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## **BASIL**

### **TOMATO BASIL DIP**

3 cups diced fresh tomatoes

1 TB or more minced garlic, mashed to a paste

5 TBS chopped basil

1 TB olive oil

Dash of balsamic vinegar

Salt and pepper to taste

Thinly sliced, lightly toasted baguette slices

Lightly toss tomatoes, garlic and basil. Drizzle with olive oil, splash with balsamic vinegar and sprinkle with salt and pepper to taste. Give a quick stir and serve with baguette slices.

Makes 8 - 12 servings.



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## **BEANS, STRING**

### **GREEN BEANS WITH TOMATOES AND HERBS**

2 TBS extra virgin olive oil

1 clove garlic, minced

¼ tsp red pepper flakes

½ cup sliced onions

2 tsp dried oregano

½ tsp dried ground thyme

1 LB green beans, ends clipped, beans cut in half

1 sprig rosemary, leaves torn off the stem

2 medium tomatoes, cut into wedges

Salt to taste or 2 TB salted butter

Heat olive oil in deep pan over medium heat. Add garlic and pepper flakes; sauté until fragrant. Add onions; sauté until translucent, 3-5 minutes. Add ¼ cup water, the dried spices, and green beans. Stir, cover and steam-cook beans until nearly done, 10-15 minutes. Stir in the rosemary and tomatoes. Cook very briefly, until tomatoes are warmed through and beans are done. Season with salt, or, if you prefer, melt salted butter over the beans before serving.

Makes 4 servings.

Source: From Asparagus to Zucchini: A guide to Cooking Farm-Fresh Seasonal Produce by Madison Area Community Supported Agriculture Coalition



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## **BEANS, STRING**

### **GREEN BEANS WITH CAMELIZED ONIONS**

2 lbs. green beans, stem end snipped off

2 TBS butter

1 cup diced red onion

2 medium onions, sliced as thinly as possible

1 cup chicken stock

1 ½ TBS sugar

1 TB red wine vinegar

Salt and pepper

Cook beans in boiling salted water until crisp-tender, 2 – 4 minutes. Drain; immerse in ice water. Drain again and let stand to dry. Melt butter in skillet over medium flame. Stir in onions and cook them slowly until very wilted and deepened in color, about 15 minutes. Boil stock in a saucepan until reduced to ¼ cup; stir in sugar and vinegar. Stir in onions. Simmer until slightly reduced. Combine onions and green beans through. Season with salt and pepper.

Makes 8 servings.

Source: From Asparagus to Zucchini: A guide to Cooking Farm-Fresh Seasonal Produce by Madison Area Community Supported Agriculture Coalition



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## **BEETS**

### **BEETS, ORANGES (OR PEACHES), AND RASPBERRY SAUCE**

1 lb. beets, scrubbed

1 – 2 oranges or peaches

2 cloves garlic, minced

½ tsp salt

2 TBS raspberry vinegar

3 TBS olive oil

1 tsp grated gingerroot(optional)

Heat oven to 350°F. Place beets (in their skins) in a baking dish and cover with foil. Roast beets until tender, about 35 – 55 minutes, depending on their size. When cool, peel, slice thinly, and place them in a bowl. Peel the oranges (or peaches) and cut in half. Place flat sides down on cutting board and slice each into about 4 wedges. Remove seeds from orange slices. Add to beets. Make a vinaigrette out of the remaining ingredients: mash garlic with the salt, add vinegar, and whisk in olive oil. Stir in grated gingerroot, if using. Toss with beets and oranges. Serve immediately, but it's best if allowed to chill and mellow. Makes 4 - 6 servings.

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## BEETS

### ROASTED BEET SALAD

6 – 8 small beets, scrubbed, tops trimmed  
to 1 inch  
olive oil  
salt and pepper to taste  
4 TBS white wine vinegar  
¼ cup pecan

1 TB Dijon mustard  
½ cup extra-virgin olive oil  
4 cups baby salad greens  
½ small bottle onion or sweet onion, thinly sliced  
¼ cup crumbled blue cheese

Heat indoor or outdoor grill. Place beets on heavy foil; drizzle with olive oil and sprinkle with salt and pepper. Wrap tightly: grill until beets can be easily pierced with a fork, about 30 minutes. Meanwhile, toast pecans in a dry pan on the grill, tossing frequently. Finely chop the nuts. When beets are cooled a bit, use a paper towel to remove the peel, stems, and tails. Cut beets into quarters. Combine mustard and vinegar in a bowl. Whisk in olive oil until thickened. Add salt and pepper. Toss salad greens in a bowl with a little dressing. Portion the greens onto 2 – 4 plates. Top with beets, onions, blue cheese, and pecans. Makes 2 - 4 servings.

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## **BOK CHOY**

### **SEASAME SOY BRAISED BOK CHOY**

1 head bok choy

2 TBS peanut oil

1 TB grated ginger

1 TB minced garlic

½ cup chicken stock

1 TB toasted sesame oil

2 TBS soy sauce

2 tsp rice vinegar

1 tsp sugar

Salt and pepper

2 TBS sesame seeds

Trim the root end off of the bok choy head. Slice the leafy portion of the plant from the stalks. Cut both the leaves and the stalks into large matchstick-size pieces (Julienne), keeping the two piles separate. Heat very large, heavy skillet or wok until it looks hazy over the surface, 2 – 4 minutes. Add peanut oil and swirl it to coat the pan. Add bok choy stems; stir fry about 5 minutes. Add ginger and garlic and stir fry briefly. Add bok choy greens, chicken stock, sesame oil, soy sauce, rice vinegar, sugar and salt and pepper to taste. Cover, reduce heat to medium-low, and cook until bok choy is tender and glazed with sauce, 5 – 8 minutes. Remove cover, sprinkle with sesame seeds, increase heat to medium-high and cook until excess liquid evaporates, 2 – 3 minutes. Makes 4 servings.

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## **BOK CHOY**

### **STIR FRIED BOK CHOY WITH CASHEW SAUCE**

¼ cup raw cashews

¼ cup white wine vinegar

¼ cup sugar

¼ cup soy sauce

1 TB minced gingerroot

Pinch red pepper flakes

1 ½ lbs. bok choy

¼ cup peanut oil

Toast cashews in a dry skillet, tossing frequently, until lightly brown and fragrant. Combine cashews, vinegar, sugar, soy sauce, ginger, red pepper flakes, and 2 – 4 tablespoons water in a blender or food processor; puree until smooth. Set aside. Wash bok choy stems and leaves well, making sure to rinse away dirt in the ribs. Separate the bok choy leaves from the stalks. Cut the stalks into 1-inch pieces and roughly chop the leaves. Heat peanut oil in a large skillet over high heat until hot but not smoking. Add bok choy stems and cook, stirring often, until crisp-tender, 2-3 minutes. Add leaves and cook until they wilt and turn bright green, another minute or so. Remove to a platter and cover with cashew sauce, or serve sauce on the side. White wine vinegar can be substituted for the rice vinegar.

Makes 4 servings.

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## **CARROTS**

### **HONEY GLAZED CARROTS WITH FRESH MINT**

1 lb. carrots

Salt and pepper

2 TBS butter

1 – 2 TBS chopped fresh mint

1 ½ TBS honey

Peel carrots and cut into evenly sized rounds or sticks. Combine carrots, butter, honey and ½ cup water in large skillet over medium-high flame. Bring to a simmer and cook until carrots are tender and most of the liquid has reduced to a glaze, 10 – 15 minutes. Season to taste with salt and pepper. Sprinkle mint on the carrots, toss well, and serve.

Makes 4 servings.





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## **CILANTRO**

### **CILANTRO LIME VINAIGRETTE**

2/3 cups lime juice

3 TBS mince garlic

¼ cup apple cider vinegar

Pinch of salt

2/3 cups packed cilantro leaves

2 – 4 dashes bottled hot pepper sauce

1 TB cumin

¼ cup canola oil

Place all ingredients except the oil in a blender. Turn on blender. Add oil very slowly through the opening in the lid.

Makes about 1 ¼ cups.



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## **CILANTRO**

### **MANGO CILANTRO SALSA**

2 ripe mangoes

1 ripe avocado

Juice of 1 lime

1 jalapeño, seeded and chopped

¼ cup minced red or green onion

2 TBS chopped cilantro

1 tsp minced garlic, pressed to a paste

Peel and dice mangoes and avocado. Combine with remaining ingredients

Makes about 1 ½ - 2 cups.



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## **CUCUMBER**

### **MARINATED CUCUMBER TOMATO SALAD**

2 cucumbers, peeled and sliced into rounds

4 large tomatoes, sliced into rounds

½ cup thinly sliced red onion

¼ cup red wine vinegar

1 TB sugar

Salt and pepper

1 TB slivered fresh basil strips

1 TB chopped parsley

Arrange cucumbers, tomatoes, and onions in a shallow serving dish. Mix oil, vinegar, and sugar in a small bowl and pour over vegetables. Season well with salt and pepper. Cover and let marinate for at least 1 hour and up to 4 hours. Sprinkle with herbs just before serving.

Makes 6 – 8 servings.

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## **EGGPLANT**

### **CHINESE STEAMED EGGPLANT**

1 large eggplant, cut into 6 wedges

2 TBS vegetable oil

1 large green onion, cut into 2-inch pieces

2 cloves garlic, minced

3 TBS soy sauce

$\frac{1}{4}$  tsp sugar

Pinch of black pepper

Steam eggplant until tender, about 30 minutes. Heat oil in wok or large skillet. Stir-fry green onion 1 minute. Add remaining ingredients. Stir-fry 3 more minutes.

Makes 3 – 4 servings.

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## **EGGPLANT**

### **THAI EGGPLANT DIP**

2 medium eggplants

3 – 4 cloves garlic

1 TB minced fresh ginger

2 TBS soy sauce

2 TBS rice vinegar

1 TB sesame oil

1 TB mince fresh cilantro

½ tsp crushed red pepper flakes

Salt to taste

Pita bread

Cut off eggplant stems. Pierce eggplant several times with a fork. Place on a baking sheet and cook in a 350°F oven until very soft, about 1 hour. When cool enough to handle, remove skin. With the motor running on a food processor, add garlic and ginger and mince. Add eggplant and whirl until smooth. Add remaining ingredients except bread. Serve with warm pita bread triangles.

Makes about 2 ½ cups.

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## **GARLIC**

### **ROASTED GARLIC DIP**

1 head garlic

½ TB plus ¼ cup olive oil

Freshly ground pepper

¼ cup freshly grated Parmesan cheese

Baguette or other crusty bread

Heat oven to 275 - 300°F. Cut ¼ - ½ inch off top of garlic head to expose tips of cloves. Lay garlic head cut side up in small baking dish. Drizzle ½ tablespoon olive oil over top; sprinkle on some pepper. Roast until soft, fragrant, and lightly browned, about 45 minutes. Cool completely. Squeeze cloves from the base and use a fork to dislodge flesh from skin. Mash garlic with a fork on small plate. Stir in Parmesan, additional ¼ cup olive oil, and pepper to taste. Serve with baguette or crusty bread.

Makes 2-4 appetizer servings.



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## **GARLIC**

### **SOPA DE AJO (SPANISH GARLIC SOUP)**

5 TBS olive oil, divided

4 cloves garlic, peeled and sliced

1 ½ tsp sweet paprika, divided

4 cups chicken broth

Salt and pepper

1 TB minced garlic

4 cups stale French bread, in ¾ inch cubes

6 eggs

1 cup dice ham

Heat 1 tablespoon olive oil in pot over medium-low flame. Add sliced garlic and cook briefly, without browning. Stir in half the paprika, chicken broth, and 3 cups water; cover and simmer 45 minutes. Season lightly with salt and pepper. Combine remaining olive oil and mince garlic in skillet; heat briefly over low flame. Add bread and cook, stirring often, until crisp, 10-15 minutes. Toss in remaining paprika. Heat oven to 450°F. Place 6 ovenproof bowls on a baking sheet. Pour a little simmering broth into each bowl. Break an egg into each bowl, then scatter ham over eggs. Fill bowls with remaining broth. Bake until eggs are set, 3-5 minutes. Scatter in “croutons”; serve immediately.

Makes 6 servings.

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## **GARLIC**

### **BUTTERMILK GARLIC DRESSING**

½ medium garlic clove

4 TBS minced green onion

3 TBS white wine vinegar

½ cup buttermilk

1/3 cup sour cream

Large pinch of sugar

½ cup olive oil

Mince garlic, mash into a paste with fork or back of a knife. Whisk garlic, green onion, vinegar, buttermilk, sour cream, and sugar in a bowl. Gradually whisk in the olive oil. Season generously with salt and pepper to taste.

Makes about 1 ½ cups.





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## **KALE**

### **NANCY JANE PIERCE'S SPICY KALE**

2 bunches of kale

1 TB olive oil

1 – 5 garlic cloves, minced

Crushed red pepper flakes

1/3 – 1/2 cup chicken or vegetable stock

Bring 2 quarts of salted water to boil. Add kale, reduce heat to simmer, cover and cook 7 minutes. Drain and immediately rinse in cold water to stop the cooking. Squeeze water out of greens. Heat olive oil in same pot. Add garlic and red pepper flakes to taste. Sauté 1 minute. Then stir in kale and chicken or vegetable broth. Simmer 4 – 5 minutes.

Makes 4 – 6 servings.



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## **KALE**

### **KALE AND BLUE CHEESE ROLL-UPS**

8 oz. cream cheese, softened

6 oz. blue cheese, softened

3 – 4 TBs minced green garlic shoots, or fresh  
garlic chives

Extra-virgin olive oil

1 lb. kale, blanched until wilted, drained,  
squeezed dry, and finely chopped

Freshly ground black pepper

1 loaf bread, sliced, crusts removed

Heat oven to 375°F. Beat cream cheese, blue cheese, and chives until smooth. Mix in kale. Season with pepper to taste. Flatten bread slices with a rolling pin spread a layer of kale/cheese mixture over slices and roll up. Brush each roll with olive oil and place seam side down on baking sheet. Bake until lightly browned, about 15 minutes. Serve immediately.

Makes 20 – 24 roll ups.

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## **KALE**

### **POTATO KALE SOUP**

4 TBS olive oil

2 medium onions, chopped

10 cloves garlic, chopped

½ TB red chile flakes or to taste

1 ¼ tsp salt

6 medium potatoes, peeled and diced into ¾ inch cubes

3 cups coarsely chopped kale

Black pepper

Heat oil in soup pot; add onions, garlic, chile flakes, and salt, and sauté until onions are translucent. Add potatoes and enough water to cover by 4 inches. Bring to boil and cook, covered, until potatoes are about half done. Add kale and cook, uncovered, until potatoes are tender, 10 – 15 minutes. Puree soup in blender or food processor. Season with pepper to taste.

Makes 6 – 8 servings.

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## **KOHLRABI**

### **SAUTÉED KOHLRABI**

2 kohlrabi (3 if small)

4 TBS butter or light oil

1 medium onion, diced

1 TB fresh herbs (thyme, chives, sage, etc.)

1 tsp salt

Grate kohlrabi, place in colander, and sprinkle with salt. Let stand 30 minutes to drain. Heat butter over medium heat, add onions, and sauté a few minutes. Stir in kohlrabi, reduce heat to low, cover, and cook 10 minutes. Increase heat to medium and cook 2 more minutes. Remove from heat and stir in fresh herbs.

Makes 2 – 4 servings.



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## **KOHLRABI**

### **SPINACH, CABBAGE, AND KOHLRABI SALAD WITH HORSERADISH VIAIGRETTTE**

1 large bunch spinach

2 cups thinly sliced purple cabbage

1 kohlrabi, cut into small, narrow strips

3 TBS olive oil

2 TB red wine vinegar

2 tsp prepared horseradish

½ tsp brown mustard

½ tsp sugar

Salt and pepper

4 TBS sunflower seeds

Wash and stem spinach; tear into bite-sized pieces; dry in salad spinner or towels. Place in large bowl with cabbage and kohlrabi. Combine olive oil, vinegar, horseradish, mustard, and sugar in small jar with lid. Season with salt and pepper; shake vigorously. Toss dressing with salad; divide onto plates and garnish with sunflower seeds.

Makes 4 - 6 servings.



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## LEEKS

### COCK-A-LEEKIE SOUP

3 lbs. whole chicken, rinsed and quartered

2 quarts chicken stock

1 bay leaf

10 peppercorns

4 whole cloves

5 cups chopped leeks

1 cup chopped carrots

½ cup pearl barley

3 TBS chopped parsley

½ cup chopped prunes(optional)

Salt and pepper

Place chicken in large pot with 1-quart water; add stock, bay leaf, peppercorns, and cloves. Bring to low boil, skimming as needed. Reduce to low simmer and cook about 1 ½ hours, skimming as needed. Remove chicken; let cool. Remove any fat floating on stock, then strain through a very fine mesh colander lined with cheesecloth. Clean out soup pot and return stock to it. Add leeks and carrots, bring to boil, and add barley. Simmer until barley is cooked, about 35 minutes. Meanwhile, remove skin and bones from chicken; shred the meat. When barley is cooked, stir in chicken, parsley, and prunes, if using. Heat through. Season to taste. Makes 6 – 8 servings.

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## LEEKS

### CREAMY LEEK, POTATO, AND SOUR CREAM CHIVE SOUP

3 TBS butter

2 – 3 leeks, thinly sliced (white and pale green parts only; about 4 cups total)

1 tsp dried tarragon

1 lb. Yukon gold potatoes, peeled, thinly sliced

4 cups chicken stock

½ - 1 cup sour cream

4 TBS chopped fresh chives, divided

Salt and pepper

Melt butter in pot over medium-low flame. Add leeks and tarragon; cover and cook slowly, 15 – 20 minutes. Add potatoes and stock; bring to simmer, cover, and cook until tender, 10 – 15 minutes. Puree mixture. Return puree to pot; stir in sour cream and 2 TB chives. Add salt and pepper to taste. Sprinkle each serving with additional chives.

Makes 6 servings.



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## LETTUCE

### SALAD GREENS WITH CHINESE SALAD DRESSING

1/3 cup sesame or olive oil

1 tsp minced garlic, pressed to a paste

1 – 2 tsp grated fresh gingerroot or ¼ tsp

powdered ginger

Dash of cayenne

2 TBS fresh lemon juice

1 tsp sesame seeds

1 TB chopped green onion

Salad greens

Mix ingredients (except greens); toss with greens.

Makes about ½ cup dressing.





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## **LETTUCE**

### **SALAD GREENS WITH JOHN'S OIL AND VINEGAR DRESSING**

1 cup red wine vinegar

1 cup olive oil or canola oil

1 TB horseradish mustard

5 TBS tahini

1 TB honey

1 pinch salt

1 pinch pepper

Salad greens

Mix ingredients (except greens); toss with greens.

Makes about 3 cups dressing.



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## **LETTUCE**

### **RASPBERRY BREAKFAST SALAD**

2 TBS raspberry preserves

1 TB honey

2 TBS raspberry vinegar (or raspberry balsamic vinegar)

½ tsp Dijon mustard

5 TBS olive oil

Sat and pepper

8 – 10 cups salad greens

1 red apple, thinly sliced

1 cup fresh raspberries

Make dressing; Combine raspberry preserves, honey, vinegar and mustard. Gradually whisk in olive oil. Season to taste with salt and pepper. To serve, toss greens with just enough dressing to lightly coat them. Garnish with apples and raspberries.

Makes 6 servings.



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## **MINT**

### **MINTED LEMONADE**

Juice of 1 lemon

1 cup apple juice

Juice of 2 large juice-type oranges

2/3 cups mint syrup

Mint sprigs for garnish

Combine the fruit juices and mint syrup; shake or stir well and chill. Pour over ice cubes and garnish with mint syrup.

### **MINT SYRUP**

½ cup mint leaves

½ cup water

1 cup sugar or ½ cup honey

Combine ingredients in a saucepan and bring to a boil. Reduce heat to low and cook until thickened (about 5 minutes). Strain if desired.

Makes about 2/3 cup.

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## **MINT**

### **MINTED PEARS**

1 lb. pear halves

Juice of 1 lemon

½ cup sugar or ¼ cup honey

2 TBS chopped fresh mint

Peel pears and poach in water with lemon juice. Drain pears into a bowl, reserving 1 cup of the liquid. Combine the liquid with sugar or honey and heat until sugar dissolves. Add fresh mint and simmer 10 minutes. Pour hot liquid (strained, if desired) over pears. Cool and chill thoroughly. Serve with lamb.

Makes 4 servings.



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## **ONIONS**

### **BALSAMIC BRAISED ONIONS**

2 lbs. small Cipollini onions, peeled, ends trimmed off

¼ cup extra virgin olive oil

1 cup good quality balsamic vinegar

1/3 - 1/2 cup water

1 tsp salt

Freshly ground black pepper

Pack the onions tightly in a single layer in a large skillet or saucepan. Combine remaining ingredients and pour over onions. Bring to a low simmer and cook, uncovered, until onions are tender, turning them over about halfway through the cooking. This will take about 15 minutes. Raise heat to high and boil, carefully turning the onions occasionally to prevent sticking, until liquid is reduced to a glaze, 15 – 20 minutes. Add additional salt and pepper to taste. Serve warm or cold.

Makes 6 - 8 servings.

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## **ONIONS**

### **BEER BATTER ONION RINGS**

1 ½ cups flour

1 ½ cups beer

4 – 5 large onions

4 cups vegetable or corn oil

Popcorn salt

Whisk flour and beer in bowl until smooth. Cover and let stand at room temperature 3 hours. Slice onions into ¼ inch rounds and separate into rings. Heat oil to 375°F. Dip onion rings in batter, a few at a time, then immerse in hot oil and fry until golden brown, turning once. Drain each batch on paper towels and salt lightly. Serve hot.

Makes 4 - 6 servings.



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## **PARSLEY**

### **KIM'S EXCELLENT PARSLEY SALAD**

Fresh parsley

Very thinly slice red onion or finely chopped

green onion

Chopped hard boiled eggs

Cooked chick peas or other beans

Garlic chives (optional)

Olive oil

Fresh lemon juice

Salt and freshly ground pepper

Clean and cut up lots of parsley. Combine with red onion, eggs, chick peas, and garlic chives, Shake oil and lemon juice together (2 parts oil to 1-part lemon juice). Toss salad with dressing, salt, and lots of pepper.



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## **PARSLEY**

### **GARLIC PARSLEY PESTO WITH PASTA**

1 cup low fat cottage cheese or part skim ricotta

5 TBS grated parmesan cheese

½ cup boiling water

½ cup loosely packed fresh parsley

½ cup fresh basil

2 large cloves garlic

Salt and coarse pepper to taste

3 cups tender cooked pasta

Set cheeses out until room temperature. Blend with remaining ingredients (except pasta) until smooth in blender or food processor. Toss with pasta.

Makes 3 servings.





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## **PARSLEY**

### **PARSLEY PASTA SAUCE**

Cooked pasta

1 cup packed fresh parsley leaves

¼ cup olive oil

2 tsp dried basil

1 ½ tsp dried marjoram

1 tsp finely dried oregano

½ tsp salt

2 cloves garlic

Scant ½ tsp fresh ground black pepper

1 cup sour cream

¼ cup grated Parmesan cheese

Sunflower seeds

While pasta cooks, prepare sauce; combine parsley, olive oil, basil, marjoram, oregano, salt, garlic, and pepper in food processor. Chop finely. Add sour cream and Parmesan; puree. Place mixture in saucepan; heat to almost boiling. Serve sauce over pasta and sprinkle with sunflower kernels.

Makes 4 servings.

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## **PEAS**

### **FRESH PEA POD, BROCCOLI, AND RICE SALAD**

6 oz. long grain and wild rice mix

1 ½ cups chopped broccoli

1/3 cup sliced red or green onions

¼ cup bottled clear Italian salad dressing

1 TB lemon juice

½ tsp lemon pepper

1 – 1 ½ cups edible pea pods

1/3 cups slivered almonds

Prepare rice mix according to package directions. Cool slightly. Steam broccoli until crunchy tender.

Makes 4 servings.



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## **PEAS**

### **GARLIC STIR FRIED SNAP PEAS**

3 cups sugar snap peas

1 TB oil (any mild one)

2 large garlic cloves, minced

2 tsp fresh lemon juice

Salt and pepper to taste

Cooked rice (optional)

Heat oil in skillet. Stir in garlic. Add peas; cook and stir 2 – 4 minutes on medium heat. Remove and sprinkle on lemon juice, and salt and pepper. Serve over rice, if desired.

Makes 3 - 4 servings.



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## **PEAS**

### **HERB NEW POTATOES, ONIONS, AND PEAS**

½ lb. spring onions

1 lb. small new potatoes

2/3 lb. sugar snap peas

1 – 3 TBS chopped fresh mint, dill or cilantro

Butter

Salt and freshly ground black pepper

Trim stems from onions; leave a little of root end on, combine with potatoes in pot with water to cover. Bring to low boil; cook until nearly tender, 10 – 12 minutes. Add peas; boil until just tender. Drain and toss with herbs, butter, and salt and pepper to taste.

Makes 4 - 6 servings.



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## **PEPPERS - HOT**

### **CHILES RELLENOS JOSÉ**

Whole or halved hot or semi hot chiles  
(Hungarian hot wax, Anaheim, jalapeños, etc.)  
1 lb. Monterey Jack cheese, cut into thin strips  
5 large eggs  
¼ cup flour

1 ¼ cups milk  
½ tsp salt  
½ lb. grated cheddar cheese  
½ tsp paprika

Seed the chiles. Slip strips of Monterey Jack cheese inside chiles. Beat eggs and gradually add flour, milk, and salt. Arrange chiles in well-greased pan. Sprinkle on the cheddar. Pour on egg mixture. Sprinkle on the paprika. Bake uncovered at 350°F for 45 minutes.

Makes 6 - 8 servings.

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## **PEPPERS - HOT**

### **CHILE CUMIN BUTTER**

8 TBS butter, room temperature

2 – 4 serrano or other hot chiles, seeded and minced

Grated zest of 1 lime

2 green onions, minced

½ tsp ground cumin

Beat together all ingredients. Use this mixture to spread on hot baked squash, to dress cooked green beans, to stir into chili, etc.

Makes 8 tablespoons.



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## **PEPPERS - SWEET**

### **ROASTED RED PEPPERS WITH ROSEMARY**

2 large sweet red peppers

2 – 3 tsp sherry vinegar

1 TB virgin olive oil

½ - 1 tsp minced fresh rosemary (optional)

Salt and pepper to taste

Skewer peppers on long forks; roast over high open flame, turning often, until skin is uniformly blackened. Remove peppers to cutting board. Place a paper towel underneath right side of cutting board (left side if you are left-handed). Using a sharp knife, lightly scrape off blackened skins, pushing charred pieces onto a towel. Cut off stem ends and pull out cores. Slit each pepper open and scrape off seeds. Cut into ½ inch strips. Place on plate; sprinkle with remaining ingredients. Serve at room temperature with French bread.

Makes 4 servings.

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## **PEPPERS - SWEET STUFFED PEPPERS**

A little oil

2 cloves garlic, minced

2 onions, chopped

3 cups raw brown rice

6 cups water, chicken or vegetable stock, or  
tomato juice

½ tsp allspice

½ cup almonds, chopped

1 cup chopped tomatoes

¾ lb. cheddar cheese, grated

Salt and pepper

9 large peppers, tops cut off, seeds removed

Heat oil in large skillet; add and sauté garlic and onions. Add rice and brown about 5 minutes. Add desired liquid and allspice. Cover and cook until rice is done, about 40 minutes. Toast almonds in dry skillet or hot oven several minutes, tossing often. Stir in tomatoes, cheese, almonds, and salt and pepper to taste. Cook peppers in boiling water 2 minutes. Drain and stuff peppers with rice mixture. Bake at 350°F for 30 minutes.

Makes 9 servings.

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## **POTATOES**

### **HERB ROASTED RED POTATOES**

1 lb. red roasted potatoes, cut in ½ inch pieces

1 – 4 cloves garlic, chopped

3 – 4 TBS of your favorite fresh herbs (chopped  
parsley, rosemary, thyme, fennel, dill)

3 – 4 TBS olive oil

Salt and pepper to taste

Heat oven to 350°F. Coat potatoes with other ingredients and spread out on a shallow baking dish. Roast until tender, 40 – 45 minutes.

Makes 2 -4 servings.



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## **POTATOES**

### **SMASHED YUKON GOLD POTATOES WITH BLUE CHEESE AND TOASTED HICKORY NUTS**

2 lbs. Yukon Gold potatoes (peeled)

4 TBS butter, softened

½ cup milk or cream

Salt and pepper

½ lb. blue cheese, crumbled

¼ lb. hickory nuts

Toast nuts in a 325°F oven until light brown and aromatic, about 15 minutes. Boil potatoes in salted water until tender. Drain and place in large bowl. Add butter, milk, and a pinch of salt and pepper (or to taste). Smash with fork, leaving some large pieces. Lightly toss in blue cheese. Sprinkle with hickory nuts.

Makes 6 servings.



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## **POTATOES**

### **WARM BAVARIAN-STYLE POTATO SALAD WITH SAUSAGE**

2 lbs. Yukon Gold potatoes, scrubbed

$\frac{3}{4}$  cup chopped onion

$\frac{1}{2}$  cup apple cider or chicken stock

3 TBS olive oil

2 TBS apple cider vinegar or white wine vinegar

1 TB prepared hot mustard

Salt and pepper to taste

$\frac{3}{4}$  lb. pork sausage links

3 TBS coarsely chopped fresh parsley

Cook potatoes in salted water until barely tender. Drain, cool slightly, peel, and slice  $\frac{1}{3}$  inch thick. Meanwhile, make sauce: combine remaining ingredients (except parsley) in saucepan, bring to simmer, and cook 5 – 7 minutes. Gently toss with potatoes. Heat oven to 450°. Arrange sausages on baking sheet; bake 8 – 10 minutes. Cut each link into 4 pieces. Add sausages and parsley to potatoes; mix gently. Season with salt and pepper.

Makes 6 servings.

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## **RADISH**

### **RADISH BULBS AND GREENS SAUTÉED WITH GREEN GARLIC AND CHIVES**

2 bunches radishes

1 ½ TB butter

1 ½ TB chopped green garlic

1 ½ TB chopped fresh chives

Salt and pepper

Clean radishes well under running water to remove all traces of dirt. Cut off the upper leaves and coarsely chop them. Cut off the remaining greens and stalks and discard them. Trim and quarter the bulbs. Heat butter in a large skillet over medium high flame. Add quartered radishes and cook, stirring often, 2 minutes. Stir in greens, green garlic, and chives and cook until wilted, another 1 – 2 minutes. Season with salt and pepper to taste.

Makes 4 - 6 servings.



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## **SPINACH**

### **SPINACH FETA BROWN RICE BOWL**

2 TBS olive oil, divided

1 cup plain brown rice

1 onion or 1 bunch spring onion

1 bunch or large handful fresh dill

Large bunch of spinach, stems removed, leaves chopped

salt

2 -4 oz. chunk of feta cheese, diced

Heat 1 tablespoon olive oil in saucepan over medium flame. Stir in rice and heat gently, stirring often, about 1 minute. Add 2 1/8 cups water to the pan. Bring to a boil, reduce heat to low, cover pan, and cook 45 minutes. Remove from heat. Remove lid, stir rice, cover it again, and let stand about 10 minutes. While rice cooks, heat remaining olive oil in a large skillet over medium flame. Add onions and cook, stirring occasionally, until translucent. Stir in chopped spinach and cook, stirring occasionally, until spinach is wilted. Stir in dill and a little salt. Let cook for a minute or so, then remove from heat, Stir spinach and feta into the cooked rice.

Makes 4 servings.

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## **SPINACH**

### **NANA MANISCALCO'S SPINACH LENTIL SOUP**

¾ lb. lentils

1 TB salt

1 stalk celery, diced

½ lb. spinach leaves, finely chopped

1/3 lb. ditalini pasta

½ cup olive oil

4 tsp minced garlic

Salt and pepper

Grated Parmesan cheese

Pick through lentils and remove any stones or other foreign objects. Rinse lentils well and soak in 3 quarts of water for 1 hour. Drain. Combine lentils, 3 quarts fresh water, salt, and celery in soup pot; bring to simmer and cook 45 minutes. Add spinach and simmer 10 – 15 minutes longer. Meanwhile, cook pasta according to package directions; drain and keep warm. When ready to serve the soup, warm the olive oil in a small skillet over medium heat, add the garlic and sauté about 45 seconds. Stir into soup along with salt and pepper to taste. Put a little pasta in each soup bowl and ladle soup over the pasta. Serve with crusty bread and grated parmesan.

Makes 6 – 8 servings.

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## **SPINACH**

### **SPINACH SALAD WITH ORANGE HONEY VINAIGRETTE**

1 TB honey

2 TBS frozen orange juice concentrate, softened

1 tsp minced shallot

1 TB red wine vinegar

1 TB balsamic vinegar

½ cup olive oil

Salt and pepper

1 bunch spinach, large stems removed

1 small red onion, sliced as thinly as possible

2 oranges, sectioned

1/3 cup roasted almonds

Whisk honey, orange juice concentrate, shallots and vinegars in a bowl. Gradually whisk in oil. Season to taste with salt and pepper. Thoroughly clean the spinach and dry it in a salad spinner or kitchen towels. Toss spinach with onions, oranges, almonds, and just enough dressing to lightly coat.

Makes 4 - 6 servings.

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## SUMMER - SQUASH

### BAKED SUMMER SQUASH

1 – 1 ½ lbs. summer squash (4 -5 medium zucchini, yellow squash)  
1 cup whole wheat flour  
1 – 2 tsp dried thyme  
½ tsp curry powder

1/8 tsp dried oregano  
½ tsp salt  
½ cup safflower oil  
Scant 1 cup tomato juice

Heat oven to 400°F. Oil a large baking dish. Slice squash lengthwise or diagonally 1/8 inch thick. Season with salt and pepper to taste. Place in baking dish to make overlapping layers. Combine remaining ingredients and spread on top of summer squash. Bake until lightly browned, 20 – 25 minutes. Serve hot.

Makes 4 servings.

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## **SUMMER - SQUASH**

### **MARK'S SWEET AND SPICY SQUASH**

2 TBS olive oil

3 – 4 cups summer squash, cut into  $\frac{3}{4}$  inch pieces

$\frac{1}{2}$  cup diced sweet onion

1 leek, chopped

2 Hungarian hot wax peppers, diced

3 TBS honey

Salt and pepper

Heat oil in skillet; add squash, onions, leeks, and peppers and sauté until tender. Drizzle honey over vegetables. Stir in salt and pepper to taste. Turn off heat, cover, and let stand 3 – 4 minutes.

Makes 4 servings.



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## **SQUASH - SUMMER**

### **OVEN FRIED ZUCCHINI SPEARS**

2 medium sized zucchini or yellow summer squash

3 TBS dried bread crumbs

1 TB grated parmesan cheese

1 tsp dried oregano

½ tsp dried basil

1 tsp dried summer savory

¼ tsp garlic powder

1/8 tsp ground black pepper

2 tsp corn oil

Prepared marinara sauce

Heat oven to 475°F. Lightly oil a baking sheet. Wash zucchini and pat dry. Do not peel. Cut into eighths lengthwise, then halves crosswise. On a sheet of wax paper, toss bread crumbs, cheese, herbs, garlic powder and pepper. Whisk oil and 2 TBS water in small bowl. Moisten zucchini spears in this mixture, then roll them in crumb mixture, covering all sides. Arrange on baking sheet. Bake 7 minutes or until spears are lightly browned. Turn spears over; bake 3 minutes more. Serve immediately with hot marinara sauce.

Makes 4 servings.

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## **SUMMER - SQUASH**

### **GRILLED BABY ZUCCHINI WITH TARRAGON MUSTARD VINAIGRETTE**

2 – 3 tsp minced garlic, pressed to paste

2 tsp tarragon mustard

2 TBS wine vinegar

Salt and pepper to taste

3 TBS olive oil

1 ½ lbs. young zucchini or yellow squash halved  
lengthwise

Heat coals on outdoor grill. Combine garlic, mustard, vinegar, salt and pepper; whisk in oil. Brush squash halves with a little of the dressing and grill slowly until barely tender. Place on platter; drizzle on the dressing.

Makes 4 - 6 servings.



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## SUMMER - SQUASH

### SWEET ZUCCHINI BISCUITS

½ cup margarine or butter, softened

1 cup packed light brown sugar

2 eggs

1 TB orange or lemon juice

2 ½ cups all-purpose flour

½ tsp ground cinnamon

½ tsp ground mace

¼ tsp salt

1 ½ cups shredded, drained zucchini

½ cup chopped pecans

1 TB grated orange zest

Powdered sugar

Heat oven to 350°F; grease 2 baking sheets. Beat margarine until fluffy. Beat in sugar, eggs and orange juice. Combine flour, baking powder, spices, and salt; stir into egg mixture. Stir in zucchini, pecans, and orange zest. Drop by teaspoons onto cookie sheets. Bake about 10 minutes. Cool on racks. Sprinkle with powdered sugar before serving.

Makes 5 dozen biscuits.

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## **SQUASH - WINTER**

### **BUTTERNUT SQUASH COCONUT CURRY SOUP**

1 TB peanut oil

½ large onion, chopped

2 cloves garlic, minced

3 ½ cups chicken or vegetable stock

1 medium butternut squash, peeled, seeded, and chopped

1 small jalapeño pepper, chopped

1 can coconut milk

½ cup chopped lemongrass

2 citrus/kaffir lime leaves

½ cup bottled fish sauce

Sugar to taste

Juice of ½ lime

Heat oil in saucepan; add onions and garlic. Sauté until lightly browned. Add stock, squash, and jalapeño; simmer until squash is tender, 10 – 15 minutes. Add coconut milk, lemongrass, lime leaves, fish sauce, and sugar. Simmer 10 – 12 minutes. Puree and strain through fine mesh strainer. Add lime juice and adjust to taste with sugar and lime juice. Makes 4 servings.

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## **SQUASH - WINTER**

### **CRANBERRY ACORN SQUASH**

½ raw fresh cranberries

1 small apple, cored, chopped into small pieces

¼ cup currants

½ cup orange juice or apple cider

1 ½ TBS honey or maple syrup

1 TB melted butter

Pinch salt

2 acorn squash, cut in half, seeds removed

Heat oven to 350°F. Combine cranberries, apples, currants, orange juice, honey, butter, and salt in a saucepan. Heat until berries are just tender. Place squash in ovenproof dish. Fill cavities with fruit. Cover dish and bake until squash is tender, about 35 – 45 minutes.

Makes 4 servings.



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## **SQUASH - WINTER**

### **EASY BUTTERNUT SQUASH SOUP**

2 TBS butter or olive oil

3 – 4 cloves garlic, mashed with side of thick knife

½ - 1 cup chopped onion

2 ½ - 3 lbs. butternut squash halved, seeded, and baked until soft

4 cups chicken stock or 2 bouillon cubes dissolved in 4 cups hot water

1 bay leaf

Pinch of sugar

½ tsp curry powder

Pinch of nutmeg

Salt and pepper to taste

2 cups milk (low fat or skim)

Heat butter or olive oil in large saucepan over medium flame. Add garlic and onions; cook, stirring often, 7 – 10 minutes. Puree the cooked squash in a food processor and stir into onion mixture. Stir in stock, bay leaf, sugar, curry powder, nutmeg, salt, and pepper. Simmer 20 – 30 minutes. Remove bay leaf, Add the milk.

Makes 6 servings.

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## **SQUASH - WINTER**

### **WINTER SQUASH WITH CRANBERRIES**

1 small winter squash

1 – 3 tsp butter or olive oil

1 cup cranberries

2 – 3 TBS raspberry jam or puree

Peel winter squash, chop flesh into ½ to 1 inch cubes, and steam over boiling water until soft but not mushy. Heat butter or olive oil in heavy skillet over medium flame. Toss in cranberries and stir frequently until they soften. Mash in skillet with fork or potato masher. Stir in jam. When squash is done, toss it with the cranberry mixture.

Makes 4 - 8 servings.





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## **SWISS CHARD**

### **BEANS 'N' GREENS**

3 cups black-eyed peas

Butter or oil

1 large onion, chopped

A few garlic cloves, minced

1 tsp thyme

2 – 3 bay leaves

1 large bunch of Swiss chard

Salt and pepper

Put peas on to cook in water. Heat a little butter or oil in a skillet. Add onions and garlic; sauté with thyme and bay leaves until tender. After cooking peas ½ hour, add the onion mixture and chopped greens. Cook ½ hour longer. Remove bay leaves. Season with salt and pepper to taste.

Makes 8 - 12 servings.



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## **SWISS CHARD**

### **SWISS CHARD AND CHICK PEA SOUP**

3 carrots, diced

2 stalks celery, diced

1 cup diced red onion

1 sprig rosemary, leaves removed from stem and chopped

1 ½ tablespoons crushed garlic

6 cups vegetable stock

2 cups chopped tomatoes

1 can (15 oz.) chick peas, drained and rinsed

1 bunch Swiss chard, stems removed and greens roughly chopped

Salt and pepper

Combine carrots, celery, red onion, rosemary garlic and stock in a saucepan. Bring to a low boil and cook about 10 minutes. Add tomatoes, chick peas, and chard greens. Simmer another 15 minutes. Season with salt and pepper to taste.

Makes 6 servings.

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## **SWISS CHARD**

### **SWISS CHARD BREAKFAST BURRITOS**

3 cups Swiss chard (that has been cooked and seasoned with garlic and onions)

6 - 8 flour tortillas

2 – 3 cups shredded cheese (cheddar or Swiss)

4 eggs, beaten

2 cups milk

1 TB flour

1 tsp mustard powder

salsa

sour cream

Oil a 9 x 13-inch baking pan. Divide cooked chard down center of tortillas. Sprinkle each pile of chard with 3 tablespoons cheese. Roll up tortillas and place seam side down in prepared pan. Mix eggs, milk, flour, and mustard powder. Pour over tortillas. Cover with foil and refrigerate overnight. The next day, let burritos come to room temperature. Heat oven to 350°F. Bake until eggs are set, about 45 minutes. Sprinkle remaining cheese on top and cover for last 5 minutes of baking. Serve with salsa and sour cream.

Makes 4 – 6 servings.

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## **TOMATOES**

### **TOMATO SOUP**

1 TB butter

2 cloves garlic, minced

2 carrots, chopped

2 stalks celery, chopped

2 quarts canned tomatoes

Pinch of sugar

½ cup fresh basil

Salt and pepper to taste

Grated Parmesan cheese

Heat butter in skillet; sauté garlic, carrots, and celery. Add tomatoes and simmer 20 minutes. Add sugar, basil, salt, and pepper; simmer 5 – 10 minute longer. Top with parmesan.

Makes 8 servings.



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## **TOMATOES**

### **BASIC BLENDER ITALIAN TOMATO SAUCE**

Lots of tomatoes

Small amount of basil and parsley, dried or fresh

A large amount of oregano

Minced garlic cloves

1 or 2 carrots, finely chopped

Salt and pepper

Olive oil

Blend or process tomatoes to an almost pureed texture. Gradually add herbs, garlic, and carrots. Slowly cook the mixture in a deep skillet. When sauce has reduced about halfway to the texture you want, add salt and pepper. Add several tablespoons of olive oil before reheating for serving.



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## **TOMATOES**

### **TOMATO SALSA**

1 small onion

½ green pepper

Small bunch cilantro

3 minced garlic cloves

Chile pepper to taste

1 TB honey

Salt to taste

1 ¾ lbs. fresh tomatoes, peeled

Process all ingredients except tomatoes in a food processor. Add peeled tomatoes. Process again and it's ready to eat.

Makes about 2 cups.



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## **TOMATOES**

### **SOUTHERN TOMATO PIE**

1 sheet refrigerated pie crust

6 plum tomatoes, cut ¼ inch thick

Coarse salt (optional)

2 cups shredded mozzarella or Swiss cheese

Olive oil

1/3 cup minced fresh basil

½ tsp freshly ground pepper

Heat oven to 450°F. Prepare pie crust sheet, using a 9 ½ inch tart pan. Do not prick crust. Partially bake 9 – 11 minutes. Remove and cool crust; reduce oven heat to 375°F. Sprinkle tomatoes with salt, if desired, and place in single layer on paper towels; let drain 30 minutes. Pat dry. Sprinkle cheese evenly in cooled pastry shell. Arrange tomatoes over cheese in an overlapping circular pattern, covering surface. Brush tomatoes with olive oil. Sprinkle with basil and pepper. Bake 30 – 35 minutes. Let stand 10 minutes before slicing.

Makes 8 servings.

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## **TOMATOES - CHERRY**

### **SUN GOLD SAUCE WITH BOW TIES**

1 pint cherry tomatoes

1 small cucumber

¼ cup rice wine vinegar

Pinch of sugar

Salt to taste

1 TB minced cilantro

Stem the cherry tomatoes; slice in half. Cut cucumbers in half crosswise, quarter the halves, and slice. Combine all ingredients in a bowl and let stand at room temperature, stirring occasionally, for 20 minutes or so. Serve at room temperature.

Makes 4 servings.





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## **TOMATOES**

### **PASTA WITH FRESH TOMATO BASIL OLIVE SAUCE**

4 cloves garlic, crushed

10 large basil leaves

¼ cup toasted pine nuts

1 lb. seeded, chopped tomatoes

3 TBS extra virgin olive oil

2 TBS pitted green olives

4 TBS freshly grated Parmesan cheese

Salt and pepper to taste

½ lb. pasta

Puree all ingredients except pasta. Cook pasta in lots of salted, boiling water; drain and toss with sauce.

Makes 4 servings.



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## **TOMATOES**

### **GREEN TOMATO AND EGG GRATIN**

1 ½ cups chopped green tomatoes

6 hardboiled eggs, sliced

5 TBS butter, divided

¾ cup soft bread crumbs

3 TBS unbleached flour

1 ½ cup low fat milk

Heat to 350°F. Alternate layers of egg slices and tomatoes in shallow baking dish. Melt 2 tablespoons butter in small saucepan. Add bread crumbs; stir well. Melt remaining butter in medium saucepan over low flame. Stir in flour and cook, stirring often, 3 – 4 minutes. Whisk in milk and cook, stirring constantly, until thickened, Pour milk mixture over tomato/egg layers. Top with bread crumbs. Bake 35 – 40 minutes.

Makes 4 - 6 servings.



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## **TURNIPS**

### **TURNIP AND PEA POTAGE**

1 lb. turnips, peeled and diced

1 cup chopped onion

3 cups stock

1 cup instant dried milk

2 TBS butter

2 cups frozen green peas, defrosted

Salt and pepper to taste

Boil turnips in water until tender. Drain. Combine with onion and stock in a soup pot. Puree dried milk, butter, and peas in a blender or food processor. Add to soup pot. Season with salt and pepper to taste. Heat and serve.

Makes 4 servings.



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## **TURNIPS**

### **SPRING TURNIPS WITH GREENS AND RAISINS**

2 TBS butter, divided

2 tsp olive oil

1 medium yellow onion, diced

1 bunch spring turnips and greens

About ½ cup raisins

Salt

12 ounces orzo or bow tie pasta, cooked and cooled (optional)

Heat 1 tablespoon of the butter and all the oil in a large skillet over medium flame. Add onions and cook, stirring often, until they begin to soften, about 5 minutes. Meanwhile, wash turnips and trim the leaves from the root. Chop the roots into 1-inch dice. Discard any yellowed turnip leaves and roughly chop the nice ones. Once the onions are softened, add the turnip roots. Sprinkle with a bit of salt, stir, and cover. Cook until the turnips can be easily pierced with a knife, about 8 minutes. Uncover, turn the heat up to medium high, and cook, stirring now and then, until tender, another 3 – 4 minutes. Add remaining 1 tablespoon butter and salt to taste.

Makes 3 – 4 servings.

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## **TURNIPS**

### **MASHED TURNIPS WITH CREAM AND CRISPY SHALLOTS**

1 ½ - 2 lbs. turnips, peeled and coarsely chopped

1 TB butter, divided

1 cup thinly sliced shallots

½ cup heavy cream

1/8 tsp grated nutmeg

Salt and pepper

1 – 3 tsp minced Italian parsley

Placed chopped turnips in large pot of cold water. Bring to a boil and cook until tender, about 15 minutes. Drain well and puree turnips in a food processor. Heat 2 TBS of the butter in small skillet over medium flame, add shallots, and cook stirring often, until shallots are tender and golden brown, about 15 minutes. Remove shallots from skillet and drain them on paper towels. Combine the cream and remaining 1 tablespoon butter; bring to a simmer and stir into the pureed turnips. Season with nutmeg; add salt and pepper to taste. Place in a serving dish, garnish with shallots and parsley and serve immediately.

Makes 6 - 8 servings.

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