

This work is an extension of “Know Your Veggies,” the original publication by the Merrymeeting Gleaners, a program of the Merrymeeting Food Council and Maine SNAP-Ed. This addition was created to include plants from the plant library at Curtis Memorial Library, and other common fruits, nuts, grains, legumes, and vegetables missing from the original publication.

Please exercise caution when consuming unknown plants and use this work at your own risk. Recognize that you or others may have unique food sensitivities.

The Merrymeeting Food Council and the Merrymeeting Gleaners

The Merrymeeting Gleaners is a 100+ person volunteer group established in 2016 as a program of the Merrymeeting Food Council. The program seeks to address issues of food insecurity and on-farm food waste in the 14 towns of the Merrymeeting Bay area. Volunteers harvest surplus produce from local farms and deliver it to organizations serving people experiencing food insecurity. "Know Your Veggies" was developed in response to requests from these partner organizations for information they could provide to food recipients about handling, cooking, and eating the variety of produce grown and generously donated by local farms. Merrymeeting Gleaners became a program of Mid Coast Hunger Prevention Program in July 2021.

Maine SNAP-Ed

At Maine SNAP-Ed, our goal is to provide resources, education, and supports for families who want to shop, cook, and eat healthy on a limited budget. We work closely with local partners to bring evidence-based nutrition education to the community. We know that eating more fruits and vegetables adds nutrients to diets and reduces the risk for chronic diseases like diabetes and heart disease. We also know that having healthy recipes and tips at your fingertips for preparing those fruits and vegetables in a nutritious way is key!

Curtis Memorial Library

Curtis Memorial Library is the public library for Brunswick & Harpswell, Maine. They host a number of resources and programs to combat food insecurity including Eat Our Yards, the Plant Library, the Library of Things and more. They participated in this project as part of the Food Security Workgroup of the Merrymeeting Food Council and as an award recipient for the American Public Library Associations' Resilient Communities: Libraries Respond to Climate Change.

General Guidelines for Using Fresh Produce:

- Rub or brush any garden dirt off your produce before bringing inside.
- Most produce should not be washed before storing. Anything you do wash before storing should be thoroughly dried before storing to keep it from rotting more quickly.
- Produce should be rinsed using cool water before eating, even if you will not be eating the skin. Never use soap to wash your produce.
- Information about storage is provided here as a general guideline. How long produce will last and when produce is at its best will vary based on various factors, such as when it was harvested, how mature/ripe it was when it was harvested, etc. Generally, produce from the farmer's market/direct from a farm will be fresher than produce purchased at a grocery store.
- Produce that is limp, wilted, discolored, yellowing, or shows signs of spoiling, like mold or slime, should be discarded.
- Cut, peeled, or cooked vegetables should be stored in covered containers in the refrigerator.
- Leftovers should be refrigerated within two hours.

Find more information and recipes on these websites:

- www.choosemyplate.gov/vegetables
- cookingmatters.org
- www.extension.umaine.edu/food-health/
- www.farmfresh toyou.com/storage-tips
- www.FoodHero.org
- www.fruitsandveggiesmorematters.org
- www.janhuscsa.wordpress.com/just-food-tip-sheets/
- www.mainesnap-ed.org
- www.onlyfoods.net/category/vegetables
- www.roxburyfarm.com/recipes-and-cooking-tips



Acorns

Tastes like: They have a sweetish nutty flavor

How do I store it: Store unprocessed acorns in a plastic bag in the refrigerator or freezer to make sure they don't germinate. Freezing also helps prevent acorn flour from turning rancid.

How do I eat it: Acorns can be toxic. The tannins must be leached out. In order to safely eat, remove the shell and testa, chop, and soak in water. Consider using a dehydrator to dry them and a nutcracker to shell them. Once the water turns brown, discard the water and soak again. Repeat this process until the water is clear. Placing acorns in a net bag in a toilet tank is one easy way to accomplish this task.

What are the benefits: Acorns are a good source of potassium, iron, Vitamin A and Vitamin E.

Acorns of Quercus alba

Propagate & Grow: Mimic nature and plant acorns outside in the Fall.

Harvest: Collect recently fallen acorns from *Quercus* trees, especially the White Oak. Inspect to make sure cap is attached and that there is no mold, holes, cracks or discoloration on the nut. Do not eat raw.

Roasted White Oak Acorns

Serves: varies

Prep time: 10 minutes

Total time: 30 minutes

Ingredients

- fresh acorns
- water
- salt

Directions

1. After removing the shells and leaching the tannins from the acorns with hot water, place the damp chunks onto a baking tray and sprinkle with salt.
2. Toast in a 400 degree oven for 15-20 minutes
3. When the color starts to darken, remove from the oven
4. Cool before eating, and enjoy!



Amaranth

Tastes like: Amaranth has a peppery taste. It has a slight sweet, grassy aroma.

How do I store it: In its intact form, amaranth can be stored in the pantry for 4 months or in the freezer for up to 8. Whole amaranth flour can be stored in the pantry for up to 2 months or the freezer for up to 4 months.

How do I eat it: To cook: combine one cup of dried grain with 2 cups of liquid (water or broth) Bring to a boil and simmer for 15-20 minutes. Pairs well with porridge or polenta style recipes. It can also be popped like popcorn!

What are the benefits: It is high in protein-similar to quinoa it contains all nine essential amino acids. It is a gluten free grain and is also a good source of fiber and B vitamins.

Amaranthus

Propagate: by seed

Grow: as an annual grain before heavy frost

Harvest: seeds. Some varieties of amaranth leaves can also be used similar to cooked spinach.

Information from: <https://wholegrainscouncil.org/>

Cheesy Amaranth Grits

Serves: 4 servings

Prep time: 5 minutes

Total time: 20 minutes

Ingredients

- 1 cup amaranth
- 3 cups water or broth
- 1 cup shredded cheddar cheese
- 3 tbsp cream cheese
- salt to taste
- Optional toppings: broccoli or steamed veggies, red pepper flakes, grilled shrimp or chicken

Directions

1. Combine the water or broth and salt in a large pot. Cover with a lid and bring to a boil.
2. Add in the amaranth, cover and reduce the heat to low.
3. Simmer for 20 minutes or until the liquid is absorbed.
4. Turn off the heat and add in both cheeses, stir until melted.
5. Top with optional toppings and enjoy!

Recipe from: <https://wholegrainscouncil.org/>



Apple

Tastes like: Apples can be sweet, tart, crisp, juicy, and fresh.

How do I store it: Whole apples can be stored at room temp for a few days or store in the fridge for up to 6 weeks. Refrigerate cut apples in water to keep crisp, white, and ready to eat.

How do I eat it: Eat fresh, cut up thin slices and bake for apple chips, make into apple sauce, add to oatmeal, dip into peanut butter, add to a sandwich for a little crunch.

What are the benefits: Apples are a great source of Vitamin C, and fiber.

Malus domestica

Propagate: by scion to keep the same variety

Grow: a tree

Harvest: the fruit of the mature tree

Easy Apple Chips

Prep time: 10 min

Total time: 2 hours

Ingredients

2 large apples
cinnamon

Directions

1. Rinse apples and cut crosswise into thin slices. Cut out the core if desired
2. Arrange slices in a single layer on a baking sheet. Sprinkle lightly with cinnamon if desired.
3. Bake at 200 degrees for about an hour. Turn the slices over and continue to bake until dry and no moisture in the center, about another hour.
4. Remove from the oven and cool. Store in an airtight container for up to a year.



Aronia

Tastes like: The black chokeberry or aronia berries taste similar to grapes or cherries, but more tart and sour.

How do I store it: Rinse berries, lay flat on a sheet pan and place in the freezer. Once frozen, transfer to a plastic bag and place back in the freezer.

How do I eat it: They can be eaten fresh or dried, or frozen in smoothies. They pair well with other berries which balance out their flavor.

What are the benefits: Good source of fiber, Vitamin C and antioxidants.

Aronia melanocarpa

Propagate: by seed, cuttings, layering or collecting suckers

Grow: a perennial bush

Harvest: the berries from a bush

Aronia Berry Smoothie

Serves: 2 servings

Prep time: 7 minutes

Total time: 7 minutes

Ingredients

- ½ cup aronia berries
- 2 apples
- 1 banana
- ½ cup water
- 1 tbsp honey (or sweetener of your choice)
- 1 pinch of ground cinnamon

Directions

1. Wash the apples, core them and cut them into small chunks. Peel the banana and slice it into small pieces. Wash the aronia berries
2. Put the fruit into the blender. Add the honey, water and cinnamon, blend everything until smooth
3. Pout into cups and enjoy!

Note: aronia berries have a tough skin so small pieces may remain



Asparagus

Tastes like: Asparagus has an earthy broccoli flavor, also similar to a mushroom.

How do I store it: Refrigerate fresh asparagus for up to 5 days. Stand stalks in one inch of water like a flower and cover with a plastic bag or wrap cut ends in a damp paper towel and cover towel with plastic.

How do I eat it: Eat fresh, boil or blanch, steam, saute, roast.

What are the benefits: Great source of Vitamin K, Vitamin C, Vitamin A, and Fiber.

Asparagus officinalis

Propagate: by seed or root

Grow: a herbaceous perennial vegetable

Harvest: the young shoots that emerge

Picture from: <https://foodhero.org/asparagus>

Ginger Almond Asparagus Salad

Prep time: 5 min

Total time: 15 min

Ingredients

¾ pound asparagus, washed and trimmed (2 ½ cups sliced)

1 tsp oil

3 tbsp slivered almonds

¼ tsp salt

pinch of pepper

¼ tsp sugar

½ tsp ginger powder

Directions

1. Slice the asparagus diagonally into pieces about ¾ inch long
2. heat oil in a large skillet over medium heat. Add remaining ingredients. Stir and saute until asparagus is a bright green, about 3-5 min
3. Reduce heat to medium-low. Cover and cook until asparagus is just fork tender. Shake the pan occasionally to prevent sticking or burning
4. Enjoy

Recipe adapted from: <https://foodhero.org/recipes/ginger-almond-asparagus>



Prunus maritima

Propagate: by stratified recalcitrant seed

Grow: for 3 or more years until perennial bush produces an abundant crop of plums

Harvest: plum fruit

Beach Plum

Tastes like: Beach plums can vary in flavor from year to year and place to place but typically taste like a mix of strawberries, plums and apricot with a tart skin.

How do I store it: They can be frozen and kept for months. Wash, remove pits and freeze. They can also be stored in the fridge in a covered container once ripe.

How do I eat it: They may be eaten raw, but due to the bitter sour taste, most people prefer to make them into a jam or jelly.

What are the benefits: Beach Plums are a great source of Vitamin C and Vitamin A.

Beach Plum Sorbet

Serves:

Prep time:

Total time:

Ingredients

- 2.5 cups of pitted beach plums
- 1 cup water
- 1 cup sugar
- 1-2 tsp lemon juice
- pinch of salt

Directions

1. Combine the sugar and water over medium heat until the sugar is dissolved. Add the salt, lemon juice and plums and heat, while stirring, until it bubbles.
2. Turn down the heat to a simmer for about 15 min until the mixture thickens
3. Carefully puree the mixture in a blender one cup at a time. cool.
4. Put the cooled mixture through a strainer pressing the pulp
5. Pour the puree into a flat container and freeze for one hour. Remove the container and mix the slushy puree with a whisk and return to freezer for 1 hour. Repeat the process for 4 hours total



Wild Bergamot

Monarda fistulosa

Propagate: by rhizome division

Grow: a herbaceous plant

Harvest: leaves and flowers

Tastes like: Spicy flavor similar to Greek oregano

How do I store it: To dry the leaves, space the plants a few inches apart, and hang upside down in a cool room. Allow 10 days to 2 weeks to fully dry. The leaves can be crushed and stored in a paper bag.

How do I eat it: The leaves can be eaten raw or cooked, they are delicious in a salad and cooked foods. The flowers are also a beautiful edible garnish. Fresh or dried leaves can be brewed in fresh teas.

What are the benefits: High in polyphenols, which act as antioxidants.

Wild Bergamot Tea

Serves: 1 serving

Prep time: 10 minutes

Total time: 10 minutes

Ingredients

- 1 cup water
- 3-4 fresh picked or dried wild bergamot leaves
- 4-5 wild bergamot flower petals

Directions

1. Boil the water on your stove top.
2. Fill a tea infuser. Place the leaves and flower petals into the tea infuser. you can also drop fresh leaves and flowers into the cup and strain later.
3. Pour the boiling water over the top of the infuser into the cup.
4. Steep the tea for 5-10 minutes.
5. Remove the tea leaves from the water and enjoy.

Note: Add sweetener if you prefer, such as honey or sugar.



Blackberry

Tastes like: Blackberries are sweet, juicy and slightly tart

How do I store it: blackberries will last 1-3 days in the fridge. Discard any crushed or moldy berries before storing. They can be stored in the original container or on a plate covered with plastic wrap. They can also be frozen and will last up to 6 months. First wash and dry then freeze on a single layer sheet pan. Transfer to a bag or container once fully frozen.

How do I eat it: Wash blackberries with water before consuming. They can be eaten raw, added to fruit salad, cereal, or yogurt.

What are the benefits: Blackberries provide an excellent source of vitamin c and fiber..

Rubus L. blackberry

Propagate: by rhizome division

Grow: A perennial bush

Harvest: the black berries

Blackberry Fruit Dip

Serves: 2 servings

Prep time: 5 minutes

Total time: 5 minutes

Ingredients

- ½ cup blackberries, fresh or frozen/thawed
- 1 tbsp sugar
- 1 cup plain nonfat yogurt
- 3 pears or apples sliced for dipping

Directions

1. In a small bowl, mash the berries with the sugar.
2. Stir in the yogurt.
3. Serve with cut fruit.
4. Refrigerate leftovers within 2 hours.



Cassava (Yuca Root)

Tastes like: Cassava has a subtle earthy, nutty, and slightly sweet and bitter flavor.

How do I store it: Store cassava root unpeeled, in a cool, dark, dry place for up to 1 week. Peeled cassava root can be stored in water in the fridge for 1 month if you change out the water ever 2 days. You can store it in the freezer for several months if wrapped tightly.

How do I eat it: Cassava must be cooked before consuming otherwise it can be very toxic. Proper preparation includes peeling, slicing and cooking. The outer layer is the toxic portion of the root. Cassava can replace potatoes in soups and stews.

What are the benefits: Cassava is high in vitamin C, manganese, magnesium, and copper.

Manihot esculenta

Propagate: by cuttings of lignified stems

Grow: indoors in cold climates

Harvest: the root of the plant

Information from: <https://www.halfyourplate.ca/veggies/cassava-yuca-root/>

Mashed Yuca Root

Serves: 4

Prep time: 10 min

Total time: 40 min

Ingredients

- 1.5 pounds yuca root, trimmed, peeled and cubed
- 2 cloves garlic, smashed
- 1 tsp sea salt
- 2 cups broth or water
- 2 tbsp butter, melted
- pepper to taste

Recipe adapted from:
<https://oursaltykitchen.com/>

Directions

1. Trim off the ends of the yuca root using a sharp knife, then cut the root widthwise into a few pieces.
2. Set each piece of yuca cut side up. Starting at the top, slice the waxy brown skin and interior pink layer from the yuca.
3. Rinse the skinned yuca under cool water to remove any dirt residue then dice into 1 inch chunks.
4. Place yuca, smashed garlic, and 1 tsp salt into a sauce pan, add enough water to cover the yuca by an inch. Place the pan over high heat until the water boils. Reduce the heat to medium high and continue to boil until soft and a fork easily mashes it; about 20 min.
5. Drain the liquid and return the yuca and garlic to the pot.
6. Add the melted butter and pepper to the pot. Using a hand mixer or potato masher, blend or mash until the consistency is smooth. Taste for seasoning and add more if necessary.
7. Serve warm, refrigerate within 2 hours of cooking and can be kept in the fridge for 3 days.



Dutch Clover

Tastes like: The leaves are slightly sweet and can leave a faint vanilla flavor in your mouth.

How do I store it: Use right away after harvesting, or dry the flowers to use later.

How do I eat it: All aerial parts of the plant are edible; stems, leaves, flowers and seed pods. The fresh leaves are delicious in a salad, soup or veggie stir fry. The dried leaves can add a vanilla like flavor to baked goods. The dried clover flowers and seed pods can be ground to make gluten free flour.

What are the benefits: Dutch clover contains vitamins A, B2, B3, C and E. They also contain some potassium and calcium as well.

Trifolium repens

Propagate: by seed

Grow: as a perennial groundcover

Harvest: flowers and leaves

Information from: <https://eattheplanet.org/white-clover-a-sweet-and-nutritious-edible-weed/>

Clover Iced tea

Serves: 4

Prep time: 5 min

Total time: 10 min

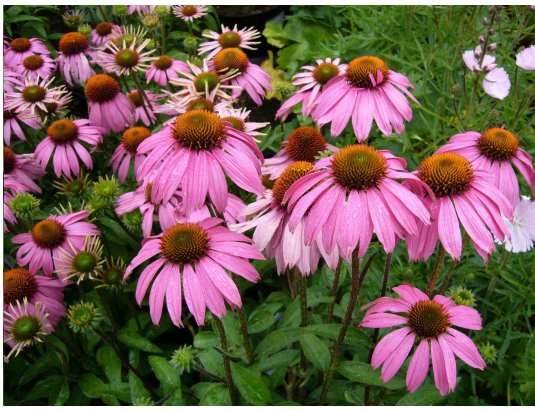
Ingredients

- 1 cup fresh white clover blossoms (or ½ cup dried blossoms)
- 4 cups water
- honey or maple syrup to taste (optional)
- 4 lemon wedges (optional)

Directions

1. Place clover blossoms in a quart jar. Boil the water then pour over the blossoms
2. Let the blossoms steep for at least 30 minutes or up to 4 hours.
3. Strain out the clover blossoms with a fine mesh sieve. Refrigerate.
4. Serve over cold ice with honey or maple syrup and a lemon wedge if desired.

Recipe adapted from: <https://www.growforagecookferment.com>



Echinacea

Echinacea purpurea

Propagate: by seed

Grow: a herbaceous bush

Harvest: leaves and flowers

Tastes like: Echinacea has a fresh flavor like pine needles mixed with meadowsweet

How do I store it: Store in a warm, dry room with good circulation without intense heat or light. Store the dried coneflower leaves and flowers in a sealed container in a cool, dark and dry place.

How do I eat it: Often consumed in a tea. The leaves and flower petals are all edible and all parts of the plant have been used in tinctures.

What are the benefits: May help strengthen the body's immune system

Echinacea Tea

Serves: 1

Prep time: 5 min

Total time: 5 min

Ingredients

¼ cup loose leaf dried echinacea (or ½ cup fresh homegrown)

8 ounces boiling water

optional: lemongrass, peppermint, ginger or cayenne

Directions

1. Pour boiling water over tea leaves and steep for 15 minutes. Remove the leaves and enjoy
2. Add optional flavors to really make this tea pop with flavor.

Recipe adapted from: <https://practicalselfreliance.com/echinacea-tea/>



Elderberries

Tastes like: Elderberry can be tart and bitter.

How do I store it: Check berries and remove any moldy or mushy berries and stems. Rinse. Then store in the refrigerator for up to one week. They can be frozen for later use.

How do I eat it: Elderberries can be cooked into jams or jellies.

What are the benefits: Elderberries are a great source of Vitamin C, fiber, iron and potassium.

Sambucus nigra

Propagate: from hardwood or softwood cuttings

Grow: a deciduous bush

Harvest: black berries

Pictured: Information from: <https://www.halfyourplate.ca/fruits/elderberries/>

Elderberry Vinegar

Serves:

Prep time:

Total time:

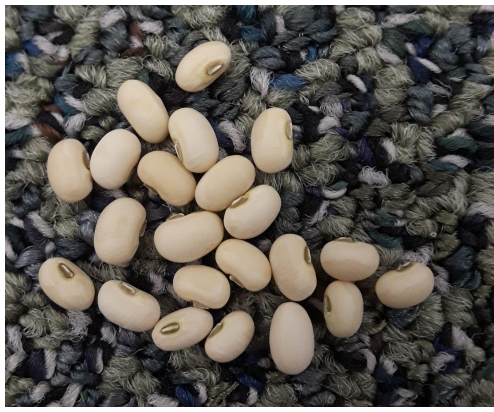
Ingredients

- 2 cups elderberries
- 1 ½ tablespoons sugar
- 2 cups white wine vinegar

Directions

1. Mix the berries and sugar in a pan over medium heat. Mash the berries and stir to help disperse the sugar into the berries.
2. Bring to a boil, immediately remove from the heat and let cool.
3. Once cooled, mix berries with vinegar and cover with plastic wrap or a lid.
4. Let sit for 3-5 days in a cool dark place.
5. Strain through a sieve or strainer and store in a clean glass bottle.
6. Use on a salad, grilled veggies or add to barbeque sauces

Recipe adapted from: <https://www.twineagles.org/elderberry-recipes.html>



Shell & Dry Bean, Southern Pea

Vigna unguiculata

Propagate: by seed

Grow: until bean dries in the pod

Harvest: dried beans from within the pod

Tastes like: Northern beans have a mild nutty flavor.

How do I store it: Store cooked beans in the fridge in a shallow airtight container or resealable bags. Store dried beans in a sealed food safe container in a dry cool area.

How do I eat it: Soak dried beans for a few hours or overnight. Boil for 10 minutes and simmer until tender (about 30 minutes to 2 hours). Beans are great in soups, stews, with fish or chicken dishes.

What are the benefits: High in fiber and B vitamins. Also a great source of plant protein.

Kale and White Bean Soup

Serves: 6

Prep time: 15 min

Total time: 15 min

Ingredients

1 cup chopped **onion** (1 medium onion)

4 cloves **garlic**, minced or 1 teaspoon **garlic powder**

1 tablespoon **margarine** or **butter**

2 cups low-sodium **broth** (any type)

1 ½ cups cooked **white beans** or 1 can (15 ounces) drained and rinsed

1 ¾ cups diced **tomatoes** or 1 can (14.5 ounces) with juice

1 tablespoon **Italian seasoning**

3 cups chopped **kale** (fresh or frozen)

Directions

1. In a saucepan over medium-high heat, saute onion and garlic in butter or oil until soft.
2. Add broth, beans, and tomatoes; stir
3. Bring to a boil; reduce heat, cover and simmer for about 5 minutes.
4. Add kale and italian seasoning, Simmer until kale has softened, 3-5 minutes serve warm.
5. Refrigerate leftovers within 2 hours.

Recipe adapted from: <https://foodhero.org/recipes/kale-and-white-bean-soup>



Grapes

Tastes like: Grapes are typically sweet on the inside with a tart skin

How do I store it: Store grapes unwashed in a perforated plastic bag or uncovered container the fridge for up to one week. Wash before eating. They can be stored on the counter for 2 days but last longer in the fridge.

How do I eat it: Rinse grapes before eating and consume as is, or add to a salad or dish to sweeten it up or try with a cheese tray.

What are the benefits: Grapes are a great source of vitamin C and vitamin K. They are also a low calorie snack.

Vitis vinifera

Propagate: by hardwood cutting

Grow: a perennial vine

Harvest: the fruit

Pictured: Information from: <https://www.halfyourplate.ca/fruits/grapes/>

Cucumber and Grape Salad

Serves: 6

Prep time: 15 min

Total time: 15 min

Ingredients

3 cups grapes sliced in half

3 cups sliced cucumber

¼ cup thinly sliced green onion

Dressing:

¼ cup vinegar

1 tsp oil

¾ tsp salt

Directions

1. Place cucumbers, grapes and green onion in a medium bowl.
2. In a small bowl or jar with tight lid, mix dressing ingredients together.
3. Pour dressing over grapes and cucumbers, stirring until mixed.
4. Refrigerate leftovers within 2 hours .

Recipe adapted from: foodhero.org



Hablitzia

Tastes like: Very similar flavor to spinach. Mild tasting.

How do I store it: First, fill a sink with lukewarm water and swish leaves to clean them. Set in a colander or air dry on a paper towel to dry. Store dried leaves in the refrigerator for up to 10 days.

How do I eat it: Hablitzia can be eaten raw in a salad, cooked in a stir fry, add to a pizza, or soup.

What are the benefits: Hablitzia contains carotenoids, folates, calcium, magnesium, phosphorus and zinc.

Hablitzia tamnoides

Propagate: by seed

Grow: a herbaceous perennial

Harvest: Leaves

Picture from Edgewood Nursery <https://edgewood-nursery.com/>
Information from: <https://pfaf.org/user/Plant.aspx?LatinName=Hablitzia+tamnoides>

Spring Green Salad

Serves: 10 cups

Prep time: 15 min

Total time: 15 min

Ingredients

7 cups spinach or hablitzia

3 oranges

1 ½ cups strawberries; halved

1 cup walnut pieces

DRESSING

1 tsp sugar

¼ tsp paprika

2 tbsp orange juice

1 tbsp lemon juice

1 ½ tsp vinegar

1 tsp finely chopped onion

2 tbsp vegetable oil

Directions

1. Wash, dry and tear greens into pieces and chill.
2. to prepare orange: cut off peel and membrane of out par, using a paring knife, gently cut out sections from membrane edges.
3. In a small bowl or jar with lid, add all dressing ingredients. Mix or shake to combine.
4. right before serving, toss orange sections, strawberries and walnuts with spinach. Add dressing to coat. Serve immediately.

Recipe adapted from: <https://www.foodhero.org/recipes/spring-green-salad>



Hazelnuts

Corylus avellana

Propagate: by seed or layering

Grow: a tree or hedge

Harvest: the nuts

Tastes like: Raw hazelnuts are rich in flavor. They are delicately sweet on the inside and the skin is bitter.

How do I store it: Store shelled hazelnuts in an airtight bag or container in the freezer for up to 2 years or in the refrigerator for up to 1 year. They can also be stored in a cool dry room for up to 6 months.

How do I eat it: Dry hazelnuts can be roasted to bring out the flavor. Place in a shallow pan in the oven at 275°F for about 20-30 minutes until the skins crack. The skins can be removed by rubbing the warm nuts with a cloth. They can also be eaten raw.

What are the benefits: Hazelnuts are rich in healthy fats, protein, vitamin E and fiber.

Information from: <https://extension.oregonstate.edu>

Hazelnut Butter

Serves: 16

Prep time: 3 min

Total time: 3 min

Ingredients

16 ounces dry roasted unsalted hazelnuts

1 tsp kosher salt

1 tsp ground cinnamon

Directions

1. Place all ingredients into a blender. Starting at the lowest speed, blend mixture until crumbly-about 30 seconds to 1 minute.
2. Increase speed and blend until smooth and creamy-about 1 or 2 more minutes, scraping down the sides with a rubber spatula as needed.
3. Use the rubber spatula to scoop hazelnut butter into an airtight container. Spread on toast, add to oatmeal or drizzle over fresh fruit and yogurt.
4. Keep refrigerated.

Recipe adapted from: cookinglight.com



Lemon

Tastes like: Lemons are sour and tart with an acidic tangy taste.

How do I store it: They are best stored in a perforated bag in the refrigerator. They will last 4-6 weeks this way. They can also be stored in a cool room temperature for a week.

How do I eat it: Lemons are used for their juice and rind. To juice the lemon, heat it in the microwave for 20-30 seconds then press firmly on the lemon to roll it. Then cut it in half and squeeze or use a fork in the middle of the flesh and twist. Watch out for seeds. The top yellow color is the lemon zest, and can be easily removed with a microplane, zester or fine hand grater. Lemons are often used in salad dressing or desserts.

What are the benefits: Lemons are high in vitamin C

Citrus limon

Propagate: by seed or grafting

Grow: indoors in cold climates

Harvest: fruit

Lemon Dressing

Serves: 4

Prep time: 3 min

Total time: 3 min

Ingredients

1 lemon, juiced

4 cloves garlic, minced

½ cup olive oil

6 leaves fresh mint

3 tbsp vinegar

salt and pepper to taste

Directions

1. In a small bowl, whisk together the lemon juice, olive oil, and vinegar.
2. Add salt and pepper to taste.
3. Drizzle over any salad of choice.

Recipe adapted from: halfyourplate.ca



Nettles

Tastes like: Rich earthy spinach-like flavor with a slight tang.

How do I store it: If dried, keep the leaves and stems in big pieces to retain the flavor. Store in paper bags or glass jars in a cool dark place. Use within 6-12 months. They can also be blanched and stored in the fridge for up to 3 days or in a plastic bag in the freezer for up to 6 months. Or fresh needles can be cooked right away

How do I eat it: Cook the young leaves in boiling water. The fresh leaves may cause irritation so cooking, blending, or juicing is recommended to crush the leaves to eliminate the sting. Nettles can be used in place of spinach in many recipes

What are the benefits: Nettles contain Vitamin A, C, K and many B vitamins. Also contain calcium, and all of the essential amino acids.

Urtica dioica

Propagate: by seed or rhizome division

Grow: herbaceous perennial

Harvest: leaves

Nettle Soup

Serves: 5

Prep time: 15 min

Total time: 45 min

Ingredients

1 pound stinging nettles
2 tsp salt
1 tbsp olive oil
1 white onion, diced
¼ cup basmati rice
4 cups chicken broth
salt and pepper to taste

Directions

1. Bring a large pot of water to a boil with 2 tsp salt. Drop in the nettles and cook 1-2 minutes until they soften. Drain in a colander and rinse with cold water. Trim any stems then chop coarsely.
2. Heat the olive oil in a saucepan over medium heat, add the onion and stir. Cook until onion is soft, about 5 min. Stir in the rice, chicken broth and nettles. Bring to a boil, then reduce heat to medium and simmer until rice is cooked, about 15 min.
3. Puree the soup with an immersion blender and season with salt and pepper to taste.



Sunflower Seeds

Tastes like: They have a mild nutty flavor and a firm but tender texture.

How do I store it: Store in an airtight container or bag in the pantry or in a cool dark place. Refrigeration prolongs the shelf life but store in a glass container.

How do I eat it: Eat roasted, raw, in salads, or many other recipes .

What are the benefits: High in protein, healthy fats, vitamin E, iron, copper, zinc and some B vitamins.

Helianthus

Propagate: by seed

Grow: herbaceous plants

Harvest: seeds from the flowers

Skillet Granola

Serves: 5

Prep time: 10 minutes

Total time: 10 minutes

Ingredients

- 1/3 cup vegetable oil
- 3 tbsp honey
- 1/4 cup powdered milk
- 1 tsp vanilla
- 4 cups uncooked, old fashioned rolled oats
- 1/2 cup sunflower seeds

Directions

1. Warm oil and honey in a skillet for one minute over medium heat. Add powdered milk and vanilla.
2. Stir in oats, sunflower seeds and mix until coated with the oil mixture. Heat over medium heat until. Stir until oatmeal is slightly brown.
3. Take off heat and stir in raisins.
4. Cool and enjoy

Recipe adapted from: <https://foodhero.org/recipes/skillet-granola>



Pear

Pyrus communis

Propagate: by seed or grafting

Grow: fruit tree

Harvest: fruit

Tastes like: Pears range from very sweet to moderately sweet with varying textures and firmness.

How do I store it: Ripen at room temperature. If the neck (near the stem) is soft, its ready to eat. Once ripe, use within 3-5 days or refrigerate to keep them longer.

How do I eat it: Once ripe, wash pears under cool running water. Pears can be peeled, cut, added to salads, quesadillas, arfaits, grilled meals or enjoyed fresh.

What are the benefits: Pears are a great source of fiber and Vitamin C.

Pear Quesadilla

Serves: 8

Prep time: 10 min

Total time: 10 min

Ingredients

- 1 cup grated cheese
- 1 cup pear slices
- ½ cup finely chopped green or red peppers
- 2 tbsp minced onion
- 4 medium whole wheat tortillas

Directions

1. Divide cheese, pears, peppers and onion between the tortillas, covering half of each tortilla. Fold in half over the fillings
2. Heat a skillet on medium. PLace one tortilla on a dry skilled until cheese is melted and the tortilla browns.
3. Flip and repeat on the other side.
4. Remove and place on a plate and repeat until all tortillas are heated. Cut each tortilla in half and serve.



Raspberry

Tastes like: Raspberries are sweet with a slight tart taste.

How do I store it: Refrigerate berries in a covered container. Use within 1-3 days. To store longer, freeze whole berries on a sheet pan, then package in freezer containers or resealable bags.

How do I eat it: Enjoy raspberries fresh, with oatmeal, made into a berry sauce or fruit dip, parfait, smoothie or fruit salad.

What are the benefits: Great source of Vitamin C, fiber and phytochemicals.

Rubus strigosus

Propagate: by layering

Grow: canes

Harvest: fruit

Raspberry Freeze

Serves: 4

Prep time: 5 min

Total time: 2 hours

Ingredients

1 cup raspberries

2 bananas

½ cup lowfat plain yogurt

¼ cup nonfat milk

1 tsp sugar

Directions

1. Put all ingredients in a blender. Blend until smooth.
2. Divide the mixture among 4 small bowls
3. Freeze for about 2 hours. Once frozen, enjoy like ice cream

If you don't have a blender, mash fruit with a fork.



Strawberry

Tastes like: Strawberries are fruity, sweet and juicy.

How do I store it: For best flavor, eat or freeze soon after harvest. Refrigerate up to 3 days without washing. Wash right before eating. Freeze berries whole and cleaned on a baking sheet. Once firm, transfer to a freezer bag or container. Use within a year for best flavor.

How do I eat it: Strawberries can be eaten fresh, with oatmeal, made into a berry sauce or fruit dip, parfait, smoothie or fruit salad

What are the benefits: Strawberries are a great source of Vitamin C, fiber, folate and antioxidants.

Fragaria × ananassa
Fragaria virginiana

Propagate: by runner

Grow: perennial bushes

Harvest: fruit

Berry Sauce

Serves: 4

Prep time: 5 min

Total time: 2 hours

Ingredients

¼ cup cold water

1 tbsp cornstarch

⅓ cup sugar

4 cups berries of choice

Directions

1. In a medium saucepan, mix together sugar, water, cornstarch and 2 cups berries. Mash berries if desired.
2. Heat over medium heat, stirring frequently until sauce starts to thicken
3. Remove from heat and add the other 2 cups of berries
4. Serve over pancakes, waffles, oatmeal or yogurt.



Peach

Tastes like: Peaches vary from sweet to a slight tangy acidity flavor.

How do I store it: Keep at room temp until ripe for best flavor. Ripen in a loosely closed paper bag. Once ripe, refrigerate in a plastic bag with holes in it. Consume in a few days. To freeze, dip cut peaches in water with lemon juice to avoid browning. Then freeze on a single layer on a baking sheet. Once frozen, transfer to a freezer bag or container. Thaw in fridge.

How do I eat it: Eat peaches fresh, blend into a smoothie, make a fruit salad, add to yogurt, grill for a simple dessert, or mix into pancake or muffin batter.

What are the benefits: Peaches are a great source of Vitamin C and dietary fiber.

Prunus persica

Propagate: by seed or grafting

Grow: fruit tree

Harvest: fruit

Chunky Peach Salsa

Prep time: 15 min

Total time: 15 min

Ingredients

1 cup peaches
1 large tomato
1 bell pepper, seeded and chopped
½ cup chopped onion
⅓ cup chopped cilantro
1 tbsp lime juice
¼ tsp each salt and pepper

Directions

1. Combine peaches, tomato, bell pepper, onion and cilantro into a large bowl. Add lime juice, salt and pepper. Stir to combine.
2. Cover and refrigerate until ready to serve.
3. Serve with fresh veggies, crackers, baked tortilla chips or top tacos, fish, chicken or tostadas.

Recipe adapted from: <https://foodhero.org/recipes/peach-salsa>



Peapods/Fresh Peas

Tastes like: Fresh peas are sweet, plump and taste like spring!

How do I store it: Refrigerate fresh peas soon after picking. Store them in an airtight container for about 3 days. Frozen peas will keep up to 8 months. Store in a freezer bag or container for easy grab and go, and to keep the rest frozen.

How do I eat it: Eat peas fresh, added to a salad or pasta salad, make into green pea soup, roast with parmesan, or a stir fry.

What are the benefits: Peas are a great source of Vitamin C, and Vitamin A, and fiber.

Pisum sativum

Propagate: by seed

Grow: herbaceous plant

Harvest: fruit

Picture from: <https://foodhero.org/peas>

Roasted Peas

Prep time: 5 min

Total time: 15 min

Ingredients

1 pound sugar snap peas
2 tsp vegetable oil
1 tsp low-sodium soy sauce
½ tsp salt
¼ tsp pepper

Directions

1. Preheat oven to 400 degrees. Lightly grease a large baking pan
2. Place the sugar snap peas in a large bowl. Sprinkle with oil, soy sauce, salt and pepper. Toss to coat.
3. Spread the peas onto the baking sheet
4. bake for 8-10 min. Stir a couple times whole roasting
5. enjoy!

Recipe adapted from: <https://foodhero.org/recipes/roasted-sugar-snap-peas>



Soybean

Tastes like: Soybeans are rich and nutty in flavor

How do I store it: Refrigerate unwashed and covered for up to 3 days.

How do I eat it: Steam or boil edamame whole in the pod. Raw pods make a delicious snack and can be shelled and added to salads.

What are the benefits: High in Vitamin C, Iron, calcium, fiber and potassium.

Glycine max

Propagate: by seed

Grow: herbaceous annual plant

Harvest: bean pods

Boiled Soybeans

Prep time: 5 min

Total time: 10 min

Ingredients

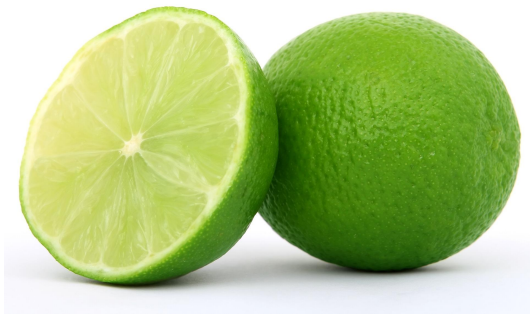
1 pound fresh soybeans

2 tbsp salt

2 quarts water

Directions

1. Heat a large pot of salted water
2. Trim the soybeans off the stem. When the water is boiling, add the soybeans in. Boil for about 5-7 min.
3. Drain and place in a bowl. Add another tbsp of salt to the beans and toss to coat.
4. Let the beans cool to room temp. Pick up pod, and use your front teeth to squeeze the bean out of the pod. Discard the pod.



Lime

Citrus aurantifolia

Propagate: by seed or grafting

Grow: indoors in cold climates

Harvest: fruit

Tastes like: Limes have a tart acidic taste with a hint of sweetness.

How do I store it: Store in the fridge in a sealed plastic bag. You can juice limes and freeze the juice-freeze in an ice cube tray then transfer into a plastic bag.

How do I eat it: Often used for their juice and rinds. To extract the most juice, heat in the microwave for 20-30 seconds then press firmly on the lime and roll it under your hand. Use the whole lime to change the flavor and crispness of water.

What are the benefits: Limes are a great source of Vitamin C.

Thai Chicken Salad

Serves: 4

Prep time: 20 min

Total time: 15 min

Ingredients

- 1 tbsp oil
- 2 chicken breast
- 2 tbsp brown sugar
- ¼ cup lime juice
- 1 tbsp fish sauce
- 1 small cucumber
- 3 green onions
- 1 cup bean sprouts
- ½ cup mixed greens
- 1 bell pepper sliced thin

Directions

1. Heat olive oil in a frying pan
2. Cook chicken for 6-7 min each side, until cooked. Set aside and slice thinly
3. Combine brown sugar, lime juice and fish sauce in a small bowl
4. Place chicken, dressing, cucumber, green onion, bean sprouts, mixed greens and bell pepper in a bowl. Toss to combine.
5. Serve with or without roasted peanuts sprinkled on top