak for 10 min.

Remove corn from water and shake off excess.

Place corn on the grill, close the cover, and grill for 15 -20 minutes, turning every 5 minutes

Remove the husks and eat from the cob with butter and salt/pepper as desired

### Baked or Microwaved:

Wrap shucked corn in plastic wrap, or alternatively, pull back husks and remove silks, pull husks back over cob.

Microwave on high for 3-4 minutes. Remove corn from microwave and carefully pull off plastic or pull back husks.

Butter and/or salt corn (as you desire), Enjoy! (Careful! Microwaved corn can be very hot!)

### Skillet Fried:

Melt 2 TBS butter in a saute skillet.

Cut corn off the cobs and add to the skillet. Saute for 6-7 minutes.

(Optional) Sprinkle 1/2 tsp superfine sugar over the top and stir. (this brings out the sweetness of the corn.)

Serve with salt and/or pepper as desired.

### Cut from the Cob and Frozen:

Drop shucked ears in boiling water for 2-3 minutes.

Remove corn from pot and place in cold water for a few minutes til cool enough to handle.

Cut kernels off the cobs, spoon into freezer bags.

Remove as much air from the bag as possible using a straw.

Seal and freeze.

Frozen corn, well sealed, is good for up to 12 months (maybe longer.)

## How to Roast Tomatoes

*You can use almost any type/variety of tomato in roasting (beefsteaks don't roast well); but plums or Romas are often called for in a particular recipe. They all taste great roasted; it seems to intensify the tomato flavor. Quick roasted tomatoes in the oven create a savory sweetness that's delicious made into a simple roasted tomato sauce on pasta, made into soup, or served as appetizers, no matter what time of year.*

### Directions:

Preheat the oven to 450 degrees F

Remove tomato cores and halve Roma/plum/cherry tomatoes lengthwise or slice round tomatoes 1/2 inch thick. (You can remove seeds if you want, but it's not necessary)

Arrange the tomatoes on a sheet pan, cut sides up, in a single layer. Drizzle with olive or avocado oil.

Optional: Sprinkle salt, pepper and a little sugar over the tomatoes (or even minced garlic or garlic powder if you desire)

Roast for 25 to 30 minutes, until the tomatoes are concentrated and beginning to caramelize.

### Tips:

Use a baking sheet with a lip, or a baking dish. This will contain the liquid released from the tomatoes as they cook.

Don't be alarmed if they don't let off much liquid. Depending on the variety and ripeness will determine how much liquid they will yield as they cook.

Line your baking sheet with aluminum foil or parchment. This step makes clean-up a cinch.

Drizzle the tomatoes with olive oil or avocado oil so they won't stick to the foil, and sprinkle them with salt and pepper to season as they cook.

## Red-Skin Potato Salad

### Ingredients:

3 pounds medium red-skinned potatoes, unpeeled, scrubbed  
8 dill pickle spears or a handful of cornichon, coarsely chopped (about 1 1/2 cups)  
3 celery stalks, chopped (about 1 cup)  
1 small red onion, chopped (about 1 cup)  
3 hard-boiled eggs, peeled, chopped  
2/3 cup mayonnaise  
2 TBS Dijon mustard  
2 TBS apple cider vinegar  
2 TBS minced fresh dill  
Salt and pepper to taste

### Directions:

A few hours before serving or, even better, the day before: Place potatoes in medium-sized pot and cover with a few inches of salted water. Bring to a boil and cook until fork-tender, about 30 minutes. Drain and cool completely.

(Placing the cooked potatoes in the fridge overnight makes the potatoes easier to slice cleanly the next day.)

### To assemble and serve:

Cut cooled potatoes into chunks and transfer to large bowl.

Add pickles, celery, onion, and eggs.

Combine mayonnaise, mustard, vinegar, and dill in a jar.

Keep dressing and vegetables separate until just before serving.

Stir about half of dressing into salad, tossing to combine evenly. Add more dressing to taste, and season well with salt and pepper.

Potato salad keeps for up to 4 days in fridge. Leftover dressing should keep for a couple weeks in the fridge.

## Mexican Street Corn Nachos

### Ingredients:

2 TBS extra-virgin olive oil  
3 cups corn, cut from the cob  
Kosher salt  
Freshly ground black pepper  
1 jalapeño, seeded and minced  
2 TBS lime juice, divided, plus wedges for serving  
1/4 cup sour cream  
2 TBS mayonnaise  
1 (9-oz.) package corn tortilla chips  
2 1/2 cups shredded Firefly Farms Cabrita (or Monterey Jack)  
2 TBS crumbled cotija (Mexican cheese)  
2 TBS freshly chopped cilantro

### Directions:

Preheat oven to 375°

In a large ovenproof skillet over high heat, heat oil. Add corn and season with salt and pepper. Cook, tossing until just cooked through, about 2 minutes. Transfer corn to a large bowl and wipe the skillet.

Stir jalapeño and 1 TBS lime juice into the corn.

In a small bowl, stir together sour cream, mayonnaise, and remaining TBS lime juice. Season with salt.

Layer tortilla chips and shredded cheese in skillet. Bake until cheese is melty, about 5 minutes.

Top broiled tortilla chips with corn mixture.

Garnish with mayonnaise mixture, cotija, and cilantro.

Serve with salsa if desired

## Fresh Cantaloupe Sorbet

### Ingredients:

4 1/2 cups fresh cantaloupe (1 medium cantaloupe), cubed  
1 TBS freshly squeezed lemon juice  
2 TBS raw honey  
2 TBS water plus more as needed

### Directions:

Line a baking sheet with parchment paper and set aside.

Place the cubed cantaloupe onto the baking sheet, leaving space in between the cubes to allow for even freezing and not touching so they don't create a giant glob of frozen cantaloupe.

Place the tray into the freezer and freeze the cantaloupe overnight, or until completely frozen - at least 4-6 hours.

Place the frozen cantaloupe into the bowl of a food processor and pulse until the cantaloupe becomes crumbly.

Add the lemon juice, honey, and water at this time and then pulse again. (You may need to add more water until the mixture becomes more fluid, but not slushy.) You're looking for a soft sorbet texture at this point.

Taste and add any additional honey as needed at this time if it needs to be a little sweeter.

If the mixture becomes too slushy and does not resemble sorbet, you can return to the freezer for 30 min. to an hour to allow it to re-solidify.

Serve immediately, or store in the freezer in an airtight container for up to 2 weeks.



## Grilled Eggplant with Feta, Oregano & Parsley

### Ingredients:

1/2 cup extra-virgin olive oil  
1 tsp dried oregano  
1/4 tsp crushed red pepper flakes  
Kosher salt  
Freshly ground black pepper  
2 large eggplants, sliced into 1/4" rounds  
1/4 cup (or more) crumbled feta  
2 TBS freshly chopped parsley  
Juice of 1/2 lemon

### Directions:

Slice eggplants into 1/4" rounds, leaving skin on.

Heat grill or grill pan over medium-high heat.

In a small bowl, combine oil, oregano, and red pepper flakes.

Brush all over eggplant slices and season with salt and pepper.

Grill eggplant slices until tender and slightly charred, about 3 minutes per side.

Top grilled eggplant with feta and parsley, then squeeze lemon juice over.

Serve warm or at room temperature as part of an antipasti spread

## Peach "Melba" Cobbler

### Ingredients:

2/3 cup sugar  
1 TBS cornstarch  
1/4 cup water  
2 cups peeled & sliced fresh peaches  
1 1/4 cups all-purpose flour  
2 tsp baking powder  
1/4 tsp salt  
1/4 cup sugar  
3 TBS butter or margarine, melted  
1/4 cup half-and-half  
2 cups fresh raspberries  
2 TBS sugar  
2 TBS sliced almonds

### Directions:

Heat oven to 350°.

Mix 2/3 cup sugar, the cornstarch and water in 10-inch ovenproof skillet. Stir in peaches until coated. Heat over medium heat 5 to 10 minutes, stirring occasionally, until syrup thickens and peaches are tender.

Meanwhile, mix flour, baking powder, salt and 1/4 cup sugar in medium bowl. Drizzle butter and half-and-half over flour mixture; stir just until combined. Place dough on floured surface. Press or roll into 10-inch round, about 1/8 inch thick (sprinkle flour over dough if necessary).

Gently fold raspberries into peaches. Heat to boiling over high heat; remove from heat.

Fold dough in half to make handling easier; place over fruit mixture and unfold, easing to fit (there may be some gaps around edge).

Sprinkle top with 2 TBS sugar and the almonds.

Bake 20 to 25 minutes or until top is light golden brown. Cool 15 minutes.

Serve warm with ice cream, if desired.

## Giambotta (Italian Vegetable Stew)

### Ingredients:

4 TBS olive oil  
2 large onions, coarsely chopped  
4 oz pepperoni (optional), cut into chunks  
4 cloves garlic, minced  
3 large carrots, cut into 1 inch pieces  
1/2 medium head cabbage, coarsely chopped  
kosher salt  
Pepper  
1 1/2 lb tomatoes (about 2 large or 3 medium), cut into large chunks  
2 medium zucchini, cut into 1 inch pieces  
1/2 lb green beans, broken into 2-3 inch pieces  
3 medium red potatoes

### Directions:

Heat 1 TBS oil in a large heavy pot over medium heat.

Add the onions, pepperoni (if using), and garlic and cook, stirring occasionally, until golden, 8 to 10 minutes. Transfer the onion mixture to a bowl.

Add the remaining 3 TBS oil to the pot and heat over medium-low heat.

Add the carrots, cabbage, 3/4 tsp salt, and 1/2 tsp pepper, and toss to combine.

Top with the tomatoes, then the zucchini and beans. Scatter the onion mixture over the top. Partially cover and cook until the vegetables are tender, 45 to 55 minutes.

Meanwhile, place the potatoes in a medium pot, add enough cold water to cover, and bring to a boil. Add 2 tsp salt, reduce heat, and simmer until just tender, 18 to 20 minutes. Drain and when cool enough to handle, cut the potatoes into 1 1/2-inch pieces.

Fold the potatoes into the vegetable stew and cook until heated through, about 3 minutes.

Drizzle with additional oil and serve with crusty bread, if desired.

## Chocolate Zucchini Bread

### Ingredients:

4 cups grated zucchini (from about a pound and a half of zucchini)  
2 1/2 cups all purpose flour  
1/2 cup unsweetened cocoa (use natural unsweetened cocoa, NOT Dutch processed)  
2 tsp baking soda  
1/2 tsp salt  
1 tsp cinnamon  
1 1/2 cups granulated white sugar  
2 eggs  
3/4 cup unsalted butter (12 TBS or 1 1/2 sticks), melted  
1/2 tsp instant coffee granules  
1/2 tsp almond extract

### Directions:

Drain excess moisture from grated zucchini: Place the freshly grated zucchini in a sieve over a bowl to catch any excess moisture.

Preheat oven to 350°F, with a rack in the middle. Grease two 9x5-inch loaf pans with baking spray or butter.

Whisk together flour, cocoa, baking soda, salt, cinnamon.

In a separate bowl, beat sugar and eggs, add melted butter, instant coffee granules, and almond extract. Beat until smooth - either by hand or with an electric mixer.

Stir zucchini into sugar/egg mixture.

Add the flour to the zucchini mixture in 3 additions, stirring to combine after each addition.

Divide the batter between the two prepared loaf pans. (Work quickly because once the dry ingredients have mixed with the wet ingredients, the leavening has begun.)

Place pans into the oven. Bake for 50 minutes at 350°F, or until a skewer inserted into the center comes out clean and easily.

Remove to a rack. Let cool in the pan for 5 minutes, then run a blunt knife around the edges to separate the bread from the pan. Remove from the loaf pans and let cool completely on a rack.

Note that if you try to slice the chocolate zucchini bread before it has completely cooled, it will be rather crumbly.