**Across the Fence**  
Locally Grown Recipes – August 2017

**Carolyn Peake’s Recipes**  
**Italian-Style Veggie Wraps**

- 1 small zucchini, chopped
- 1 cup provolone cheese cut into ½-inch cubes
- 1 cup cubed hard salami cut into ½-inch pieces
- 1 cup chopped fresh broccoli
- 1 medium tomato, seeded and chopped
- 12 each of pimiento-stuffed olives and pitted ripe olives
- 4 green onions, chopped
- ¼ cup prepared zesty Italian salad dressing
- 3 Tbsp. hot pepper sandwich relish
- 1 Tbsp. prepared Catalina salad dressing
- 6 romaine lettuce leaves
- 6 whole wheat tortillas (8-inch)

In large bowl, combine first 11 ingredients. To serve, place a romaine leaf on each tortilla; top with filling. Fold up bottom and sides of the tortilla, securing with a toothpick if desired. **Yield:** 6 servings.

**No Mayo Broccoli Salad with Blueberries and Apple**

- 1½ lbs. fresh broccoli, cut into bite-size pieces
- 1 cup fresh blueberries
- ¼ cup finely chopped red onion
- ½ cup dried cranberries
- ½ cup sunflower seeds
- 1 large apple, chopped into bite-size pieces
- 1 Tbsp. lemon juice

**Dressing:**

- 1 cup plain Greek yogurt
- ¼ cup honey
- 1 Tbsp. lemon juice
- 2 tsp apple cider vinegar
- 1 Tbsp. poppy seeds

Place broccoli, blueberries, onion, cranberries and sunflower seeds in a large bowl. In a small bowl, toss the apple chunks with 1 Tbsp. lemon juice. Add to the large bowl with salad. In a small bowl (the one you did the apples in, maybe, to save dishes!), whisk together all dressing ingredients. Pour dressing over the salad and toss gently to combine. Salad may be served immediately or refrigerated until serving. It will last two or three days in the refrigerator.

**Cheese Potato Pie** (from Louise Peters, East Royalty, Prince Edward Island)

- 2 lbs. potatoes
- Milk for mashing
- 6 oz. grated cheddar cheese
- 3 oz. butter
- 6 oz. tuna or salmon
- 4 hard-boiled eggs
- 3 mild onions
- Salt and pepper to taste

Cook potatoes until mashing consistency. Mash them with milk. Cook onions slightly. Add the onions, butter and fish and half the grated cheese and mix together. Pour half of the mixture into a greased casserole dish. Top with sliced eggs. Pour rest of the mixture over the eggs. Top with rest of cheese. Bake at 400°F for 20 minutes.
Slow-Cooker Squash and Cornbread Casserole

- 1 can (10 3/4 oz.) cream of mushroom soup
- 1 container (8 oz.) sour cream
- 1 1/2 lbs. yellow squash, cut into 1/2-inch slices
- 1 cup shredded carrot
- 1 cup chopped onion
- 1 can (11 oz.) sweet corn, drained
- 1/2 cups cornbread stuffing mix
- 1/4 cup butter, melted
- 2 tsp. dried sage leaves

Spray 4-quart slow cooker with cooking spray. In a large bowl, stir soup and sour cream together. Add squash, onion, carrot, and corn. Stir gently to coat and spoon mixture into slow cooker. In a medium bowl, mix stuffing mix, melted butter and sage. Sprinkle over vegetable mixture. Cover and cook on low heat setting for 5 hours. Uncover and let stand 10 minutes before serving.

Lyn Jarvis’ Recipes

Snowcapped Blueberry-Lemon Roll

Cake:
- 4 eggs, separated
- 3/4 cup sugar, divided
- 1 Tbsp. lemon juice
- 1/2 tsp. grated lemon zest
- 3/4 cup cake flour
- 1/4 tsp. salt
- Confectioner’s sugar

Lemon Filling:
- 1/2 cup sugar
- 2 Tbsp. cornstarch
- Dash of salt
- 3/4 cup cold water
- 2 egg yolks, lightly beaten
- 3 Tbsp. lemon juice
- 1 tsp. grated lemon zest
- 1 Tbsp. unsalted butter, room temperature
- 1 cup fresh blueberries
- 1 egg white
- 1/4 cup sugar

Preheat oven to 350°F. For cake: In a large mixing bowl, beat egg whites until soft peaks form. Gradually add 1/4 cup of the sugar and beat until stiff peaks form. In a small mixing bowl, beat egg yolks at high speed until thick and lemon-colored, 5 minutes. With mixer running, gradually add remaining 1/2 cup sugar. Stir in lemon juice and zest. Gently fold yolks into whites. Sift together flour and salt. Fold half of flour mixture into batter, just until blended. Fold in remaining flour mixture. Spread batter evenly in 15x10-inch jelly-roll pan. Bake for 15 minutes. Loosen sides of cake and immediately turn out onto a towel generously sprinkled with confectioner’s sugar. Starting at narrow end, roll cake and towel together into a log. Cool.

For lemon filling: In a saucepan, combine sugar, cornstarch, and salt. Gradually add water. Stir in egg yolks, lemon juice and zest. Cook over medium heat, stirring continuously, until bubbly. Cook 1 minute more. Remove from heat, add butter, and stir until melted. Cool.

For meringue: In a small mixing bowl, beat egg white until soft peaks form. Gradually add sugar and beat until stiff peaks form. Carefully unroll cake. Spread lemon filling over cake. Sprinkle blueberries over filling. Roll up cake (without towel) and place on an ungreased baking sheet. Spread meringue over top and sides. Bake for 12 to 15 minutes, or until golden brown. Yield: 10 servings.

Broccoli Raisin Salad

- 4 cups chopped broccoli
- 8 to 10 slices crisp bacon, crumbled
- 1/2 cup raisins or dried cranberries
- 1/2 cup onion, chopped
- 1 cup mayonnaise
- 2 Tbsp. wine vinegar
- 1/2 cup sugar

Combine broccoli, bacon, raisins and onion in a bowl, mix well. Blend mayonnaise, vinegar and sugar in a bowl. Add this mixture to broccoli mixture to coat. Chill until ready to serve. Keeps for 3 days in the refrigerator.
**Rhubarb Custard Bars**

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>2 cups all-purpose flour</td>
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<td>¼ cup sugar</td>
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<td>1 cup cold butter</td>
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**Filling:**

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<th>Ingredient</th>
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<tbody>
<tr>
<td>2 cups sugar</td>
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<tr>
<td>7 Tbsp. all-purpose flour</td>
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<tr>
<td>1 cup heavy whipping cream</td>
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<tr>
<td>3 large eggs, beaten</td>
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<tr>
<td>5 cups finely chopped Fresh or frozen rhubarb, thawed and drained</td>
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**Topping:**

<table>
<thead>
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<th>Ingredient</th>
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<tr>
<td>6 oz. cream cheese, softened</td>
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<tr>
<td>½ cup sugar</td>
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<tr>
<td>½ tsp. vanilla extract</td>
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<tr>
<td>1 cup heavy whipping cream, whipped</td>
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In a bowl, combine the flour and sugar; cut in butter until the mixture resembles coarse crumbs. Press into a greased 13x9x2-inch baking pan. Bake at 350°F for 10 minutes. Meanwhile, for filling, combine sugar and flour in a bowl. Whisk in cream and eggs. Stir in the rhubarb. Pour over crust. Bake at 350°F until custard is set, 40 to 45 minutes. Cool. For topping, beat cream cheese, sugar and vanilla until smooth; fold in whipped cream. Spread over top. Cover and chill. Cut into bars. Store in the refrigerator. **Yield:** 3 dozen.

**Blueberry Molasses Cake**

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tr>
<td>2 cups all-purpose flour, plus more for baking dish</td>
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<tr>
<td>1 tsp. baking powder</td>
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<tr>
<td>¾ cup molasses</td>
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<td>¾ cup boiling water</td>
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<td>1 tsp. baking soda</td>
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<td>¼ tsp. salt</td>
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<tr>
<td>6 Tbsp. unsalted butter, softened, plus more for baking dish</td>
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<tr>
<td>½ cup light-brown sugar</td>
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<tr>
<td>2 eggs, at room temperature</td>
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<tr>
<td>2 cups wild blueberries (fresh or thawed frozen berries)</td>
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Preheat oven to 350°F. Butter and flour an 8x8x2-inch baking dish. Whisk together the flour and baking powder. In a separate bowl, mix the molasses, water, baking soda, and salt. Beat the butter and sugar until light and fluffy. Add the eggs, one at a time, beating well after each. Stir in the molasses mixture. Add the flour mixture and stir just until incorporated. Add the blueberries and mix briefly to combine. Bake until the cake is firm in the center when tapped with a finger, 50 minutes to 1 hour. Serve warm or at room temperature. **Yield:** 8 to 10 servings.

**Barbecued Pork Chop Supper**

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tr>
<td>6 small red potatoes cut into quarters</td>
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<td>6 medium carrots cut into 1-inch pieces</td>
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<tr>
<td>8 bone in pork loin or rib chops (½-inch thick and 8 oz. each)</td>
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<td>1 tsp. salt</td>
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<tr>
<td>¼ tsp. pepper</td>
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<td>1 bottle (28 oz.) barbecue sauce</td>
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<td>1 cup ketchup</td>
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<td>1 cup cola</td>
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<td>2 Tbsp. Worcestershire sauce</td>
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Place potatoes and carrots in a 5-quart slow cooker. Top with the pork chops. Sprinkle with salt and pepper. Combine the barbecue sauce, ketchup, cola and the Worcestershire sauce; pour over the pork chops. Cover and cook on LOW for 8 to 9 hours or until meat and vegetables are tender. **Yield:** 8 servings. Recipe may be halved.
**Deb Plumley’s Recipes**

**Creamy Roasted Tomato Basil Soup**

2½ lbs. Roma tomatoes, halved lengthwise  
1¼ lbs. grape or cherry tomatoes, halved lengthwise  
8 whole cloves garlic, peeled and smashed with back of knife  
3 Tbsp. olive oil  
Salt and freshly ground pepper

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<tr>
<td>1 large onion, diced</td>
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<td>1 red bell pepper, deseeded and cut up</td>
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<tr>
<td>2 potatoes, peeled and diced</td>
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<tr>
<td>3 Tbsp. tomato paste</td>
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<td>4 cups vegetable broth</td>
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<td>1 cup lightly packed fresh basil leaves, roughly torn</td>
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Preheat oven to 430°F. Place tomatoes on a baking tray with the garlic cloves. Drizzle with 2 tablespoons of the oil, season with salt and pepper, and roast for about 25 minutes or until soft and charred on the tops. While the tomatoes are roasting, heat the remaining tablespoon of oil in a saucepan over medium-high heat. Add the onions, peppers and potatoes; cook while occasionally stirring, until the onion is translucent and the potatoes begin to crisp on their outer edges, about 6 to 7 minutes. Stir the tomato paste thru the potatoes and onions, pour in the broth; cover and bring to a boil. Reduce heat to low; simmer about 15 minutes or until potato is fork tender. Add the roasted tomatoes and garlic and all but 2 tablespoons of the basil to the broth. Continue to simmer until the basil is just soft, about 2 minutes. Blend soup using an immersion blender until smooth. For a textured, smoother soup, pour the soup thru a strainer or colander to remove any skins and thick tomato pieces. Serve with the extra basil and shaved Parmesan cheese.

**Cheese Garlic and Herb Bread**

4 Tbsp. mixed fresh herbs such as dill, rosemary, parsley and thyme OR  
2 Tbsp. of the same dried herbs  
2 Tbsp. olive oil  
5 oz. shredded cheddar cheese  
2¾ cups flour

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<tr>
<td>2 tsp. baking powder</td>
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<td>½ tsp. baking soda</td>
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<td>1 tsp. salt</td>
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<tr>
<td>1¼ cup buttermilk*</td>
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<td>2 eggs</td>
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<td>2 small garlic cloves, crushed</td>
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Preheat oven to 350°F. Grease and flour an 8x4-inch bread pan. Mix herbs and olive oil in a small bowl, set aside. Sift the flour, baking powder, baking soda and salt into a bowl. In another bowl, mix together the buttermilk, eggs and crushed garlic. Make a well with the dry ingredients and add the buttermilk, eggs and garlic. Mix until just combined. Stir in herb/oil mixture and shredded cheese. Pour into prepared pan and bake for 30 minutes, until the top is brown. Remove from oven, tent loosely with foil and return to the oven to cook an additional 15 to 20 minutes. Check to make sure the center is cooked by inserting a skewer, it should come out clean. Turn the bread out onto a cooking rack. Allow to cool for at least 10 minutes before serving.

*Note:* As a substitute for buttermilk, use 1 cup plus 3 tablespoons milk and 1 tablespoon vinegar. Stir and let sit for 10 min. then add to recipe.
Cowboy Corn Casserole

4 oz. cream cheese, softened to room temperature 1 tsp. garlic powder
½ cup whole milk 4½ cups corn, cut from cob
¼ cup heavy cream 3 cups shredded cheddar cheese
3 Tbsp. flour 10 slices bacon, cooked and crumbled
1 tsp. paprika Salt and pepper to taste
2 Tbsp. chopped chives, for garnish

Preheat oven to 350°F. In a large bowl, whisk cream cheese, milk, cream, flour, paprika, and garlic powder until combined. Fold in corn, 2½ cups of the cheese and bacon. Season with salt and pepper. Pour into a baking dish and sprinkle with remaining cheese and bake 20 minutes. Let cool slightly and garnish with chives and serve.

Viewer’s Recipes

Blueberry Sauce – Liz Pecor, Monkton, Vt.

¼ cup sugar 1 cup blueberries
1 tsp. cornstarch 1½ tsp. lemon juice
Dash salt ½ tsp. grated lemon peel
¼ cup water Vanilla ice cream

In a small saucepan, combine the sugar, cornstarch, and salt. Gradually whisk in water until smooth. Add the blueberries, lemon juice and peel; bring to a boil over medium heat, stirring constantly. Cook 2 to 3 minutes longer or until thickened, stirring occasionally (some berries will remain whole). Serve warm or chilled over ice cream. Yield: ¾ cup. Recipe may be doubled.

Zucchini Bars – Joyce Humphrey, East Burke, Vt.

¾ cup butter, cut up 1½ tsp. baking powder
½ cup sugar ¾ cup shredded coconut
½ cup brown sugar ¾ cup chopped dates
2 eggs ¾ cup raisins (optional)
1 tsp. vanilla ¾ cup chopped nuts
1¼ cup flour 2 cups grated zucchini
½ tsp. salt Glaze:

Mix all ingredients and spread in a greased 9x13x2-inch pan. Bake at 350°F for 40 to 50 minutes or until lightly browned. Let bars cool on a wire rack. In a small bowl mix all the glaze ingredients until smooth. Spread glaze on bars and sprinkle with ¼ to ½ cup nuts.
**Rhubarb Crunch – Greta Crandall, Peru, Vt.**

3 cups diced rhubarb
1 Tbsp. flour
½ cup sugar
1 tsp. cinnamon
½ tsp. salt

1 Tbsp. water
1 cup oatmeal
½ cup flour
1 cup brown sugar
½ cup butter

Mix rhubarb, flour, sugar, cinnamon, salt, and water. Set aside. Mix remaining ingredients and put half of this in buttered 8x8x2-inch pan. Add rhubarb mix and top with remaining oatmeal mixture. Bake at 350° F for 45 minutes.

**Quick Rhubarb Pickles – Eloise Bolio, East Hardwick, Vt.**

2 cups cider vinegar
1½ cups sugar
1½ Tbsp. coarse salt
½ tsp. yellow mustard seeds
10 whole cloves
10 whole black peppercorns

1 piece (1½-inch) fresh ginger, peeled and thinly sliced
1 lemon
1 lb. fresh rhubarb, cut crosswise into ¾-inch pieces

In a nonreactive medium saucepan, combine the vinegar, sugar, salt, mustard seeds, cloves, and peppercorns. Cook over medium heat, stirring occasionally, until the sugar is just dissolved, about 5 minutes. Add the ginger, then use a vegetable peeler to slice strips of zest from the lemon; add to the saucepan. Let the liquid cool to room temperature, about 30 minutes. Divide the rhubarb among 3 clean, small glass jars. Ladle in the cooled brine mixture. Top with the lids and refrigerate the pickles for 2 days before eating. **Note:** The pickles will keep refrigerated for up to 1 month.

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