

Fresh Food



ENJOY YOUR HARVEST

Recipe Book



ENJOY YOUR HARVEST

Vegetable Broth

by: Nichole Dandrea-Russert, RDN

Ingredients:

- 1 sliced small onion
- 1 sliced leek
- 4 whole garlic cloves with the skin
- 4 celery stalks
- 4 chopped carrots
- 1/4 cup of blended herbs (thyme, rosemary, oregano, and 2 bay leaves)
- stems of one bunch of lacinato kale
- chopped broccoli stems

Make Your Stock with Food Scraps!

Fresh vegetables (like carrots, celery, onions, leeks, garlic, or any other vegetables that you have on hand)

herbs (such as fresh rosemary, thyme, parsley, or dried bay leaves)

64 ounces of water

salt (optional for taste)

Directions:

1. Start by washing and roughly chopping your vegetables. (Keep the skins on for added flavor and nutrients.)
2. Heat a large stovetop pot on medium-high heat, then sauté your vegetables for about 3-5 minutes or until tender and slightly caramelized. Add 1-2 tablespoons of water to deglaze the pan and prevent sticking throughout cooking.
3. Add in fresh herbs (and optional spices).
4. Pour in roughly 64 ounces of water or enough water to cover all of the vegetables.
5. Bring to a boil and let simmer for 30-60 minutes.
6. Carefully pour your broth through a strainer to separate the vegetables from the stock.
7. Add salt, spices, and herbs to taste!
8. Store your broth in the refrigerator for up to four days or store in the freezer for up to six months.

Important Notes:

1. Keep a bin or container in your refrigerator with veggie scraps that can be used to make your broth.
2. Fresh herbs can take your broth to the next level!

Fresh herbs can take your broth to the next level!
to make your broth.



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Not Your Everyday Black Bean Burgers (Serves 8)

by: Nichole Dandrea-Russert, RDN

Ingredients:

- 1 1/2 cups (or one 15-oz BPA-free can) black beans
- 1 cup pre-cooked short-grain brown rice
- 1 cup raw, chopped walnuts
- 1 tbsp cumin powder
- 1 tbsp chili powder
- 2 tsps smoked paprika
- 1 tsp ground turmeric
- 1 tsp garlic powder
- 1/2 tsp salt (optional)
- 1 medium yellow onion, diced
- 1/3 cup of almond meal
- 1 tbsp vegetable broth or water

Directions:

1. On medium-high heat, roast walnuts in a pan. Nuts cook quickly, so stay watchful and stir frequently.
2. In a separate pan, heat to medium to high heat, add onions and stir frequently for 3-4 minutes; add water or vegetable broth nearby to deglaze pan as needed.
3. Add roasted walnuts and all spices into a food processor; blend to a mealy consistency (less than 30 seconds).
4. In a large bowl, mash 3/4 of the black beans.
5. Add the sauteed onions, almond meal, rice, and walnut spices meal and mix.
6. Create palm-sized, flattened patties and place on a baking sheet lined with parchment paper.
7. Bake in the oven, grill, or cook on stovetop.
 - a. Oven: Bake in the oven at 350 degrees for 40 minutes
 - b. Stovetop: Get griddle hot, add patties; grill for 3-4 minutes on each side.
8. Build burgers to taste! Top with garden-fresh veggies, like red onions, tomatoes, sprouts or microgreens, leafy greens (as a topping or as a wrap), and enjoy.

Important Notes:

1. This super-economical recipe makes fantastic leftovers!
2. These burgers are packed with fiber- and much more!



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Fresh Rosemary & Roasted Garlic Bread Boule

by: Lauren Groves

Ingredients:

- 3 cups all-purpose flour
- olive oil
- 1 tbsp salt
- $\frac{3}{4}$ tsp active dry yeast
- $1\frac{1}{2}$ cups of water

Directions:

1. Combine the flour, salt, and yeast in a bowl, then lightly whisk.
2. Create a crater in the middle of the mix; add water and gently mix into a dough, scraping sides as needed.
3. Cover for 8 hours... move onto step 4.
4. Dust your workspace with a layer of flour; place dough on top; consider adding rosemary and roasted garlic.
5. Fold over the dough 4-6 times any time you add any ingredients.
6. Shape the dough into a ball, then transfer onto a piece of parchment paper, separated by a dusting of flour (to avoid sticking); place the parchment paper (with dough atop) into big bowl; cover and let set for 2 hours.
7. After that time, preheat the oven to 450 degrees with the cast iron (dutch oven) inside (without the lid).
8. Use the parchment paper to transfer the risen dough (and parchment) into the dutch oven.
9. Drizzle olive oil over the top of the dough, along with some salt.
10. Bake for 30 minutes with the lid on, then for 10-12 minutes with the lid off.
11. Cool, and enjoy!

Supplies Needed:

1. A dutch oven with a lid, a large mixing bowl, a whisk, a spatula, measuring spoons, a large measuring cup, and parchment paper (or baking mat).



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Rose Hip & Ginger Quick Jam

by: Crystal Meserole

Ingredients:

- 4 tbsps rose hips (dried, ground, sifted)
- 1 $\frac{1}{2}$ tbsps honey (or 2 to 2 $\frac{1}{2}$ tsp maple syrup or agave)
- 1 tsp powdered ginger (Add more if you're a ginger lover!)
- 6 ounces ($\frac{3}{4}$ cup) of warm, filtered water
- A pinch of salt (perhaps Himalayan!)

Directions:

1. Heat water. (No need to boil- just enough to dissolve the honey.)
2. Mix water and honey (or alternative) in a jar.
3. Combine rose hips, ginger, and salt; stir.
4. Add dry ingredients to wet ones, then that's it!
5. Let your jam marinate in the fridge for 24 hours to maximize the flavors!

Important Notes and Variations:

- Speaking of flavor, try these variations: lime, lemon verbena, orange, red pepper flakes, or chili powder...
- Sensitive to ginger? Consider these alternatives: cardamom & clove, elderberry, pear, or herbals.
- Vegan? Substitute the honey for maple syrup or agave!



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Raspberry Vinaigrette

by: Kami McBride

Ingredients:

- Apple cider vinegar
- 1 cup of raspberries
- ¼ cup of chopped rose petals
- ½ to 1 cup of chopped rose geranium (leaf and flower only, no stems)

Directions:

1. Add all dry ingredients in a jar.
2. Fill the remaining space with apple cider vinegar.
3. Close jar and store in a cool, dark place.
4. Let raspberries, rose geranium, and rose petals steep in apple cider vinegar for one month; shake occasionally.
5. After 1 month, decant the mixture by funneling and filtering into another jar, separating solids from liquid.

That's it– that liquid gold is your vinaigrette!

Put it in a jar and store for future use. Enjoy!

Important Notes:

1. If using a metal lid, protect it from the vinegar by placing parchment or wax paper between the lid and jar.
2. To use as a salad dressing, add 1 cup of olive oil per ¼ cup of vinaigrette and a bit of honey to taste.
3. Consider adding fresh herbs, like chives, oregano, sage, or thyme. Shake before use.



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Kale Powder

by: Tom Bartels

Ingredients:

In the video, Tom uses the following:

- 11 thousand head kale plants
- 11 lacinato kale plants
- 10 leaf broccoli plants

However, you can use leaves from any of your favorite leafy greens. Leaves from kale, broccoli, cabbage, arugula, chard and similar hearty greens work best.

Directions:

1. Wash and chop all ingredients, taking the spine/rib out of the middle of the leaves.
2. Spread into a food dryer and dry until crispy.
3. When you're able to crush the greens in your hand, they are ready to blend into a powder.
4. Put dried greens into a food processor (or coffee grinder, if smaller amount); pulse and blend until crumbled.
5. Funnel into a jar for storing.
6. Store in an airtight container
7. Add to soups, stews, omelets, smoothies– and much more!

Important Notes:

Consider stacking leafy greens before rinsing; you can't wash 'em once they're powder!



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Zucchini Fries

by: Kim Murphy

Ingredients:

- Zucchini
- 1/3 cup of aquafaba
- 1/3 cup of whole wheat bread crumbs
- 3 tbsps wholewheat flour
- 1 tbsp nutritional yeast
- 1/2 tsp garlic powder
- 1 tsp dried oregano
- 1/4 smoked paprika

Directions:

1. Chop off the ends of the zucchinis; slice each zucchini lengthwise twice (creating four spears) then in half (to fit into an airfryer).
2. To create the breading, mix bread crumbs, flour, yeast, garlic powder, oregano, and paprika in a large bowl.
3. Place aquafaba in a separate bowl.
4. Coat each spear of zucchini in aquafaba, then coat in the bread crumbs, then place in the air fryer.
5. Cook in airfryer at 375 degrees for 8-10 minutes, flipping halfway through.
6. Cool and enjoy– or perhaps pair with our Chipotle Ranch recipe (next recipe).

Important Notes:

1. **Some air fryers cook more quickly or more slowly. Check on your fries frequently and adjust accordingly!**



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Vegan Chipotle Ranch

by: Kim Murphy

Ingredients:

- 1 cup raw, unsalted cashews
- 3/4 cup low sodium vegetable broth (or water or plant milk)
- 2 tbsp lemon juice
- 1 tsp apple cider vinegar
- 1 tsp dried dill (optional: 1 tbsp fresh herbs)
- 1/2 tsp dried chives
- 2 tsp garlic powder
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp salt

Directions:

1. Blend all ingredients, starting at low and gradually increasing to high until dressing is creamy.
2. If needed, scrape ingredients off the sides and blend again.
3. Pour dressing into a dish, and use as a dip for your zucchini fries– or other fun foods!

Important Notes:

Consider soaking cashews for 20 minutes before blending; consider power of appliance.



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Rosemary-Lemongrass Sauerkraut

by: Stacey Murphy

Ingredients:

- 1 head of purple cabbage
- 1 handful of fresh rosemary
- lemongrass
- 1 blood orange (zest only)
- 2 tbsps coarse sea salt

Preparation Time: 15 minutes / Ferment Time: 10 days or longer

Directions:

1. If using with leaf method: Peel outer layer of cabbage carefully (no tears or holes) and save for later.
2. Julienne cabbage head carefully leaving behind the cabbage stem pyramid as a weight if you are using the leaf method.
3. Julienne the pepper and chop the dill.
4. Mix salt into cabbage well and begin to tenderize the cabbage. Tenderize for approximately 10 minutes until cabbage is soft and there is plenty of liquid.
5. Mince Lemongrass and zest the Blood Orange. Mix into cabbage well.
6. In a sterile, sealable quart jar, place several handfuls in bottom of jar and use your fist to mash all the air bubbles to the surface.
7. Place a layer of rosemary and add a couple more handfuls of the mixture. Carefully mash all air bubbles to the surface. Keep layering until you reach within 1" of the top of the jar.
8. Carefully seal jar with cabbage leaf and weigh it down with the cabbage stem. Close and seal jar so that sauerkraut is completely submerged under the fluid.
9. Place on top of a towel in a dark, warm space.
10. Carefully burp the jar once a day by holding a hand over the top and cracking the seal to let any bubbles and pressure out.
11. Watch for any signs of mold and discard immediately if found.
12. Taste after 4 days and again at 7 and 10 days. Ferment is ready whenever you like the flavor. You can ferment at room temperature for up to 6 weeks if you like. Once you start using the sauerkraut, place in the fridge. It will continue to ferment just more slowly.



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Radish & Scallion Quick Pickles

by: Stacey Murphy

Ingredients:

- 1 bunch radish per pint
- 5-6 stalks bunching onion per pint
- 1/2 cup water per pint jar
- 1/2 teaspoon salt per pint jar (or less based on your preference)
- Optional: 1/2 teaspoon sugar or honey per pint jar based on your tastes
- Spice Blend 1: (Typical Dill Blend) Fresh dill, garlic clove (peeled), celery seed, mustard seed, allspice, turmeric, red chili flakes, bay leaf, coriander seed
- Spice Blend 2: (BBQ Blend) coriander seed, chili powder, maple syrup, mustard seed, red pepper flakes

Preparation Time: 5-10 minutes / Chill Time: 1-2 day

Directions:

1. Chop vegetables to desired shape and size: most likely rounds
2. Pack heat-safe jars with vegetables.
3. Add desired spice blends to jars.
4. Bring brine to boil: vinegar, water, salt (sugar or honey is optional, these pickles are delicious without it!). Note how many jars you have packed and scale up the brine proportionately. If you're on a low salt diet, salt helps to bring out flavors in this recipe, but you can scale back to just a dash. You don't need to add sugar for these to be delicious. You can add sweetness with your spice blend as an alternative.
5. Pour brine over packed vegetables.
6. Place in fridge and cool for 1-2 days. You can try them after 20 minutes, but you'll most likely only taste the vinegar. The rest of the flavors will emerge within 1 day, and you will find peak flavors emerge after 2 days.

Important Notes:

You can make quick pickles in a big bowl if you like! Anything that can withstand the boiling water. Jars are great for creating multiple recipes at once, so you always have something new to try.



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Melon & Sweet Pepper Salad

by: Brandon Beins

Ingredients:

- 1 small-medium melon
- 2 sweet peppers
- 5 green onions
- 2 ears of corn
- 1 ½ cups hazelnuts
- 1 ½ tbsp mint
- microgreens for garnish
- olive oil to taste
- salt & pepper to taste
- (Optional) ½ teaspoon cinnamon

Directions:

1. Roast hazelnuts and corn.
 - a. Preheat the oven to 350°
 - b. Toss nuts with salt, pepper, cinnamon, and a high-heat oil such as coconut oil.
 - c. Place nuts on a sheet tray.
 - d. Roast nuts for 7-8 minutes.
 - e. While nuts are roasting, cut the corn off of the cob.
 - f. Add corn to hazelnuts. Roast nuts and corn for another 7-8 minutes.
2. Thinly slice green onions, then slice peppers ½" (2 cm) thick and mix in a bowl with 1 ½ tbsp salt. Let sit for 10 minutes.
3. Massage vegetables with hands to work the salt in. This helps break down the starches.
4. Remove rind of melon and cut into bite sized pieces.
5. Rinse and drain peppers and onions
6. Combine with melon, corn, and nuts in a large bowl.
7. Thinly slice mint and toss on top of salad. Drizzle with olive oil, top with micros, and serve!

NOTES: Substitute hazelnuts with roasted pine nuts, cashews, sunflower seeds, or pumpkin seeds.



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Celeriac & Roasted Parsnip Dip

by: Brandon Beins

Ingredients:

- 1 lb celeriac, peeled and large diced
- 1 lb parsnips, peeled and large diced
- 10 garlic cloves peeled
- 1 ¼ tbsp fresh squeezed lemon juice + extra wedges to season
- chili flakes to taste
- ¼ cup extra virgin olive oil
- sourdough, crackers, carrots, or crostini (for dipping)
- salt, to taste
- black Pepper, to taste
- fleur de sel (large, crunchy sea salt used for finishing)

Preparation Time: 15 minutes / Ferment Time: 10 days or longer

Directions:

1. Preheat oven to 350° F (175 °C)
2. Add the garlic, salt, chili flakes, and black pepper to the parsnips, mix and drizzle with olive oil.
3. Add parsnip mix to a cast iron pan or other oven-safe dish for roasting.
4. Roast the parsnips and garlic together at 350° F (175 °C) until the parsnips are as tender as the celeriac, which should take around 12-15 minutes.
5. Blanch the Celeriac: In a medium pot on the stove, boil water with a tablespoon of salt. Add the celeriac, occasionally stirring and using a fork to check the tenderness. Cook until tender. Let cool.
6. Place the celeriac and parsnip mix in a food processor.
7. Add fresh-cracked black pepper, a pinch of chili flakes, the tablespoon of lemon juice, and a pinch of salt.
8. Purée, occasionally adding a drizzle of extra virgin olive oil until you achieve a hummus-like consistency.
9. Taste purée, adjust seasoning if needed.
10. Transfer purée to a serving bowl.
11. Finish with a drizzle of extra virgin olive oil and a dash of both chili flakes and coarse sea salt.