



Mountain Fresh Farmers Market

Oakland, Maryland
Wednesdays & Saturdays
10:00 am to 1:00 pm
June - October

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2016 Mountain Fresh E-Newsletter Recipes



Apple Cider Braised Greens

1½ lb. mustard greens
1½ lb. collard greens
1½ lb. Swiss chard
2 tbsp. olive oil
3 large garlic cloves
1¼ c. apple cider
1 tbsp. cider vinegar
salt
2 red cooking apples such as Gala or Rome Beauty

Remove stems from mustard greens; discard stems. Trim stem ends from collard greens and Swiss chard; remove stems from leaves. Cut stems into 1-inch pieces; cut leaves into 2-inch pieces. Rinse leaves and stems; drain well.

In 8-quart saucepot, heat oil over high heat until hot. Add garlic and cook 30 seconds to 1 minute or until golden, stirring constantly. Add as many leaves and stems as possible, cider, vinegar, and 1½ teaspoons salt, stirring to wilt greens. Add remaining greens in batches.

Reduce heat to medium. Cover saucepot and cook greens 15 minutes. Stir in apples; cook, partially covered, 10 minutes longer or until stems are very tender and most of liquid evaporates, stirring occasionally. With slotted spoon, transfer to serving bowl.

Strawberry Rhubarb Crunch

1 cup white sugar
3 tablespoons all-purpose flour
3 cups sliced fresh strawberries
3 cups diced rhubarb
1 1/2 cups all-purpose flour
1 cup packed brown sugar
1 cup butter
1 cup rolled oats

Prep time 15 m Cook time 45 m

Preheat oven to 375 degrees F (190 degrees C).

In a large bowl, mix white sugar, 3 tablespoons flour, strawberries, and rhubarb. Place the mixture in a 9x13 inch baking dish.

Mix 1 1/2 cups flour, brown sugar, butter, and oats until crumbly. You may want to use a pastry blender for this. Crumble on top of the rhubarb and strawberry mixture.

Bake 45 minutes in the preheated oven, or until crisp and lightly browned.

Serve with a scoop of ice cream for a mouth-watering treat.

Garlic Scape Pesto

2 cups fresh basil leaves
3-5 garlic scapes, cut into 1 inch pieces (use the whole scape)
1/2 cup extra virgin Olive Oil
1/4 cup Pecorino Romano cheese, grated
1/4 cup walnuts or pine nuts (toasted gives a better taste)
dash of balsamic vinegar (optional)
1/4 tsp fresh ground black pepper
dash (or more to taste) red pepper

Place the basil in a food processor and pulse a couple of times to make room in the cup. Add the chopped garlic scapes, cheese and nuts and a couple of tablespoons of the olive oil. Pulse to combine. Scrape down sides and add black pepper.

Place lid back on the processor and run on grind while pouring the rest of the oil gradually through the top opening. A paste should form that flows smoothly in the cup; if it is too thick to flow smoothly, add more olive oil gradually until it does.

When finished, scrape it out of the processor bowl into a ceramic bowl or glass jar (it will discolor and leave a scent in plastic), add the vinegar and the red pepper (if you want it "bitey"), stir to combine, and cover it with a thin layer of Extra Virgin Olive Oil to store in the fridge. A tight lid on a glass jar will allow it to keep in the fridge for up to a week. If you store it in a bowl in the fridge, plan to use it quickly as it will scent your entire refrigerator.

Serving ideas: Scape pesto can be used like any regular pesto.

Sweet and Sour Cabbage

1/2 head of cabbage, washed and chopped
1/2 tsp salt
1/2 tsp celery seed
2 TBS sugar
3 TBS vinegar

In a large bowl, combine ingredients and mix well. Cover the bowl. Chill in the refrigerator for several hours prior to serving.

Yield: 8 1/2 cup servings

Alternate serving suggestion: Add shredded cabbage to salads or tacos instead of lettuce

Simple Peas and Onions

1 pound fresh shelled peas
1/2 onion, chopped fine
3 tablespoons butter
1/2 cup chicken stock (use gluten-free stock for gluten-free version, and vegetable stock or just plain water for vegetarian version)
Black pepper
Salt
Pinch of sugar (optional)

Heat 2 tablespoons of butter in a sauté pan over medium-high heat. When the butter foam recedes, add the chopped onions. Sauté the onions for a few minutes, until they just begin to brown.

Add the peas and the chicken stock and bring to a rolling boil. Taste for salt and add if needed (you might not need to add salt if your stock is already pretty salty.) If you want, add a pinch of sugar to highlight the sweetness of the already sweet peas.

Stir the peas and onions often – you want the stock to reduce by about half without overcooking the peas. When the stock has reduced, turn off the heat and add the remaining butter and some black pepper. Serve at once.

If you want, sprinkle on some sliced fresh mint.

Heirloom Tomato Pie

1 pre-cooked 9" pie crust shell
3/4 cups shredded manchego cheese
2 tablespoons extra-virgin olive oil
1 large onion, thinly sliced
2 1/4 pounds mixed heirloom tomatoes
Kosher salt
3/4 cup shredded mozzarella cheese
1/4 cup mayonnaise
3 tablespoons breadcrumbs
3 tablespoons chopped fresh chives
3 tablespoons chopped fresh parsley
1 teaspoon chopped fresh thyme
Freshly ground pepper

Heat 1 tablespoon olive oil in a large skillet over medium heat. Add the onion and cook, stirring, until golden, about 15 minutes. Let cool.

Thinly slice the tomatoes; toss with 1 teaspoon kosher salt in a colander. Let drain, gently tossing occasionally, about 30 minutes. Set the oven temperature to 375 degrees F.

Combine the manchego, mozzarella, mayonnaise, breadcrumbs, 2 tablespoons each chives and parsley, the thyme, 1/4 teaspoon each kosher salt and pepper, and the sauteed onion in a bowl. Spread in the prepared shell.

Arrange the tomatoes on top.

Drizzle with the remaining 1 tablespoon olive oil and season with pepper. Bake until the tomatoes are browned -50 min.

Top with the remaining 1 tablespoon each chives and parsley.

Baked Summer Squash

Serves 6

2 pounds summer squash (zucchini, patty-pan, yellow crook-neck squash)
1/4 cup olive oil
1/2 cup grated Parmesan cheese
1/3 cup bread crumbs
1/2 teaspoon flaked salt
1/4 teaspoon freshly ground pepper

Preheat oven to 350°F.

Remove the stem ends and slice the squash cross-wise in 1/4-inch-thick rounds. Toss with the olive oil.

In a small bowl, combine the bread crumbs, Parmesan, salt, and pepper. Arrange the squash rounds in a 9x12-inch rectangular baking dish, or 10-inch pie plate. Sprinkle the bread crumb mixture over.

Cover the baking dish with foil and bake in the oven for 30 minutes. Remove foil and bake another five minutes until the top is bubbling and crispy.

Jalapeno Corn Fritters

3 c. fresh corn
2/3 c. cornmeal
1/4 c. shredded Cheddar
1/4 c. cream cheese
2 scallions, sliced
2 slices cooked bacon, chopped
2 eggs, lightly beaten
1 jalapeño, finely diced
kosher salt
Freshly ground black pepper
2 tbsp. extra-virgin olive oil
Juice of 1 lime, divided
Sour cream, for serving

In a medium bowl, combine corn, cornmeal, cheddar, cream cheese, scallions, bacon, eggs, the juice of half a lime, and jalapeño.

Stir to combine and season with salt and pepper to taste. Using your hands, form the mixture into small patties.

Heat olive oil in a large skillet over medium heat. Working in batches, fry the patties until they're golden brown, about 3 to 4 minutes per side.

Garnish each with sour cream and a squeeze of lime, if desired.

Grilled Marinated Eggplant

1 eggplant, 1-2 pounds
2/3 cup Olive Oil
4 Cloves garlic, minced or pressed
4 tablespoons Balsamic Vinegar
2 tablespoons Balsamic Vinegar
1 teaspoon Thai Chilies, minced

Cut eggplant in half and then into 1/4" half moons. Sprinkle eggplant slices with kosher salt and let stand in a colander for 30 minutes to an hour to draw moisture out of the eggplant.

Give the slices a quick rinse to remove most of the salt without saturating the eggplant. Place the slices between two clean kitchen towels to dry off.

Combine olive oil, garlic, 4 T balsamic vinegar, chilies and salt and pepper. Lay Eggplant in a flat dish and cover with marinade. Let stand for 15 minutes.

Grill eggplant slices over medium high heat (350-400 degrees) for approximately 2-3 minutes a side, or until you get good grill marks.

Remove from grill and sprinkle with remaining 2T balsamic vinegar and chopped parsley.

The eggplant can be served warm or at room temperature.

Perfect Peach Pie

Crust for a 2-crust pie
5 to 6 cups peeled and sliced fresh peaches (see tip)
1 teaspoon lemon juice
1/2 cup dark brown sugar, or as desired
1/4 cup sugar
1/4 teaspoon ground cinnamon, nutmeg, or cardamom, optional
1/4 teaspoon vanilla extract, optional
3 tablespoons cornstarch, potato starch, or flour for thickener
3 tablespoons butter, cut into small pieces

Preheat the oven to 350°F.

Roll out pie dough and place the bottom crust in the pie pan. In a large bowl, toss the peaches with the lemon juice and sugars. Add the spices and vanilla, as desired. Add the thickener of your choice and stir to coat the peaches. Pour the peaches into the piecrust. Dot with butter. Add the top crust, seal the edges and make slits in the top for the steam to escape. Bake for 35 to 45 minutes, or until the crust is golden brown and the filling is bubbling.

Tip:

You can peel the peaches as they are, or blanch them in hot water for 30 to 40 seconds, then put them in a bowl of cold water to cool before peeling.

No Noodle Lasagna

1 egg
1 (15 ounce) container low-fat ricotta cheese
2 tablespoons chopped fresh parsley
1 clove garlic, crushed
1/4 cup grated Parmesan cheese
2 large zucchini, sliced thin length-wise
1 jar prepared tomato sauce (hopefully , your own!)
2 cups chopped spinach or Swiss chard leaves, rinsed
1/2 pound fresh mushrooms, sliced very thin
8 ounces shredded mozzarella cheese
8 ounces grated Parmesan cheese

Prepare the filling by combining egg, ricotta cheese, chopped parsley, quarter cup of grated Parmesan and crushed garlic together in a small bowl. Refrigerate 1 hour so flavors blend. Slice the zucchini very thinly, length-wise, salt lightly and set aside to drain in a colander.

To assemble , spread 1/3 of the sauce in the bottom of prepared 9x13 pan. Then layer 1/3 the zucchini slices, 1/2 the ricotta mixture, all of the spinach, followed by all of the mushrooms, then 1/2 the mozzarella cheese. Repeat with another layer of sauce, zucchini slices, ricotta mixture, and mozzarella. Finish with the remainder of the zucchini slices. Top with the rest of the sauce and spread the grated Parmesan cheese over the top; cover with foil. Bake for 45 minutes at 325 degrees. Remove foil; raise oven temperature to 350 degrees and bake an additional 15 minutes. Let stand 5 minutes before serving.

Raspberry Jam

(This is an excellent recipe using just berries and sugar -the raspberries have enough natural pectin so no additional is needed.)

4 cups mashed raspberries
4 cups sugar

Use a very large pot. (When the jam reaches a full rolling boil it will double in volume.)

Heat mashed berries until they reach a full rolling boil.

Boil 2 minutes.

Add sugar and stir well.

Return to a boil, stirring constantly.

Boil for 2 minutes.

Remove from heat.

Very carefully, beat with rotary beater for 4 minutes.

Cool Slightly.

Pour into sterilized jars and seal.

Caprese Salad (Insalata Caprese)

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
1/4 teaspoon dried oregano, crumbled (if using arugula instead of basil)
3 to 4 tablespoons extra-virgin olive oil
fine sea salt to taste
freshly ground black pepper to taste

On a large platter arrange tomato and mozzarella slices and basil or arugula leaves, alternating and overlapping them. (If using arugula, sprinkle salad with oregano.) Drizzle platter with Olive Oil and season with salt and pepper as desired.

Crock Pot Stuffed Peppers

4 medium green bell peppers, or use multicolored
1 pound ground beef, lean
1/4 cup finely chopped onion
1 cup cooked rice
1 cup corn, cut off the cob (or 1 can, drained)
1 egg, beaten
1 teaspoon seasoned salt or a Creole seasoning blend
1/2 teaspoon black pepper
1 large tomato, chopped fine
1 can condensed tomato soup, diluted with 1/2 can of water

In a bowl, combine the ground beef, finely chopped onion, cooked rice, corn, chopped tomato, egg, and seasonings until well blended.

Cut the tops off the peppers and discard the seeds and fibers. Chop the pepper part of the top into the meat/rice mixture and blend well.

Stuff the peppers with equal portions of the ground beef and rice mixture.

Place the stuffed peppers in Crock Pot. Cover with the soup mixture.

Cover and cook on LOW for 6 to 7 hours or on HIGH for 3 to 4 hours. Or until the ground beef is thoroughly cooked and the peppers are tender. Serve as a main dish with a side salad for a hearty fall meal.

Lemon Zucchini Drop Cookies

1/2 cup butter, softened
1 cup sugar
1 egg
1 cup finely shredded zucchini
1 teaspoon grated lemon peel
2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon ground cinnamon
1/2 teaspoon salt
1/2 cup raisins
1/2 cup chopped walnuts
LEMON GLAZE:
2 cups confectioners' sugar
2 to 3 tablespoons lemon juice

In a large bowl, cream butter and sugar until light and fluffy. Beat in egg, zucchini and lemon peel. Combine the flour, baking soda, baking powder, cinnamon and salt; gradually add to the creamed mixture and mix well. Stir in raisins and walnuts. Drop by TBS 3 in. apart onto lightly greased baking sheets. Bake at 375° for 8-10 minutes or until lightly browned. Cool on wire rack. For glaze, combine sugar and lemon juice to drizzle over cookies.

Roasted Vegetable Medley

3 medium potatoes, cut into small wedges
2 medium sweet red peppers, cut into 1" pieces
1 small butternut squash, peeled and cubed
1 medium sweet potato, peeled and cubed
1 medium red onion, cut into wedges
3 tablespoons olive oil
2 tablespoons balsamic vinegar
2 tablespoons minced fresh rosemary or 2 tsp dried rosemary, crushed
1 tablespoon minced fresh thyme or 1 tsp dried thyme
1 teaspoon salt
1/2 teaspoon pepper

Preheat oven to 425°.

In a large bowl, combine potatoes, red peppers, squash, sweet potato and onion.

In a small bowl, whisk oil, vinegar and seasonings.

Pour over vegetables and toss to coat.

Transfer to two greased 15x10x1-in. baking pans.

Bake, uncovered, 30-40 minutes or until tender, stirring occasionally. Yield: 7 servings.

German Apple Cake

Cake Batter:

½ cup butter, room temp
½ cup sugar
2 eggs
½ tsp almond extract
1 cup all-purpose flour
1 Tbsp baking powder
½ tsp salt

Apple Topping:

2-3 small tart, firm apples
½ cup sugar
1 tsp cinnamon

Preheat oven to 375 F and prepare a 9-inch tart pan with cooking spray or oil. Use an electric mixer to blend the butter & sugar. Add the eggs & almond extract and mix again. In a separate bowl, combine flour, baking powder and salt. Slowly add the flour mixture to the batter and beat on medium speed until combined. Pour the batter into the prepared tart pan and spread it out with a spatula until even. (Spraying the spatula with cooking spray will help move the batter around the pan.) Slice the apples into thin wedges and layer them on top of the batter. Stir together the sugar and cinnamon and sprinkle it over the apples.

Place the tart pan on a baking sheet (in case any batter spills over while it bakes) and bake for 35-40 minutes, until the top is browning and a cake tester (toothpick) comes out clean. If the cake isn't cooked through, bake for 5 more minutes.

(I found that my tart edges browned too quickly at 375. If you see the edges getting brown very early in the cooking time, reduce the heat to 350 and continue baking til done.

Savory Chili from grass-fed beef

1 pound ground beef
1 cup chopped onion
1/2 cup chopped green bell pepper
2 1/2 tablespoons chili powder
1 clove garlic, minced
1 bay leaf
1/2 teaspoon ground cumin
4 teaspoons finely chopped jalapeno or other hot peppers
4 cups tomatoes, chopped
1 (15 oz) can tomato sauce
1 (16 oz) can kidney or chili beans, undrained
salt and pepper to taste

Use a large saucepan over medium heat. Spray pan with olive oil and combine the onion and bell peppers. Saute for about 5 minutes, covered.

Add beef, breaking it up with a wooden spoon, and saute uncovered til beef browns. Watch the heat carefully and lower temp if beef is browning too quickly. (Remember: grass-fed meats cook at a lower temperature and more quickly than regular meats because of their lower fat content.)

Add the chili powder, garlic, bay leaf, cumin, hot peppers, tomatoes, tomato sauce and salt and pepper to taste.

Bring to a high simmer then reduce heat to low. Cover and simmer another 1/2 hour, stirring occasionally.

Stir in the beans and heat through. Serve hot with chopped onions and/or cheese and cornbread.

Crockpot Stuffed Cabbage Rolls

For the cabbage rolls:

12 cabbage leaves + leftover (directions below)
1 egg, beaten
1 medium ripe tomato, chopped (with juice)
1/2 cup finely chopped onion
1 tsp. garlic powder
1/4 tsp. black pepper
1 1/4 tsp. salt
1/2 tsp. sugar
1/2 lb ground beef
1/2 lb ground pork
1 cup uncooked rice

For the sauce:

1 (15 ounce) can tomato sauce
2 teaspoon Worcestershire sauce (optional)
1 teaspoon paprika (use more if you like your rolls a little spicy)
1 can condensed tomato soup

Cut approx 1/4 inch off the bottom of the cabbage head, cut out the core, and place the whole head in boiling water. Boil about 2 minutes. Peel off the softened leaves. Place remaining head back in the boiling water and repeat until all of the leaves are removed. In a large bowl, combine the ground beef, ground pork, uncooked rice, chopped tomatoes, garlic powder, pepper, salt, sugar, onion. Stir in egg and combine well. Whisk together tomato sauce, tomato soup, paprika and Worcestershire sauce in another bowl. Chop up the left-over cabbage and use to over the bottom of the slow cooker. Place 1/4 cup meat mixture in center of leaf and roll up like a burrito. Place cabbage rolls seam side down in slow cooker, in two layers so they are touching but not over crowded either. Mix all sauce ingredients together and pour over rolls.

Cover and cook on low 7-9 hours, or on high for 4 to 5 hours. Let cool 15 minutes before serving.

Fried Green Tomatoes

4 large green tomatoes
2 eggs
1/2 cup milk
1 cup all-purpose flour
1/2 cup cornmeal
1/2 cup bread crumbs
2 teaspoons coarse kosher salt
1/4 teaspoon ground black pepper
1 quart vegetable oil for frying

Slice tomatoes 1/2 inch thick. Discard the ends. Blot any excess liquid with a paper towel. Whisk eggs and milk together in a medium-size bowl. Scoop flour onto a plate. Mix cornmeal, bread crumbs and salt and pepper on another plate. Dip tomatoes into flour to coat. Then dip the tomatoes into milk and egg mixture. Finally, dredge in breadcrumbs to completely coat.

In a large skillet, pour vegetable oil (enough so that there is 1/2 inch of oil in the pan) and heat over a medium heat.

Place tomatoes into the frying pan in batches of 4 or 5, depending on the size of your skillet. Do not crowd the tomatoes, they should not touch each other. When the tomatoes are browned, flip and fry them on the other side. Drain them on paper towels. Serve warm with dressing of your choice.

Chicken-Corn Chowder

1/2 cup butter
1 small carrot, finely diced
1 stalk celery, diced
1 small onion, finely diced
2 Tbs red pepper, finely chopped
1 clove garlic, minced
1 tsp thyme
1/2 cup all-purpose flour
3 cups corn kernels, fresh or frozen
4 russet potatoes, diced
2 cooked chicken breast halves, shredded
4 cups chicken stock, divided
2 1/2 cups half-and-half
1 pinch nutmeg
salt and ground black pepper to taste

Melt butter in a large saucepan over medium heat; cook and stir carrot, celery, onion, red pepper and garlic into hot butter until slightly softened, about 2 minutes. Add thyme and stir in completely. Stir flour into mixture to make a paste; cook until lightly browned and flour gives off a slightly toasted smell, about 5 minutes. (Watch carefully, flour burns easily.)

Remove saucepan from heat and set aside to cool, about 15 minutes. Stir corn, potatoes, chicken, and 3 cups of chicken stock in a large soup pot over medium heat. Whisk remaining 1 cup chicken stock into vegetables and flour mixture until thoroughly combined. Stir mixture into ingredients in soup pot. Bring to a simmer, stirring constantly, until thick, about 5 minutes. Stir half-and-half, nutmeg, salt, and black pepper into chowder. Bring back to a very low boil, reduce heat to low, and simmer until potatoes are tender, about 20 minutes.

Note: some people like to add bacon for extra flavor.

Easy Kale Salad

3 –4 cups Kale, washed and chopped into bite-sized pieces
1/2 cup chopped pecans
2 green onions, trimmed and sliced thin
1 ripe pear, cored and sliced thin vertically
sea salt
coarse ground pepper to taste
3-4 TBS balsamic vinegar
2 TBS Extra Virgin Olive Oil
feta cheese

Toss kale, pecans, green onion, and pear together in a medium bowl. Sprinkle with salt and pepper. Drizzle vinegar then oil over the top. Toss and serve with a sprinkling of cheese.