Ensuring Efficacy in Local Food Shelf Programming

Farmstand at the Food Shelf Recipes

Compiled from summer ‘23

NOURISH TO FLOURISH

May

Spinach

Arugula

Salanova lettuce

Basil

Cilantro

Dill

Bok Choy

Chard

NOURISH TO FLOURISH

Green Goddess Dressing

Yields 2.5 cups. Serving Size 2 Tbsp. Prep Time 10 minutes

Ingredients

- 1 tbsp fresh garlic, minced
- ¾ C mayonnaise (freshly made or store bought)
- ¾ C sour cream
- 1 C parsley, fresh
- 1 C tarragon, fresh
- 1 C chives, fresh
- 2 tbsp lemon juice
- 1 tsp kosher salt
- ½ tsp black pepper, ground

Procedure

1. Put all ingredients in a food processor equipped with the cutting blade.
2. Pulse until you get an evenly smooth dressing.
3. Serve as a dip or toss with salad greens for a dressing.
4. Keep refrigerated for up to two weeks..

Did You Know?

In 1948, the New York Times published a recipe for the dressing that included Worcestershire sauce. Later recipes have included variations such as the addition of avocados or basil. Anchovies are also a popular addition.

NOURISH TO FLOURISH

Maple Balsamic Vinaigrette

Makes about 4 cups.

Ingredients

- 1 ¼ cups balsamic vinegar
- 6 tbsp maple syrup
- 2 tbsp dijon mustard
- ½ tbsp garlic powder
- 1 ½ tsp salt
- 1 ½ tsp black pepper
- ½ cup water
- 1 ½ - 2 cups olive oil

Mix Well

Oil and water will separate when left alone. Be sure to shake the jar well before serving to recombine all the ingredients together!

Procedure

Blender

Place balsamic vinegar, maple syrup, mustard, garlic powder, salt, pepper, and water in a blender. Blend on low and slowly add olive oil until all has been incorporated (emulsified). Place dressing in a jar. Refrigerate if not using right away. Enjoy with your favorite salad!

Whisk

Place balsamic vinegar, maple syrup, mustard, garlic powder, salt, pepper, and water in a large bowl. Mix until combined and slowly drizzle oil while whisking until all has been incorporated (emulsified). Refrigerate if not using right away . Enjoy with your favorite salad!

NOURISH TO FLOURISH

June

Kohlrabi

Snap Peas

Sweet Green Peppers

Hot Peppers

Shishito Peppers

Napa Cabbage

Green Cabbage

Red Cabbage

Winterbor Kale

Lacinato Kale

Cucumbers

Eggplant

Dill

Arugula

Basi

Cilantro

Radish*

Chive*

Chive Blossoms*

Carrots

*= used in a recipe

NOURISH TO FLOURISH

Chive Hummus

Yields about 2 cups. Serving Size 2 Tbsp. Prep Time 15 minutes

Ingredients

- 1 can of chickpeas, drained
- ¼ C olive oil
- 1 tsp garlic paste (one clove garlic)
- 2 tbsp tahini
- 3 tsp lemon juice
- 2 tbsp chives (optional more for garnish)
- ½ tsp smoked paprika (optional)
- ½ tsp salt
- ½ tsp black pepper, freshly ground
- 2-3 tbsp water

Procedure

Bring a small pot of water to boil.

Once water is boiling, add drained chickpeas and boil for 10 minutes. Add the softened chickpeas to a food processor. Add remaining ingredients (except for water) and blend.

After ingredients have blended, slowly pour in water while processing until hummus has reached desired consistency.

Did You Know?

Hummus originates from the Middle East…The earliest mention of hummus was found in 13th century Egypt!

Chickpeas are a great source of fiber, and fiber feeds our gut microbiome! Our gut bacteria help us digest food, and generally keep us happy & healthy.

The name hummus comes from the Arabic word for chickpea.

NOURISH TO FLOURISH

Quick Pickled Radishes

Yields 1 Jar. Prep Time 10 minutes. Additional Time 1 hour.

Ingredients

- 1 bunch of radishes (about ½ a pound)
- ½ cup apple cider vinegar
- 1 tablespoon granulated sugar
- 1 ½ teaspoons salt
- 1 cup hot or warm water

Did You Know?

Pickling vegetables is a method of fermentation. Fermentation can preserve the nutrients in vegetables and create probiotics!

Procedure

Slice radishes as thin as possible. Place radishes in jar of choice (or bowl if in a pinch).

In a measuring cup, combine apple cider vinegar, sugar, salt, and warm water. Stir to dissolve the sugar and salt.

Pour the pickling liquid over the sliced radishes and let them sit for one hour.

After an hour, use, or cover and store in the fridge for up to three weeks.

NOURISH TO FLOURISH

July

Tomatoes

Yellow Squash

Zucchini

Hakurei Turnips

Carrots

Cilantro

Dill*

Beans

Beets

Lettuce Mix

Radish

Eggplant

Arugula

Basil

*= used in a recipe

NOURISH TO FLOURISH

Dill Ranch Dressing

Prep Time 15 minutes

Ingredients

- 2 cups of Whole Milk
- 1 ⅓ cups of Cottage Cheese
- 1 ⅓ cups of Mayonnaise
- 2 tsp of Garlic Powder
- Small Bunch of Fresh Dill to taste
- ½ tsp whole Celery Seeds
- 1 tsp Salt
- ½ tsp Black Pepper
- ½ cup water

Procedure

Using Blender/Food Processor:

Place all ingredients in and blend until fully combined. Serve immediately or store in the fridge.

Using Whisk:

Chop the dill into small bits. Combine all ingredients and mix with whisk until fully combined. Serve immediately or store in the fridge.

Did You Know?

Fresh dill has can contain many nutrients, such as vitamin C, magnesium, and vitamin A

Ranch Dressing was created in 1949!

NOURISH TO FLOURISH

August

Napa Cabbage

Summer Squash*

Winter Squash

Head Lettuce

Red Onions

Yellow Onions

Sweet Onions

Hakurei Turnips

Dill

Beans

Beets

Lettuce Mix

Radish

*= used in a recipe

NOURISH TO FLOURISH

Summer Squash Pancakes

Ingredients

- 2 medium summer squash (about 3/4 pound)
- 2 tablespoons grated red onion
- 2 extra-large eggs, lightly beaten
- 6 to 8 tablespoons all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- Unsalted butter and vegetable oil

Procedure

1. Preheat the oven to 300 degrees F.
2. Grate the squash into a bowl using the large grating side of a box grater. Immediately stir in the onion and eggs. Stir in 6 tablespoons of the flour, the baking powder, salt, and pepper. (If the batter gets too thin from the liquid in the squash, add the remaining 2 tablespoons of flour.)
3. Heat a large (10 to 12-inch) saute pan over medium heat and melt 1/2 tablespoon butter and 1/2 tablespoon oil together in the pan. When the butter is hot but not smoking, lower the heat to medium-low and drop heaping soup spoons of batter into the pan. Cook the pancakes about 3 minutes on each side, until browned.

Serving

Place the pancakes on a sheet pan and keep warm in the oven. Wipe out the pan with a dry paper towel, add more butter and oil to the pan, and continue to fry the pancakes until all the batter is used. The pancakes can stay warm in the oven for up to 30 minutes. Serve hot.

NOURISH TO FLOURISH

Mint Sun Tea

Yields about 1 quart. Prep Time: 2 minutes. Cook time: 8 hours.

Ingredients

- 1 ½ cups fresh picked mint OR 2 tablespoons dried mint OR any other herbs of your choice
- 3 cups of water
- Splash of maple syrup (optional)

Procedure

Gather your herbs. If fresh, rinse in order to remove bugs and dirt. Fill a clean container with herbs and cover with water. Seal container and place in sun for 6-8 hours. Strain and enjoy! Add a splash of maple syrup if desired.

Did You Know?

Mint is known to ease stomach and gut pain by relaxing the body's smooth muscles, it can relieve nausea and headaches, improve respiratory function, and provide natural freshness to breath and skin.

NOURISH TO FLOURISH

Squash Cornbread

Yields 8 servings. Prep Time 20 minutes, Bake Time 40 minutes

Ingredients

- 6 cups grated squash
- 2 teaspoons salt
- 2 cups cornmeal
- 1 cup all-purpose flour
- 3 tablespoons maple syrup
- 1 tablespoon baking powder
- 3 eggs, beaten
- 1 ½ cups milk

Procedure

Preheat the oven to 350° F. Place squash in a colander and sprinkle with 1 teaspoon of salt. After 30 minutes, rinse and drain.

In a large bowl, mix together the cornmeal, flour, maple syrup, baking powder, remaining salt, and basil.

In a separate bowl, mix the eggs and milk.

Add the wet ingredients into the dry ingredients. Stir the squash into the batter.

Grease a 9-inch pan and pour in the batter. Bake for 40 minutes. Wait 10 minutes for the cornbread to cool before serving.

NOURISH TO FLOURISH

September

Green Cabbage

Red Cabbage

Napa Cabbage*

Butternut Squash

Brussels Sprouts

Cilantro

Hakurei Turnips

Dill

Broccoli Raab

Arugula

Lettuce Mix

Radish

Mesclun Mix

*= used in a recipe

NOURISH TO FLOURISH

Applesauce

Yields about 4 servings. Prep Time 20 minutes. Cook Time 25 minutes.

Ingredients

- 3 pounds of apples, peeled, cored, and chopped (about 6 medium apples)
- ⅓ apple cider or water
- 2-4 tablespoons maple syrup (or to taste)
- ½ teaspoon salt
- ½ teaspoon cinnamon

Procedure

Combine all ingredients and saucepan over medium heat. Cook for about 25 minutes, stirring occasionally. Puree with an immersion blender or food processor for a smoother consistency or mash for a chunkier consistency. Serve chilled or warm. Store in the fridge in an airtight container.

Did You Know?

Vermont farmers grow about 40 million pounds of apples every year!

In Vermont, more than 150 varieties of apples are grown.

Facts Courtesy of Vermont Tree Fruit Growers Association

Apples are a great source of fiber.

NOURISH TO FLOURISH

Napa Cabbage Coleslaw

Yields about 4 servings. Prep Time 15 minutes. Total Time 15 minutes.

Ingredients

- 1 Napa Cabbage (about 3 cups)
- 4 large Carrots
- ½ teaspoon Salt
- 1 tablespoon Mayonnaise
- 1 tablespoon Apple Cider Vinegar

Did You Know?

Sulfur is abundant in cabbage, which is a powerful antioxidant.

Coleslaw is a great addition to sandwiches, barbeque, and more!

Procedure

Prepare the vegetables by chopping or shredding the cabbage and carrots and placing them in a large bowl. Add salt, mix, and let sit for 10 minutes. After 10 minutes, drain the excess liquid from the vegetables. Add the remaining ingredients and miss. Eat immediately or store in an airtight container for 3-5 days

NOURISH TO FLOURISH

October

Arugula

Broccoli Raab

Cilantro

Dill

Lettuce Mix

NOURISH TO FLOURISH

Chicken Stock

Yields about 8-16 servings. Prep Time 30 minutes. Total Time 2-3 hours.

Ingredients

- 4 pounds of chicken backs, roughly chopped or broken up
- 1 large celery rib with tops, roughly chopped
- 1 large carrot, roughly chopped
- 1 large onion, roughly chopped
- Salt and pepper to taste
- 6 quarts of cold water

Procedure

In a large pot, add olive oil until the bottom of the pot is coated. Add the chicken , skin side down, to the bottom of the pot and cook on medium high heat until the skin has browned and the chicken is no longer pink. Add the vegetables and cover with the cold water. On high heat, bring the stock up to a boil. Once boiling, reduce heat and bring to a simmer. Simmer for 1½ to 2 hours. Strain the stock. Let cool, and then store in the fridge for about a week or freeze.

Add your favorite veggies and spices to make a soup perfect for fall and winter!

Did You Know?

Chicken stock is a great way to use leftover bones and veggies and prevent food waste!

Stock can last for several months in the freezer, but make sure to give it some space in the container to expand when it freezes!

Chicken stock contains collagen, which keeps our skin, blood vessels, and hair healthy.

NOURISH TO FLOURISH

Chard Cheddar Frittata

Yields about 8 servings. Prep Time 20 minutes. Cook 30 minutes.

Ingredients

- 8 large eggs
- ½ teaspoon salt
- ½ black pepper
- ½ garlic powder
- ½ dried thyme
- ½ cup shredded cheddar cheese
- 1 sliced onion
- 1 bunch of kale, chard, or any other preferred greens
- ½ tablespoon olive oil

Procedure

Preheat the oven to 400°. In a pan with oil, saute the onion and veggies together over medium heat until the veggies have softened. In a large bowl whisk the eggs and spices together. In an oven safe pan, combine the egg mixture and sauteed veggies. Bake in the oven for 18-25 minutes, or until the eggs have set. Let cool and enjoy!

Did You Know?

To store the frittata for longer periods of time, it can be frozen!

Leafy greens like chard and kale are rich in vitamins and minerals!

NOURISH TO FLOURISH