

Eating What We Grow:

Choosing and Preparing Vermont-Grown Fruits & Vegetables



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References

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Introduction



Overview

Welcome to *Eating What We Grow: Choosing and Preparing Vermont-Grown Fruits and Vegetables*. This book is designed to help you select, store, prepare, and *enjoy* the abundance of produce grown in our state. We are all fortunate to live in a place as beautiful as Vermont with rolling farmland as far as the eye can see. We hope that the Vermont producers who make their livelihoods on farms will prosper for years to come. By purchasing Vermont-grown produce, we can all contribute to the future success of Vermont agriculture.

While most of this book provides tasty, nutritious recipes that feature Vermont-grown produce, the book offers much more. Take some time to explore the beginning pages. Check out the seasonal calendar (page 4) that will give you an idea of when local produce is available. Read about the nutritional value of fresh produce, and the powerhouse fruits and vegetables that are the best sources of key nutrients. Become more informed about the storage

and handling of fruits and vegetables to maintain freshness and decrease waste.

Under each section devoted to a particular fruit or vegetable, discover interesting tidbits about the history and nutritional value of the produce, as well as the herbs that are good choices to use when preparing the item. In the pocket of the book, find a list of resources for further information, as well as a guide to Vermont's farmers' markets and Community Supported Agriculture (CSA) farms. To learn more about how CSA farms work, see the section on where to purchase locally grown produce. Consider your journey through this book the beginning of a lifelong adventure into the world of delicious Vermont-grown fruits and vegetables.



Why buy foods produced locally?

Foods grown in Vermont hold a special place in most people's hearts for many reasons. Vermont brings to mind a purity that people like to connect with their food. And

if you think about it, what tastes better than a Vermont-grown ripe tomato, crisp apple, or fresh ear of corn? If you like to eat well, then you've surely tasted our local produce.

In addition to taste and the positive connection that most people make with the concept of Vermont-grown, there are lots of other reasons that you might choose to purchase fruits or vegetables grown in Vermont.

If you shop at your local farmers' market, then you might meet the farmer who grew the food. This means that you can ask questions about how it was grown. Or if you don't ask questions, because it is grown locally you may feel more confident about the care that went into producing the item.

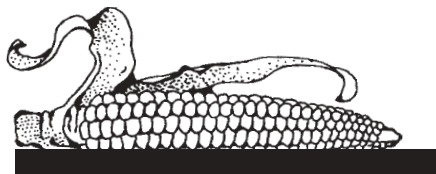
Foods grown locally are also likely to be pretty fresh. If you buy produce at the farmers' market, then chances are it was picked within the past day. Vermont-grown produce sold through a supermarket or other store may also be fresher than the same type of food shipped in from another part of the country. Freshness can be an advantage for a number of reasons. The more recently a fruit or vegetable was picked, the more likely it is to be high in some vitamins that are lost

over time. Fresh produce also stores longer when you get home, giving you more time to use it before it goes bad. And finally, fresh produce usually tastes better than something that was sitting around for a while.

In addition to the benefits that you might experience directly from purchasing food grown locally, there are other reasons to think about purchasing locally grown products. By buying food produced on local farms, you are helping to keep those farms in business. Not only is this good for the farmer, but everyone can enjoy the beautiful rural landscapes for which this state is known.

The indirect impact that your purchase has on the environment is another consideration. A lot more fossil fuel may be used transporting a head of lettuce from California than is used getting it to the store or farmers' market from the farm down the road. More use of fossil fuel means more polluted air.

While there are many factors to think about when deciding what food to purchase, cost is often a main consideration if you're on a tight budget. A locally grown item may be more expensive because it costs more to grow food on smaller farms that don't use as much machinery, so the local farmer has to charge more to make a living. Only you can decide whether the advantages of purchasing the local item outweigh the costs.



Where to purchase locally grown fruits and vegetables

While many stores and markets offer a wide selection of produce, not all of them carry locally grown items. Often there is a sign that says something is locally grown, but not always. You may need to ask. The following descriptions give you an idea of places to go for local, fresh fruits and vegetables.

Roadside Farm Stands

This is the most informal method of selling directly to customers. Farm stands range from highly organized large farm operations down to a neighbor selling off a bumper crop of cucumbers from a card table in the driveway. Keep an eye out this summer for roadside stands. It's a fun way to buy fresh foods at a reasonable cost.

Farmers' Markets

As community gathering places, farmers' markets offer fresh-picked produce, farm-processed products, and locally made crafts. Vermont has farmers' markets in small towns and cities all around the state. Markets usually run from June until the end of October. For locations, days,

and times, check the current list in the back pocket of this book.

CSA Farms

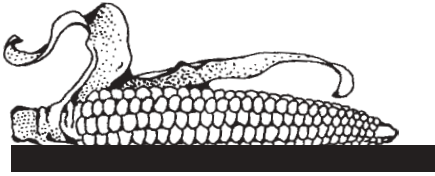
A Community Supported Agriculture (CSA) farm sells season 'subscriptions' each spring. This means that a household pays a set price to receive a bag of just-picked produce each week during the growing season. There are often fruits, herbs, flowers, or pick-your-own crops in addition to the vegetables. Members get to know and support a local farm through their participation in a CSA. Each farm sets its own price, share sizes, and length of season. Check the back pocket of this book for an up-to-date list of CSAs in Vermont.

Food Co-ops and Natural Food Stores

These stores often support Vermont growers by selling an assortment of locally grown produce in season. For freshness and superior flavor varieties, check out the selection at a store near you.

Supermarkets

Some chain supermarkets will stock locally grown produce—usually from larger commercial growers. To increase the availability of Vermont-grown foods at a chain supermarket, be sure to talk to the produce manager and let him or her know that you would like to have locally grown foods offered as an option.



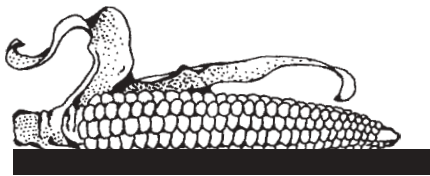
When local produce is available

The Vermont growing season is shorter than in many other places across the country. The chart on the next page will give you a general idea of when you can expect to see local produce available. (Availability depends on the amount of rain and sun, as well as on what methods the grower uses to extend the season.) When you're planning meals before you go to the store, try to keep in mind the produce that you are likely to find in-season, and fit it into your menus.

If you aren't familiar with reading this type of chart, it may take a little time to understand. Looking at the chart, you'll see that one of the first vegetables to be harvested in Vermont is parsnips (included with "root vegetables"). You know this because the area that is shaded for parsnips is at the very beginning of the chart, under the month of May. Look at another vegetable, such as lettuce, listed with "salad greens." You'll see that lettuce is available early in the season, often starting around the middle of May. Then there is a period of time in the middle of the summer, during Au-

gust, when there isn't much local lettuce around because the weather is often too hot for lettuce to do well. But when the weather cools down again in September, local lettuce does well. Notice that the area under September is shaded for lettuce to show its availability.

On the chart you will also notice that some locally grown products may only be available for a few weeks during the year, such as asparagus and strawberries. Other items have a much longer period of time that they are available, due to when they can be grown and/or the length of time they can be stored. Examples of items that are available over a longer period of time include broccoli and carrots. Although the chart ends with October, Vermont-grown crops that can be stored for a long period of time may still be available in the store in November, when the snow is falling.



Fruits and vegetables: Nutritious options

You probably know that eating fruits and vegetables is good for you. We heard it so much as children that most of us can still hear a parent say-

ing "eat your vegetables." But you may not know just how important they really are. We now know that eating lots of fruits and vegetables is one of the most important choices you can make to help maintain your health. Research shows that eating plenty of fruits and vegetables may help lower your risk of certain diseases, including heart disease and cancer. Yet most Americans, including children, eat less fruits and vegetables than are recommended in the Dietary Guidelines.

Variety

The Dietary Guidelines for Americans say to *choose a variety of fruits and vegetables each day*. Trying many colors and kinds of produce helps to ensure you've gotten the range of nutrients you need. You can also choose fresh, frozen, canned, or dried items. All in all, there is a wide range of options available to meet daily requirements. However, buying fresh, locally grown fruits and vegetables in season is likely to give you both good nutrition and great taste.

Serving sizes

Try to eat at least 5 cups of fruits and vegetables every day (2 cups from the Fruit Group and 3 from the Vegetable Group), along with a variety of other wholesome foods. The following each count as one cup from the Fruit or Vegetable Group:

1 cup cut-up raw or cooked fruit or vegetable

1 cup fruit or vegetable juice
2 cups leafy salad greens

Two- to 3-year-old children need the variety that older children need, but may need fewer calories.

Nutrients

Most fruits and vegetables are naturally low in fat, calories, and sodium. And because they are plant foods, they contain no cholesterol. Fruits and vegetables provide many essential nutrients and other food components important for health. Many are especially rich in beta-carotene (which forms Vitamin A), Vitamin C, and fiber. Some are good sources of other nutrients such as folacin, potassium, calcium, iron, and magnesium. While it is hard to keep track of all of the nutrients in each fruit or vegetable, it is easier to remember which fruits and vegetables provide the most nutrients.

Vegetables are organized into subgroups, based on their nutrient content. The lists below show Vermont-grown vegetables according to subgroup. Be sure to include items from each subgroup in your selections.

Dark green vegetables

- broccoli
- collard greens
- dark green leafy lettuce
- kale
- mustard greens
- romaine lettuce
- spinach

Orange vegetables

- orange winter squash
- carrots
- pumpkin

Starchy vegetables

- corn
- green peas
- potatoes

Other vegetables

- asparagus
- beets
- Brussels sprouts
- cabbage
- cauliflower
- cucumbers
- eggplant
- green beans
- green or red peppers
- parsnips
- tomatoes
- turnips
- zucchini

Along with eating at least 5 cups of fruits and vegetables every day, round out your food intake by eating the right amount of foods from the Grain Group, Milk Group, and Meat & Beans Group. To find out how much of these foods is right for you, visit www.mypyramid.gov. When you are selecting food choices from these groups, remember to go easy on added fat, salt, and sugar. By fueling your body wisely, you'll be on your way to better health. Start today by eating lots of fresh, Vermont-grown fruits and vegetables!



Fruit and vegetable storage and safety

Although a food safety concern related to fruits and vegetables is bacterial contamination, the use of pesticides is often the first thing that comes to mind when people think about the safety of produce. Herbicides, chemical fertilizers, fungicides, preservatives, waxes, and dyes are also used in the mass production and distribution of food. Concerns may include the impact that use of chemicals has on the environment or the health of farm workers, or the risk to consumers. Understanding more about how the food you purchase is grown, and what you can do at home to make your food as safe as possible to consume, can help to ease these worries.

Bacterial contamination is cause for concern because each year some people get sick from foods that have not been properly handled, refrigerated, or cooked. Although fruits and vegetables are rarely linked with such illness, it is still important to follow food safety guidelines when handling produce.

At the market

Try to find fresh-looking fruits and vegetables that are not bruised, shriveled, moldy, or slimy. Buy most fresh fruits and vegetables as you need them, unless you plan on preserving them (canning, freezing, or drying) for later use. Handle produce gently—bruising can lead to spoilage and wasted money. If you are concerned about pesticides, consider buying organic produce that is grown without pesticides or other chemicals. Or, if organic is not available, consider buying non-organic locally grown produce. In general, local produce may not have to be treated with as many chemicals as foods that are to be shipped a long distance and stored for a longer time. However, keep in mind that organic or other local produce might be more expensive.

At home

Storage

Put produce away promptly. Normally you do not want to wash it before you store it. Just remove any loose dirt. One exception is leafy greens, such as lettuce, which should be rinsed, shaken to remove excess water, and stored in a container to maintain crispness. Do not forget to wash leafy greens again, just before eating.

Keep most produce in the refrigerator, using the veg-

etable drawer if you have one. All fruits and vegetables should be covered and placed in the refrigerator within two hours of peeling or cutting. To keep foods fresh and tasty, maintain a clean and cold refrigerator. Throw away all produce that you have kept for too long. Signs that it is time to discard old produce include mold, sliminess, or a bad smell.

Preparation

Wash your hands: Use hot, soapy water and rub for at least 20 seconds. Wash your hands before any food preparation; after handling raw meat, poultry, or seafood; and after using the bathroom, changing diapers, or handling pets.

Wash your fruits and vegetables: When you are ready to eat, remember that the most important thing you can do is to wash all fruits and vegetables in clean drinking water before eating them. This applies to all fruits and vegetables, even if you don't eat the rind or skin, such as melons and oranges. Bacteria and other germs are naturally on the surface of foods grown in or near the ground. When you cut into them without washing first, you move the germs from the outside to the inside of the fruit or vegetable.

It is not necessary to use soap or detergent when washing fruits and vegetables. The detergent might not be properly rinsed off, and

some produce will actually soak up the water and soap.

Washing in slightly warm water will bring out the flavor of the fruit and vegetable you are preparing. But use the coldest water possible for produce that you will use to make a salad. It will make the salad crisp.

Washing fragile berries can be tricky. If you have a kitchen sink sprayer, use it with a colander or wire basket so you can gently rotate the fruit as you rinse. If you don't have a sprayer, place the fruit in a colander or wire basket and move it in and out of a big sauce pot of warm water. However, don't leave the fruit sitting in water because the water will be absorbed and lower the fruit quality.

After washing, peel and discard outer leaves and rinds. Hearty vegetables such as potatoes and carrots can be scrubbed, leaving the nutritious skins.

Wash the counter and the cutting board, knives, and other utensils you use to prepare fruits and vegetables: Clean the surfaces and utensils with soap and water if they have had contact with raw meat or poultry. Raw meat or poultry can transfer germs to your fruits and vegetables if they are both cut on the same surface without carefully washing the surface in between. This is called "cross-contamination" and can lead to serious illness.

Serving

Hold prepared fruit salads and other cut-produce items in the refrigerator until just before serving. Don't leave any food that needs to be kept cold out of the refrigerator for more than 2 hours.

Recipes and more

About the recipes

The emphasis of this book is on recipes. This is no accident. We think that new, healthy recipes are a great way for people to get excited about fresh produce. And we are especially pleased that our friends and neighbors around the state submitted such a wide variety of interesting recipes for our choosing. Be sure to notice who submitted each recipe. Perhaps a name familiar to you is hiding in these pages.

The following criteria were used to choose recipes from the many wonderful submissions we received:

- Keeping total fat content down
- Keeping saturated fat content down
- Keeping sodium (salt) content down
- Representing a variety of fruits and vegetables
- Keeping the cost of ingredients down
- Simplicity of preparation

Although some recipes are higher than others in fat or sodium, we think these recipes are excellent examples of how to prepare produce in healthy ways that will keep friends and family members coming back for more. You will notice that each recipe has a Nutrition Facts label just like the label you would

find on a product in the supermarket. This is included so that you can get used to reading the label, and so that you can know how each recipe measures up nutritionally. To learn more about interpreting the Nutrition Facts label, see page 9.

Some recipes have symbols near them that allow you to quickly learn something about the recipe. The following symbols are used:



means that the item can be prepared in less than 30 minutes



means that the item is easy to freeze

We hope that you find this book enjoyable to read and easy to use. But most importantly, we hope that it inspires you to try a fruit or vegetable that quickly becomes a new favorite. So keep turning the pages until you find a recipe that appeals to you. Then transform the words into great tastes and smells in your kitchen, and let fresh Vermont produce nourish you for years to come!

Understanding the Nutrition Facts label

The Nutrition Facts label shown on the next page, makes it easier for you to know what is in the food you eat. Comparing these labels will help you to know which foods have lower fat or fewer calories, which foods make healthy snacks, and which are acceptable for special diets. Use the Nutrition Facts label to make informed food choices that will benefit your entire family.

With each recipe in this book, you will find a Nutrition Facts label that contains information on the nutritional value of one serving of that particular recipe. The labels may look familiar to you because they are the same style as the labels that are found on food packages in the store. By reading the labels in this book you can become more familiar with the label format, and then use labels to make purchasing decisions next time you go to the store!

Nutrition Facts This is the label heading.

Calories Allows you to compare the calorie content per serving. When comparing similar foods, be sure to check that the serving sizes are the same.

Nutrition Panel The nutrients required to appear on the nutrition panel are those most important to the health of most people today. Today, the most common concern in the U.S. is getting too much of certain nutrients (fat, for example), rather than too few vitamins or minerals.

Conversion Guide Reveals the calorie value of the nutrients that provide us with energy.

Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

Amount Per Serving

Calories 260 Calories from fat 120

% Daily Value*

Total Fat 13g 20%

Saturated Fat 5g **25%**

Cholesterol 30mg 10%

Sodium 660mg 28%

Total Carbohydrate 31g 10%

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A 4% • Vitamin C 2%

Calcium 15% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:

		Calories:	
		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Serving Size Information

Serving sizes are given in both household and metric measures, and reflect the amounts people usually eat.

% Daily Value Shows how a food fits into the overall daily diet.

Reference Values For certain nutrients, this section tells you the amount of the nutrient you might consume in an entire day to meet recommendations for a healthy diet. To use this section, you need to have some idea of how many total calories you consume in a typical day.

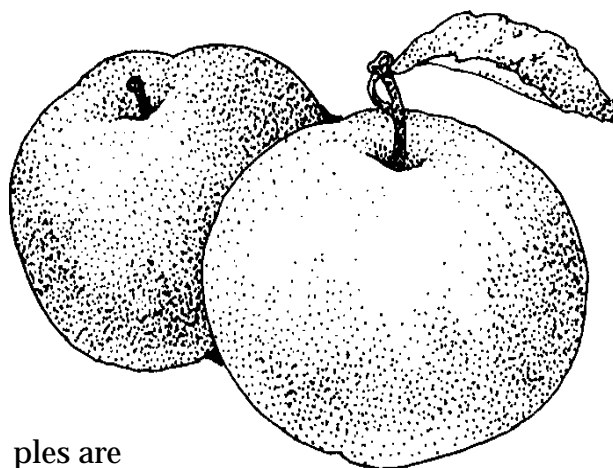
Apples

Apples have been around a long time—at least 5,000 years. With literally thousands of varieties to choose from, it's certainly not hard to keep the doctor away, as the saying goes.

Before the days of refrigeration and supermarkets, Vermonters would store their homegrown

apples in root cellars to keep them cold and fresh. To preserve them for winter use, they would dry the apples. A big social event in the mid-1800s was the "Apple Bee," where women and children would gather to prepare apples for drying.

Although ap-



ples are good to eat raw and whole, they have many other uses. So head to a local orchard this apple season. It's a great family activity. And when you get home, the kids can help you make these delicious apple recipes.

Cranberry-apple Crunch

Makes 6 servings

Mary Carlson, Jericho

Ingredients:

- 1 cup whole cranberry sauce
- 1 cup apples, cored and chopped
- 1/2 cup rolled oats
- 1/3 cup brown sugar, packed
- 3 Tablespoons flour (try whole-wheat flour!)
- 3 Tablespoons butter or margarine, melted



Directions:

1. Preheat oven to 350 degrees F.
2. Oil or spray an 8-inch square baking pan (or whatever size is available).
3. In a mixing bowl, combine cranberry sauce and apples.
4. Spread mixture in baking pan.
5. In a mixing bowl, combine rolled oats, brown sugar, and flour.
6. Add melted butter or margarine to oat mixture and mix until crumbly.
7. Sprinkle over fruit.
8. Bake for 1 hour.

Nutrition Facts

Serving Size 1 Serving (95g)
Servings Per Container 6

Amount Per Serving

Calories 220 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11 %**

Saturated Fat 4g **20 %**

Cholesterol 15mg **5 %**

Sodium 75mg **3 %**

Total Carbohydrate 39g **13 %**

Dietary Fiber 2g **8 %**

Sugars 25g

Protein 2g

Vitamin A 6% • Vitamin C 0%

Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Apples can be safely kept at room temperature, but they will keep for weeks in the refrigerator.
- At the market, choose firm apples with no soft spots or wrinkled skin.

Three-grain Apple Muffins

Makes 12 servings (one muffin each) *Sara Burczy, Waterbury*

Ingredients:

1 cup bran flake cereal
1 cup rolled oats (uncooked oatmeal)
1 cup whole wheat flour
1 Tablespoon baking powder
3/4 teaspoon cinnamon
1/2 teaspoon nutmeg
1 cup skim milk
2 eggs
3 Tablespoons maple syrup
1/4 cup sugar
1 Tablespoon oil
1 cup unsweetened applesauce
1 1/2 cups chopped apple



Nutrition Facts

Serving Size 1 Serving (94g)
Servings Per Container 12

Amount Per Serving

Calories 150 Calories from Fat 25

% Daily Value*

Total Fat 3g 5 %

Saturated Fat 0.5g 3 %

Cholesterol 35mg 12 %

Sodium 170mg 7 %

Total Carbohydrate 28g 9 %

Dietary Fiber 3g 12 %

Sugars 11g

Protein 4g

Vitamin A 6% • Vitamin C 4%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Directions:

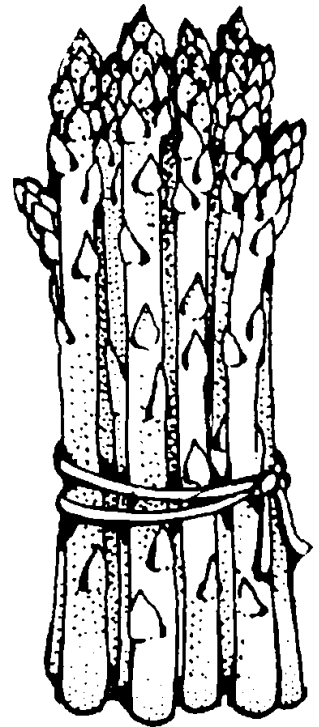
1. Preheat oven to 400 degrees F.
2. Oil muffin tins or line them with paper.
3. Combine cereal, oatmeal, flour, baking powder, and spices in a large bowl.
4. Mix remaining ingredients in separate bowl and add to cereal mixture; stir just until moist.
5. Divide batter evenly among muffin tins.
6. Bake 20 to 25 minutes (until lightly browned).

Asparagus

The asparagus plant was not originally found in this region of the country. It seems to have come to New England via the early settlers who brought the roots with them from Europe. Nowadays, we think of it as being from around here, since it is grown in gar-

dens everywhere. And we even consider it one of Vermont's special vegetables, being among the first to burst out of the ground in the springtime. But the season is short, so Vermont-grown asparagus is quickly gone. Despite a brief season, there are many good reasons to

munch on asparagus—raw or cooked. The tender spears are high in vitamin A and mildly flavored, so kids might take a liking to them.



Citrus-dressed Asparagus

Makes 4 servings

Ingredients:

1 pound asparagus
2 teaspoons olive oil
4 teaspoons lemon juice
4 teaspoons orange juice
Pinch of cayenne
Pepper to taste



Directions:

1. Rinse asparagus and snap off the tough stems.
2. Cut spears into 2-inch pieces.
3. Steam asparagus for about 7 to 10 minutes, or until just tender.
4. While the asparagus is steaming, whisk together the rest of the ingredients in a bowl.
5. When asparagus is done, toss with dressing.

Source: "Moosewood Restaurant Low-Fat Favorites: Flavorful Recipes for Healthful Meals," Pam Kraus, Clarkson Potter, NY, NY, 1996

Nutrition Facts

Serving Size 1 Serving (126g)
Servings Per Container 4

Amount Per Serving

Calories 50 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **5 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 15mg **1 %**

Total Carbohydrate 3g **1 %**

Dietary Fiber 1g **4 %**

Sugars 3g

Protein 3g

Vitamin A 0% • Vitamin C 50%

Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Snap or cut off the bottom end of each spear and discard this woody section before cooking.
- Choose asparagus spears that have a similar thickness to one another so that they will be tender at the same time when cooked.

Complementary Herbs

chives

parsley

tarragon

thyme

Asparagus Guacamole

Makes 16 servings

Ingredients:

4 cups (1 pound) asparagus, rinsed, trimmed
1 clove garlic, chopped
2 teaspoons lime or lemon juice
1/4 cup canned, chopped green chilies
1/2 teaspoon salt
1/2 teaspoon cumin
2 Tablespoons onion, chopped
1/2 cup tomato, chopped

Directions:

1. Cook asparagus in small amount of water until tender.
2. Drain well and cool thoroughly.
3. In food processor or blender, process asparagus, garlic, lime juice, green chilies, salt, and cumin until mixture is smooth, about 30 seconds.
4. Scrape bowl frequently.
5. Remove from food processor bowl and stir in onion and tomato.
6. Chill thoroughly before serving with tortilla chips, cut vegetables, chicken, or seafood.

Source: Michigan Asparagus Advisory Board

Nutrition Facts

Serving Size 1 Serving (40g)
Servings Per Container 16

Amount Per Serving

Calories 10 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 90mg **4 %**

Total Carbohydrate 1g **0 %**

Dietary Fiber 1g **4 %**

Sugars 1g

Protein 1g

Vitamin A 0% • Vitamin C 15%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Beets

The sweet taste of beets comes from having more sugar than any other vegetable. Don't let this keep you from eating them, since they have relatively little sugar compared to other non-vegetable foods. They're filled with nutrients and provide you with

two options in one plant: not only can you eat the round, red root, but you can also enjoy the beet greens (for recipes using beet greens, see the "Greens for cooking" section). It might surprise you to know that in ancient civilizations, only the green part of the plant was eaten.

Now beet-lovers know the pleasure of eating the root as well. We also know that beets can be enjoyed for an extended period of time since they keep for up to 3 months or more when properly stored!



Harvard Beets

Makes 4 servings *Sue Bodette, Vergennes*

Ingredients:

5 beets (about 1 1/4 pounds)	1 Tablespoon sugar
6 cups water	1/8 teaspoon salt
1 teaspoon vinegar	1/8 teaspoon pepper
1 Tablespoon cornstarch	2/3 cup cold water
	1/4 cup vinegar

Directions:

1. Rinse beets.
2. Heat 6 cups water and 1 teaspoon vinegar to a boil.
3. Add rinsed whole beets.
4. Cover and heat to boiling.
5. Cook 35 to 45 minutes or until fork-tender.
6. Drain beets and rinse with cold water.
7. Slip off skin and remove beet ends.
8. Slice into shoestring pieces.
9. In small saucepan, stir together cornstarch, sugar, salt, and pepper.
10. Gradually stir in water and vinegar.
11. Cook stirring constantly until mixture thickens and boils.
12. Boil one minute.
13. Stir in beets and heat through.

Nutrition Facts

Serving Size 1 Serving (202g)
Servings Per Container 4

Amount Per Serving

Calories 90 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 180mg **8 %**

Total Carbohydrate 20g **7 %**

Dietary Fiber 4g **16 %**

Sugars 11g

Protein 2g

Vitamin A 0% • Vitamin C 25%

Calcium 2% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Beets do not need to be peeled—only scrubbed clean. If you want to peel them, do so after they have been cooked.
- Beets will last the longest amount of time in storage if you cut off the leaves and remove the stems 1 to 2 inches above the root crown. Then store the beets in a plastic bag placed in the vegetable drawer of your refrigerator.

Complementary Herbs

basil
chives
dill
parsley

Red Beet Chocolate Cake

Makes 16 servings

Ingredients:

1 3/4 cups flour (try using half whole-wheat flour and half white flour!)
1 1/2 teaspoons baking soda
1/2 teaspoon salt
1 1/2 cups sugar
2 eggs
1/2 cup canola oil
2 cups beets, mashed or puréed
6 Tablespoons powdered cocoa
1 teaspoon vanilla
Confectioner's sugar (optional)



Directions:

1. Preheat oven to 350 degrees F.
2. Oil or spray a 13- x 9-inch baking pan (or whatever size is available).
3. In a mixing bowl, stir together flour, baking soda, cocoa, and salt.
4. In another mixing bowl, combine sugar, eggs, and oil. Beat until smooth.
5. Add beets and vanilla. Beat until smooth.
6. Gradually add dry ingredients, beating well after each addition.
7. Pour into oiled or sprayed baking pan.
8. Bake for 25 minutes (until a knife inserted comes out clean)
9. Cool in pan.
10. Optional: Sprinkle with confectioner's sugar.

Source: "Farm Journal's Choice Chocolate Recipes," Elise W. Manning, Farm Journal, Inc., Philadelphia, PA, 1978

Nutrition Facts

Serving Size 1 Serving (82g)
Servings Per Container 16

Amount Per Serving

Calories 210 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12 %**

Saturated Fat 0.5g **3 %**

Cholesterol 25mg **8 %**

Sodium 230mg **10 %**

Total Carbohydrate 32g **11 %**

Dietary Fiber 1g **4 %**

Sugars 21g

Protein 3g

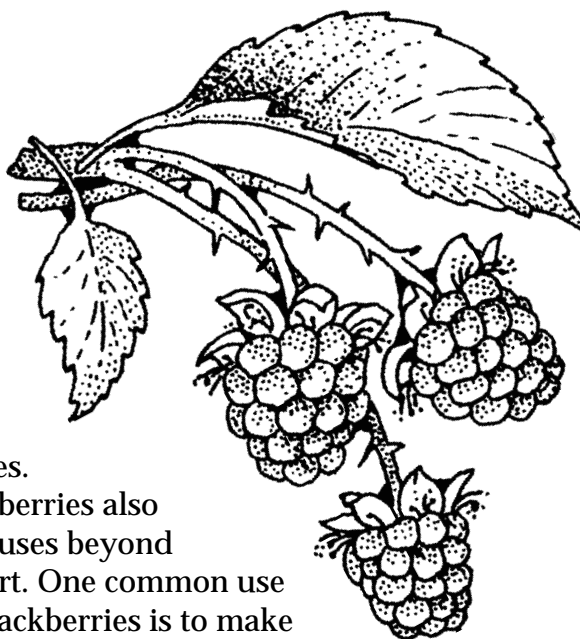
Vitamin A 0% • Vitamin C 6%

Calcium 0% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

Blackberries and raspberries

Fresh berries, such as raspberries and blackberries, are a true summer-time treat. Not only do they taste wonderful, but they also have many uses. Native Americans were among the first people to appreciate raspberries. Not only did they eat them, but they also used raspberries as medicines, dyes, and food preser-



vatives. Blackberries also have uses beyond dessert. One common use for blackberries is to make homemade wine, but we don't have a recipe for that here!

Blackberry Barbeque Sauce

Makes 8 servings *Vermont Fresh Network member*

Ingredients:

2 Tablespoons shallots, chopped
4 cups blackberries
2 cups barbeque sauce
1/8 cup sugar



Directions:

1. Cook shallots and berries on low heat for 10 to 15 minutes, until the shallots are "sweating."
2. Add barbeque sauce and sugar, and cook for an additional 15 to 20 minutes.

Good served over grilled thinly sliced leg of farm-raised Vermont venison or chicken.

Nutrition Facts

Serving Size 1 Serving (141g)
Servings Per Container 8

Amount Per Serving

Calories 130 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 920mg **38 %**

Total Carbohydrate 32g **11 %**

Dietary Fiber 4g **16 %**

Sugars 25g

Protein 1g

Vitamin A 10% • **Vitamin C** 25%

Calcium 2% • **Iron** 2%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Berries will easily grow moldy if they get wet.
- Berries can be stored in the refrigerator for just 1 to 2 days. It is best to keep them in the box they came in while you store them.

Fruit Vinegar

Makes 1 gallon

*George Schenk,
American Flatbread, Waitsfield*

Ingredients:

- 1 gallon white wine vinegar (6% acidity)
- 1 quart raspberries
- 1 cup maple syrup

Directions:

1. Rinse fruit, drain.
2. Warm vinegar in a non-reactive pot (stainless steel) to about 100 degrees F.
3. Stir in maple syrup.
4. Put fruit into empty vinegar jug or divide evenly into five clear wine bottles or other glass container.
5. Fill container with warm maple/vinegar.
6. Label with date.
7. Let sit about 2 weeks before use. Use within 1 year.

Nutrient analysis is for a 4-ounce serving.

Comments: This fruit vinegar is a wonderful addition to salad dressings, marinades, and barbeque sauces. You can add sprigs of fresh thyme and/or chives. Blueberries and blackberries can be substituted for raspberries (add 25% more fruit as they are not as strongly flavored).

Nutrition Facts

Serving Size 1 Serving (612g)
Servings Per Container 8

Amount Per Serving

Calories 130 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 0mg **0 %**

Total Carbohydrate 32g **11 %**

Dietary Fiber 4g **16 %**

Sugars 30g

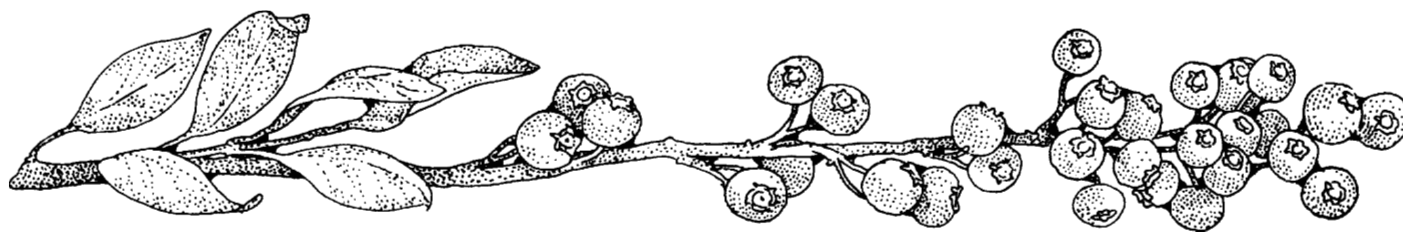
Protein 1g

Vitamin A 0% • Vitamin C 25%

Calcium 6% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Blueberries



Although many people think of Maine when they think of blueberries, we grow them here in Vermont too! In

fact, wild blueberries can be found from the northern tip of Alaska down to Florida. With such a wide growing area, it is not surprising that

they were an important part of the food supply for many Native American tribes who ate them fresh, cooked with meat, or dried for winter.

Jane's Blueberry Cobbler

Makes 4 to 6 servings

Ingredients:

- 1/3 cup whole-wheat flour
- 1/3 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 cup sugar
- 2/3 cup skim milk
- 2 Tablespoons butter or margarine, melted
- 2 cups blueberries, cleaned and rinsed



Directions:

1. Preheat oven to 350 degrees F.
2. In a mixing bowl, combine flour, baking powder, and sugar.
3. Stir in milk and mix batter until smooth.
4. Pour melted butter or margarine into a 1- to 1 1/2-quart baking dish (or whatever size is available).
5. Pour in batter and sprinkle blueberries on top.
6. Bake for 40 to 45 minutes or until lightly browned.

Nutrition Facts

Serving Size 1 Serving (151g)
Servings Per Container 5

Amount Per Serving

Calories 290 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9 %**

Saturated Fat 3g **15 %**

Cholesterol 15mg **5 %**

Sodium 220mg **9 %**

Total Carbohydrate 55g **18 %**

Dietary Fiber 4g **16 %**

Sugars 26g

Protein 5g

Vitamin A 8% • Vitamin C 15%

Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Changes in the ingredients and directions have been made for printing in this cookbook. UVM Extension is responsible for all changes that have been made to this recipe.

Source: "Jane Brody's Good Food Book: Living the High-Carbohydrate Way," by Jane Brody. Copyright 1985 by Jane E. Brody. Used with permission of W.W. Norton & Company, Inc.

Tips

- Select blueberries that are plump and unwrinkled. Avoid boxes with signs of mold.
- Store blueberries in the refrigerator for up to 1 week.

Very Berry Bread Pudding

Makes 8 servings

Ingredients:

2 cups blueberries
1/4 cup maple syrup
1 teaspoon vanilla extract
1 teaspoon cinnamon
1/2 cup orange juice
5 cups whole wheat bread cubes
2 cups strawberries, chopped

Directions:

1. In a medium saucepan, combine blueberries, maple syrup, vanilla, cinnamon, and orange juice.
2. Bring to a boil over medium heat.
3. Lower heat and simmer gently for 5 minutes. Stir occasionally.
4. Remove from heat.
5. Gently fold in bread cubes and strawberries, mixing until all bread is moistened.
6. Pour mixture into an 8-inch square baking pan (or whatever size is available).
7. Press pudding down into pan with the back of a spoon.
8. Cover and chill.

Source: "Vegan Handbook," Debra Wasserman & Reed Mangels, Ph.D., R.D., 1996, The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203; phone: (410) 366-VEGE; www.vrg.org.

Nutrition Facts

Serving Size 1 Serving (114g)
Servings Per Container 8

Amount Per Serving

Calories 110 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 85mg **4 %**

Total Carbohydrate 23g **8 %**

Dietary Fiber 3g **12 %**

Sugars 13g

Protein 2g

Vitamin A 0% • Vitamin C 50%

Calcium 4% • Iron 6%

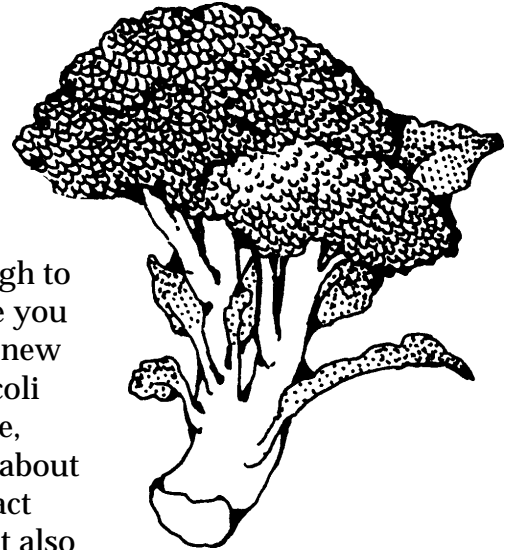
* Percent Daily Values are based on a 2,000 calorie diet.

Broccoli

In Greece and Italy, broccoli has been a favorite vegetable for 2,000 years. First cultivated for food in the United States in the 1920s, broccoli has quickly risen to become one of America's favorite

vegetables. Perhaps its popularity is at least partially related to its reputation as being nutrient-rich. Chock full of Vitamin A, Vitamin C, and minerals, it is one of the most nutritious choices you can make. And if that

isn't enough to make you try a new broccoli recipe, how about the fact that it also tastes great!



Broccoli Casserole

Makes 6 to 8 servings

Annie Coffey, Waterbury

Ingredients:

- 1 large head of broccoli
- 1 Tablespoon canola oil
- 3/4 cup carrots, shredded
- 1/2 cup onion, chopped
- 2 1/4 cups herb stuffing mix
- 1/4 cup water
- 1 (12-ounce) can condensed cream of chicken soup
- 1/2 cup nonfat plain yogurt

Directions:

1. Preheat oven to 350 degrees F.
2. Rinse and cut up broccoli.
3. Steam broccoli until barely tender.
4. Heat oil in a saucepan. Add carrots and onion and sauté until tender.
5. Add yogurt and soup.
6. Gently stir in broccoli.
7. In a separate bowl, mix stuffing with water.
8. Pour half of stuffing mix into bottom of casserole dish.
9. Add vegetable mixture.
10. Top with remaining stuffing.
11. Bake for 40 minutes.

Nutrition Facts

Serving Size 1 Serving (146g)
Servings Per Container 8

Amount Per Serving

Calories 150 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8 %**

Saturated Fat 1g **5 %**

Cholesterol 5mg **2 %**

Sodium 670mg **28 %**

Total Carbohydrate 21g **7 %**

Dietary Fiber 2g **8 %**

Sugars 3g

Protein 6g

Vitamin A 40% • Vitamin C 70%

Calcium 8% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Tips

- In the market, choose a head of broccoli that has a compact and firm cluster of flower buds that haven't opened up.
- Store broccoli in a plastic bag in the refrigerator, and try to use within a few days of purchase.

Complementary Herbs

caraway
chervil
dill
oregano
parsley
rosemary
sage

Quick and Healthy Veggie Lo Mein

Makes 6 to 8 servings

Diane Reilly, St. Albans

Ingredients:

- 1 package (1 pound) thin spaghetti, cooked until just tender, drained
- 2 Tablespoons canola oil
- 2 cloves garlic, chopped
- 3 carrots, sliced into matchsticks
- 1 head of broccoli, cut into florets
- 2 scallions, chopped
- 1 green pepper, sliced into matchsticks
- 1/4 cup soy sauce
- Pepper to taste



Directions:

1. In a large skillet or wok, sauté garlic in the oil.
2. Add the vegetables and sauté until tender.
3. Add the cooked spaghetti to veggies and toss with soy sauce and pepper.
4. Warm over medium heat.

Comments:

I am a foster parent who has had dozens of teens in our house over the years. This has been a favorite recipe of most of the young people. It is a great way to use garden veggies.

Nutrition Facts

Serving Size 1 Serving (142g)
Servings Per Container 8

Amount Per Serving

Calories 270 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 540mg **23 %**

Total Carbohydrate 48g **16 %**

Dietary Fiber 3g **12 %**

Sugars 5g

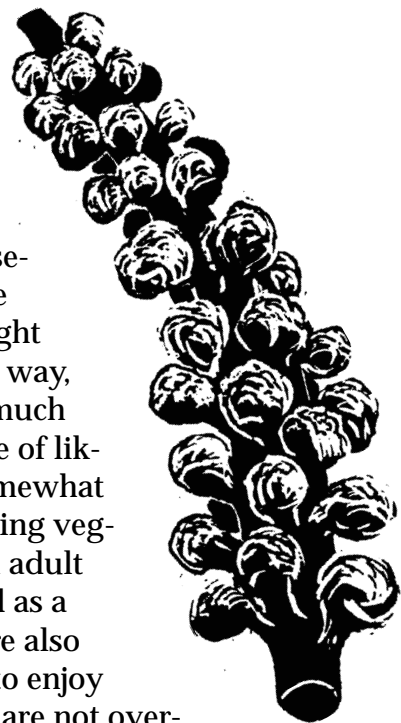
Protein 9g

Vitamin A 80% • Vitamin C 70%

Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Brussels sprouts



Brussels sprouts are a member of the cabbage family. Like other vegetables in this family, Brussels sprouts have been shown to contain cancer-fighting nutrients, so they are a good choice to include in your menus. They got their name from Brussels, Belgium, where it is believed they were

first cultivated. Considered a luxury at the time, Brussels sprouts were exported to America from Belgium as early as 1793.

If you don't eat Brussels sprouts as an adult, perhaps it is because you tried them as a kid and didn't like them. Or maybe they were never given a chance

in your household because nobody bought them! Either way, you have a much better chance of liking these somewhat strong-smelling vegetables as an adult than you did as a child. You are also more likely to enjoy them if they are not overcooked. They are best when tender, but not mushy.

Brussels Sprouts with Walnut Vinaigrette

Makes 8 servings

Ingredients:

4 cups Brussels sprouts, trimmed
3/4 cup wine vinegar
3 Tablespoons honey
1 Tablespoon mustard
1 Tablespoon canola oil
Pepper to taste
1/4 cup walnuts, coarsely chopped

Directions:

1. To cook sprouts evenly, cut an "X" in base of each.
2. Steam until just tender, 5 to 7 minutes.
3. Whisk vinegar, honey, mustard, oil, and pepper in large bowl.
4. Toss in hot Brussels sprouts and walnuts.
5. Chill overnight. Serve cold.

Source: "Asparagus to Zucchini: A Guide to Farm-Fresh Seasonal Produce," Madison Area Community Supported Agriculture Coalition (MACSAC)

Nutrition Facts

Serving Size 1 Serving (140g)
Servings Per Container 8

Amount Per Serving

Calories 120 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 35mg **1 %**

Total Carbohydrate 16g **5 %**

Dietary Fiber 4g **16 %**

Sugars 9g

Protein 4g

Vitamin A 10% • Vitamin C 140%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Before cooking, remove the outermost leaves of each sprout and cut off the tough part of the sprout stem.
- Refrigerate unwashed Brussels sprouts in a plastic bag to maintain freshness.

Complementary Herb

chives

Brussels Sprouts Salad

Makes 4 servings

Ingredients:

- 3 Tablespoons lemon juice
- 1 1/2 cups Jerusalem artichokes or carrots, sliced
- 1 celeriac, peeled and cut into bite-sized pieces
- 4 leeks (white part only), chopped
- 1 pound Brussels sprouts, trimmed
- 2 Tablespoons olive oil
- 1 Tablespoon fresh grated lemon zest - yellow rind of the lemon (optional)
- Pepper to taste
- 2 Tablespoons fresh parsley, chopped

Directions:

1. Combine 1 Tablespoon of the lemon juice and 3 cups water in medium bowl.
2. Add Jerusalem artichoke and celeriac. Set aside.
3. Cook leeks in 1 inch of boiling water until tender but not slimy, about 5 minutes.
4. Drain leeks but save water. Bring water back to boil; steam Brussels sprouts over the boiling water until tender-crisp, 8 to 10 minutes.
5. Place leeks and Brussels sprouts in serving bowl.
6. Drain Jerusalem artichokes and celeriac and add to the bowl with leeks and Brussels Spouts.
7. Toss with olive oil, remaining 2 Tablespoons lemon juice, optional lemon zest, and pepper to taste.
8. Cover and chill for 1 hour.

Source: "From Asparagus to Zucchini: A Guide to Farm-Fresh Seasonal Produce,"
Madison Area Community Supported Agriculture Coalition (MACSAC)

Nutrition Facts

Serving Size 1 Serving (353g)
Servings Per Container 4

Amount Per Serving

Calories 260 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12 %**

Saturated Fat 1g **5 %**

Cholesterol 0mg **0 %**

Sodium 160mg **7 %**

Total Carbohydrate 42g **14 %**

Dietary Fiber 9g **36 %**

Sugars 13g

Protein 7g

Vitamin A 10% • Vitamin C 210%

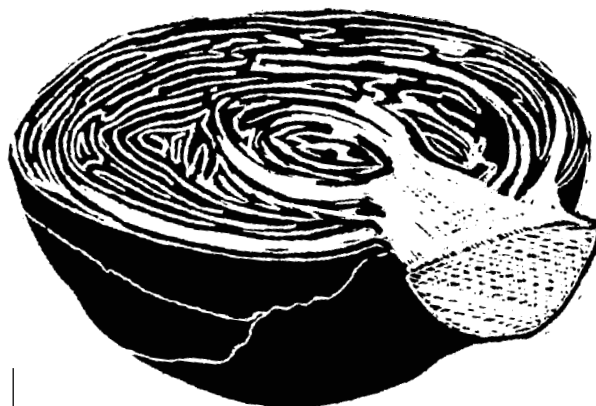
Calcium 15% • Iron 35%

* Percent Daily Values are based on a 2,000 calorie diet.

Cabbage

If you've eaten much food from a variety of cultures, you may have noticed that cabbage appears as a common vegetable in cuisines around the world. Cabbage is an ancient vegetable that comes in many varieties. Green, purple, and savoy

are the most common types here in the U.S. Cabbage is also known for the many legends in which it is featured: most people have heard that the "man in the moon" was sent up there because he stole a cabbage from his neighbor on December 24" and "babies



are found in a cabbage patch."

Perhaps the most well-known use for cabbage here in the U.S. is in coleslaw. However, cabbage is also tasty when added to stir fries, chopped for salad, boiled, or eaten plain and raw.

Ground Beef Soup

Makes 12 servings *Annie Coffey, Waterbury*

Ingredients:

1 pound lean ground beef or ground turkey
1 (3- to 4-pound) head of cabbage, shredded
1 pound carrots, shredded
1 bunch celery, chopped or shredded
2 onions, chopped
Dash of Worcestershire sauce
3 beef or vegetable bouillon cubes (optional)
1 (48-ounce) can tomato juice
12 cups water
1/4 cup brown sugar
1/4 cup vinegar
Pepper to taste



Directions:

1. Brown meat in a skillet. Drain to remove some of the fat.
2. In large kettle, add all ingredients except sugar and vinegar.
3. Simmer 1/2 to 2 hours.
4. Add sugar, vinegar, and pepper to taste.
5. Simmer another 30 minutes.

Nutrition Facts

Serving Size 1 Serving (599g)
Servings Per Container 12

Amount Per Serving

Calories 190 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9 %**

Saturated Fat 2g **10 %**

Cholesterol 20mg **7 %**

Sodium 660mg **28 %**

Total Carbohydrate 23g **8 %**

Dietary Fiber 6g **24 %**

Sugars 16g

Protein 10g

Vitamin A 110% • Vitamin C 100%

Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Cabbage can last a long time in the refrigerator when properly stored, or even longer in root cellars. Keep outer leaves on until ready for use.
- In the marketplace, choose firm, heavy cabbages that are not yellowing. Avoid splits and soft spots.

Complementary Herbs

basil	parsley
bay leaf	poppy seed
caraway seed	sage
celery seed	tarragon
dill	thyme
oregano	

Cabbage Salad

Makes 8 servings *Jan Gendreau, Waterbury*

Ingredients:

- 2 Tablespoons sesame seeds
- 1/2 cup slivered almonds (optional)
- 1/2 head of cabbage, chopped
- 4 green onions, chopped (or 1 small onion, chopped)
- 1/4 cup green pepper, chopped
- 1/4 cup carrot, shredded
- 1 apple, chopped
- 2 Tablespoons sugar
- 2 Tablespoons canola oil
- 1/4 cup vinegar
- 1/2 teaspoon salt



Directions:

1. Pour sesame seeds and almonds on a cookie sheet and broil in the oven (or toaster-oven) until slightly browned (be careful not to burn). You can also toast them in a dry skillet on the stove over low heat.
2. Combine the vegetables and apple in a bowl.
3. Mix dressing ingredients in a separate bowl.
4. Toss salad with dressing and toasted seeds/nuts.

Nutrient analysis does not include almonds.

Nutrition Facts

Serving Size 1 Serving (104g)
Servings Per Container 8

Amount Per Serving

Calories 90 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 160mg **7 %**

Total Carbohydrate 10g **3 %**

Dietary Fiber 2g **8 %**

Sugars 6g

Protein 2g

Vitamin A 10% • Vitamin C 45%

Calcium 4% • Iron 2%

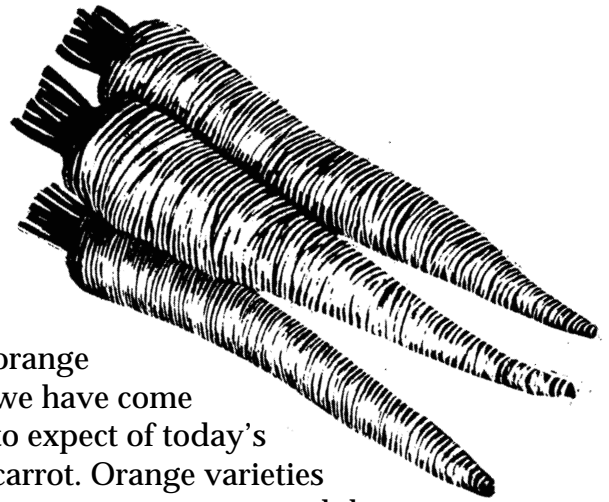
*Percent Daily Values are based on a 2,000 calorie diet.

Carrots

Carrots need little introduction, but deserve a few words. As a favorite vegetable in households across the country, they are particularly loved by children. And since they are an excellent

source of vitamin A, they make a great choice anytime.

Carrots have been cultivated for over 2,000 years. Early varieties of carrots were actually purple and pale yellow in color, not the bright



orange we have come to expect of today's carrot. Orange varieties began to appear around the 1600s, not long before they were brought to the U.S. Around 1629, the first carrots arrived in New England.

Roasted Rooties

Makes 4 servings *Alicia Brelsford, Putney*

Ingredients:

- 2 beets
- 2 carrots
- 2 potatoes
- 1 sweet potato
- 1 onion
- 4 cloves garlic, chopped
- 2 Tablespoons olive oil
- 1 Tablespoon Balsamic vinegar or lemon juice
- 1 teaspoon soy sauce

Directions:

1. Preheat oven to 400 degrees F.
2. Rinse and chop the beets, carrots, potatoes, sweet potato, and onion into bite-sized pieces.
3. Place the vegetables in a baking pan.
4. Add chopped garlic, oil, vinegar, and soy sauce.
5. Mix thoroughly.
6. Cover pan with tin foil and bake for 30 to 40 minutes, or until tender.
7. Remove foil and roast in broiler for an additional 5 to 7 minutes, until lightly browned.
8. Serve with brown rice.

Nutrient analysis does not include rice.

Comments: *This recipe is flexible and may include cubed tofu or broccoli as well.*

Nutrition Facts

Serving Size 1 Serving (235g)
Servings Per Container 4

Amount Per Serving

Calories 250 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11 %**

Saturated Fat 1g **5 %**

Cholesterol 0mg **0 %**

Sodium 130mg **5 %**

Total Carbohydrate 43g **14 %**

Dietary Fiber 5g **20 %**

Sugars 9g

Protein 4g

Vitamin A 160% • **Vitamin C** 45%

Calcium 4% • **Iron** 10%

* Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Carrots can last 2 to 4 weeks if stored properly. Remove the green tops and store unwashed in the refrigerator in a plastic container.
- Carrots can be cleaned by scrubbing with a vegetable brush to remove dirt.

Complementary Herbs

basil
chives
mint
parsley

Indian Vegetable Dish

Makes 4 to 6 servings

Jamie Coulter, Guilford

Ingredients:

- 3 teaspoons coriander
- 1 teaspoon mustard seed
- 2 onions, chopped
- 2 cups mushrooms, chopped
- 2 carrots, peeled and chopped
- 2 Tablespoons ghee* (if you don't have ghee, you can use canola oil)
- 1 potato, peeled and cut into small pieces
- 2 teaspoons cumin
- 2 tomatoes
- Pepper to taste
- Cayenne to taste
- 1 teaspoon turmeric



Directions:

1. Heat butter or oil in a skillet to just smoking (medium heat).
2. Add turmeric and stir for 10 seconds or so to roast, but not burn.
3. Add cumin, coriander, and mustard seeds one at a time, stirring to incorporate and roast.
4. Continue to cook until mustard seeds start to "pop," adding more oil if mixture becomes "cakey."
5. Add onion as soon as mustard seeds "pop."
6. Cook for several minutes, until onions become soft.
7. Add mushrooms and the rest of the vegetables one by one, cooking each one down before adding the next.
8. Cover to preserve moisture, but stir often to prevent sticking and burning (depending on how high the heat is).
9. Cook until vegetables are tender.
10. Add pepper and cayenne pepper to taste toward the end of the cooking time.
If you add too much cayenne pepper, simmer a bit longer to reduce the spiciness.

Comments: You can substitute any vegetables for the ones listed. I like adding okra, or substituting rutabaga for potato, or mustard greens for spinach. Serve with rice (basmati is best).

*Ghee or clarified butter, as it is sometimes called, is simply butter with some of the milk solids removed. Because it has had the milk solids removed, it does not burn at as low a temperature as regular butter. Nutritionally, it is no different than regular butter.

Nutrient analysis includes 1/2 cup brown rice.

Nutrition Facts

Serving Size 1 Serving (257g)
Servings Per Container 6

Amount Per Serving

Calories 220 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9 %**

Saturated Fat 3g **15 %**

Cholesterol 10mg **3 %**

Sodium 65mg **3 %**

Total Carbohydrate 37g **12 %**

Dietary Fiber 5g **20 %**

Sugars 5g

Protein 5g

Vitamin A 70% • **Vitamin C** 25%

Calcium 4% • **Iron** 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Cauliflower

Mark Twain once defined cauliflower as “the cabbage with a college education.” Grown for centuries in the coastal regions of the Mediterranean and in Asia Minor, it was first planted in America over 200 years ago. Since cauliflower likes cool growing weather, you can be

sure it does well in Vermont!

Although the solid head of cauliflower may give you the impression that it stores well, don’t be fooled. If cauliflower is stored fresh for too long, it can develop a strong odor and taste. The best way to store cauliflower is by freezing it first. If you



plan to freeze it, you’ll need to blanch it for 2 to 4 minutes, rinse it under cold water, drain, and pack it into containers.

Pasta Vegetable Salad

Makes 6 servings *Sara Burczy, Waterbury*

Ingredients:

- 8 ounces corkscrew macaroni
(or other small pasta shape)
- 1 head of broccoli
- 1 head of cauliflower
- 2 tomatoes, chopped
- 3/4 cup canned garbanzo beans (chick peas),
rinsed and drained
- 1/2 cup of nonfat Italian salad dressing

Directions:

1. Cook macaroni until just tender.
2. Drain macaroni and cool.
3. Separate broccoli and cauliflower into florets.
4. Steam florets briefly (2 to 3 minutes, maximum); drain and cool.
5. Combine all ingredients except dressing in bowl.
6. Pour dressing over the vegetables and pasta.
7. Mix gently.
8. Marinate several hours in refrigerator before serving.

Nutrition Facts

Serving Size 1 Serving (200g)
Servings Per Container 6

Amount Per Serving

Calories 210 **Calories from Fat** 10

% Daily Value*

Total Fat 1.5g **2 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 300mg **13 %**

Total Carbohydrate 41g **14 %**

Dietary Fiber 5g **20 %**

Sugars 4g

Protein 8g

Vitamin A 8% • Vitamin C 90%

Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- In the store, select heads that are firm without open flower clusters.
- To get rid of bugs, soak the head upside down in cold, salted water for a few minutes.

Complementary Herbs

basil
chives
parsley
rosemary
savory
tarragon
thyme

Cauliflower and Peas with Curry Cream sauce

Makes 6 servings

Ingredients:

2 Tablespoons butter
2 Tablespoons whole wheat flour
1 teaspoon cumin
3/4 teaspoon turmeric
1/2 teaspoon cardamom
1 cup skim milk
1 head of cauliflower, separated into florets, cooked
2 cups cooked peas
1 Tablespoon chopped parsley (optional)
Dash of paprika (optional)



Directions:

1. Melt butter in a skillet.
2. Add flour and seasonings and blend until smooth.
3. Gradually add milk and stir until sauce is smooth and thick.
4. Add cauliflower and peas and heat thoroughly.
5. Top with chopped parsley and paprika and serve immediately.

Source: "The Green Thumb Cookbook," Anne Moyer, Rodale Press, Emmaus, PA

Nutrition Facts

Serving Size 1 Serving (145g)
Servings Per Container 6

Amount Per Serving

Calories 120 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7 %**

Saturated Fat 2.5g **13 %**

Cholesterol 10mg **3 %**

Sodium 115mg **5 %**

Total Carbohydrate 14g **5 %**

Dietary Fiber 5g **20 %**

Sugars 5g

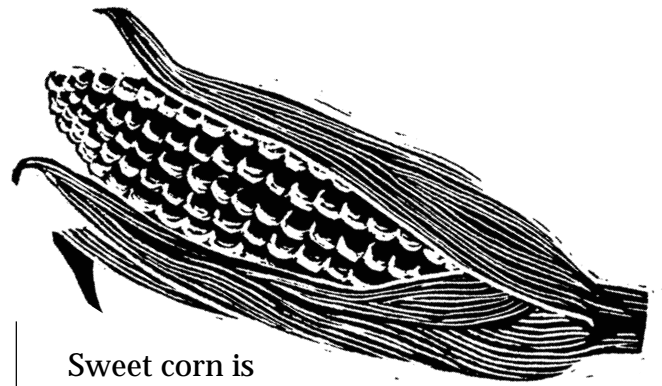
Protein 5g

Vitamin A 10% • Vitamin C 40%

Calcium 8% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

Corn



Early settlers in New England learned to grow corn from the Native Americans, for whom it was a vital crop. Actually, the earliest maize (another word for corn) pollen that was discovered in Mexico dates back 60 to

80 thousand years! Needless to say, corn has been around for a while. Today Vermonters grow several varieties of corn, some of which is used to feed livestock.

Sweet corn is a summertime favorite, but it is around for just a short time.

Sweet corn is most flavorful if it is eaten as soon as possible after it has been picked. Although most people prefer it cooked, if you have the chance to try it straight from the garden raw, you'll probably go back for more! It is not uncommon to find a worm in sweet corn. If you do, there's no need to throw away the whole cob. Just cut out the damaged part and keep on eating.

Corn Chowder

Makes 6 to 8 servings Jan Gendreau, Waterbury

Ingredients:

2 slices bacon, diced (or 2 Tablespoons canola oil)
1 or 2 onions, chopped
2 or 3 potatoes, chopped into 1/2-inch cubes
1 stalk celery, chopped (optional)
1 carrot, grated
2 cups corn
1 (12-ounce) can skimmed evaporated milk
Pepper to taste



Directions:

1. In a skillet, sauté onions in bacon or oil until golden.
2. Add potatoes, celery, carrot, and enough water to cover.
3. Simmer until tender (10 to 15 minutes).
4. Add corn, milk, and pepper.
5. Mix and heat through.

Comments: This can be made the day before for better flavor. If you make it the day before, refrigerate immediately after cooking in shallow containers and reheat thoroughly before serving. Serve with whole-grain muffins.

Nutrition Facts

Serving Size 1 Serving (191g)
Servings Per Container 8

Amount Per Serving

Calories 160 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2 %**

Saturated Fat 0g **0 %**

Cholesterol 5mg **2 %**

Sodium 100mg **4 %**

Total Carbohydrate 31g **10 %**

Dietary Fiber 3g **12 %**

Sugars 4g

Protein 7g

Vitamin A 30% • Vitamin C 25%

Calcium 15% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Fresh corn on the cob should be steamed in 1 to 2 inches of water for about 5 to 10 minutes, or dropped into boiling water for a little less time.
- If you have a grill or fire, try roasting corn in the husk for about 20 minutes. Delicious!

Complementary Herbs

basil
celery seed
chives
oregano
parsley

Summer Vegetable Stew

Makes 4 servings

*Deborah Coccoli,
Child Care Food Program,
Lamoille Family Center*

Ingredients:

1/4 cup olive oil
3 cloves garlic, chopped
1 cup onion, chopped
2 zucchini, chopped
2 summer squash, chopped
1 green pepper, chopped
1 cup corn
2 tomatoes, chopped
1/2 teaspoon oregano
Pepper to taste
1/2 cup fresh basil, chopped or shredded



Directions:

1. In a large deep skillet, sauté the garlic and the onion in the oil over moderately low heat, stirring until the onion is softened.
2. Add the zucchini, summer squash, green pepper, and corn.
3. Cook the mixture over moderate heat, stirring, for 4 minutes.
4. Add the tomatoes, oregano, and pepper.
5. Simmer the stew, covered, stirring occasionally for 5 minutes more until the excess liquid is evaporated.
6. Sprinkle with the basil.
7. Serve with rice.

Nutrient analysis includes 1 cup brown rice.

Nutrition Facts

Serving Size 1 Serving (517g)
Servings Per Container 4

Amount Per Serving

Calories 440 Calories from Fat 140

% Daily Value*

Total Fat 16g **25 %**

Saturated Fat 2.5g **13 %**

Cholesterol 0mg **0 %**

Sodium 20mg **1 %**

Total Carbohydrate 66g **22 %**

Dietary Fiber 8g **32 %**

Sugars 8g

Protein 9g

Vitamin A 10% • Vitamin C 100%

Calcium 8% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

Cucumbers

Cucumbers are 95% water, making them low in calories and other nutrients. However, the high water content of this vegetable makes them a crisp and refreshing snack in the summertime. And, of course, cucumbers are enjoyed in the form of pickles all year

round.

A frequently asked question about cucumbers is whether they need to be peeled. If they are fresh from an organic garden, there is certainly no need for peeling. However, if they've been waxed or grown using chemicals, peeling is recommended.



Cucumber Raita

Serves 6

Ingredients:

- 1 cucumber
- 3 cups plain nonfat yogurt
- 1/2 teaspoon cumin
- 1 teaspoon salt
- 6 to 8 fresh mint leaves (optional)



Directions:

1. Peel, seed, and coarsely grate cucumber.
2. Combine all ingredients (except mint) and chill.
3. Garnish with fresh mint leaves.

Comments: Serve this dish on the side with Cauliflower and Peas with Curry Cream Sauce (page 29) or Indian Vegetable Dish (page 27).

Source: Adapted from "Moosewood Cookbook," Mollie Katzen, Ten Speed Press, Berkeley, CA, 1977

Nutrition Facts

Serving Size 1 Serving (165g)
Servings Per Container 6

Amount Per Serving

Calories 80 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 480mg **20 %**

Total Carbohydrate 12g **4 %**

Dietary Fiber 0g **0 %**

Sugars 9g

Protein 7g

Vitamin A 0% • **Vitamin C** 4%

Calcium 25% • **Iron** 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Select firm, green cucumbers that do not have soft sections or wrinkles.
- For a quick snack, give kids cucumber slices or whole cucumbers.

Complementary Herbs

basil
bay leaf
celery seed
chervil
chives
dill
mustard seed
parsley

Pickled Cucumbers

Makes 4 servings *Connie Zack, Waterbury*

Ingredients:

2 cucumbers
2 teaspoons salt
1/2 cup white vinegar
1/4 cup sugar
1/4 teaspoon ginger
2 teaspoons sesame seeds

Directions:

1. Rinse and peel cucumbers.
2. Cut in half lengthwise and remove seeds with a spoon.
3. Slice cucumbers thinly.
4. Put cucumbers in a bowl with salt.
5. Mix and let stand in the refrigerator for 1 hour.
6. Drain and squeeze out moisture.
7. In a skillet, mix together vinegar, sugar, ginger, and sesame seeds, and bring to a boil.
8. Pour over cucumber slices.
9. Refrigerate for 24 hours before serving.

Nutrition Facts

Serving Size 1 Serving (198g)
Servings Per Container 4

Amount Per Serving

Calories 80 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 1170mg **49 %**

Total Carbohydrate 17g **6 %**

Dietary Fiber 1g **4 %**

Sugars 16g

Protein 1g

Vitamin A 4% • Vitamin C 15%

Calcium 4% • Iron 4%

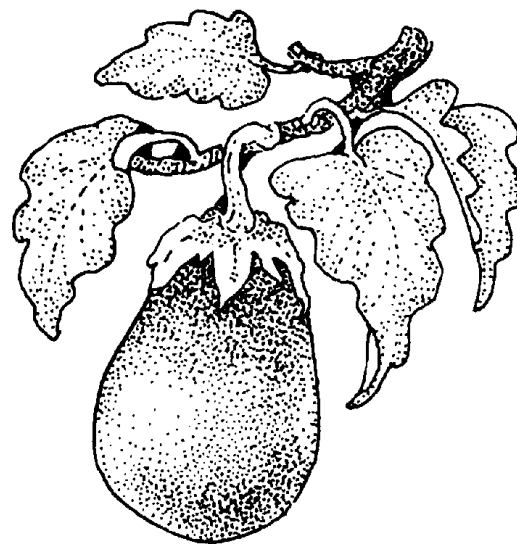
*Percent Daily Values are based on a 2,000 calorie diet.

Eggplant

Eggplant is deep purple in color, making it one of the prettiest vegetables around. Its meaty texture makes it a perfect ingredient for main-dish vegetarian recipes. It is used a lot in Asian, Middle Eastern, and Mediterranean cooking.

Always cook

eggplant before eating. It contains a toxic substance that is destroyed when you cook it. But avoid frying. Eggplant soaks up oil like a sponge. Many recipes call for salting the eggplant to remove some of the water in it. Skip that step if you are trying to cut back on your salt



intake. Eggplant can be baked or roasted whole. It can also be cut up and sautéed, steamed, or stewed. At your next summertime cookout, try grilling sliced eggplant with spices.

Eggplant and Tomatoes

Makes 4 servings

Ingredients:

1 eggplant, cubed
2 or 3 tomatoes, cored and chopped
1 onion, chopped
2 Tablespoons oil
1 teaspoon oregano
Several leaves fresh basil, chopped
1 Tablespoon fresh parsley, chopped
Pepper to taste

Directions:

1. Sauté onion in oil until soft and clear.
2. Add the eggplant, tomatoes, and seasonings.
3. Cover and simmer for about 30 minutes, until vegetables are tender.
4. Serve over brown rice.

Nutrient analysis includes 1 cup brown rice.

Source: "The Green Thumb Cookbook," Anne Moyer, Rodale Press, Emmaus, PA

Nutrition Facts

Serving Size 1 Serving (449g)
Servings Per Container 4

Amount Per Serving

Calories 350 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14 %**

Saturated Fat 1g **5 %**

Cholesterol 0mg **0 %**

Sodium 25mg **1 %**

Total Carbohydrate 60g **20 %**

Dietary Fiber 8g **32 %**

Sugars 4g

Protein 7g

Vitamin A 8% • Vitamin C 40%

Calcium 4% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

Tips

- At the market, choose a firm, heavy eggplant that has smooth, shiny skin.
- Although eggplant skin is often peeled, it's not necessary to do so. It depends on your preference and the type of dish you're making.

Complementary Herbs

basil
chervil
oregano
parsley
sage
tarragon
thyme

Eggplant and Rice

Makes 4 servings

Ingredients:

- 1 Tablespoon plus 1 teaspoon olive oil
- 1/2 cup onion, chopped
- 2 cloves garlic, chopped
- 1 eggplant, peeled and cut into cubes
- 1/2 tomato, chopped
- 1 bay leaf
- 1/2 teaspoon dried thyme (or 2 teaspoons fresh thyme, minced)
- 1 cup long-grain rice, uncooked (try brown rice!)
- 2 cups water or chicken stock

Directions:

1. Heat oil in a saucepan over medium-high heat.
2. Add onion and garlic and sauté for 3 to 4 minutes, or until onion is softened.
3. Stir in the eggplant, tomato, bay leaf, and thyme. Mix thoroughly.
4. Cover saucepan and simmer 3 minutes.
5. Stir in the rice and water (or stock) and return to a boil. Immediately reduce heat to low.
6. Cover and simmer 20 to 25 minutes, or until rice is tender and liquid is absorbed.

Source: "Meals For You," www.mealsforyou.com

Nutrition Facts

Serving Size 1 Serving (292g)
Servings Per Container 4

Amount Per Serving

Calories 270 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11 %**

Saturated Fat 1g **5 %**

Cholesterol 0mg **0 %**

Sodium 400mg **17 %**

Total Carbohydrate 44g **15 %**

Dietary Fiber 4g **16 %**

Sugars 1g

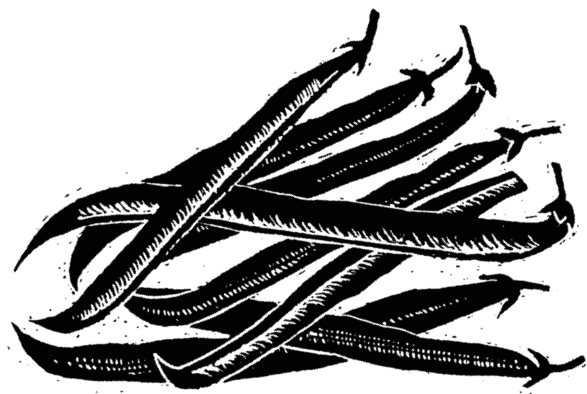
Protein 7g

Vitamin A 2% • Vitamin C 10%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

Green beans



Green beans are an extremely popular garden vegetable for growers across the U.S. Their popularity in this country dates back to long before European settlers arrived, as they were a favorite crop of Native Americans as well. But if you don't have a garden, they're a great choice at the

market. You just have to know what to look for.

Because green beans go by so many names, you may not know which bean a recipe is calling for. The terms "green bean" and "string bean" both refer to the same bean. Green beans are also a type of "snap bean," so you may see this term used.

In the store, however, you're most likely to see the beans labeled as "green beans."

When selecting beans, it is helpful to know that they are best tasting when they are mature in length, but not over-mature. You'll know they are over-mature when you can see the seeds (beans) bulging in the pods. If the seeds are bulging, the bean is likely to be tough and stringy.

Three-bean Salad

Makes 8 servings



Ingredients:

- 1 1/2 cups kidney beans (canned, drained, rinsed)
- 1 cup garbanzo beans (canned, drained, rinsed)
- 1 cup green beans
- 1/4 cup tomatoes, chopped
- 1/8 cup onion, chopped
- Pepper to taste
- 1/4 cup low-calorie vinaigrette dressing

Directions:

1. In large plastic container with a tight lid, combine all ingredients with the low-cal vinaigrette dressing.
2. Cover and refrigerate.
3. Mix the salad occasionally to marinate the salad.

Nutrition Facts

Serving Size 1 Serving (109g)
Servings Per Container 8

Amount Per Serving

Calories 90 Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 330mg 14%

Total Carbohydrate 16g 5%

Dietary Fiber 4g 16%

Sugars 1g

Protein 4g

Vitamin A 0% • Vitamin C 6%

Calcium 4% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Source: "Old North End Community Food Project Cookbook," Vermont Department of Health

Tips

- Before cooking green beans, remove the side strings as well as the stems from the end.
- If you plan to serve green beans cold, don't cook them quite as long so that they stay crisp when chilled.

Complementary Herbs

basil	oregano
chervil	parsley
chives	rosemary
dill	savory
marjoram	thyme

Green Beans in Tomato Peanut-curry Sauce

Makes 4 servings *Christy Keith, Burlington*

Ingredients:

- 1 pound green beans, rinsed, trimmed, cut into pieces
- 2 cups crushed tomatoes or tomato sauce
- 1/3 cup peanut butter
- 1 Tablespoon olive oil
- 1 teaspoon curry powder
- 1/2 teaspoon cayenne pepper
- 6 cloves garlic, chopped
- 1/2 onion, chopped



Directions:

1. Sauté the garlic, onions, cayenne, and curry in the olive oil for a minute or so (make sure the spices don't burn).
2. Add the green beans and sauté for another minute to absorb the flavor.
3. Pour in the crushed tomatoes.
4. Stir and add enough water to cover the beans.
5. Turn the heat down, cover, and cook until the beans are soft enough to eat.
6. Take off the heat and stir in the peanut butter.
7. Serve over rice (try brown rice!).

Nutrition Facts

Serving Size 1 Serving (1532g)
Servings Per Container 4

Amount Per Serving

Calories 470 **Calories from Fat** 140

% Daily Value*

Total Fat 15g **23 %**

Saturated Fat 2.5g **13 %**

Cholesterol 0mg **0 %**

Sodium 410mg **17 %**

Total Carbohydrate 69g **23 %**

Dietary Fiber 8g **32 %**

Sugars 10g

Protein 14g

Vitamin A 25% • Vitamin C 40%

Calcium 15% • Iron 25%

* Percent Daily Values are based on a 2,000 calorie diet.

Nutrient analysis
includes 1 cup rice.

Greens for cooking

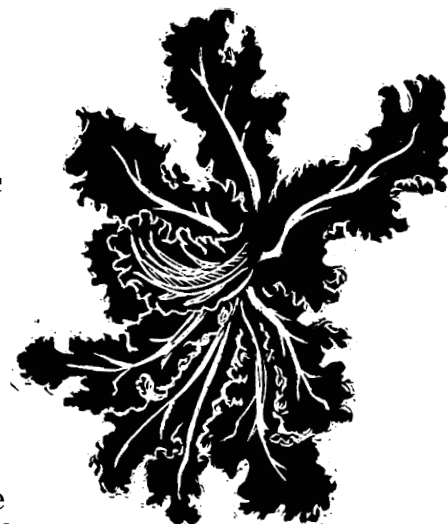
“Cooking greens” are the edible leaves of certain plants. Examples are kale, chard, and collards. In the days when fresh green vegetables were not available all year round, eating the new leafy greens in the spring was considered a health tonic. Early Vermonters would harvest dandelion

greens, fiddleheads, curly dock, sorrel, shepherd’s purse, chickweed, wild onions and leeks for their “spring tonic.”

People enjoy greens because they are easy to cook, delicious, and very nutritious. They are usually steamed or quickly cooked. Sautéing with a small

amount of canola oil and garlic or onion makes a

great side dish. Cooking greens can also be added to soup. The cooking time depends on the green. Swiss Chard takes just 2 to 3 minutes, while collard greens may take 5 to 7 minutes. Don’t overcook greens or they will be mushy.



Pasta with Greens and Feta

Makes 6 servings

Ingredients:

8 (packed) cups greens, rinsed and chopped
1 package (1 pound) penne, fusilli, shells,
or similar small pasta
1/2 pound feta cheese, crumbled
Pepper to taste
3 Tablespoons olive oil
4 cups onion, chopped



Comments:
Try adding chopped tomatoes at the end.

Directions:

1. Cook the pasta until tender, drain and set aside (you can continue with recipe as the pasta cooks).
2. Heat the oil in a deep skillet or pot.
3. Add the onion and sauté for about 10 minutes over medium heat, stirring occasionally.
4. Add the greens and stir until the greens begin to wilt.
5. Cover and cook 10 to 15 minutes over medium-low heat.
6. Add the crumbed feta cheese to the skillet (keep the heat on low as you add the cheese).
7. Add the cooked pasta to the skillet.
8. Mix thoroughly.
9. Heat through on low heat.
10. Add pepper to taste.

Source: Reprinted with permission from “Still Life with Menu.” Copyright © 1988, 1994 by Mollie Katzen, Ten Speed Press, Berkeley, CA. Available from your local bookseller, by calling 800-841-2665, or by visiting www.tenspeed.com.

Nutrition Facts

Serving Size 1 Serving (288g)
Servings Per Container 6

Amount Per Serving

Calories 500 **Calories from Fat** 150

% Daily Value*

Total Fat 16g **25 %**

Saturated Fat 7g **35 %**

Cholesterol 35mg **12 %**

Sodium 510mg **21 %**

Total Carbohydrate 69g **23 %**

Dietary Fiber 5g **20 %**

Sugars 6g

Protein 18g

Vitamin A 40% • Vitamin C 40%

Calcium 25% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Don't eat wild dandelion greens from an area treated with weed killer or fungicides, or a place close to a road that gets a lot of traffic.
- Store greens, unwashed, in a plastic bag or wrapped in a damp towel. They may last up to a week or two.

Complementary Herbs

basil	oregano
chives	parsley
dill	tarragon

Kale, Tomato, and Bean Casserole

Makes 6 to 8 servings

Ingredients:

- 3 Tablespoons olive oil
- 3 cloves garlic, chopped
- 1 large bunch (about 16 cups or 2 pounds) shredded kale leaves, no stems
- 3 cups tomatoes, chopped—or 1 (28-ounce) can crushed tomatoes
- 1 teaspoon paprika
- 1/4 teaspoon pepper
- 1 (15-ounce) can cannellini (white) beans, rinsed and drained
- 1/2 cup dried bread crumbs
- 1/2 cup Parmesan cheese, grated
- 2 Tablespoons fresh parsley, chopped



Nutrition Facts

Serving Size 1 Serving (400g)
Servings Per Container 8

Amount Per Serving

Calories 250 **Calories from Fat** 80

% Daily Value*

Total Fat 8g **12 %**

Saturated Fat 2g **10 %**

Cholesterol 5mg **2 %**

Sodium 400mg **17 %**

Total Carbohydrate 31g **10 %**

Dietary Fiber 9g **36 %**

Sugars 8g

Protein 12g

Vitamin A 200% • Vitamin C 200%

Calcium 30% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.

Directions:

1. Preheat the oven to 400 degrees F.
2. Lightly oil a shallow 9- by 13-inch casserole dish (or whatever is available).
3. Heat 2 Tablespoons of the oil in a large skillet.
4. Sauté half the garlic for 1 minute over medium heat.
5. Add the kale and sauté until it is wilted (about 5 minutes), stirring often.
6. Add the tomatoes, paprika, and pepper and sauté for 5 minutes.
7. Add the beans.
8. Scrape the mixture into the casserole dish.
9. In a small bowl, combine the remaining 1 Tablespoon oil and garlic with the bread crumbs, cheese, and parsley.
10. Sprinkle evenly on top of the vegetables and bake until well browned and bubbling, 25 to 30 minutes.

Source: "Country Suppers," Ruth Cousineau, William Morrow, 1977

Herbs

From the earliest times, herbs have had many purposes. They have been used in cooking, as medicines and teas, and for their wide-ranging scents. In the past, almost all gardens had a corner for herbs due to the important role they played in people's lives. Native Americans had a long tradition of using herbs, so early colo-

nists often consulted with their Native American neighbors to find out which plants were poisonous.

Cooking with herbs and spices adds flavor to food, making it easier to cut back on the use of salt. For some people, eating less salt can keep blood pressure down. High salt intake is also related to the loss of calcium,



which may increase the risk of osteoporosis.

The cost of herbs and spices keeps some people from purchasing them. To keep the cost down, try shopping at a food co-op or natural foods store where you can buy a small amount in bulk for under \$1.

Herb Dip

Makes 4 servings

Ingredients:

- 1/2 cup skim milk
- 1 cup nonfat cottage cheese
- 2 Tablespoons parsley, chopped
- 2 Tablespoons chives, chopped
- 1 1/2 teaspoons fresh basil, chopped
(or 1/2 teaspoon dried basil)
- 1/8 teaspoon curry powder
- 1/8 teaspoon paprika

Directions:

1. Mix ingredients until smooth.
2. Serve over cooked vegetables or as a dip.



Nutrition Facts

Serving Size 1 Serving (91g)
Servings Per Container 4

Amount Per Serving

Calories 45 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 230mg **10 %**

Total Carbohydrate 4g **1 %**

Dietary Fiber 0g **0 %**

Sugars 1g

Protein 8g

Vitamin A 4% • Vitamin C 6%

Calcium 6% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

Source: Adapted from "Caterpillar Scramble and Cantaloupe Boats," Noreen Thomas, 1996, CQ Products, ISBN: 1563830663

Tips

- Dried herbs are stronger than fresh, and powdered herbs are stronger than crumbled. 1/4 teaspoon powdered herbs = 3/4 to 1 teaspoon crumbled = 2 teaspoons fresh.
- Fresh herbs should be stored in the refrigerator in a perforated plastic bag. When you are ready to use them, wash the herbs gently under cold water and pat dry between paper towels. It is best to use fresh herbs within a day, since the flavor and aroma deteriorates quickly.
- Store dried herbs and spices in airtight containers out of the direct sun. Many herbs and spices keep for 2 years.

White Flaky Fish

Makes 4 servings *Evelyne Pepin
of Ladybug Herbs, Wolcott*

Ingredients:

- 1 pound white flaky fish (haddock, flounder, pollack, blue fish, or cod)
- 2 Tablespoons butter (or lemon basil butter)
- 1 onion, chopped
- 1 Tablespoon dry parsley (or 1/4 cup fresh parsley, chopped)
- 1 Tablespoon dry basil (or 1/4 cup lemon basil, chopped)
- 1/2 teaspoon dry thyme (or 1 Tablespoon lemon thyme)
- 1/2 teaspoon dry sage (or 1 Tablespoon fresh sage, chopped)
- 3/4 cup bread crumbs
- 1/4 cup walnuts, chopped

Directions:

1. Preheat oven to 350 degrees F.
2. Sauté onion slowly in butter over low heat until the onion is clear.
3. Add herbs and cook until wilted.
4. Add bread crumbs and walnuts.
5. Cook for 2 more minutes.
6. Top fish with stuffing, patting it down.
7. Bake for 25 minutes or until done.

Nutrition Facts

Serving Size 1 Serving (180g)
Servings Per Container 4

Amount Per Serving

Calories 300 **Calories from Fat** 110

% Daily Value*

Total Fat 13g **20 %**

Saturated Fat 4.5g **23 %**

Cholesterol 80mg **27 %**

Sodium 320mg **13 %**

Total Carbohydrate 19g **6 %**

Dietary Fiber 2g **8 %**

Sugars 1g

Protein 26g

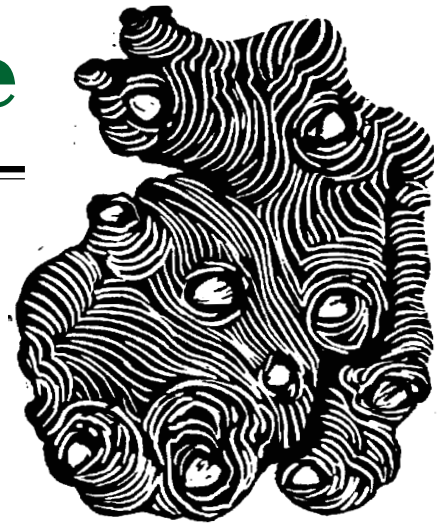
Vitamin A 10% • Vitamin C 4%

Calcium 10% • Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet.

Comments: This has a gourmet taste and is so simple to make.

Jerusalem artichoke



The Jerusalem artichoke is not an artichoke and it didn't come from Jerusalem. It's actually a sunflower, which is why it is sometimes called a sunchoke. "Jerusalem" comes from the Italian word for sunflower, which is girasole. It has a lumpy, brown skin

with a white flesh. This tuber is native to Vermont and was cultivated for centuries by Native Americans. The edible roots are best in spring or fall. They look like something from another planet.

Jerusalem artichokes can be eaten raw in salads or cooked by boiling or

steaming.

They also

make great soup.

In the fall, this 6 to 10 foot tall sunflower produces pretty yellow flowers that some people think have a chocolate scent.

Baked and Dipped Sunflower Roots

Makes 4 servings *David Fried, Wolcott*

Ingredients:

- 12 Jerusalem artichokes
- 1 Tablespoon butter
- 3 Tablespoons olive oil
- 2 to 3 cloves garlic, chopped (more, if you like garlic)



Directions:

1. Scrub and rinse Jerusalem artichokes.
2. Wrap in aluminum foil and put in coals of campfire, fireplace, or woodstove.
3. Let them bake for 10 to 20 minutes, until soft.
4. Mix the garlic, butter, and olive oil and warm slightly.
5. Dip artichokes in the mixture and eat with fingers as soon as fingers can take the heat.

Comments: Inside should be soft when pulled apart after baking, not necessarily soft to the touch on the outside.

Nutrition Facts

Serving Size 1 Serving (466g)
Servings Per Container 4

Amount Per Serving

Calories 470 **Calories from Fat** 120

% Daily Value*

Total Fat 13g **20 %**

Saturated Fat 3.5g **18 %**

Cholesterol 10mg **3 %**

Sodium 50mg **2 %**

Total Carbohydrate 79g **26 %**

Dietary Fiber 7g **28 %**

Sugars 44g

Protein 9g

Vitamin A 4% • Vitamin C 30%

Calcium 6% • Iron 90%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- If Jerusalem artichokes lose their crispness, it can be restored by soaking them in ice water.
- Jerusalem artichokes can be stored for long periods of time if buried in damp sand in a cold environment, such as a root cellar or basement.

Complementary Herbs

celery seed
dill
marjoram
mustard seed
parsley
rosemary
thyme

Mashed Jerusalem Artichoke

Serves 6

Heather Danis, Burlington

Ingredients:

3 1/2 pounds Jerusalem artichokes
1 pound boiling potatoes
1 teaspoon salt
3 cups milk
3 Tablespoons butter, softened
Pepper, to taste



Directions:

1. Peel Jerusalem artichokes and cut into 2-inch pieces.
2. Peel potatoes and cut into 3/4-inch pieces.
3. Combine artichokes, potatoes, and milk in a pot with enough water to cover vegetables by 2 inches; simmer until vegetables are tender, about 25 minutes.
4. Drain vegetables and return them to the pot.
5. Mash vegetables with butter and salt.
6. Add pepper to taste and mix until smooth.

Nutrition Facts

Serving Size 1 Serving (471g)
Servings Per Container 6

Amount Per Serving

Calories 370 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **9 %**

Saturated Fat 4g **20 %**

Cholesterol 20mg **7 %**

Sodium 530mg **22 %**

Total Carbohydrate 67g **22 %**

Dietary Fiber 5g **20 %**

Sugars 31g

Protein 11g

Vitamin A 15% • Vitamin C 30%

Calcium 20% • Iron 50%

* Percent Daily Values are based on a 2,000 calorie diet.

Kohlrabi

Kohlrabi is a globe-shaped swollen stem. It can be green or purple with green stems and leaves that look like collard greens. It is sometimes called a cabbage turnip but it is sweeter, juicier, crisper, and milder in flavor than a turnip. The green or purple bulbs can be used raw shredded into a salad, or steamed.

They can also be added to soups and stews, chunked into potato casseroles, or stir-fried. Kohlrabi leaves can also be cooked. They taste like kale or collard greens.

This member of the cabbage family is a native of northern Europe. The word Kohlrabi is German and means “cabbage turnip.”



Confetti Salad

Makes 4 servings

Ingredients:

4 kohlrabi, chopped
1 parsnip, chopped
3 carrots, chopped
8 radishes, chopped
1 cup beet greens, chopped
1 Tablespoon nonfat yogurt
2 Tablespoons honey
1 Tablespoon vinegar

Directions:

1. Combine and mix vegetables in a bowl.
2. In a separate bowl, stir together the yogurt, honey, and vinegar.
3. Add the yogurt mixture to the vegetables.
4. Chill several hours before serving.

Source: “*The Green Thumb Cookbook*,” Anne Moyer, Rodale Press, Emmaus, PA

Nutrition Facts

Serving Size 1 Serving (286g)
Servings Per Container 4

Amount Per Serving

Calories 150 **Calories from Fat** 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 140mg 6%

Total Carbohydrate 31g 10%

Dietary Fiber 9g 36%

Sugars 19g

Protein 5g

Vitamin A 170% • Vitamin C 180%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- To prepare kohlrabi, wash thoroughly and trim away the woody or tough sections. There is no need to peel it before eating.
- If you are going to use kohlrabi greens and the globe, store them separately. Greens should be stored and used like other greens. (For ideas, see section on “Greens for Cooking.”)

Complementary Herbs

basil

dill

parsley

Herbed Kohlrabi

Makes 4 servings

Ingredients:

- 1 1/2 pounds kohlrabi, peeled and cut into cubes (about 3 1/2 cups)
- 2 Tablespoons parsley, chopped
- 1 teaspoon basil, chopped
- 1 Tablespoon oil
- 1/2 teaspoon salt
- Pepper to taste

Directions:

1. Steam or boil kohlrabi until just barely tender (about 8 minutes).
2. Add parsley and basil and toss in oil until well blended.
3. Add salt and pepper to taste.

Source: “The Green Thumb Cookbook,”
Anne Moyer, Rodale Press, Emmaus, PA



Nutrition Facts

Serving Size 1 Serving (176g)
Servings Per Container 4

Amount Per Serving

Calories 90 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 320mg **13 %**

Total Carbohydrate 11g **4 %**

Dietary Fiber 6g **24 %**

Sugars 8g

Protein 3g

Vitamin A 0% • Vitamin C 180%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

Leeks

Leeks look like big scallions. They are a relative of the onion, but taste more mild. Leeks are mostly used to add flavor to soups and stews. They can also be cooked and served as you would asparagus—with lemon juice, dill spice, or vinaigrette dressing.

Although leeks aren't used a lot in the U.S., they have been enjoyed by people across the world for thousands of years. Egyptian, Greek, and Roman gourmets used leeks, as did the Emperor Nero who believed that consuming them in great quantities would improve his



singing voice. Leeks are so popular in Wales that they are the country's emblem.

Lentil and Leek Risotto

Makes 4 servings

Ingredients:

- 2 cups well-scrubbed leeks, chopped
- 1 clove garlic, chopped
- 1/2 cup green pepper, chopped
- 1 Tablespoon olive oil
- 3 cups vegetable broth or water
- 1 1/4 cups brown rice
- Pepper to taste
- Pinch of basil
- 1 cup cooked lentils (boil for about 30 minutes, until tender but not mushy)

Directions:

1. In a deep pot with cover, sauté leeks, garlic, and green pepper in oil.
2. When soft, add broth or water, and stir in rice along with seasonings.
3. Reduce heat and simmer covered for about 40 minutes, or until rice is done.
4. Uncover, stir in cooked lentils, and reheat until piping hot.

Source: "Vegan Handbook," Debra Wasserman & Reed Mangels, Ph.D., R.D., 1996, The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD, 21203; phone (410)366-VEGE; www.vrg.org

Nutrition Facts

Serving Size 1 Serving (444g)
Servings Per Container 4

Amount Per Serving

Calories 420 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **9 %**

Saturated Fat 1g **5 %**

Cholesterol 0mg **0 %**

Sodium 780mg **33 %**

Total Carbohydrate 77g **26 %**

Dietary Fiber 9g **36 %**

Sugars 9g

Protein 13g

Vitamin A 4% • Vitamin C 70%

Calcium 10% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- To refrigerate leeks, leave the roots attached. Wrap in plastic to avoid having the whole refrigerator smell like leeks!
- When you prepare leeks, cut the green section off to within a couple of inches from the white. Wash thoroughly to remove all grit and sand. Peel off the outside layer.

Complementary Herbs

dill
parsley
rosemary
thyme

Spring Soup

Makes 6 to 8 servings

Ingredients:

- 5 leeks
- 2 Tablespoons oil
- 4 potatoes, thinly sliced
- 2 cups skim milk
- Pepper to taste
- Dash nutmeg (optional)
- 2 stalks of celery and the leaves, sliced
- 2 quarts vegetable or chicken stock
(to reduce sodium, use low-sodium broth or use 1 quart stock and 1 quart water)
- 2 Tablespoons nonfat plain yogurt
- 1 Tablespoon fresh or dried parsley

Directions:

1. Cut up only the white part of the leeks and sauté slowly in oil along with potatoes and celery. Be careful not to brown.
2. Add vegetable or chicken stock and simmer for 30 minutes.
3. Add milk and yogurt.
4. Add parsley, and pepper to taste. For an interesting flavor, add a vigorous dash of nutmeg.
5. If you have a blender or food processor and like creamy soup, you can blend the soup in batches after step 2.

Source: "The Green Thumb Cookbook," Anne Moyer, Rodale Press, Emmaus, PA

Nutrition Facts

Serving Size 1 Serving (538g)
Servings Per Container 7

Amount Per Serving

Calories 230 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 1220mg **51 %**

Total Carbohydrate 36g **12 %**

Dietary Fiber 3g **12 %**

Sugars 12g

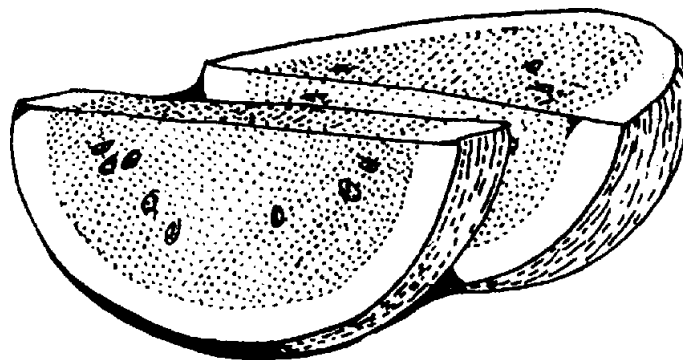
Protein 8g

Vitamin A 6% • Vitamin C 30%

Calcium 15% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Melons



Melons have been around for a long time. In fact, they've been around so long that the ancient Egyptians ate them!

There are two categories of melons—muskmelon and watermelon. Muskmelons can have netted skin

(cantaloupe) or smooth skin (honeydew). Watermelon also comes in different varieties and sizes. On average, a watermelon weighs 15 to 35 pounds (with 98% of that weight coming from water). In China, watermelon seeds are roasted and eaten like popcorn.

Stuffed Cantaloupe

Makes 2 servings

Ingredients:

- 1 cantaloupe
- 2 Tablespoons lemon or lime juice
- 1 cup nonfat plain yogurt
- 3 Tablespoons maple syrup
- 1 1/2 cups berries (leave smaller berries whole; slice larger ones)



Directions:

1. Cut the cantaloupe in half around the equator, and scoop out the seeds.
2. Slice a small piece from each end, so the halves can stand upright.
3. Place each half on a plate, and drizzle the open surface with lemon or lime juice.
4. Combine the yogurt, maple syrup, and berries in a medium-sized bowl and stir gently.
5. Divide this mixture between the melon halves.

Source: Reprinted with permission from "The New Enchanted Broccoli Forest." Copyright © 1982, 1995, 2000 by Tante Malka, Inc., Ten Speed Press, Berkeley, CA. Available from your local bookseller, by calling 800-841-2665, or by visiting www.tenspeed.com.

Nutrition Facts

Serving Size 1 Serving (884g)
Servings Per Container 2

Amount Per Serving

Calories 440 Calories from Fat 10

% Daily Value*

Total Fat	1g	2 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	230mg	10 %
Total Carbohydrate	95g	32 %
Dietary Fiber	10g	40 %
Sugars	34g	

Protein 13g

Vitamin A 240% • Vitamin C 420%
Calcium 35% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- For a sweet and well-ripened watermelon, choose one with a dull surface and an underside that is creamy yellow.
- Melon will last the longest if stored in the refrigerator. The problem is fitting them in!

Melon Salad with Figs

Serves 4

Ingredients:

- 1 1/2 cups plain nonfat yogurt
- 2 Tablespoons honey
- 1 Tablespoon lime juice
- 8 dried figs, quartered (32 pieces)
- 1 honeydew melon, peeled, seeded, and sliced into bite-sized pieces
- 4 teaspoons fresh mint leaves, chopped
- 1/4 cup walnuts, chopped



Directions:

1. Combine yogurt, honey, and lime juice in a small bowl. Cover and refrigerate until serving time.
2. Place 8 fig quarters in the center of each of 4 individual plates. Arrange melon around the figs.
3. Just when you are ready to serve, spoon the yogurt dressing over the fruit. Sprinkle each plate with the mint and walnuts.

Source: "Jane Brody's Good Food Gourmet: Recipes and Menus for Delicious and Healthful Entertaining" by Jane Brody. Copyright 1990 by Jane E. Brody. Used by permission of W.W. Norton & Company, Inc.

Nutrition Facts

Serving Size 1 Serving (384g)
Servings Per Container 4

Amount Per Serving

Calories 490 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9 %**

Saturated Fat 0.5g **3 %**

Cholesterol 0mg **0 %**

Sodium 100mg **4 %**

Total Carbohydrate 99g **33 %**

Dietary Fiber 11g **44 %**

Sugars 91g

Protein 11g

Vitamin A 4% • Vitamin C 80%

Calcium 35% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.

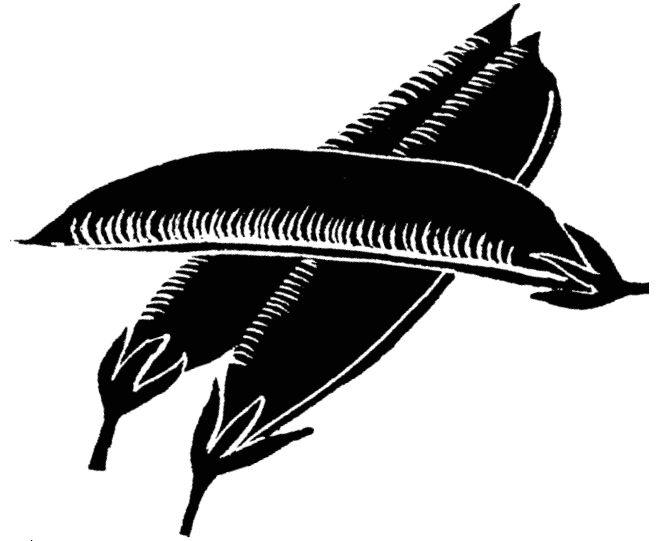
Changes in the ingredients and directions have been made for printing in this cookbook. UVM Extension is responsible for all changes that have been made to this recipe.

Peas

Peas are technically legumes, like lentils. Earlier peas were grown from dried seeds that originated in western Asia and adjacent Europe. In America, peas have been around since the earliest colonists brought dried seeds with them.

There are a few

different kinds of peas. When most people think of peas, the English pea comes to mind. This is the type of pea that people grow in their gardens. These peas must be shelled before eating. There are also pod peas, which can be eaten



pod and all. These are snow peas and sugar snap peas. They are usually cooked or steamed just a minute or two. Snow peas are famous for their use in stir-fries.

Garlic Stir-fried Snap Peas

Makes 3 servings

Ingredients:

3 cups sugar snap peas
2 teaspoons oil
2 cloves garlic, chopped
2 teaspoons lemon juice
Pepper to taste

Directions:

1. Heat oil in skillet.
2. Stir in garlic.
3. Add peas; cook and stir 2 to 4 minutes on medium heat.
4. Remove and sprinkle on lemon juice and pepper.
5. Serve over rice.



Nutrition Facts

Serving Size 1 Serving (144g)
Servings Per Container 3

Amount Per Serving

Calories 110 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **5 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 140mg **6 %**

Total Carbohydrate 16g **5 %**

Dietary Fiber 5g **20 %**

Sugars 8g

Protein 5g

Vitamin A 0% • Vitamin C 20%

Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

Source: "From Asparagus to Zucchini: A Guide to Farm-Fresh Seasonal Produce," Madison Area Community Supported Agriculture Coalition (MACSAC)

Tips

- Kids love eating peas and shelling peas. Keep them busy in the summertime by giving them a pile of peas to shell.
- Peas don't last very long after they've been picked, and are sweetest right away. If you must store them, refrigerate in a plastic bag for a few days, or freeze after blanching.

Complementary Herbs

basil
dill
marjoram
mint
parsley

Bow-tie Pasta with a Trio of Peas

Makes 4 servings

Ingredients:

- 1 package (1 pound) bow-tie or corkscrew pasta
- 1 Tablespoon margarine or butter
- 1 Tablespoon olive oil
- 1/2 cup snow peas, strings removed
- 1/2 cup sugar snap peas, strings removed
- 1 clove garlic, chopped
- 1 cup peas
- 1/2 cup chicken broth
- 1/4 teaspoon pepper

Directions:

1. Cook pasta.
2. While pasta is cooking, melt margarine or butter in a skillet with olive oil over medium-high heat.
3. Add snow peas and sugar snap peas and cook, stirring, until tender-crisp (1 to 2 minutes).
4. Stir in garlic and cook 30 seconds.
5. Add 1 cup remaining peas, broth, and pepper; heat to boiling.
6. Drain pasta; return to saucepot.
7. Add vegetable mixture; toss well.

Source: "Good Housekeeping," www.women.com

Nutrition Facts

Serving Size 1 Serving (229g)
Servings Per Container 4

Amount Per Serving

Calories 540 **Calories from Fat** 120

% Daily Value*

Total Fat 13g **20 %**

Saturated Fat 3.5g **18 %**

Cholesterol 140mg **47 %**

Sodium 210mg **9 %**

Total Carbohydrate 87g **29 %**

Dietary Fiber 5g **20 %**

Sugars 7g

Protein 20g

Vitamin A 6% • Vitamin C 30%

Calcium 4% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.

Peppers

The name “pepper” was reportedly given to this vegetable by Spanish explorers who set out with Columbus on his second voyage in search of the peppercorns of India. It is thought that these explorers believed the flavor of peppers was like that of peppercorns, and so mis-named them.

Did you know that one raw bell pepper has more vitamin C than one cup of

orange juice? But don’t think you will get any vitamin C by sprinkling black pepper on your food. The vegetable and the spice have nothing to do with each other.

Bell peppers (also called sweet peppers) can be green, red, or yellow. Green peppers are usually the least expensive. Hot peppers, on the other hand, come in over 200 varieties. They are popular in ethnic cooking. Hot peppers are also



high in vitamin C. Since they are used mostly to add spice to dishes, they are not eaten in large enough amounts to be a significant source of vitamin C.

Pizza Roll-up

Makes 4 roll-ups *Heather Danis, Burlington*

Ingredients:

- 4 (8-inch) flour tortillas (try whole-wheat tortillas!)
- 2 teaspoons canola oil
- 1 clove garlic, chopped
- 1 green pepper, sliced
- 1 onion, sliced
- 1/4 cup pizza sauce
- 4 ounces (1/2 cup) part-skim Mozzarella cheese, grated



Directions:

1. In a skillet, sauté the garlic, green pepper, and onion for 5 minutes, or until the vegetables are soft.
2. Stir in the pizza sauce.
3. Spread the tortillas on a clean work surface.
4. Divide Mozzarella cheese among the tortillas, spreading it over the surface evenly.
5. Divide the pepper mixture among the tortillas, spreading it evenly.
6. Roll the tortillas up tightly to create log shapes.
7. Can be eaten warm or refrigerated and eaten cold.

Nutrition Facts

Serving Size 1 Serving (170g)
Servings Per Container 4

Amount Per Serving

Calories 270 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15 %**

Saturated Fat 3.5g **18 %**

Cholesterol 15mg **5 %**

Sodium 320mg **13 %**

Total Carbohydrate 35g **12 %**

Dietary Fiber 3g **12 %**

Sugars 3g

Protein 12g

Vitamin A 8% • Vitamin C 60%

Calcium 20% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Tips

- If you are cooking with hot peppers, take great care in preparing them. Avoid touching your eyes or other sensitive areas after you have touched hot peppers. Thoroughly wash your hands when you are done with the preparation.
- For a different flavor, roast peppers before eating them. To roast, place the pepper under a broiler or other open flame for 10-15 minutes, turning often. When the skin has blackened, remove the pepper, place in a paper bag for 10 more minutes, and watch the skin easily peel off.

Complementary Herbs

basil	rosemary
chervil	sage
chives	savory
marjoram	tarragon
oregano	thyme
parsley	

Stuffed Peppers

Makes 8 servings

Ingredients:

- 1/2 pound lean ground turkey
- 3 cups cooked brown rice
- 2 Tablespoons Parmesan cheese, grated
- 1 teaspoon oregano
- 1/8 teaspoon garlic powder
- 1 cup chopped canned tomatoes, or more as needed
- 8 green peppers

Directions:

1. In a large skillet, brown the turkey. Drain to remove some of the fat.
2. Add rice, cheese, oregano, garlic powder, and tomatoes.
3. Set stuffing aside in the refrigerator.
4. Preheat oven to 350 degrees F.
5. Spray pan with non-stick cooking spray.
6. Cut green peppers in half lengthwise and remove membranes and seeds.
7. Drop halves into a large pot of boiling water and simmer for 5 minutes.
8. Drain.
9. Arrange peppers, cut-side up, in pan and fill with stuffing.
10. Bake for 45 minutes, or until peppers are tender.

Source: "Old North End Community Food Project Cookbook," Vermont Department of Health

Nutrition Facts

Serving Size 1 Serving (303g)
Servings Per Container 8

Amount Per Serving

Calories 170 Calories from Fat 40

% Daily Value*

Total Fat 4g **6 %**

Saturated Fat 1g **5 %**

Cholesterol 30mg **10 %**

Sodium 120mg **5 %**

Total Carbohydrate 24g **8 %**

Dietary Fiber 4g **16 %**

Sugars 4g

Protein 10g

Vitamin A 6% • Vitamin C 220%

Calcium 6% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

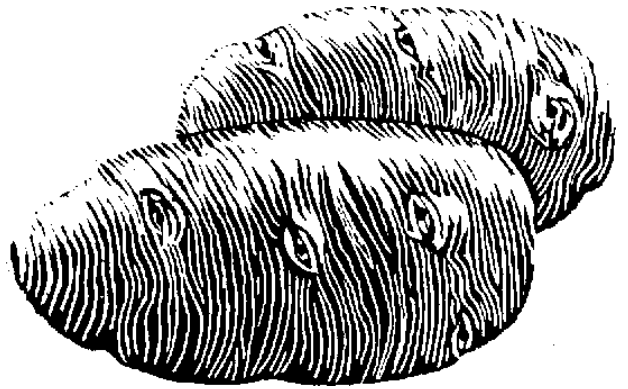
Potatoes

Potatoes are the most popular vegetable in the United States. Given this, it is hard to believe the tale that the potato had to cross the Atlantic seven times to become popular in the American colonies.

It is a good thing that potatoes have become popular in the U.S., considering they are a good source of fiber and

several vitamins and minerals. The bad news is that most of the potatoes we eat are as french fries and other high fat, high sodium potato products like hash browns and potato chips. When we do eat them baked, they are often covered in high fat toppings (butter, sour cream).

Maybe this is why potatoes have the reputation of being



fattening. Actually, potatoes are low in fat. Keeping them low in fat when we prepare them is the trick. Next time you make mashed potatoes cut back on the butter or margarine and use skim milk instead of whole. Top your baked potatoes with nonfat yogurt or nonfat sour cream. Save french fries for special occasions instead of using every day.

Baked Potato Sections

Makes 4 servings

Ruth Allard, Lyndon

Ingredients:

- 4 potatoes
- 1/3 cup lemon juice
- 2 Tablespoons canola oil
- 1/2 cup Parmesan cheese, grated
- 1/2 teaspoon dry dill weed

Directions:

1. Preheat oven to 350 degrees F.
2. Scrub potatoes.
3. Cut each into 8 lengthwise sections.
4. Put potato slices in a mixing bowl.
5. Drizzle with lemon juice and oil.
6. Sprinkle with cheese and dill weed.
7. Shake the bowl to coat the potatoes evenly.
8. Bake on a cookie sheet for 30 minutes.

Nutrition Facts

Serving Size 1 Serving (239g)
Servings Per Container 4

Amount Per Serving

Calories 340 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15 %**

Saturated Fat 2.5g **13 %**

Cholesterol 10mg **3 %**

Sodium 200mg **8 %**

Total Carbohydrate 53g **18 %**

Dietary Fiber 5g **20 %**

Sugars 4g

Protein 9g

Vitamin A 0% • Vitamin C 60%

Calcium 15% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Potatoes should be stored in a cool dark place. Light may create a bitter taste and turn them green. Don't eat green potatoes! Storing them in the refrigerator will also alter the taste.
- Green spots, eyes, and damaged areas should all be trimmed off before cooking.

Complementary Herbs

basil
caraway seeds
chives
dill
mint
parsley

Hot German Potato Salad

Makes 6 servings

Jan Gendreau, Waterbury

Ingredients:

3 pounds potatoes
1/2 teaspoon salt
1/8 teaspoon pepper
2/3 cup onion, chopped
1/2 cup radishes, sliced
1/2 teaspoon celery seed
2 Tablespoons parsley, chopped
6 slices bacon, diced
1 Tablespoon flour
1/2 cup white vinegar
2 Tablespoons sugar

Directions:

1. Peel and cube potatoes.
2. Boil potatoes just until tender (do not overcook).
3. Drain potatoes and put in serving bowl.
4. Toss potatoes lightly with salt, pepper, onion, celery seed, radishes, and parsley.
5. Sauté bacon over low heat until crisp.
6. With slotted spoon or fork, remove bacon; add to potatoes.
7. Drain from skillet all but 1 Tablespoon of bacon fat.
8. Stir flour into remaining 1 Tablespoon of fat until smooth.
9. Gradually add vinegar and 1/2 cup water.
10. Stir in sugar; bring to boiling point, stirring.
11. Toss lightly with potatoes until thoroughly combined.

Nutrition Facts

Serving Size 1 Serving (299g)
Servings Per Container 6

Amount Per Serving

Calories 290 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9 %**

Saturated Fat 2g **10 %**

Cholesterol 5mg **2 %**

Sodium 310mg **13 %**

Total Carbohydrate 53g **18 %**

Dietary Fiber 4g **16 %**

Sugars 5g

Protein 6g

Vitamin A 0% • Vitamin C 45%

Calcium 4% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Source: "McCall's
Introduction to German
Cooking," McCall's
Publishing Co., 1972

Pumpkins

Pumpkins are not new to this country. The Native Americans were growing them extensively when the first colonists landed. In New England, it is said that the first pumpkin pie was made by cutting a slice off from the top of the pumpkin, taking out the

seeds, and filling the cavity with milk and spices.

Pumpkins bring to mind two holidays—Halloween and Thanksgiving. But there is more to pumpkin than Jack-O-Lanterns and pumpkin pie. Did you know that pumpkin is actually a fruit? Pumpkin is a



member of the gourd family, along with melons and squash.

Pumpkin Pudding

Makes 6 servings

Ingredients:

2 cups cooked pumpkin, puréed
1 1/3 cups vanilla nonfat yogurt
or mashed silken tofu
1/2 cup sugar
1 teaspoon cinnamon
1/2 teaspoon ginger
1/4 teaspoon cloves

Directions:

1. Combine all ingredients; stir well.
2. Refrigerate until ready to eat.

Source: Adapted from "Healthy Foods for Healthy Kids" by Bridget Swinney, M.S., R.D., Meadowbrook Press, 1999.



Nutrition Facts

Serving Size 1 Serving (149g)
Servings Per Container 6

Amount Per Serving

Calories 130 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 35mg **1 %**

Total Carbohydrate 30g **10 %**

Dietary Fiber 0g **0 %**

Sugars 27g

Protein 3g

Vitamin A 8% • Vitamin C 6%

Calcium 10% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Pumpkins can be stored for months if kept in a cool, dry place.
- In addition to preparing pumpkin in more traditional ways, pumpkin can be steamed, boiled, baked, or sautéed.

Pumpkin Bread

Makes 10 servings

Ingredients:

- 1/2 cup sugar
- 1/4 cup canola oil
- 1/4 cup unsweetened applesauce
- 3/4 cup pumpkin, cooked and puréed or mashed
- 2 eggs
- 1 1/2 cups flour (try using half whole-wheat flour and half white flour!)
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 cup raisins (optional)



Directions:

1. Preheat oven to 350 degrees F.
2. Oil a loaf pan.
3. In a large bowl, stir together the sugar, oil, pumpkin, and eggs.
4. In a medium bowl, stir together the flour, baking powder, baking soda, and cinnamon.
5. Fold flour mixture into the pumpkin mixture just enough to moisten the dry ingredients.
6. Stir in the raisins.
7. Pour the batter into the oiled loaf pan.
8. Bake for 1 hour or until toothpick inserted in the center comes out clean.

Source: "Healthy Vermonters 2000," Vermont Department of Health

Nutrition Facts

Serving Size 1 Serving (76g)
Servings Per Container 10

Amount Per Serving

Calories 200 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11 %**

Saturated Fat 1g **5 %**

Cholesterol 45mg **15 %**

Sodium 190mg **8 %**

Total Carbohydrate 31g **10 %**

Dietary Fiber 1g **4 %**

Sugars 15g

Protein 3g

Vitamin A 4% • Vitamin C 2%

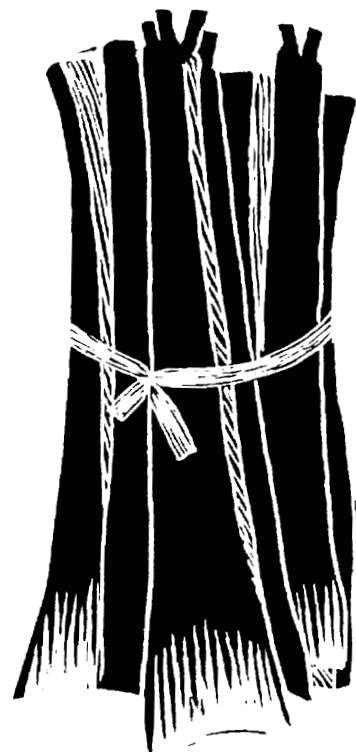
Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

Rhubarb

Rhubarb was first introduced to New England from Europe in the early 19th century. Because it does well in cold winters with frozen soil, Vermont is a natural home for this plant. Like asparagus, rhubarb is an early-season plant, so you will likely find it at the beginning of the season in markets that carry local produce.

Rhubarb looks like giant red celery with huge green leaves. The tart stalks are the part we eat. Because they are so tart, many recipes that use rhubarb call for large amounts of sugar. You can cut down on the sugar by combining the rhubarb with a fruit (strawberry-rhubarb pie is an example of this). Try the Rhubarb Spritz below for a new way to use rhubarb.



Rhubarb Spritz

Makes 16 servings *Jan Gendreau, Waterbury*
(4 ounces each)

Ingredients:

24 stalks rhubarb, cut up
Enough water to cover the rhubarb
2 1/4 cups sugar
Juice of 4 lemons (1 cup)
1 cup pineapple juice
1 quart seltzer

Directions:

1. Cook rhubarb with water 10 minutes, strain, cool.
2. Measure 3 quarts rhubarb juice.
3. Dissolve 2 1/4 cups sugar in 2 cups fresh water; cook 10 minutes, cool. Add sugar-water to the rhubarb juice.
4. Add lemon and pineapple juice to the rhubarb juice.
5. Add seltzer and ice to the rhubarb juice just before serving.

Nutrition Facts

Serving Size 1 Serving (210g)
Servings Per Container 16

Amount Per Serving

Calories 150 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 0mg **0 %**

Total Carbohydrate 36g **12 %**

Dietary Fiber 2g **8 %**

Sugars 30g

Protein 1g

Vitamin A 0% • Vitamin C 25%

Calcium 10% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Refrigerate rhubarb stalks, but throw away the leaves, as they are toxic and should never be eaten!
- For long-term storage, rhubarb can be frozen, cooked or raw. For more immediate use, store in a plastic bag in the refrigerator and use within a week.

Rhubarb Crisp

Makes 9 servings

Annie Coffey, Waterbury

Ingredients:

3 cups cut-up rhubarb
2 Tablespoons orange juice
3/4 cup sugar
1/4 teaspoon cinnamon
1 Tablespoon butter

Topping:

1/4 cup melted butter
1/2 cup brown sugar
2/3 cup flour (try whole-wheat flour!)
2/3 cup oatmeal



Directions:

1. Preheat oven to 375 degrees F.
2. Put rhubarb in bottom of an oiled 8-inch square pan (or whatever is available).
3. Sprinkle sugar, cinnamon, and juice over rhubarb.
4. Dot with butter.
5. Mix topping ingredients.
6. Sprinkle over top.
7. Bake for about 40 minutes.
8. Serve warm with nonfat frozen yogurt.

Nutrient analysis does not include frozen yogurt.

Nutrition Facts

Serving Size 1 Serving (96g)
Servings Per Container 9

Amount Per Serving

Calories 240 Calories from Fat 70

% Daily Value*

Total Fat 7g **11 %**

Saturated Fat 4.5g **23 %**

Cholesterol 20mg **7 %**

Sodium 75mg **3 %**

Total Carbohydrate 41g **14 %**

Dietary Fiber 2g **8 %**

Sugars 28g

Protein 2g

Vitamin A 6% • Vitamin C 8%

Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

Root vegetables

Root vegetables include rutabagas, turnips, and parsnips. These low-cost, nutritious veggies can be cooked in many ways.

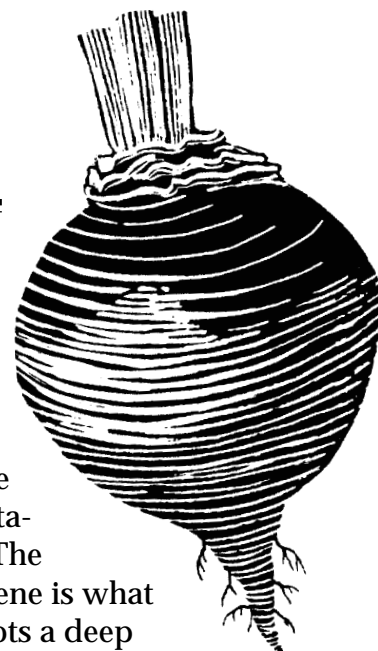
Try adding turnips to soups and stews. You can also steam them and mash like you would potatoes (or you can combine them with mashed potatoes for a colorful change). Turnips can also be

used raw in salads or added to a stir-fry.

Rutabagas look like a big turnip. They are thought to be a cross between a cabbage and a turnip. Use them as you would use turnips. Because they are sweeter tasting than turnips, they can also be used in place of sweet potatoes.

Parsnips look like big, white carrots. Nutritionally, parsnips are

different than carrots. Carrots are high in beta-carotene. The beta-carotene is what gives carrots a deep orange color. Parsnips have no beta-carotene (that is why they are white), but they are high in vitamin C and potassium.



Ugly Ducklings

Makes 6 servings Valerie Haworth, Cabot

Ingredients:

- 2 carrots
- 2 parsnips
- 2 apples



Directions:

1. Rinse and peel carrots and parsnips.
2. Cut into matchsticks.
3. Simmer in a pan of water for 5 minutes.
4. Rinse and cut apples into matchsticks (do not peel).
5. Add to carrots and parsnips and simmer another 5 minutes, until just tender.

Comments: The ingredients may look mundane and unpromising, but steamed together they make an astonishingly beautiful medley.

Nutrition Facts

Serving Size 1 Serving (732g)
Servings Per Container 1

Amount Per Serving

Calories 520 **Calories from Fat** 20

% Daily Value*

Total Fat 2g **3 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 80mg **3 %**

Total Carbohydrate 118g **39 %**

Dietary Fiber 24g **96 %**

Sugars 46g

Protein 6g

Vitamin A 410% • Vitamin C 120%

Calcium 15% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Each of these root vegetables should be scrubbed with a brush to remove all garden soil.
- Store root vegetables in a plastic bag in the refrigerator for up to 2 weeks. For longer storage, bury them in moist sand in a cool location. Be sure they don't freeze.

Complementary Herbs

Turnips and Rutabagas:

basil

bay leaf

celery seed

marjoram

mint

oregano

parsley

Parsnips:

dill

parsley

sage

Finnish Turnip Casserole

Makes 4 servings *Malah M. Miller, East Dummerston*

Ingredients:

2 cups turnip, boiled
and mashed
1 1/2 Tablespoons sugar
1/2 teaspoon salt
Pepper to taste
1 Tablespoon butter, melted
1 cup soft bread crumbs
2 eggs, well beaten



Directions:

1. Preheat oven to 350 degrees F.
2. Mix 1/2 cup bread crumbs with rest of ingredients.
3. Pour into oiled or sprayed casserole dish.
4. Sprinkle with remaining bread crumbs.
5. Bake for 20 to 25 minutes.

Source: "Trinity Church Cookbook," Shelburne Falls, MA

Nutrition Facts

Serving Size 1 Serving (139g)
Servings Per Container 4

Amount Per Serving

Calories 210 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11 %**

Saturated Fat 3g **15 %**

Cholesterol 115mg **38 %**

Sodium 620mg **26 %**

Total Carbohydrate 28g **9 %**

Dietary Fiber 3g **12 %**

Sugars 7g

Protein 7g

Vitamin A 8% • Vitamin C 15%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Salad greens

When most people think of salad they think of Iceberg lettuce. Iceberg lettuce is the second most popular vegetable eaten in the United States. It's also the least nutritious of all the salad greens. If you haven't tried some of the other types of lettuce such as Boston, Romaine, or leaf lettuce, you're in for a treat.

Get creative with your salads. Try mixing different salad greens with different vegetables, fruits, cheeses, meats, and even beans. Just watch the fat. If you are making your salad a main dish by adding meat to it, choose lean meats. Use cheeses sparingly and skip the bacon bits and croutons. Store-bought



dressings can be high in fat and sodium and are often expensive. Try making your own dressing. It's easier than you think. Use our dressing ideas (opposite) but be creative. Add dressing to salads just before use and be careful not to add too much. One tablespoon of dressing can contain up to 15 grams of fat.

Pear Balsamic Salad

Serves 4

Ingredients:

8 romaine lettuce leaves
2 pears, cored and thinly sliced
Balsamic vinegar (or vinegar of your choice)
4 ounces gorgonzola cheese (optional)
Pepper

Directions:

1. Line 4 salad plates with lettuce leaves.
2. Arrange the pear slices over the lettuce.
3. Sprinkle with vinegar and lightly dust with pepper.
4. Crumble cheese over salad and serve.

Nutrient analysis does not include cheese.

Source: "Low-Fat Italian Favorites," Jean Rogers (ed.), Rodale Press, Emmaus, PA, 1996



Nutrition Facts

Serving Size 1 Serving (208g)
Servings Per Container 4

Amount Per Serving

Calories 90 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g **1 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 10mg **0 %**

Total Carbohydrate 19g **6 %**

Dietary Fiber 5g **20 %**

Sugars 15g

Protein 2g

Vitamin A 30% • Vitamin C 50%

Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Wash salad greens in cool water to remove dirt. If not using right away, wrap in a damp towel and place in a plastic bag in the refrigerator.
- Add salad dressing at the last minute to prevent wilting.

Complementary Herbs

basil	mustard seed
chervil	oregano
chives	parsley
dill	tarragon
mint	

Creamy dressing

Dressings made from yogurt make a great-tasting lowfat alternative to Ranch and other creamy dressings. For a delicious low-cost honey-mustard dressing from scratch, combine nonfat plain yogurt with prepared mustard, honey, and vinegar. Buttermilk, lemon juice, or herbs can also be used to flavor yogurt-based dressings.

Vinaigrette dressing

Mix equal parts oil and vinegar. Add any of your favorite herbs (1/2 teaspoon per cup of dressing) and shake. Olive oil in salad dressings can add a unique flavor. So can different types of vinegar, such as red wine or balsamic. You can also add a little orange or cranberry juice for a fruity flavor.

Mushroom, Endive, and Watercress Salad

Serves 4

Ingredients:

Salad

1/2 pound fresh mushrooms, thinly sliced
2 heads Belgian endive, sliced in 1-inch long sections
1/2 bunch watercress, tough stems removed
2 scallions

Dressing

1 Tablespoon olive oil
2 Tablespoons lemon juice
Pepper to taste

Directions:

1. Combine salad ingredients in a serving bowl.
2. Mix together dressing ingredients.
3. Pour dressing over salad just before serving.

Source: "Jane Brody's Good Food Gourmet: Recipes and Menus for Delicious and Healthful Entertaining" by Jane Brody. Copyright 1990 by Jane E. Brody. Used by permission of W.W. Norton & Company, Inc.



Nutrition Facts

Serving Size 1 Serving (129g)
Servings Per Container 4

Amount Per Serving

Calories 60 **Calories from Fat** 35

% Daily Value*

Total Fat 3.5g **5 %**

Saturated Fat 0.5g **3 %**

Cholesterol 0mg **0 %**

Sodium 15mg **1 %**

Total Carbohydrate 5g **2 %**

Dietary Fiber 2g **8 %**

Sugars 2g

Protein 2g

Vitamin A 15% • Vitamin C 20%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

Changes in the ingredients and directions have been made for printing in this cookbook. UVM Extension is responsible for all changes that have been made to this recipe.

Spinach



If your only memory of spinach is a can of mushy, green, slime, then it's time to create some new memories. Spinach salad with sliced strawberries and vinaigrette dressing is an experience no one should miss. It's also great on pizzas or added to lasagna. Like

other cooked greens, they should be steamed or sautéed lightly for just a minute or two.

Nutritionally, spinach has always been thought of as a very healthy vegetable (think of Popeye). It is a good source of beta-carotene, vitamin C, folate, potassium,

and fiber. Spinach also contains a lot of iron and calcium. But there is a substance in spinach called oxalic acid, which makes it hard for our body to absorb the calcium and iron.

Spinach and Bean Burrito

Makes 4 servings

Heather Danis, Burlington

Ingredients:

- 4 (8-inch) flour tortillas (try whole wheat tortillas!)
- 1 (15-ounce) can pinto beans, drained and rinsed (also try kidney beans or black beans)
- 4 cups spinach leaves, rinsed, stems removed



Directions

1. Preheat oven to 350 degrees F.
2. Mash beans with a potato masher or a fork.
3. Stir spinach leaves into the mashed beans.
4. Divide bean mixture among the tortillas.
5. Roll tortillas up.
6. Place on a baking sheet and bake for about 10 minutes, or microwave for about 2 minutes.
7. Top with salsa, nonfat plain yogurt, shredded cheese, or eat it plain.
8. You can also add rice or any other vegetables you like to the bean mixture.

Nutrition Facts

Serving Size 1 Serving (213g)
Servings Per Container 4

Amount Per Serving

Calories 260 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **5 %**

Saturated Fat 0.5g **3 %**

Cholesterol 0mg **0 %**

Sodium 590mg **25 %**

Total Carbohydrate 47g **16 %**

Dietary Fiber 9g **36 %**

Sugars 0g

Protein 11g

Vitamin A 40% • Vitamin C 30%

Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrient analysis does not include toppings.

Tips

- Spinach leaves need to be rinsed very thoroughly to get rid of clinging dirt. This can be done most easily by bathing them in a pool of water.
- Fresh spinach shrinks a lot when cooked. Two to three pounds of fresh spinach shrinks to about two cups.

Complementary Herbs

basil
chives
dill
oregano
parsley
tarragon

Lentils with Spinach

Makes 6 servings

Ingredients:

1 1/4 pounds spinach leaves, rinsed
1 onion, halved and sliced
1 Tablespoon vegetable oil
2 cloves garlic, chopped
1 cup dry lentils, picked over, rinsed, and drained
3 cups water
1 teaspoon salt
1 teaspoon cumin
1/8 teaspoon pepper



Directions:

1. Cut spinach leaves into strips, cut stems in half.
2. Heat the oil in a pot.
3. Sauté garlic and onion for 2 minutes, stirring.
4. Add lentils and 3 cups of water.
5. Bring to a boil.
6. Cover, lower heat, and simmer for 25 minutes, or until lentils are just tender.
7. Add the spinach leaves and stems, salt, and cumin.
8. Stir to mix and bring to a simmer.
9. Cover and simmer 10 minutes, or until spinach is tender and mixed into the lentils.
10. Stir in pepper and serve.

Source: "World-of-the-East Vegetarian Cooking," Madhur Jaffrey, Alfred A. Knopf, New York, NY, 1983

Nutrition Facts

Serving Size 1 Serving (270g)
Servings Per Container 6

Amount Per Serving

Calories 160 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **5 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 510mg **21 %**

Total Carbohydrate 21g **7 %**

Dietary Fiber 18g **72 %**

Sugars 1g

Protein 12g

Vitamin A 50% • Vitamin C 45%

Calcium 10% • Iron 50%

*Percent Daily Values are based on a 2,000 calorie diet.

Strawberries

The strawberry is a delicious berry that ripens fairly early in the season. If you haven't been to a pick-your-own place, a strawberry pick-your-own is a good place to start. Choose the berries that are brightly colored and firm. Keep the hulls attached until

ready to use. Be sure to check strawberries for decay or mold before you refrigerate, and remove any that show signs of spoilage.

One pint of strawberries is equal to about two cups of sliced berries. You may think of strawberries as a dessert food because they



are scrumptiously sweet. But they are also yummy in main dish soups or salads made with spinach or other leafy greens. Since strawberries are naturally low in calories, you can eat lots of them if you don't add sugar or fat, such as whipped cream.

Strawberry Surprise Smoothie

Makes 4 servings

Ingredients:

- 1 cup skim milk
- 1 cup strawberries
- 3 ounces orange juice concentrate
- 1 banana frozen
(cut in chunks prior to freezing)
- 1 cup pineapple chunks
(use fresh or canned in juice or water)

Directions:

1. Blend all ingredients in blender until smooth and serve.

Source: "Making Nutrition Palatable: Calcium from Leafy Greens to Dairy Delights," University of Maryland Extension, Frederick County, 1999.

Nutrition Facts

Serving Size 1 Serving (216g)
Servings Per Container 4

Amount Per Serving

Calories 150 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 35mg **1 %**

Total Carbohydrate 32g **11 %**

Dietary Fiber 2g **8 %**

Sugars 18g

Protein 4g

Vitamin A 6% • Vitamin C 120%

Calcium 10% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Store strawberries in the refrigerator until ready to use. They are best when used within 2 or 3 days of purchase.
- Wash berries just before you prepare them to serve.

Strawberry Yogurt Popsicle

Makes 12 servings

Ingredients:

2 cups strawberries, chopped
12 small paper cups
2 cups nonfat vanilla yogurt
12 wooden sticks

Directions:

1. Combine strawberries and yogurt. Mix well.
2. Fill cups with mixture. Cover cup with plastic wrap or tin foil.
3. Insert a wooden stick through the plastic wrap or tin foil.
4. Freeze popsicles until firm.
5. Gently tear away paper cup from frozen yogurt popsicle before eating.

Source: "Tickle Your Appetite," FCS 307, USDA Food and Consumer Service, Washington, DC, November 1997.

Nutrition Facts

Serving Size 1 Serving (63g)
Servings Per Container 12

Amount Per Serving

Calories 45 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 25mg **1 %**

Total Carbohydrate 9g **3 %**

Dietary Fiber 1g **4 %**

Sugars 7g

Protein 2g

Vitamin A 0% • Vitamin C 25%

Calcium 6% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

Tomatoes

Tomatoes were first found thousands of years ago in Peru and Ecuador. However, they didn't make it to the United States very quickly. In fact, it was the 1900's before tomatoes became popular in the U.S. Perhaps this is because they were once thought to be

poisonous. Now tomatoes are everywhere. Tomatoes (including tomato products like salsa, tomato sauce, and ketchup) are the third most popular vegetable in the United States. And by the way, it's not really a vegetable. You guessed it, it's a fruit—actually a



berry. But in 1893, the U.S. government officially classified it as a vegetable for trade purposes.

Tomato Bisque Soup

Makes 4 servings

Ingredients:

- 1 quart (32 ounces) tomatoes
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 1 teaspoon baking soda
- 1 (12-ounce) can evaporated skimmed milk

Directions:

1. Heat tomatoes in saucepan to a boil (can be put in blender or food processor first if you like creamy soup).
2. Lower heat. Add salt, sugar, and baking soda (soda will make it foam).
3. Add milk.
4. Heat to serving temperature.

Source: From the kitchen of Ethelyn Dutton

Nutrition Facts

Serving Size 1 Serving (325g)
Servings Per Container 4

Amount Per Serving

Calories 150 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2 %**

Saturated Fat 0g **0 %**

Cholesterol 5mg **2 %**

Sodium 740mg **31 %**

Total Carbohydrate 25g **8 %**

Dietary Fiber 2g **8 %**

Sugars 8g

Protein 10g

Vitamin A 30% • Vitamin C 90%

Calcium 30% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Fresh tomatoes can be stored at room temperature for up to a week. Do not refrigerate.
- Once a tomato is cut, it is best to eat it. A cut tomato doesn't store very well.

Complementary Herbs

basil
bay leaf
chives
dill
mint
oregano
parsley
rosemary
thyme

Dot's Chili

Makes 6 servings *Jan Gendreau, Waterbury*

Ingredients:

1 Tablespoon oil
2 onions, chopped
2 green peppers, chopped
1/2 pound lean ground beef
1 quart tomatoes
1 (8-ounce) can tomato sauce
3 (15-ounce) cans kidney beans,
drained and rinsed
1 1/2 teaspoons chili powder
Pepper to taste



Directions:

1. In a skillet, brown the beef and drain to remove some of the fat.
2. In a deep pot, sauté the onions and peppers in oil.
3. Add remaining ingredients (including browned beef).
4. Stew for 30 minutes to let the flavors blend.
5. Serve with cornbread.

Source: From the kitchen of Alice Stuart

Nutrition Facts

Serving Size 1 Serving (541g)
Servings Per Container 6

Amount Per Serving

Calories 470 **Calories from Fat** 90

% Daily Value*

Total Fat 9g **14 %**

Saturated Fat 2.5g **13 %**

Cholesterol 20mg **7 %**

Sodium 290mg **12 %**

Total Carbohydrate 66g **22 %**

Dietary Fiber 18g **72 %**

Sugars 14g

Protein 28g

Vitamin A 20% • Vitamin C 150%

Calcium 10% • Iron 45%

*Percent Daily Values are based on a 2,000 calorie diet.

Winter squash

Winter squash is related to summer squash, but it is very different in taste and in the way it is prepared. Winter squash is also much higher in Vitamin A. There are many types of winter squash that range in size, color, shape, and texture. However, they are not very different from

one another on the inside. Most have a sweet, mild flavor and an orange inside.

Winter squash—with its hard skin and seeds—takes much longer to cook than summer squash. Most people have had mashed squash as a side dish, but winter squash can also be stuffed or used in soups and

stews, breads and muffins, and even pudding. Before cooking, the seeds must be scooped out, but don't let them go to waste. They can be toasted just like pumpkin seeds.



Squash with Maple-ginger Butter

Makes 4 servings

Ingredients:

- 2 pounds acorn squash, quartered, seeds and peel discarded
- 1 1/2 Tablespoons maple syrup
- 1 Tablespoon butter
- 1 teaspoon fresh ginger, grated
- 1 teaspoon lime or lemon juice



Directions:

1. Steam squash 10 minutes, or until tender.
2. Melt butter with maple syrup and ginger in a saucepan over low heat.
3. Stir lime or lemon juice into syrup mixture.
4. Spoon over squash and serve immediately.

Source: "Meals for You," www.mealsforyou.com

Nutrition Facts

Serving Size 1 Serving (240g)
Servings Per Container 4

Amount Per Serving

Calories 190 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5 %**

Saturated Fat 2g **10 %**

Cholesterol 10mg **3 %**

Sodium 40mg **2 %**

Total Carbohydrate 38g **13 %**

Dietary Fiber 0g **0 %**

Sugars 13g

Protein 3g

Vitamin A 15% • Vitamin C 40%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Winter squash store for a long time in the right conditions. In a dry and cool place, they will store for many months.
- To cook quickly, cut squash into 2-inch chunks and boil or steam for 15 to 20 minutes, until tender.

Complementary Herbs

basil parsley
chives thyme

Curried Squash and Mushroom Soup

Makes 4 servings

Lisa Beliveau,
Goose Creek Farms

Ingredients:

- 2 acorn or butternut squash
(about 3 cups), cooked, puréed
- 2 1/2 cups water or stock
- 1 clove garlic, chopped
- 1/2 cup onion, chopped
- 1/2 teaspoon coriander
- 1/2 teaspoon cinnamon
- 1/4 teaspoon dry mustard
- 6 ounces mushrooms, sliced
- 1 cup orange juice
- 1 Tablespoon oil
- 1 teaspoon salt
- 3/4 teaspoon ginger
- 1/2 teaspoon cumin
- Few dashes cayenne



Directions:

1. Split the squash lengthwise and bake face-down in a 375 degree F oven on an oiled tray, 30 minutes or until soft.
2. Cool and scoop out the insides.
3. With a fork or potato masher, mash well with the water or stock (you can also purée it in a blender or food processor if you have one).
4. Combine with the orange juice in a kettle or saucepan.
5. Heat the oil in a skillet and add the garlic, onion, salt, and spices.
6. Sauté until the onion is very soft. Add a little water if it sticks.
7. Add mushrooms, cover, and cook 10 minutes.
8. Add the sauté to the squash, scraping the skillet well to get all the good stuff.
9. Heat everything together gently.

Nutrition Facts

Serving Size 1 Serving (431g)
Servings Per Container 4

Amount Per Serving

Calories 190 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 600mg **25 %**

Total Carbohydrate 34g **11 %**

Dietary Fiber 1g **4 %**

Sugars 13g

Protein 3g

Vitamin A 6% • Vitamin C 70%

Calcium 8% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Comments: Since this is a sweet soup, you may want to add a little fresh lemon juice. Serve topped with nonfat plain yogurt and chopped, toasted almonds. Is better the next day.

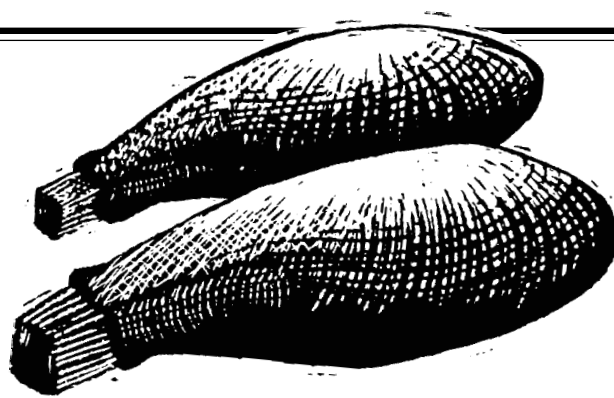
Zucchini/summer squash

Squash was a popular vegetable with Native Americans who ate it for some 5,000 years. New England colonists learned the pleasures of squash when they arrived in this country. The word “squash” was adapted by the colonists from several Native American names for the vegetable, all of which

meant “something eaten raw.” Now we call summer squash by many names, including zucchini.

Yellow squash and zucchini come to mind when people think of summer squash but here is a recipe using patty pan squash. It is a summer squash that is yellow and shaped like a flying saucer.

Summer squash is



very different from winter squash. Summer squash has thin, edible skins and soft seeds. Summer squash doesn't take long to cook. You can bake it, steam it, or sauté it. It's also good sliced raw in salads. Cut into strips, the kids will love to dip it in Herb Dip (see page 40).

Stuffed Patty Pan Squash

Makes 8 servings

Jinny Cleland,
Tanyard Farm, E. Hartford

Ingredients:

- 4 medium Patty Pan squashes (any similar size and number of squashes will work)
- 1/4 cup part-skim Mozzarella cheese, diced
- 2 cups cooked brown rice (can also use millet or bulgar)
- 1/2 cup any vegetable (green beans, zucchini, pepper, carrot, etc.), chopped or grated
- 1 Tablespoon fresh herb such as savory, oregano, basil, or dill
- Pepper to taste



Directions:

1. Parboil the squashes whole until they are just tender.
2. Let the squash cool enough to cut off the top and scoop out the inside.
3. Preheat the oven to 325 degrees F.
4. Mix rice with rest of ingredients.
5. Stuff squash with rice mixture.
6. Set squash on a cookie sheet and bake until cheese is melted and it is hot throughout.

Nutrition Facts

Serving Size 1 Serving (127g)
Servings Per Container 8

Amount Per Serving

Calories 80 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2 %**

Saturated Fat 1g **5 %**

Cholesterol 5mg **2 %**

Sodium 45mg **2 %**

Total Carbohydrate 14g **5 %**

Dietary Fiber 1g **4 %**

Sugars 1g

Protein 4g

Vitamin A 20% • Vitamin C 0%

Calcium 6% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- There is no need to peel summer squash as the peel adds nice color to a dish.
- Store summer squash in a plastic bag in the refrigerator to avoid it becoming dehydrated.

Complementary Herbs

basil	oregano
chives	parsley
marjoram	rosemary
mint	thyme

Family Favorite Lasagna

Makes 12 servings *Leslie Clark, Waterbury*

Ingredients:

1 Tablespoon vegetable oil	1 egg
2 cloves garlic, chopped	1 teaspoon basil
8 cups zucchini, shredded	2 onions, chopped
1 (19-ounce) can tomatoes	
1 (6-ounce) can tomato paste	
3/4 pound mushrooms, chopped	
2 teaspoons oregano	
2 cups part-skim Mozzarella cheese	
2 cups nonfat cottage cheese	
1 package (1 pound) lasagna noodles	
1/4 cup Parmesan cheese, grated	



Directions:

1. In a skillet, heat vegetable oil on medium heat and sauté garlic, onions, zucchini, and mushrooms until tender.
2. Add tomatoes, tomato paste, and herbs.
3. Bring to a boil.
4. Reduce heat to medium and simmer, uncovered, for 20 minutes (or until mixture is sauce consistency).
5. Preheat oven to 350 degrees F.
6. Cook lasagna noodles according to package directions.
7. In a mixing bowl, combine Mozzarella, cottage cheese, and egg.
8. Cover bottom of baking dish sparingly with tomato sauce.
9. Top with layer of noodles, then cheese mixture.
10. Repeat three layers of each then a final layer of tomato sauce.
11. Sprinkle with Parmesan cheese.
12. Bake uncovered for 45 minutes or until hot and bubbly. Let set before serving.

Nutrition Facts

Serving Size 1 Serving (267g)
Servings Per Container 12

Amount Per Serving

Calories 330 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14 %**

Saturated Fat 4.5g **23 %**

Cholesterol 40mg **13 %**

Sodium 440mg **18 %**

Total Carbohydrate 39g **13 %**

Dietary Fiber 3g **12 %**

Sugars 6g

Protein 22g

Vitamin A 15% • Vitamin C 30%

Calcium 30% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

References

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