

## *Across the Fence* Locally-grown Produce Recipes – August 2014

### Carolyn Peake's Recipes

#### Corn Chowder (2014 version of a 1912 recipe)

4 cups creamed corn*	3 Tbsp. flour
4 medium potatoes	2 cups milk
2 medium onions	6 "common" crackers, optional
½ lb. bacon or ham	1 cup boiling water
1 Tbsp. butter	

Peel the potatoes and onion; dice them. Dice the bacon or ham and put them with the onions into a frying pan, frying until nicely browned. Using either a saucepan or the slow cooker, place a layer of potatoes in the bottom. Sprinkle some of the bacon or ham over the potatoes, add a layer of corn. Season with salt and pepper as desired. Repeat layers ending with the corn. Add the water and, if using a saucepan, cook over medium high heat simmering for about twenty minutes. If using a slow cooker, cook on high for 2 to 3 hours or until the potatoes are tender. At this point, for either the saucepan or slow cooker, add the milk. Combine the flour and butter until smooth, then add to boiling chowder. Add crushed crackers if desired, cook five minutes longer. Taste for seasoning then serve.

\* *Cut from cob after slicing through the kernels to release the "milk."*

#### A Yankee's Blueberry Cake

¼ cup butter	¼ tsp. ground nutmeg
1 cup sugar	1 cup milk
1 egg	3 cups fresh or frozen blueberries, thawed
2½ cups all-purpose flour	Cream Cheese Frosting (recipe below)
1 Tbsp. baking powder	

Cream butter and gradually add the sugar, beating until smooth. Add egg and beat well. Combine flour, baking powder and nutmeg and add to creamed mixture alternately with milk, beginning and ending with the flour. Mix after each addition. Fold in the blueberries. Pour batter into a greased and floured 10-inch Bundt pan. Bake at 350° F for 45 to 50 minutes or until a toothpick inserted in center comes out clean. Cool for five minutes in the pan, then remove and let cool completely on a wire rack. Spread Cream Cheese Frosting on top of cake. **Yield:** 1 (10-inch) cake.

#### Cream Cheese Frosting

1 pkg. (8 oz.) cream cheese, softened	1 Tbsp. milk
½ cup sifted confectioner's sugar	½ tsp. vanilla extract

Beat cream cheese at medium speed until light and fluffy. Add remaining ingredients, beating until smooth.

## **Carrot Salad**

1½ cups shredded carrots	2 Tbsp. pineapple juice
1½ cups unpeeled red apples, chopped	1½ tsp. cider vinegar
1 Tbsp. finely chopped onion	⅛ tsp. ground ginger
2 Tbsp. vegetable oil	2 Tbsp. chopped pecans or walnuts

Combine carrot, apple and onion in a bowl and toss gently. Set aside. In a small bowl, combine next four ingredients, stirring well. Pour dressing over carrot mixture; toss gently. Cover and chill. Just before serving, add nuts and toss gently.

## **Tomato Quiche**

Pastry for one 10-inch pie	¼ tsp. ground white pepper
3 Tbsp. butter	1 pkg. (8 oz.) Swiss cheese, diced
4 medium tomatoes, peeled and chopped	3 eggs
3 large green onions, chopped	1 cup half-and-half
1 Tbsp. chopped fresh basil	

Line a 10-inch quiche dish with pastry. Bake at 400°F for 5 minutes, then remove from oven, and prick with a fork. Bake an additional 5 minutes. Melt butter in a large saucepan over medium heat. Add tomato, green onion, basil and white pepper; stir well. Cook 10 minutes or until mixture is reduced by half. Drain and discard excess liquid. Let tomato mixture cool. Layer diced cheese in baked pastry shell and spread cooled tomato mixture over cheese. Combine eggs and half-and-half, beating at medium speed with electric mixer or until well blended. Pour egg mixture over tomato mixture. Bake at 425°F for 30 to 35 minutes or until set. Let stand 10 minutes before serving.

## **Deb Plumley's Recipes**

### **Rosy Potato Leek Soup**

2 Tbsp. vegetable oil	5 cups chicken or vegetable broth
4 medium leeks, sliced (white part only)	1 Tbsp. fresh dill
4 medium potatoes, diced	1 cup half-and-half
4 medium red tomatoes, chopped	Salt and freshly ground pepper to taste

In a large pot, heat the oil and sauté the leeks on medium heat for 10 minutes. Add the potatoes, tomatoes and chicken broth. Cover the pot and simmer for 30 minutes. Cool slightly. In a blender or food processor, puree the soup in small amounts until smooth. Reheat gently and add the half-and-half. Add the salt, pepper and dill. Serve hot or cold.

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## Garden Fresh Pizza

1 whole wheat pizza crust (12 to 14-inch)	2 medium fresh garden Heirloom Tomatoes,* cored and cut into ¼-inch thick slices
⅓ cup Kale Pesto (recipe below)	
1 cup shredded mozzarella cheese (4 oz.)	½ to 1 tsp. pizza seasoning

Spread Kale Pesto evenly over crust. Sprinkle with cheese. Arrange tomato slices over cheese. Sprinkle with pizza seasoning. Bake about 8 to 10 minutes more or until heated through and crust bottom is crisp and brown. Remove from oven. Cool in pan on a wire rack for 5 minutes. Cut into wedges to serve.

\* Such as Cherokee Purples, Green Zebras, and/or Marvel Stripe, or desired red or yellow tomatoes.

Or 1 cup mixed baby tomatoes, such as Sungolds, Yellow Pear, and/or Sweet 100s, halved.

## Kale Pesto

1 lb. fresh kale	½ cup coarsely chopped walnuts
8 cups water	2 large cloves garlic, quartered
½ cup freshly grated Parmesan or Romano cheese	½ tsp. salt
	¾ cup olive oil or vegetable oil

Using 1 lb. fresh kale, remove leaves from stems; rinse leaves. In a Dutch oven, bring water to boiling. Drop leaves into water and cook, uncovered, for 3 to 5 minutes or until tender. Rinse leaves under cold running water; drain well. Wrap leaves in several layers of paper towel or clean kitchen towel and squeeze out excess moisture. Coarsely chop and measure for 2 cups. In a food processor or blender, combine the chopped kale, freshly grated Parmesan cheese, walnuts, garlic, and salt. Cover and process or blend with several on/off turns until a paste forms, stopping the machine several times and scraping the sides. With the machine running slowly, gradually add olive oil and process or blend to the consistency of soft butter. If you're not serving the pesto immediately, divide it into five ⅓-cup portions. Place each portion in a small airtight container and store in the refrigerator for up to 2 days or freeze for up to 3 months. Makes 1¾ cups.

## Dill Pickles

2 medium cucumbers	1 tsp. salt
1½ cups white vinegar	3 to 4 cloves garlic
½ cup water	Fresh dill

Wash cucumbers and leave peel on. Use a fork to scrape deep stripes the length of the cucumber on all sides. Cut cucumbers into thin slices. Place cucumber slices into a large jar. Add dill and garlic to jar. In a small bowl, mix together vinegar, water, and salt until dissolved. Pour brine into the jar to cover the cucumbers, dill and garlic. Cover jar tightly and refrigerate. Pickles will be ready to eat in 48 hours and will keep (refrigerated) for several weeks. **Yield:** This recipe will fill a quart canning jar.

## **Apple Muffins**

½ cup (8 Tbsp.) unsalted butter, at room temperature	1 cup unbleached All-Purpose flour
½ cup granulated sugar	1 tsp. baking powder
¾ cup brown sugar, divided	1 tsp. baking soda
1 large egg	¼ tsp. salt
1 cup buttermilk	½ Tbsp. ground cinnamon
1 cup white whole wheat flour	2 cups peeled, cored, and chopped apples; about 2 large apples

Preheat the oven to 375°F. Grease and flour a 12-cup muffin pan, or line with papers and grease the insides of the papers. Mix together the butter, granulated sugar, and ¼ cup of the brown sugar, beating until fluffy. Add the egg and mix well, stopping once to scrape the sides and bottom of the bowl. Gently mix in the buttermilk. Stir in the flours, baking powder, baking soda, salt, and cinnamon. Fold in the chopped apples. Divide the batter evenly among the prepared muffin cups, sprinkling the remaining ½ cup brown sugar on top. Bake the muffins for 25 to 30 minutes, or until a toothpick inserted into the center of a muffin comes out clean. Remove the muffins from the oven, cool them for 5 minutes in the pan, then turn them out onto a rack to finish cooling completely. **Yield:** 18 muffins.

## **Lyn Jarvis' Recipes**

### **Tomato Soup**

3 cups peeled tomatoes, fresh or canned and drained	½ tsp. salt
1 tsp. baking soda	⅛ tsp. pepper
1 pint milk	1 Tbsp. butter

Bring the tomatoes to a boil and simmer for 10 minutes. Mash the tomatoes with a potato masher. Add the baking soda. Let the foam subside and add milk, salt, pepper and butter. Heat but do not boil, and serve immediately. To thicken soup, add cornstarch and heat to achieve desired results. For a unique taste, stir in 4 slices cooked and crumbled bacon. **Yield:** 4 servings.

### **Red Cherry Betty**

2½ cups pitted sour red cherries, fresh or canned	1 tsp. cinnamon
3 cups corn flakes	½ tsp. nutmeg
⅔ cup firmly packed brown sugar	1 Tbsp. butter
	¾ cup cherry juice

Drain cherries, reserving juice. Mix corn flakes, sugar, cinnamon, and nutmeg. Place alternate layers of corn flake mixture and cherries in 8x8x2-inch baking dish. Dot with butter; add ¾ cup cherry juice. Bake at 375°F oven for about 20 minutes. **Yield:** 6 servings.

## **Plum Crumb Pudding**

2 cups graham cracker crumbs	½ tsp. nutmeg	4 cups sliced pitted plums
⅓ cup sugar	¼ cup melted butter	Ice cream to top, vanilla or butter pecan
1 tsp. cinnamon	3 Tbsp. water	

Combine crumbs, sugar, cinnamon, nutmeg, butter, and water. Place alternate layers of crumb mixture and ripe plums in individual baking or custard dishes, ending with plums. Bake at 350°F for 25 minutes. Serve warm and top with ice cream. **Yield:** 4 servings.

## **Pork Chop Casserole**

⅓ cup flour	1½ lbs. potatoes, peeled and very thinly sliced (I use Yukon Gold)
1 tsp. coarse salt, plus more to taste	3 large apples, peeled and thinly sliced
Freshly ground black pepper	2 large onions, peeled and thinly sliced
4 bone-in pork chops, about ¾-inch thick	
2 Tbsp. olive oil, divided	
1½ cups chicken or beef stock, preferably low-sodium, divided	

Preheat oven to 375°F. In a shallow rimmed plate, whisk together flour, 1 tsp. salt and a generous amount of black pepper. Dredge pork chops in flour mixture for a light, even coating. In a large skillet set over a medium-high burner, heat 1 Tbsp. olive oil. Add pork chops and brown, about 4 minutes per side. Set browned pork chops aside on a plate. Add 1 cup of stock to skillet and increase heat to high. Bring stock to a simmer and scrape up any brown bits from bottom of pan. Add sliced potatoes to pan and reduce heat to medium. Cover and simmer for 10 minutes (This just jump-starts their cooking; they will not be fully cooked at this point). Pour potatoes with stock into a baking dish just large enough to fit pork chops in one layer (I used a 10x14x2-inches). Spread potatoes out evenly. Season with a little salt and pepper. Arrange pork chops on top of potatoes. Top evenly with sliced apples. Return skillet to medium-high heat and add second Tbsp. of oil. Add onion with a pinch of salt. Cook for about 10 minutes until light golden, stirring occasionally, adding remaining ½ cup of stock in last few minutes of cooking. Pour onion mixture evenly over layered potatoes, pork chops and apple. Cover tightly with foil and bake for about 1 hour until potatoes and apples are tender. **Yield:** 8 servings

## **Viewer's Recipes**

### **Blueberry Cake Cups - Virginia Longe, Sheldon, Vt.**

¼ cup flour	Salt, dash	1 cup blueberries, divided
¼ cup sugar	¼ cup milk	
½ tsp. baking powder	1 Tbsp. butter, melted	

In a bowl combine flour, sugar, baking powder, and salt. Stir in milk and butter just until moistened. Divide half of the berries between two greased 10 oz. custard cups. Top with the batter and remaining berries. Bake at 375°F for 25 to 30 minutes or until golden brown. **Yield:** 2 servings. Recipe may be doubled.

### **Blueberry Pudding Cake - Laurie-Ann Ackerman, Swansea, MA**

2 cups fresh or frozen blueberries  
1 tsp. cinnamon  
1 tsp. lemon juice  
1 cup flour  
¾ cup sugar  
1 tsp. baking powder  
½ cup milk  
3 Tbsp. butter, melted

#### **Topping:**

¾ cup sugar  
1 Tbsp. cornstarch  
1 cup boiling water

Toss the blueberries with cinnamon and lemon juice; place in a greased 8x8-inch baking dish. In a bowl, combine flour, sugar, and baking powder; stir in milk and butter. Spoon over berries. Combine sugar and cornstarch, sprinkle over batter. Slowly pour boiling water over all. Bake at 350°F for 45 to 50 minutes or until the cake tests done.

### **Savory Squash Soufflé - Donna Waldron, Burlington, Vt.**

1½ lbs. zucchini or yellow squash, cut into small chunks	2 slices buttered bread, cut into small pieces
1 medium, onion, chopped	1 cup cheddar cheese, grated
2 Tbsp. olive oil or butter, melted	Salt and pepper to taste
2 eggs, beaten	

Steam squash, but do not overcook. Be sure it is still firm to the touch, not mushy. Sauté the onion in oil or butter. While onion is cooking beat the eggs and set aside. Butter the bread and grate the cheese. In large bowl, mix all the ingredients together and add salt and pepper, to taste. Place in greased 2-quart casserole dish and bake till bubbly, about 30 minutes in 375°F oven. Serve with green salad and warm bread or rolls.

### **Chocolate Zucchini Cake - Alyce Ronzo, Bradford, Vt.**

1 cup brown sugar	½ cup buttermilk	2½ tsp. baking powder
1 cup white sugar	2½ cups flour	4 Tbsp. cocoa
½ cup butter	½ tsp. allspice	2 cups grated zucchini
½ cup oil	1 tsp. cinnamon	1 cup chopped nuts
3 eggs	½ tsp. salt	
1 tsp. vanilla	1½ tsp soda	

Cream together sugars, butter, and oil in a large bowl. Add eggs, vanilla, and buttermilk. Stir well to mix. Measure flour, spices, salt, baking powder, soda, and cocoa into a sifter, then sift right into bowl. Add zucchini and nuts. Stir until well blended. Pour into greased and floured 9x13 pan, tube pan, or two loaf tins. Sprinkle ½ cup chocolate chips on top, if desired. Bake at 350°F for about 45 minutes.

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