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## **ARUGULA ARUGULA PESTO**

¼ cup pine nuts

2 cups mature arugula

½ cup freshly grated asiago cheese

½ cup extra virgin olive oil

1 clove garlic, smashed

Salt

Freshly ground black pepper

Preheat the oven to 350° F. Toast the pine nuts in a dry, heavy skillet over high heat until they start to brown in spots and become fragrant. Transfer the nuts to a dish to cool. Combine the arugula, asiago cheese, oil, garlic, and pine nuts in a blender or food processor; process until thoroughly combined and smooth. Season with salt and pepper to salt

Makes 1 ½ cups



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## BEETS

### SAUTÉED BEET AND POTATO HASH

3 TBS vegetable oil

2 small onions, diced

4 medium red or white potatoes, peeled, grated

2 medium beets, peeled, grated (2-3 cups)

2 tsp fresh thyme leaves or 1 tsp dried thyme

1 tsp minced garlic

½ tsp freshly ground black pepper

Heat the oil in a large skillet over medium heat. Add the onions; cook and stir until soft and translucent, 5 – 7 minutes. Stir in the potatoes, beets, thyme, and garlic. Season with salt to taste. Cook, turning it occasionally, until the potatoes and beets are tender and slightly crispy; 15 – 20 minutes. Remove the skillet from heat. Season generously with pepper and salt to taste.

Makes 4 servings.



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## BEETS

### SAUTÉED BEETS WITH TURMERIC AND TOASTED BLACK MUSTARD SEEDS

1 ½ lbs. beets, peeled, cut into matchsticks

1/8 tsp turmeric

2 TBS ghee or vegetable oil

½ tsp black mustard seeds

1 tsp salt

1 tsp sugar

Put the beets and turmeric in a large pot. Fill with enough water to barely cover the beets. Bring to a boil over medium high heat. Cook uncovered, until tender but still firm, 5 to 10 minutes. Drain beets and set them aside to cool. Heat the ghee or oil and the mustard seeds in a large skillet. As the mustard seeds begin to pop, place a lid over the skillet for a few seconds (to prevent the seeds from popping out), then add the beets. Cook and stir constantly, uncovered for 1 minute. Sprinkle the salt and sugar over beet mixture and cook for 1 minute more. Remove the skillet from heat. Season with more salt to taste if desired. Serve room temperature or chilled.

Makes 4 – 5 servings.



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## **BOK CHOY**

### **CHOI WITH GINGERY BUTTER**

2 medium bok choy, sliced crosswise into 1 inch strips

6 TBS butter

2 TBS soy sauce or tamari

1 TB grated or finely chopped fresh ginger

1 clove garlic, minced, or pressed

1 TB finely chopped fresh cilantro

Salt

Freshly ground black pepper

Bring a large pot of water to a boil. Add the bok choy; cook until tender but still crisp 2 to 3 minutes. Drain the bok choy in a colander and immediately run under cold water. Drain well. Melt the butter in a large skillet over medium heat. Add the soy sauce, ginger, garlic and bok choy; cook, stirring constantly, until the bok choy is well coated and heated through. Remove the skillet from heat. Stir in the cilantro. Season with salt and pepper. Serve immediately.

Makes 4 – 6 servings.



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## **EGGPLANT**

### **THICK EGGPALNT AND ONION SOUP WITH ORZO**

2 TBS butter

2 large onions, thinly sliced

5 cups vegetable or chicken stock

1 medium eggplant, peeled, chopped

1 small zucchini or yellow summer squash, thinly sliced

1/3 cup tomato paste

¼ cup dry red wine

1 clove garlic, minced

½ teaspoon freshly ground black pepper

1 ½ cups uncooked orzo or other small pasta

3 TBS fresh basil

Freshly grated Parmesan cheese

Melt the butter in a large pot over medium high heat. Add the eggplant, zucchini, tomato paste, wine, garlic, and sugar. Bring the ingredients to a boil, then reduce the heat to a simmer. Add the salt and pepper. Simmer until the vegetables are almost tender, 20 to 25 minutes. Add the orzo and continue to simmer just until the pasta is tender, about 7 minutes. Remove the pot from heat; stir in the basil. Let stand for about 5 minutes to allow the flavors to develop. Ladle into bowls. Top with plenty of freshly grated Parmesan cheese. Makes 4 servings.



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## **GARLIC**

### **ROASTED WHOLE GARLIC**

4 large heads garlic, left whole

$\frac{1}{4}$  cup olive oil

Preheat the oven to 350° F. Cut the top one-third off each head of garlic to expose the cloves. Place all 4 heads of garlic on a piece of aluminum foil; drizzle with olive oil. Tightly wrap up the garlic in the foil. Roast until the cloves are soft and creamy, 45 minutes to 1 hour, depending on size.



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## **KALE**

### **KALE AND WALNUT PESTO**

¼ cup chopped walnuts  
1 TB plus ½ tsp salt, divided  
½ lb. kale, coarsely chopped  
2 cloves garlic, minced

½ cup extra virgin olive oil  
½ cup freshly grated Parmesan cheese  
Freshly ground black pepper

Toast the chopped walnuts in a dry heavy skillet over high heat, stirring constantly, until they start to brown in spots and become fragrant. Immediately transfer to a dish to cool. Bring two quarts of water to boil. Add 1 TB salt, then add the kale. Cook kale until tender about 10 minutes. Drain. Put the garlic, walnuts, and kale in a blender or food processor; pulse until well combined. With the blender or food processor running, pour in the olive oil in a steady, smooth, pencil thin stream. When the ingredients are thoroughly combined, transfer to a bowl. Stir in the Parmesan, remaining ½ tsp salt, and pepper. Serve hot.

Makes 1 cup.

Source: Farmer John's Cookbook – The Real Dirt on Vegetables by Farmer John Peterson and Angelic Organics



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## **GREENS**

### **SIMPLE COOKED GREENS**

3 TBS butter or olive oil

1 tsp minced garlic

1 lb. greens rinsed, torn or chopped into bite-sized pieces

Salt

Freshly ground black pepper

Extra virgin olive oil

Heat the butter or olive oil. In a large skillet or pot over medium heat. Add the garlic, sauté for 1 minute. Add the greens immediately after rinsing them, with the water still clinging to the leaves. Cover; cook for 1 minute. (If you are using heartier greens, such as kale or collard greens, add a cup of water to the skillet.) Cover; cook for 5 minutes. Uncover the skillet, add salt to taste and give the greens a good flip and stir. Cover the skillet again and continue cooking the greens until they are bright green, tender, and wilted to your taste. (For spinach this will be only another minute or two, for Swiss chard, 3 – 5 minutes, and for kale or collard greens, depending on their maturity, this could be up to 20 minutes. Be sure to add more water if it boils away. Season with pepper and olive oil to taste.

Makes 4 servings.

Source: Farmer John's Cookbook – The Real Dirt on Vegetables by Farmer John Peterson and Angelic Organics



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## **SWISS CHARD**

### **SWISS CHARD WITH SWEET AND SOUR GINGER SAUCE**

1 cup vegetable, chicken or beef stock or water  
½ lb. chard, stems and ribs removed, leaves torn  
into bite sized pieces  
4 scallions, thinly sliced  
Salt

Freshly ground black pepper  
2 TBS white vinegar  
1 TB light brown sugar  
1 TB finely chopped or grated fresh ginger  
1 tsp red pepper flakes

Bring the stock or water to a boil in a large skillet or pot. Add the chard and cook, stirring, until it is wilted, about 1 minute. Drain the chard, saving the cooking liquid. Transfer the chard to individual plates and garnish with the scallions. Season with salt and pepper to taste. Pour the reserved cooking liquid back into the skillet or pot and bring to a boil over high heat. Boil it until it is reduced to ½ cup, about 8 minutes. Add the vinegar and brown sugar. Stir in the ginger and red pepper flakes. Boil for 30 seconds. Remove from heat and spoon the mixture over the chard. Serve immediately. Makes 4 servings.

Source: Farmer John's Cookbook – The Real Dirt on Vegetables by Farmer John Peterson and Angelic Organics



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## CUCUMBER

### BAKED CUCUMBERS IN BASIL CREAM

1 ½ TBS red wine vinegar

1 tsp salt

¼ tsp sugar

1 scallion, finely chopped

4 – 5 cucumbers, peeled, halved

lengthwise, seeds removed, cut

into 1 inch slices

2 TBS unsalted butter, melted

1 cup heavy cream

3 TBS chopped fresh basil leaves

Salt

Freshly ground black pepper

Preheat oven to 375° F. Mix the vinegar, salt and sugar in a medium glass bowl. Add the cucumber slices and toss to combine. Set aside to marinate for 30 minutes. Drain the cucumber slices in a colander, then pat them dry with a clean dish towel. Put the cucumber slices in a shallow baking dish. Pour the melted butter over them and add the scallion; toss to combine. Bake the cucumbers, stirring occasionally, until tender, about 45 minutes. Meanwhile, heat the cream in a small pot until it comes to a light boil. Continue to cook the cream, stirring frequently, until it is reduced to ½ cup, about 20 minutes. Stir in the basil and turn off the heat; let mixture steep for 2 minutes, Pour the basil cream sauce over the cooked cucumber slices. Season with salt and pepper to taste.

Makes 4 – 6 servings.

Source: Farmer John's Cookbook – The Real Dirt on Vegetables by Farmer John Peterson and Angelic Organics



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## **CILANTRO**

### **SPICY CILANTRO PEANUT SPREAD**

2 packed cups very finely chopped fresh cilantro

2 cloves garlic, minced

Finely grated zest of 1 lime

Freshly squeezed juice of 2 limes

1 TB peanuts

1 – 2 chile peppers, stems and seeds removed,  
coarsely chopped

Salt

Freshly ground black pepper

Put the cilantro, garlic and lime zest in a bowl. Add the lime juice, peppers, and peanuts. Mix well with a fork or whisk until well combined. Season with salt and pepper to taste. Serve immediately or store in the refrigerator for up to 2 days.

Makes 1 cup.



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## **CILANTRO**

### **CILANTRO GINGER SPREAD**

2 packed cups very finely chopped fresh cilantro

2 cloves garlic, minced

Finely grated zest of 1 lime

½ cup extra virgin olive oil

1 TB freshly squeezed lime juice

1 tsp finely chopped or grated fresh ginger

Put the cilantro, garlic and lime zest in a bowl. Add the oil, and lime juice. Mix well with a fork or whisk until well combined. Season with salt and pepper to taste. Serve immediately or store in the refrigerator for up to 2 days.

Makes 1 cup.



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## **ONIONS AND SCALLIONS**

### **ONIONS OR SCALLIONS AND ORANGE SALSA**

½ cup minced scallions or onions (about 3 scallions or 1 medium onion)

2 large or 3 – 4 medium oranges peeled, seeds removed, diced

2 TBS chopped fresh cilantro

1 ½ TBS finely chopped chile pepper

¼ tsp ground cumin

Put the chopped scallion or onion in a strainer and run under cold water. Drain well. Stir all the ingredients in a medium bowl. Serve immediately or cover and refrigerate for up to 1 day.

Makes 2 cups.



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## **PEAS, SNAP**

### **SAUTÉED SUGAR SNAP PEAS WITH CARROTS AND HONEY GLAZE**

½ - 1 lb. sugar snap peas  
2 medium carrots, peeled  
2 TBS butter

1 TB honey  
Freshly ground black pepper

Remove the strings from both edges of the pea pods. Cut each carrot into thirds. Slice each third, lengthwise, into quarters so that the slices are about the size and shape of the sugar snap peas. Place the carrots in a steamer basket set over 1 ½ inches of boiling water, cover, and steam until they are just crisp tender, 3 – 5 minutes. Drain the carrots in a colander. Melt the butter in a large skillet over medium heat. Add the sugar snap peas, cook, stirring frequently, for 5 minutes. Add the carrots. Continue to cook and stir until the peas are bright green and crisp tender, about 3 minutes. Add the honey and cook for 1 more minute, stirring constantly, until the peas and carrots are thoroughly glazed with the honey. Remove the skillet from heat. Season generously with pepper.

Makes 3 – 4 servings.

Source: Farmer John's Cookbook – The Real Dirt on Vegetables by Farmer John Peterson and Angelic Organics



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## **PEPPERS - SWEET**

### **ROASTED RED PEPPER SOUP**

3 TBS butter

1 medium onion, chopped

1 small potato, quartered

2 to 3 cloves garlic, minced

1 bay leaf

1 TB fresh oregano or thyme

1 TB tomato paste

4 large red bell peppers, roasted, skinned, chopped

2 tsp paprika

1 tsp salt

4 cups vegetable or chicken stock or water

1 TB balsamic vinegar or more to taste

Freshly ground black pepper

Salt

Freshly grated Parmesan cheese

croutons

Melt the butter in a soup pot over medium-high heat. Add the onion, potatoes, garlic, bay leaf, and herbs; sauté until potato and onion begin to brown, 8 to 10 minutes. Add the tomato paste and cook for 1 minute. Add the roasted peppers, paprika, and 1 teaspoon salt; cook for 30 seconds. Pour in stock or water and scrape up any of the flavorful caramelized pieces stuck to the bottom of the pot. Bring the soup to a boil, then lower heat to a gentle simmer, cook, partially covered, for 30 minutes. Purée soup in a blender or food processor or run it through a food mill. Return it to the pot. And heat until warmed through. Add the balsamic vinegar and a few grindings of fresh black pepper. Taste; add salt if desired. Garnish with Parmesan cheese, fresh herbs, and croutons. Makes 4 to 6 servings.

Source: Farmer John's Cookbook – The Real Dirt on Vegetables by Farmer John Peterson and Angelic Organics



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## SCALLIONS

### SCALLION – GARLIC CHICKPEA SPREAD (HUMMUS)

3 cups cooked chickpeas, fresh or canned, rinsed

½ cup coarsely chopped scallions

½ cup tahini plus more to taste

½ cup freshly squeezed lemon juice

1/3 cup fresh parsley

2 cloves garlic minced

¼ tsp salt plus more to taste

2 TBS chopped fresh cilantro

1 ½ TBS finely chopped chile pepper

¾ tsp salt plus more to taste

¼ tsp ground cumin plus more to taste

Pinch cayenne pepper (optional)

Put all of the ingredients in a food processor and process until they form a thick paste. Mash and mix everything together with a potato masher, or run the beans through a food mill and stir in the remaining ingredients. Season to taste with extra salt, cayenne, and cumin. Serve at a room temperature or chilled.

Makes 3 cups.



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## **RADISHES**

### **SAUTÉED RADISHES WITH RADISH GREENS OR ARUGULA**

¼ cup butter

1 lb. radishes, quartered

4 cups radish greens or arugula

2 TBS freshly squeezed lemon juice

Salt

Freshly ground black pepper

Melt the butter in a large skillet over medium heat. Add the radishes; cook, stirring constantly, until tender but still crisp, about 5 minutes depending on size. Transfer to a bowl to cool. Return the skillet to stove. Put the greens or arugula in the skillet with the wash water still clinging to the leaves. Cook over medium heat, stirring constantly, just until wilting, 2 to 3 minutes. Turn off the heat. Add the lemon juice and radishes to the skillet; stir until well combined. Season with salt and pepper to taste. Serve immediately.

Makes 4 servings.



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## **SQUASH - SUMMER**

### **ZUCCHINI, SUMMER SQUASH, AND BULGUR SALAD WITH FRESH PARSLEY AND DILL**

1 ¼ cups water

1 cup bulgur

2 small or 1 medium zucchini, finely diced

2 small or 1 medium yellow summer squash, finely diced

1 bell pepper, stem and seeds removed, finely diced

½ red onion, minced, or 2 scallions, minced

¼ cup chopped fresh dill

¼ cup chopped fresh parsley

2 TBS extra virgin olive oil

Freshly squeezed juice of 1 lime

Freshly grated Parmesan cheese

Bring water to a boil in a small pot, then add the bulgur. Leave uncovered; cook the bulgur for 1 minute. Remove the pot from heat, cover, and set aside until the bulgur has absorbed the rest of the water, about 15 minutes. Fluff the cooked bulgur with a fork until the grains are well separated; transfer to a large bowl. Add the zucchini, yellow squash, bell pepper, and onion or scallions. Toss until well combined. Whisk the dill, parsley, olive oil, and lime juice in a small bowl. Pour the dressing over the bulgur and toss until thoroughly combined. Sprinkle with Parmesan cheese just before serving. Serve at room temperature. Makes 6 servings.

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## **SQUASH - SUMMER**

### **CHILLED ZUCCHINI AND AVOCADO SOUP WITH YOGURT AND CORIANDER**

4 small or 2 medium zucchini, coarsely chopped  
2 avocados, peeled, pits removed, coarsely chopped  
3 medium scallions, coarsely chopped  
2 cloves garlic, peeled, halved  
½ tsp chili powder

½ tsp coriander seeds, crushed  
1 cup plain yogurt  
Salt  
Freshly ground black pepper  
¼ cup chopped fresh cilantro

Put the zucchini, avocado, scallions, garlic, chili powder, and coriander seeds into a food processor; process until smoothly combined. Transfer the mixture to a medium bowl; stir in the yogurt. Refrigerate for at least 1 hour. Season with salt and pepper to taste; garnish with cilantro.

Makes 6 servings.



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## **TOMATOES**

### **ROASTED TOMATO BASIL PESTO**

2 pre-roasted tomatoes or 1 large fresh tomato

2 – 3 cloves garlic, peeled, halved

3 TBS pine nuts

2 TBS extra virgin olive oil

1 cup fresh whole basil leaves

½ cup freshly grated Parmesan cheese

2 TBS butter, softened

Salt

Freshly ground black pepper

Combine the tomatoes, garlic, pine nuts, and oil in a blender and process until just combined. Add a handful of basil and process again briefly; continue adding the basil in small amounts until all is combined. Stir in the parmesan cheese and butter and season with salt and pepper to taste.

Makes 2 servings.



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## **TOMATOES**

### **FRIED GREEN TOMATOES WITH CRISPY CORNMEAL CRUST**

½ cup milk, or 1 egg beaten with ¼ cup water

½ cup cornmeal or flour, or a combination

1 ¼ tsp salt plus more to taste

¼ tsp freshly ground black pepper plus more to taste

Mild flavored vegetable oil

4 large firm green tomatoes, cored, cut into ¼ inch slices

Line a plate with paper towels. Put the milk or egg water mixture in a shallow bowl; set aside. Put the cornmeal or flour in another small shallow bowl and stir in the salt and pepper. Fill a large skillet ¼ inch deep with oil. Heat over high heat until the oil just begins to smoke, about 3 minutes. Dip each tomato slice into the liquid, then into the cornmeal or flour. Carefully place the tomato slices in the oil and cook until golden and soft, 3 – 4 minutes on each side. Adjust the heat as necessary to prevent burning. Transfer the fried tomatoes to the paper towel lined plate to drain. Season with more salt to taste. Serve immediately.

Makes 4 - 6 servings.

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## TURNIP

### GINGER GLAZED YOUNG TURNIPS WITH CIDER AND RAISINS

½ tsp salt plus a dash, divided

1 bunch young turnips, trimmed

¼ cup sugar or honey

1/8 cup white vinegar

1 – 2 tsp freshly grated ginger

2 TBS cornstarch

¼ cup apple or grape cider

½ cup raisins

2 TBS finely chopped fresh parsley

Finely chopped crystallized ginger

Bring 2 quarts water to a boil in a large pot. Add a dash of salt, then the young turnips. When the water returns to a boil, cover and reduce heat. Simmer the turnips gently until tender but not mushy, 10 to 15 minutes depending on size. Remove the pot from heat and transfer the turnips to a dish to cool. Meanwhile, transfer ½ cup of the hot cooking water to a medium pot. Stir in the sugar or honey, vinegar, and ginger to taste. Add ½ tsp salt. Combine the cornstarch and cider in a small glass or bowl; let stand until cornstarch is dissolved. Slice the turnips to your desired thickness. Place the pot with the ginger mixture over medium heat. Stir in the cider mixture and adjust the heat so the ingredients simmer. Cook, stirring constantly, until the mixture is smooth and thickened, 2 to 3 minutes. Remove the pot from heat; stir in the raisins and sliced turnips and continue to stir for 3 minutes, until the mixture reaches a thick, gravy like consistency. If necessary, stir in a bit more cider to reach the desired consistency. Stop stirring and let stand for 2 minutes. Garnish with parsley and crystallized ginger. Makes 4 servings.

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