

# KNOW YOUR VEGGIES

MAINE



SNAP-Ed

Healthy Eating on a Budget



## **The Merrymeeting Gleaners**

*The Merrymeeting Gleaners is a 100+ person volunteer group established in 2016 as a project of the Merrymeeting Food Council. The project 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.*

## **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!*

*Maine SNAP-Ed is excited to partner with the Merrymeeting Gleaners to provide reliable information about vegetables grown locally. We hope this booklet will help you save money by using local – and sometimes very unique! – produce from neighboring farms. Inside you will find information about vegetables – how they taste, how to properly store them, and how to prepare them using low-cost ingredients. If you would like to learn more healthy tips and recipes, please join us for a class for some hands-on experience. Visit our website <http://www.mainesnap-ed.org> for more information.*

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*We would like to thank the  
**Baldwin Foundation**  
and  
**Maine Community Foundation**  
for their generous support of this project.*

## **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](http://www.choosemyplate.gov/vegetables)
- [cookingmatters.org](http://cookingmatters.org)
- [www.extension.umaine.edu/food-health/](http://www.extension.umaine.edu/food-health/)
- [www.farmfreshtoyou.com/storage-tips](http://www.farmfreshtoyou.com/storage-tips)
- [www.FoodHero.org](http://www.FoodHero.org)
- [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)
- [www.janhuscsa.wordpress.com/just-food-tip-sheets/](http://www.janhuscsa.wordpress.com/just-food-tip-sheets/)
- [www.mainesnap-ed.org](http://www.mainesnap-ed.org)
- [www.onlyfoods.net/category/vegetables](http://www.onlyfoods.net/category/vegetables)
- [www.roxburyfarm.com/recipes-and-cooking-tips](http://www.roxburyfarm.com/recipes-and-cooking-tips)



# Acorn Squash

**Taste/texture:** Mild buttery, nutty flavor; slightly sweeter than pumpkin.

**How to store it:** Will keep 1-2 months in a cool, dry place (not in the refrigerator).

## **How to eat it:**

**Cooked:** Leave skin on, cut in half, remove seeds, and roast, bake, or grill. Often halved, stuffed with veggies, grains, meat, or cheese fillings, then baked. Peel, remove seeds, cube or slice, and steam or microwave. The seeds can be toasted in the oven for a snack.

**Benefits:** Excellent source of vitamins C, A, and B6, and potassium. Good source of manganese, thiamine, magnesium, antioxidants, and fiber.

# Roasted Parmesan Garlic Acorn Squash

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**Serves: 2-4**

**Prep time: 10 mins**

## Ingredients

- 1 acorn squash\*, washed
- 2 tablespoons olive oil
- ¼ cup grated parmesan cheese
- 2 cloves fresh garlic, minced (or 1-2 teaspoons garlic powder)
- freshly ground pepper
- Sea salt, to taste

\*Note: Other winter squash, such as delicata or sweet dumpling, can also be used.

## Directions

- Preheat the oven to 400 degrees.
- Halve the squash, scrape out the seeds and stringy bits.
- Slice into ½ inch half moons.
- In a large bowl, toss together the squash, olive oil, cheese, garlic or garlic powder, salt, and pepper.
- Lay the squash out on a baking sheet. (Lining the sheet with foil or parchment paper will make squash easier to remove.)
- Bake for 30 minutes or until quite tender and the cheese has crisped up.

Recipe adapted from: [www.spachethespatula.com](http://www.spachethespatula.com)



# Arugula

**Taste/texture:** Slightly peppery, tangy, sharp flavored salad green. Gets spicier as it matures.

**How to store it:** Best to eat right away, but will keep 4-5 days if wrapped in a damp towel and stored in the refrigerator crisper drawer.

**How to eat it:**

**Raw:** Wash well in cold water. Use in salads on its own or with other greens; sprinkle on top of pasta or pizza.

**Cooked:** Flavor is milder when cooked. Steam, sauté, or add to sauces or other dishes near the end of cooking.

**Benefits:** Vitamin A, C, and K, folate, calcium, iron, and potassium; high in antioxidant phytochemicals.

# Linguine with Arugula & Garlic

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**Serves: 2**

**Serving size: 1 cup**

**Prep time: 5 mins**

## Ingredients

- 12 oz. linguine or other pasta
- 3 tablespoons olive oil or butter
- 7 cloves garlic, peeled and thinly sliced
- 2 very large handfuls baby arugula (about 5 ounces)
- ½ cup shredded parmesan cheese, plus extra for topping

## Directions

- Cook pasta al dente in salted water.
- While pasta is cooking, heat olive oil (or melt butter) in sauté pan over medium-high heat.
- Add the sliced garlic and cook for 2-3 minutes, or until garlic begins to turn just slightly golden; remove from heat to prevent overcooking.
- When pasta is cooked, drain, and immediately add garlic and olive oil mixture, arugula, and parmesan cheese.
- Toss until combined.
- Serve immediately with extra parmesan cheese on top.

Recipe adapted from: [www.gimmesomeoven.com](http://www.gimmesomeoven.com)



# Basil

**Taste/texture:** Sweet, but savory; peppery, but slightly minty.

**How to store it:** Cut bottoms off stems and place the basil in a glass of water unrefrigerated for up to a week. Best used fresh.

**How to eat it:**

**Raw:** Add to salads and sandwiches. Main ingredient in pesto. Basil, tomato slices, and fresh mozzarella make a classic salad or sandwich.

**Cooked:** Add to cooked dishes before serving. Combines well with tomatoes, eggplant, onions, peppers, and zucchini. Use in pasta, soups, pizza, eggs, and sauces.

**Benefits:** Source of vitamins A, C, K, and magnesium. Thought to be an anti-inflammatory.





# Tomato Basil Egg Salad

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**Serves: 4**

**Serving size: ½ cup**

**Prep time: 15 mins**

## Ingredients

- 8 hard-boiled eggs, sliced
- ¼ cup mayonnaise
- ½ teaspoon mustard (Dijon or other)
- ¼ teaspoon onion powder
- ⅛ teaspoon salt
- ground black pepper to taste
- 10 leaves fresh basil, thinly sliced
- 1 tomato, sliced
- 4 lettuce leaves

## Directions

- Mix eggs, mayonnaise, mustard, onion powder, salt, and black pepper in a bowl.
- Fold basil into egg mixture.
- Top lettuce leaf with a slice of tomato.
- Spoon egg mixture on tomato to serve.

Note: Make into a sandwich on whole wheat bread or an English muffin.

Recipe adapted from: [www.allrecipes.com](http://www.allrecipes.com)



# Beets

**Taste/texture:** Earthy and sweet. Firm and moist.

**How to store it:** Cut leaves off leaving at least ½ inch of the stems on the beets. Store leaves separately in a plastic bag and use as soon as possible. Store beets unwashed, with at least 2 inches of the tap root, in a plastic bag in the refrigerator crisper drawer for up to 3 weeks.

**How to eat it:**

**Raw:** Wash and gently scrub beets. Cut up and add to a salad or eat with a sprinkle of lemon pepper. Mature beets will need to be peeled.

**Cooked:** Wash and scrub beets. Boil, bake or roast. Peel comes off more easily after cooking.

**Benefits:** Source of folate, vitamin C, and fiber.

# Maple Roasted Beets and Carrots

**Serves: 4**

**Prep time: 15 mins**

## Ingredients

- 5 large carrots, peeled & sliced
- 4 medium beets, peeled & diced
- 2 tablespoons olive oil
- Salt & pepper to taste
- 2 tablespoons butter
- 3 tablespoons maple syrup

## Directions

- Preheat oven to 425° and move the rack to the middle position.
- Cut the beets and carrots into pieces that are roughly the same size and place the pieces on a large rimmed baking sheet.
- Drizzle the oil onto the beets and carrots and add salt & pepper. Toss until they're coated. Spread them out in an even layer.
- Roast for 15 minutes, or until they are tender-crisp (will vary based on size of pieces)
- Take the baking sheet out of the oven and add the butter and maple syrup directly to the baking sheet. Let the butter melt, then toss again until everything is coated.
- Return to the oven for another 5 minutes.
- Serve immediately.

Recipe adapted from: [www.saltandlavender.com](http://www.saltandlavender.com)



# Bell Pepper

**Taste/texture:** Crisp, crunchy, and juicy. Mildly bitter when green; red, yellow, and orange peppers are sweet and fruity.

**How to store it:** Will keep in a plastic bag for up to 2 weeks in the refrigerator crisper drawer. Green peppers will keep longer.

**How to eat it:**

**Raw:** Sliced or chopped on salads and sandwiches. Serve on a veggie tray with dip.

**Cooked:** Roast or sauté. Add to soups, stir-fries, omelets, casseroles, stews, and quiches. Fill with a variety of stuffings and bake.

**Benefits:** Excellent source of vitamin C. Source of vitamin A, which increases as peppers ripen to red.

# Stuffed Peppers with Turkey & Vegetables

**Serves: 6**

**Serving size: 1 pepper half**

**Prep time: 10 mins**

## Ingredients

- 1 cup cooked rice
- 3 bell peppers (green, red or yellow)
- 10 ounces ground turkey
- 1 teaspoon Italian seasoning (or basil & oregano)
- 4 cloves garlic, minced
- ¼ teaspoon each salt and pepper
- ½ cup chopped onion
- 1 cup sliced mushrooms
- 1 zucchini, chopped
- 1 14.5 oz. can diced tomatoes, with liquid

Note: Add shredded cheese on top, if desired. Omit turkey for a vegetarian entree.

## Directions

- Preheat oven to 350 degrees.
- Cut the peppers in half from top to bottom. Remove the stem and seeds.
- In a large skillet over medium heat (300 degrees in an electric skillet), cook the turkey until no longer pink. Add seasonings during last few minutes.
- Add onion, mushrooms, and zucchini to the skillet. Add a small amount of oil, if needed. Sauté until tender.
- Mix in the tomatoes and cooked rice. Remove from heat.
- Fill the pepper halves with mixture and place in baking dish. Cover with foil.
- Bake at 350 degrees for 40 to 50 minutes or until peppers are fork tender.

Recipe adapted from: [www.FoodHero.org](http://www.FoodHero.org)



# Bok Choy

**Taste/texture:** Mild flavor. Bottom is crisp with cabbage-like flavor. Greens are similar to kale.

**How to store it:** Store in plastic bag up to one week in refrigerator crisper drawer. Wash right before using.

**How to eat it:**

Remove hearty leaves and stems to sauté or use in salads. Peel outer layer of stalk to eat raw like celery or cook.

**Raw:** Cut stalk into sticks for a snack to eat alone or with dip. Use green leaves in a salad.

**Cooked:** Dice and sauté or add to soups or stews. Grill, roast or stir-fry.

**Benefits:** Good source of vitamin C, K, and A, beta carotene, and fiber.

# Stir-Fried Bok Choy with Garlic

**Serves: 4**

**Prep time: 10 mins**

## Ingredients

- 1-1 ½ lb. bok choy
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated (optional)
- 2 tablespoons soy sauce\*
- Salt and pepper, to taste

\*Note: Lemon juice could be a substitute for the soy sauce.

## Directions

- Wash the bok choy and trim the ends. Cut crosswise into 1-inch size pieces, keeping greens and white stalk pieces separate.
- Heat oil in skillet over medium heat. Add the garlic and ginger, and cook, stirring for 1 minute.
- Add soy sauce and white stalk pieces to skillet. Cook for 2-3 minutes, stirring quickly.
- Add bok choy greens and cook for another 1-2 minutes, stirring, until greens are wilted and stalks are crisp-tender. Add salt and pepper, to taste.
- Serve while hot.

Recipe adapted from: [www.foodnetwork.com](http://www.foodnetwork.com)



# Broccoli

**Taste/texture:** Buttery, like cabbage; slight bitterness to some people.

**How to store it:** Will keep in refrigerator crisper drawer 3-5 days, loosely wrapped in a perforated plastic bag.

**How to eat it:**

All parts are edible. Peel outside skin of stalk if tough and cut off bottom end.

**Raw:** Cut up florets and slice stem into rounds. Add to salads or eat with a dip. Grate stalks for slaw.

**Cooked:** Steam, sauté, stir-fry, or roast. Use in casseroles, soups, or add to pasta..

**Benefits:** Excellent source of vitamin C and calcium. High in fiber. Source of vitamins A and K, iron, folate, and potassium.



# Broccoli Raisin Salad Your Way

**Serves: 4-6**

**Prep time: 15 mins**

## Ingredients

- 5 cups fresh broccoli florets, roughly chopped (about 1 medium head broccoli)
- ½ cup diced red onion (about ½ small onion)
- ¾ cup raisins (or Craisins)
- ¼ - ½ cup mayonnaise
- 1 tablespoon vinegar
- 1 tablespoon sugar
- Salt and pepper, to taste

Optional additions:

- ½ cup sliced cherry tomatoes
- ½ cup sunflower seeds
- ½ cup shredded cheddar cheese
- ¾ cup shredded carrots
- bacon crumbles

## Directions

- Add broccoli, onion, and raisins, plus any additional ingredients you choose, to a large bowl.
- In a small bowl, whisk together the mayonnaise, vinegar, and sugar. Add salt and pepper, to taste.
- Pour dressing over broccoli and toss well.

Recipe adapted from: [www.kitchentreaty.com](http://www.kitchentreaty.com)



# Broccolini

**Taste/texture:** Milder and sweeter than broccoli with thin, tender stalks

**How to store it:** Will keep in refrigerator crisper drawer 3-5 days, loosely wrapped in a perforated plastic bag.

**How to eat it:**

Substitute in any recipe calling for broccoli or dark greens.

**Raw:** Chop and add to salads. Add to veggie tray and serve with dip. Whole stem is edible.

**Cooked:** Steam, sauté, stir-fry, grill, or roast. Use in casseroles, soups, or add to pasta.

**Benefits:** Source of vitamins A and C, calcium, iron, and fiber.

# Sautéed Broccolini

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**Serves: 4**

**Prep time: 5 mins**

## Ingredients

- 1 bunch broccolini
- 1 tablespoon olive oil
- ½ lemon (zest and lemon juice)
- 1 teaspoon minced garlic
- Salt and pepper, to taste

## Directions

- Cook the broccolini in a large pan of boiling water for 2 minutes.
- Drain immediately and add to a bowl of ice water.
- Add the oil to a large frying pan and heat on medium. Add the garlic and lemon zest and stir.
- Drain the broccolini and add to the frying pan. Toss to coat in the oil mixture and cook for about 2 minutes. Squeeze the lemon juice over the broccolini and toss.
- Season and serve immediately.

Recipe from: [www.healthylittlefoodies.com](http://www.healthylittlefoodies.com)



# Brussels Sprouts

**Taste/texture:** Similar to cabbage or broccoli.

**How to store it:** Will keep 1-2 weeks in the refrigerator crisper drawer in a paper or net bag or loosely packed in a container. Wash well before preparing.

**How to eat it:**

**Raw:** Shred and add to salads or slaw.

**Cooked:** Roast to bring out the sweetness. Also can be boiled or steamed until tender.

**Benefits:** Excellent source of vitamins C and K, and fiber. Good source of Vitamin A and folate.

# Roasted Brussels Sprouts

**Serves: 3**

**Serving size: 1 cup**

**Prep time: 15 mins**

## Ingredients

- 1 lb. brussels sprouts
- 3 tablespoons vegetable or olive oil
- Black pepper and sea salt, to taste

## Optional sauce:

- 3 tablespoons soy sauce
- 2 tablespoons maple syrup
- 2 tablespoons lemon juice
- 1 garlic clove, minced
- 1 tablespoon Sriracha or other hot sauce

## Directions

- Preheat oven to 400 degrees.
- Wash sprouts, remove shriveled outer leaves, cut off the base of each sprout, and slice larger sprouts in half from top to bottom.
- In large bowl, drizzle with the oil and sprinkle with salt and pepper.
- Stir to make sure all sprouts are covered.
- Spread on rimmed baking sheet. (Cover sheet with foil or parchment for easier cleaning.)
- Roast in oven on top rack 30-45 minutes (depending on size of sprouts), stirring twice. Remove from oven when all sprouts are crispy and slightly charred. Serve while hot.
- To make sauce (optional): Combine sauce ingredients in skillet over medium-high heat, cooking about 5 minutes until thickened.
- Before serving, toss sprouts in sauce or serve sauce on side.

Recipe adapted from: [www.thebakermama.com](http://www.thebakermama.com)



# Butternut Squash

**Taste/texture:** Nutty flavor, sweeter and not as stringy as pumpkin

**How to store it:** Store whole in a cool (45 to 50 degrees), dry place such as a basement or garage (not in refrigerator) 1 - 3 months.

**How to eat it:**

**Cooked:** Cut in half and bake or roast; peel and cut into cubes, then boil, bake, or roast, and add to soups, salads, or casseroles.

**Benefits:** Excellent source of vitamin A; good source of potassium, vitamins C, E, and B6, folate and calcium.

# Roasted Butternut Squash

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**Serves:** 4

**Serving size:** 2/3 cup

**Prep time:** 15 mins

## Ingredients

- 1 butternut squash, peeled,\* seeded, and cut into cubes
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- Salt and pepper, to taste

\*Peeling tip: Before peeling, wash and poke holes in the squash, then put it in the microwave for 3 minutes. After it cools down a bit, peel it using a potato peeler or paring knife.

## Directions

- Preheat oven to 400 degrees.
- In a large bowl, toss squash cubes with olive oil and garlic.
- Season with salt and pepper.
- Arrange squash on baking sheet.
- Roast until squash is tender and lightly browned, 25 to 30 minutes.
- Serve as a side dish.

Recipe adapted from: [www.allrecipes.com](http://www.allrecipes.com)



# Cabbage

**Taste/texture:** Raw leaves are somewhat peppery, but the flavor gets sweeter as it cooks.

**How to store it:** Keep cabbage unwashed and whole until use for longest storage time. Store in plastic bag or container in refrigerator crisper drawer for 2-4 weeks. Often fermented into sauerkraut.

**How to eat it:**

Remove and discard the outer loose leaves of the cabbage. Trim the stem.

**Raw:** Shred or chop to make slaw or add to salad.

**Cooked:** Shred or cut in wedges. Sauté, steam or roast in the oven with salt, pepper and olive oil. Add chopped cabbage to soup.

**Benefits:** Excellent source of vitamins C and K.



# Cabbage Stir-Fry

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**Serves: 7**

**Serving size: 2/3 cup**

**Prep time: 15 mins**

## Ingredients

- 2 teaspoons oil
- 1 cup celery, washed and sliced
- 1 cup chopped onion
- 3 cups shredded or chopped cabbage
- ½ cup chopped green pepper, seeded
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¾ cup cooked sliced carrots

## Directions

- Heat oil in a large skillet over medium-high heat.
- Add celery and onion. Cook 4-7 minutes until soft.
- Add cabbage, green pepper, carrots, salt and pepper. Cook for 5-10 minutes, stirring often until the vegetables reach desired tenderness.
- Serve immediately.

Recipe adapted from: [www.FoodHero.org](http://www.FoodHero.org)



# Carrots

**Taste/texture:** Earthy and sweet; crisp & crunchy.

**How to store it:** Remove green tops and store carrots unwashed in plastic bag in refrigerator crisper drawer for 3-4 weeks. Do not store with apples or grapes. If carrots get wrinkled, they can be re-crisped in cold water.

**How to eat it:**

**Raw:** Wash well. If possible, avoid peeling to retain most nutrients. Chop or shred for salads. Slice for veggie tray. Make into juice.

**Cooked:** Steam, boil, stir-fry, bake, roast, or sauté. Add to soups, stews, muffins and cakes.

**Benefits:** Excellent source of vitamins A and K, and beta-carotene. Good source of fiber, potassium, and vitamin C.

# Asian Carrot Salad

**Serves: 4**

**Prep time: 20 mins**

## Ingredients

- 2 cups shredded carrots (about 4 medium carrots)
- ¼ cup finely chopped green or red bell pepper
- ¼ cup raisins or craisins
- ¼ cup sunflower seeds
- ¼ cup orange juice
- 1 tablespoon olive oil
- 1 tablespoon soy sauce
- ⅛ teaspoon ground ginger
- ⅛ teaspoon garlic powder
- 1 teaspoon honey

## Directions

- Combine carrots, peppers, raisins and sunflower seeds in a bowl.
- For dressing - combine orange juice, olive oil, soy sauce, ground ginger, garlic powder, and honey in a jar. Cover and shake to blend.
- Add the salad dressing to carrots. Stir to blend.
- Refrigerate for a few hours to blend flavors.

Recipe adapted from: [www.FoodHero.org](http://www.FoodHero.org)



# Cauliflower

**Taste/texture:** Milder than broccoli and creamy when cooked. Crunchy when raw.

**How to store it:** Will keep for up to a week in a perforated plastic bag in the refrigerator crisper drawer. Loses sweetness over time.

**How to eat it:**

**Raw:** Wash thoroughly and eat as a crunchy snack. Add to salads and veggie trays.

**Cooked:** Roast, bake, sauté, boil, steam, or microwave. Use in soups, curries, stir-fries, pastas, casseroles, and soups. Use finely chopped in place of rice. Cook and mash like potatoes.

**Benefits:** Excellent source of vitamin C. Good source of potassium and folate.

# Roasted Cauliflower

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**Serves: 4**

**Prep time: 10 mins**

## Ingredients

- 1 medium head cauliflower, cut into even-sized florets
- 2 tablespoons olive oil
- 1 teaspoon sea salt
- ½ teaspoon black pepper
- ¼ teaspoon garlic powder, optional (or use 1-2 cloves fresh garlic, minced)\*

\*Note: Try different spices, such as curry powder or chili powder, or grated parmesan cheese.

## Directions

- Preheat oven to 400°F.
- Line a rimmed baking sheet with foil, parchment paper, or grease with cooking spray.
- Spread the cauliflower out evenly on the baking sheet.
- Drizzle with the olive oil, and sprinkle evenly with salt, pepper, and desired seasonings. Toss gently to coat evenly.
- Bake for 25-30 minutes, until soft and lightly golden brown.
- Serve immediately.

Recipe adapted from: [www.gimmesomeoven.com](http://www.gimmesomeoven.com)



# Celeriac

**Taste/texture:** Taste is similar to celery with a hint of parsley. Texture like a radish.

**How to store it:** Remove green leaves and store, unwashed, in refrigerator crisper drawer for up to two weeks. No container necessary, but keep in paper bag if you prefer.

**How to eat it:**

Peel off outside skin of bulb until you reach the clean, white inside.

**Raw:** Shred and add to salads/slaw or cut into sticks for a veggie platter. To prevent browning, place in a bowl of water with a few tablespoons of lemon juice.

**Cooked:** Bake or boil, whole or in slices.

**Benefits:** Good source of vitamin C and fiber.

# Celeriac Apple Slaw

**Serves: 4**

**Prep time: 10 mins**

## Ingredients

- 1 medium-small celeriac (weighing about ½ lb.)
- 2 medium crisp sweet red apples
- ¼ cup finely chopped flat-leaf parsley (about ¼ of a small bunch)
- 1 teaspoon lemon juice

## **Dressing:**

- 1 tablespoon apple cider vinegar
- 1 teaspoon dijon or other mustard
- 4 tablespoons olive oil
- ¼ teaspoon salt
- ⅛ teaspoon black pepper

## Directions

- Peel the celeriac and grate or shred it into fine strips until you have approximately 2 cups worth.
- Wash the apples well and core them, leaving the skins on. Cut them into ¼ inch cubes.
- Toss the apples in the lemon juice, mixing to coat them (this prevents them from browning).
- In a medium serving bowl, combine the apples, celeriac, and the finely chopped parsley.
- In a small jar, combine all the dressing ingredients, then shake vigorously until combined. Pour over the salad and toss well.
- Add salt and pepper, to taste.
- Optional add-ons: Crumble blue cheese and chopped walnuts on top.

Recipe adapted from: [www.pbs.org](http://www.pbs.org)



# Celery

**Taste/texture:** Crisp with slightly sharp, almost salty flavor. When cooked, flavor is milder.

**How to store it:** In a paper bag, unwashed, celery will keep for up to 2 weeks. Revive limp stalks in cold water.

**How to eat it:**

**Raw:** Wash thoroughly and cut into sticks for a snack with peanut butter or cream cheese. Chop and add to salads.

**Cooked:** Slice or chop and add to stir-fries, soups, casseroles, or roasting meats.

**Benefits:** Source of vitamins C and K, folate and potassium



# Braised Celery

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**Serves: 2-3**

**Prep time: 5 mins**

## Ingredients

- 8 stalks of celery, scrubbed and ends trimmed (chop and reserve leaves)
- 1 tablespoon butter
- Pinch of salt and freshly ground black pepper
- ½ cup vegetable stock

## Directions

- Cut celery into 1-inch slices on the diagonal.
- Heat butter in a large skillet over medium heat.
- Add celery, along with salt and pepper and cook until it starts to become tender.
- Add broth, reduce heat to low, cover and simmer for 5 minutes.
- Uncover and cook for 5 minutes longer, allowing the broth to reduce and caramelize a bit.
- Taste for seasoning and serve immediately, garnished with reserved, chopped leaves.

Recipe adapted from: [www.agirldefloured.com](http://www.agirldefloured.com)



# Cilantro

**Taste/texture:** Parsley-like, fresh, green, and citrusy herb flavor. The seed of the plant is coriander.

**How to store it:** Store in the refrigerator wrapped in a damp towel or standing in a jar in an inch of water. Will keep for up to 2 weeks.

**How to eat it:**

**Raw:** Wash and chop to bring out the flavor. Add to salsas, sauces, and salads.

**Cooked:** Add at the end of cooking to retain the flavor. Add to soups, stir-fries, rice, sauces, and curries at the end.

**Benefits:** Source of vitamins A, C, and K, and phytonutrients.



# Cowboy Salad

**Serves: 8**

**Serving size: 1 cup**

**Prep time: 20 mins**

## Ingredients

- 2 15-oz. cans black beans
- 1 15-oz. can corn
- 1 bunch cilantro
- 5-6 green onions
- 3 medium tomatoes
- 1 avocado (optional)
- 1 tablespoon vegetable oil
- 2 tablespoons vinegar or lime juice
- ½ teaspoon each salt and pepper

## Directions

- Drain and rinse black beans and corn.
- Finely chop the cilantro and green onions.
- Dice the tomatoes and avocado.
- Combine all vegetables\* in a large bowl.
- Mix oil, vinegar or lime juice, salt and pepper in a small bowl.
- Pour oil mixture over salad ingredients and toss lightly.

\*Note: Try adding other vegetables, such as chopped sweet or hot peppers, or zucchini. Can also be served as an appetizer with chips.

Recipe adapted from: [www.FoodHero.org](http://www.FoodHero.org)



# Collard Greens

**Taste/texture:** Similar to kale, with a slightly bitter flavor.

**How to store it:** Store unwashed in the refrigerator crisper drawer in a plastic bag. Use within one week.

**How to eat it:**

Wash thoroughly to remove sand and grit. Cut out the center vein and hard stems.

**Cooked:** Cut into strips. Sauté with olive oil and garlic. Add vinegar or lemon/lime juice to soften leaves. Add to soups or stews. Will shrink down when cooked.

**Benefits:** High in vitamins A and C, fiber, folate, and calcium.

# Vegetarian “Southern-Style” Collard Greens

**Serves: 4-6**

**Prep time: 10 mins**

## Ingredients

- 1 tablespoon olive oil
- 1 tablespoon butter
- ½ large onion, chopped
- 1 teaspoon red pepper flakes
- 1 clove garlic, finely chopped
- 1 lb. collard greens, chopped
- 3 cups vegetable stock
- 2 tomatoes, seeded & chopped
- Salt and black pepper

## Directions

- Wash collards, remove the stems and center ribs and discard. Roll the leaves and slice into ½-inch strips.
- In a large pot over medium heat, heat oil and butter.
- Sauté the onions until slightly softened, about 2 minutes, then add the red pepper flakes and garlic. Cook another minute.
- Add collard greens and cook another minute.
- Add the vegetable stock, cover and bring to a simmer.
- Cook until greens are tender, about 40 minutes.
- Add tomatoes and season with salt and pepper.

Recipe adapted from: [www.foodnetwork.com](http://www.foodnetwork.com)



# Corn

**Taste/texture:** Sweet and juicy.

**How to store it:** Corn is best when very fresh. Store with husks on in the refrigerator up to 3 days. If husks have been removed, wrap in plastic in the refrigerator.

**How to eat it:**

**Raw:** Just harvested corn can be eaten raw on the cob or cut off and added to a salad. Strip off husks and silks and rinse in cold water.

**Cooked:** Add corn-on-the-cob to boiling water, bring back to a boil, and cook 5-7 minutes; or steam corn for 10 minutes. Can also be roasted in the oven or grilled.

**Benefits:** Source of fiber, vitamin C, magnesium and potassium.

# Corn Pancakes

**Serves: 6**

**Serving Size: 6-inch pancake**

**Prep time: 15 mins**

## Ingredients

- ½ cup cornmeal
- ½ cup all-purpose flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- 2 large eggs
- ⅓ cup nonfat or 1% milk
- 2 cups fresh cooked corn (or canned and drained or frozen corn)

## Directions

- Mix cornmeal, flour, baking powder, and salt.
- Beat the eggs and milk together and add to the flour mixture.
- Add corn and mix well.
- Lightly spray a large skillet or griddle with non-stick cooking spray or lightly wipe with oil. Heat skillet or griddle over medium heat (300 degrees in an electric skillet)
- Pour batter onto hot griddle to make individual pancakes.
- Cook until golden brown on the bottom. Turn and cook on the other side.

Recipe adapted from: [www.FoodHero.org](http://www.FoodHero.org)



# Cucumbers

**Taste/texture:** Fresh and crunchy.

**How to store it:** Wrap in plastic; store whole in refrigerator 7-10 days.

**How to eat it:**

**Raw:** Slice and eat with hummus/dip or in salads (even in fruit salad); slice thinly for a quick pickle with vinegar and pinch of salt and sugar.

**Pickled:** Add fresh dill, coriander seeds, hot peppers, garlic cloves. For pickling ideas, visit [www.extension.umaine.edu](http://www.extension.umaine.edu).

**Benefits:** Source of vitamins C and K, and phytonutrients. High water content useful for hydration; contains potassium and magnesium. Eat the skin for most of the nutrients.



# Tomato Cucumber Bean Salad

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**Serves: 6**

**Serving Size: about 1 cup**

**Prep time: 15 mins**

## Ingredients

- 1/3 cup red wine vinegar
- 1/4 cup olive oil
- 1 teaspoon mustard (Dijon or other)
- 1 teaspoon honey
- 1 small bunch fresh parsley or cilantro
- 1/2 teaspoon each, salt and pepper
- 2 cups diced cucumbers\*
- 1 cup diced tomato
- 1/4 cup chopped sweet onion
- 2 cups cooked brown rice
- 1 can garbanzo or black beans

## Directions

- In a large bowl, whisk together vinegar, oil, mustard, honey, parsley, salt, and pepper.
- Add cucumbers, tomatoes, onion, rice, and beans to bowl and coat all with dressing.
- For best flavor, chill for 1 hour before serving.

\*Note: Try swapping out cucumbers for other crispy vegetables like green beans, zucchini, broccoli or bell peppers.

Recipe adapted from: [www.FoodHero.org](http://www.FoodHero.org)



# Daikon

**Taste/texture:** Crisp like a radish, but taste is milder and less peppery.

**How to store it:**

Wrap in plastic and keep in refrigerator for up to 3 days. Can be pickled.

**How to eat it:**

**Raw:** Wash thoroughly. Chop and add crunch to salads. Shred and add to slaw. Slice into sticks and eat with hummus or dip.

**Cooked:** Roast, add to stir-fry, soups, stews, or shred to make noodles. Lightly steam and eat with olive oil, salt, or lemon juice. Cook as you might cook carrots.

**Benefits:** Source of potassium, vitamin C, and phosphorus.

# Roasted Root Vegetable Salad

**Serves: 2-4**

**Prep time: 20 mins**

## Ingredients

- 1-2 lbs. mixed root vegetables (daikon, beets, carrots, turnips, potato, etc.), cut into uniform pieces
- 1 tablespoon olive oil
- salt and pepper
- 1 head of lettuce, washed and cut into bite-sized pieces
- 4 oz. soft cheese, like feta, goat, or blue
- ¼ cup toasted nuts or seeds, like pumpkin, sunflowers, walnut, or pecan

## Dressing:

- 1 tablespoon olive oil
- 2 tablespoons white wine vinegar
- 1 teaspoon dijon mustard
- salt and pepper

## Directions

- Preheat oven to 425 degrees.
- Spread root vegetables over a baking sheet, drizzle with olive oil, salt, and pepper.
- Roast for 30-40 minutes until softened and starting to brown at the edges, stirring halfway through cooking.
- Let cool for at least 10 minutes before adding to the salad.
- Toss lettuce with dressing, top with roasted vegetables, cheese, and nuts or seeds.

Recipe adapted from: [www.earlymorningfarm.com](http://www.earlymorningfarm.com)



# Dill

**Taste/texture:** Licorice-like, sweet, and citrusy.

**How to store it:** Wash fresh dill, carefully dry it, and wrap it in a paper towel. Store it in a baggy in the refrigerator for a day or two or in the freezer. Store dried dill in a spice container.

**How to eat it:**

Use as a seasoning in different recipes. Fresh dill has more flavor than dried. Top salads with dill, add to dips or hard boiled eggs. Top salmon or fish with dill. Add to soups or top roasted vegetables with the herb. Can be used as a tea infusion.

**Benefits:** May help ease stomach cramps. Shown to have antibacterial, antioxidant, and carminative effects. Can be used as a breath freshener.

# Cucumber and Tomato Salad

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**Serves: 8**

**Serving size: ½ cup**

**Prep time: 10 mins**

## Ingredients

- 2 medium cucumbers, chopped
- 2 medium roma tomatoes, chopped
- ¼ cup low-fat mayonnaise
- ¼ cup low-fat sour cream or plain Greek yogurt
- 5-6 tablespoons fresh dill weed (or 2 tablespoons dried dill)

## Directions

- Combine cucumbers and tomatoes in a bowl.
- Stir mayonnaise, sour cream, and dill weed together.
- Stir sauce into vegetables.

Note: Try adding 2 cups thinly sliced radishes.

Recipe adapted from: [www.FoodHero.org](http://www.FoodHero.org)



# Eggplant

**Taste/texture:** Skin can sometimes be bitter, but the inside flesh is mild. The spongy texture becomes soft when cooked.

**How to store it:** Best used right away. Does not like cold. Will keep in a cool, dark, dry, well-ventilated place for 5-7 days.

**How to eat it:**

**Cooked:** Always eaten cooked. Bake, broil, grill, fry, roast, or sauté; use in ratatouille, spreads, soups, stews, and casseroles. Often used as a meat substitute.

**Benefits:** Good source of fiber. Source of antioxidants.

# Easy Eggplant Parmesan

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**Serves: 4**

**Prep time: 10-30 mins**

## Ingredients

- 1 eggplant, sliced into ½ inch rounds (if you like it firmer, slice thicker; if you like it softer, slice thinner)
- 1 ½ teaspoons sea salt
- 1 cup thick tomato sauce
- ½ cup grated parmesan cheese
- ½ cup shredded mozzarella
- ¼ cup bread crumbs
- Parsley, for garnish, if desired

## Directions

- Preheat oven to 425 degrees.
- If using a large eggplant, you may want to “sweat” the slices to remove some of the moisture and bitterness. Lay out the slices in a colander or on paper towels. Sprinkle with salt and let drain for 30 minutes or so. Pat dry and remove excess salt.
- Line a large baking sheet with parchment and place sliced eggplant on sheet.
- Bake for 15-20 minutes.
- Remove from oven. Top with sauce, cheeses, and breadcrumbs.
- Bake for another 5 minutes, just until cheese is melted.
- Sprinkle with parsley and enjoy one at a time, or make a stack of 2-3 slices.

Recipe adapted from: [www.knowyourproduce.com](http://www.knowyourproduce.com)



# Endive/Escarole/Radicchio

**Taste/texture:** Crisp with a nutty flavor and pleasantly mild bitterness (may be referred to as chicories or bitter greens).

**How to store it:** In refrigerator crisper drawer, loosely packed in plastic bag or container. Will keep for up to one week. Cut when ready to use.

## **How to eat it:**

**Raw:** Adds interesting flavor and texture to green salads. The leaves of endive (most often called Belgian endive) can be used as “scoops” for fillings such as dips, soft cheese, or guacamole.

**Cooked:** Sauté, steam, or braise. Can be quickly grilled with a drizzle of olive oil.

**Benefits:** High in fiber. Good source of vitamins A, C, and K, folate, calcium, iron, and potassium.



# Belgian Endive, Apple & Walnut Salad

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**Serves: 2-4**

**Prep time: 10 mins**

## Ingredients

- 2-3 heads of Belgian endive  
(or any combination of endives, escarole, and radicchio)
- 2 apples, sliced into thin wedges
- ½ cup chopped walnuts, toasted  
(omit or substitute pecans or seeds)
- 3 tablespoons olive oil
- zest and juice of half a lemon
- 1 teaspoon dried dill
- sea salt, to taste

## Directions

- Trim off base of endive and pull leaves from heads; cut into smaller pieces.
- Combine endive, apple slices, and walnuts in large bowl.
- In small bowl, combine remaining ingredients to make dressing.
- Add dressing to salad and toss to mix.

Recipe adapted from: [www.onegreenplanet.org](http://www.onegreenplanet.org)



# Fennel

**Taste/texture:** Fennel bulb has a sweet, perfumy, anise-like (licorice) flavor.

**How to store it:** Best used fresh. Cut off stalks where they meet the bulb. Will keep 4-5 days in refrigerator, wrapped in plastic. Store leaves and stalk separately.

**How to eat it:**

**Raw:** Eat the bulb raw with dip or in salads. Use as you might use celery. The leaves can be added to salads or as seasoning for other dishes.

**Cooked:** The bulb can be sautéed, grilled, baked, braised or steamed. Add to soups or stews. The stalks are tough, but can be used to flavor soups and stews and removed before eating.

**Benefits:** Good source of vitamin C, potassium, and fiber.

# Arugula, Fennel, and Orange Salad

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**Serves: 6**

**Prep time: 15 mins**

## Ingredients

- 1 tablespoon honey
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ½ teaspoon pepper
- ¼ cup olive oil
- 1 bunch arugula
- 2 oranges, peeled and segmented
- 1 bulb fennel, thinly sliced

## Directions

- Whisk together the honey, lemon juice, salt, and pepper; slowly add the olive oil while continuing to whisk.
- Place the arugula in the bottom of a salad bowl.
- Scatter the orange segments and fennel slices over the arugula
- Drizzle the dressing over the salad and serve.

Recipe adapted from: [www.allrecipes.com](http://www.allrecipes.com)



# Garlic

**Taste/texture:** Strong, pungent, and hot when raw. Becomes mellow and nutty when cooked.

**How to store it:** Do not refrigerate. Unpeeled garlic will keep in cool, dry place for 2-3 months.

**How to eat it:**

**Raw:** Peel outer skin, mince or press, and add to dressings, dips, spreads, and salads.

**Cooked:** Add to soups, sautés, stir-fries, pasta, and casseroles. Add to mashed potatoes, sauces, or dips. Roast and eat on its own or spread on toast.

**Benefits:** Source of manganese, vitamin B6, copper, selenium, and sulfur-containing compounds. Cooking diminishes nutritional benefits.

# Mushrooms and Garlic Sauté

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**Serves: 4**

**Prep time: 10 mins**

## Ingredients

- 2 tablespoons olive oil
- 12 oz. button mushrooms, thinly sliced
- 3 cloves garlic, chopped
- salt and pepper
- 4 green onions, finely chopped\*

\*Note: Instead of green onions, try adding thinly sliced onions with the mushrooms.

## Directions

- Heat oil in a large skillet on medium heat until hot, but not smoking. Add sliced mushrooms and garlic, and sauté for about 3 minutes, regularly stirring with spatula.
- Sprinkle the mushrooms with a little bit of salt, cover with the lid and continue cooking the mushrooms for another 2 minutes, occasionally stirring. Having the lid on will allow mushrooms to generate some moisture and not get burned.
- Remove the lid after mushrooms have released their moisture and sauté for another 5 or so minutes on medium-high heat, stirring.
- Season with salt and pepper, to taste. Sprinkle with chopped green onions. Good on burgers or as a side dish.

Recipe adapted from: [www.juliasalbum.com](http://www.juliasalbum.com)

# Garlic Scapes



**Taste/texture:** Mild garlic flavor and crunchy like asparagus.

**How to store it:** Pack loosely, unwashed, in plastic bag or wrap in cloth or paper towel. Store in refrigerator crisper drawer. Will keep 10-14 days.

**How to eat it:**

Trim off the stringy tip and any discolored or woody parts.

**Raw:** Add to salads. Use as you would scallions.

**Cooked:** Grill, roast, sauté, and add to soups, eggs, pasta, pizza, or any dish calling for garlic.

**Benefits:** Source of fiber, vitamins A and C, and antioxidants.

# Garlic Scape Omelet

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**Serves: 2**

**Prep time: 5 mins**

## Ingredients

- 2 tablespoons olive oil
- 1½ cups chopped garlic scapes
- ½ cup chopped scallions
- 4 large eggs
- Salt and pepper, to taste

## Directions

- In a 10-inch skillet, heat 1 teaspoon of the olive oil.
- Add garlic scapes and scallions.
- Cook covered, over medium-high heat, until tender, about 5 minutes.
- In medium bowl, beat eggs with salt and pepper.
- Add remaining oil to skillet.
- When oil is hot, shake skillet to spread greens evenly.
- Add eggs.
- Cover and cook over medium-low heat until top is set, about 2-3 minutes.
- Cut into wedges, and serve.

Recipe adapted from: [www.laterregarlic.com](http://www.laterregarlic.com)



# Green Beans

**Taste/texture:** Mild and grassy, fresh and crisp.

**How to store it:** Will keep in a paper or plastic bag in the refrigerator crisper drawer for 5-7 days. Also good for pickling or canning.

**How to eat it:**

**Raw:** Add to salads or eat with dip.

**Cooked:** Boil or steam for a few minutes until crisp-tender. Can also be used in stir-fries, sautéed, or added to casseroles.

**Benefits:** Source of vitamins A, C, and K, folate, potassium, and fiber.



# Southern Green Beans

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**Serves: 3-4**

**Prep time: 10 mins**

## Ingredients

- 1 lb. fresh green beans
- ¼ cup finely chopped onion
- ¼ cup chopped ham
- 1 tablespoon olive oil or butter
- Salt and black pepper to taste

## Directions

- Snap the ends off the green beans and rinse the beans in water.
- Place beans in a pan of boiling water over medium high heat. Cover and cook beans for 6 to 8 minutes. Drain off the water.
- Heat the oil in a large skillet. Add the onions and ham. Stir and cook for 2 to 3 minutes.
- Add the cooked green beans and ¼ cup water to the skillet. Stir and cook for 4 to 5 minutes.

Recipe adapted from: [www.FoodHero.org](http://www.FoodHero.org)



# Hot Chili Pepper

**Taste/texture:** Crisp and crunchy. Pungent, hot, and spicy. Heat varies in intensity from poblanos to jalapeños to serranos.

**How to store it:** Will keep for 7-10 days in a plastic bag in the refrigerator. Can be dried.

**How to eat it:**

Seeds and inner ribs are the hottest parts. Remove to reduce hotness. Do not touch your eyes when handling.

**Raw:** Sliced or chopped on salads, tacos, and sandwiches. Add to salsa or relish.

**Cooked:** Roast or grill. Stuff and bake. Add to chili, stews, Mexican dishes, curries, and sauces.

**Benefits:** Excellent source of vitamin C. Source of vitamin A and folate.

# Cilantro Lime Tuna Wrap

**Serves: 5**

**Prep time: 15 mins**

## Ingredients

- 3 tablespoons lime juice
- 2 tablespoons mayonnaise
- 2 cans (5 oz. each) tuna in water, drained
- $\frac{2}{3}$  cup cilantro, chopped and loosely packed
- 2 green onions or  $\frac{1}{2}$  teaspoon onion powder
- 1 cup red bell pepper\*, diced
- 1 jalapeño\*, minced (ribs and seeds removed)
- 5 medium flour tortillas
- 1 cup shredded lettuce

## Directions

- Mix lime juice and mayonnaise together in a small bowl.
- Add tuna, cilantro, onions, and peppers and mix until evenly coated.
- Divide tuna mixture between 5 tortillas. Spread to edges.
- Top with lettuce and fold or roll into a wrap.

\*Note: Substitute 1 cup diced celery for the bell pepper and  $\frac{1}{4}$  cup canned green chilis for the jalapeño.

Recipe adapted from: [www.FoodHero.org](http://www.FoodHero.org)



# Kale

**Taste/texture:** Mild flavor similar to brussels sprouts or spinach; has tougher leaves.

**How to store it:** Will keep 3-5 days in a plastic, perforated bag in the refrigerator crisper drawer. Wash thoroughly before eating and remove hard stems and center vein.

**How to eat it:**

**Raw:** Massage with olive oil and add to your favorite grain or bean salad.

**Cooked:** Steam or try sautéing with garlic, onions, and tomatoes; add vinegar or lemon/lime juice to make leaves easier to chew. Add to soups or stews.

**Benefits:** High in vitamins A, C, and K. Good source of calcium and potassium.

# Kale and Cranberry Stir-Fry

**Serves: 6**

**Serving size: 3/4 cup**

**Prep time: 15 mins**

## Ingredients

- 1 teaspoon canola oil
- ¼ cup onion
- ¼ cup dried cranberries
- 1 clove garlic or ½ teaspoon garlic powder
- 6 cups kale\* (leaf portion, no stems)
- Juice of ½ orange (about ¼ cup)

\*Note: Swap out kale for collards, Swiss chard, spinach, or other leafy green. To make it a meal, add chickpeas or pecans/walnuts.

## Directions

- Wash and chop onion and kale and set aside. Mince garlic if using fresh.
- Add oil and onion to large skillet. Sauté over medium high heat until onion is clear.
- Add cranberries and garlic. Stir and continue to sauté for 2 to 3 minutes.
- Add kale and pour/squeeze orange juice over kale. Continue to sauté for about 5 minutes until kale is wilting and hot.
- Serve immediately.

Recipe adapted from: [www.FoodHero.org](http://www.FoodHero.org)



# Kohlrabi

**Taste/texture:** Mild broccoli-cucumber flavor – the texture of broccoli stem. Bulb is firm, crisp and juicy.

**How to store it:** Wrap in plastic; store up to 2 weeks in refrigerator, longer if kept in root cellar.

**How to eat it:**

Remove leaves and stems to sauté or use in smoothies. Peel outer layer of bulb, if skin seems tough.

**Raw:** Cut bulb into slices or sticks for a snack to eat alone or with dip/hummus; shred for slaw.

**Cooked:** Dice and sauté or add to soups or stews. Roast with garlic, olive oil, salt and pepper at 450 degrees until tender.

**Benefits:** Good source of vitamin C and fiber.

# Kohlrabi Apple Salad

**Serves: 8**

**Serving size: about 1 cup**

**Prep time: 30 mins**

## Ingredients

- ½ cup nonfat plain yogurt
- 2 tablespoons lemon juice
- 1 tablespoon mustard (preferably coarse ground)
- 3 tablespoons finely chopped fresh parsley
- ½ teaspoon sugar
- 2 medium kohlrabi (2 pounds), bulbs peeled and cut into thin strips (discard stems)
- 1 Granny Smith or other tart apple, cored, peeled, and diced

## Directions

- Combine yogurt, lemon juice, mustard, parsley, and sugar in a large bowl.
- Add kohlrabi and apple and stir to combine.
- Serve immediately

Recipe adapted from: [www.epicurious.com](http://www.epicurious.com)



# Leeks

**Taste/texture:** Mild, delicate sweet onion flavor.

**How to store it:** Keep in a plastic bag in the refrigerator for 2 weeks.

**How to eat it:**

**Raw:** Discard the tough dark green leaves. Cut off just where the green begins to darken. Cut off roots and peel off outside layer of the white end. Rinse thoroughly to remove the dirt between the layers. Can be chopped and added to salads.

**Cooked:** Most often eaten cooked. Roast, grill, sauté, or steam. Add to soups, stir-fries, quiches, stews, and casseroles.

**Benefits:** Good source of vitamins A and C, and folate.



# Sautéed Leeks & Apples

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**Serves: 4**

**Serving size: 1 cup**

**Prep time: 10 mins**

## Ingredients

- 1 medium leek, chopped (about 3 cups)
- 2 teaspoons oil
- 2 medium apples, cored and chopped
- 1 tablespoon honey
- 1 teaspoon vinegar
- ¼ teaspoon salt and pepper

## Directions

- Sauté leeks in oil in a medium skillet over medium heat, stirring occasionally, until the leeks are soft (about 5 minutes).
- Add apples and continue cooking, stirring frequently, until apples begin to soften (about 3 minutes).
- Remove from heat. Add honey, vinegar, salt and pepper. Stir gently to combine all ingredients. Serve warm.
- Refrigerate leftovers within 2 hours.

Recipe adapted from: [www.FoodHero.org](http://www.FoodHero.org)



# Lettuce

**Taste/texture:** Fresh and mild flavor; crunchy, and crisp.

**How to store it:** Rinse well and dry. Store in plastic bag or container in refrigerator crisper drawer for 3-7 days, depending on variety.

**How to eat it:**

**Raw:** Rinse in cold water to crisp, then dry before serving. Use multiple varieties for salad mix. Add to sandwiches. Use large leaves as wraps.

**Cooked:** Lettuce is rarely cooked. Romaine is sometimes grilled, iceberg stir-fried, and a mixture cooked into soup.

**Benefits:** High in vitamins A, C, and K, and folate. Darker leaves have more nutrients than lighter leaves.

# Vinaigrette Salad Dressing

**Serves: 5**

**Prep time: 5 mins**

## Ingredients

- 6 tablespoons vegetable oil (olive, canola, etc.)
- 4 tablespoon vinegar (cider, balsamic, or red wine vinegar)
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon mustard (yellow, dijon, or brown)

## Directions

- Add all ingredients to jar with a lid. Secure lid and shake well before use.
- Serve on green salad or use to marinate vegetables, meat, poultry and fish.

## Variations - add to basic recipe:

### Sweet Vinaigrette:

- ¼ teaspoon sugar

### Italian Vinaigrette

- 1 teaspoon garlic powder (or fresh garlic, minced)
- 1 teaspoon Italian seasoning
- pinch red pepper flakes, crushed

### Honey Mustard Vinaigrette

- 1 teaspoon Dijon or spicy mustard
- 2 teaspoons honey

Recipe adapted from:

[www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)



# Onion

**Taste/texture:** Depending on the type, may be sweet, mild and slightly spicy.

**How to store it:** Store unwashed in a cool, dark, dry, well-ventilated place in an open bowl or bag for months. Store peeled or cut onions in a sealed container in the refrigerator.

**How to eat it:**

**Raw:** Slice or chop and add to burgers, sandwiches, tacos, quesadillas, or salads.

**Cooked:** Sauté, stir-fry, bake, grill, or roast. Chop and add to pasta sauce, omelets, soups, stews, or just about anything to add more flavor. Onions become sweeter the longer they cook.

**Benefits:** High in vitamin C. Source of fiber and antioxidants.

# Easy French Onion Soup

**Serves: 4**

**Prep time: 10 mins**

## Ingredients

- 2 tablespoons butter
- 4 large onions, thinly sliced
- 1 teaspoon ground black pepper
- ½ teaspoon garlic powder  
(or 1-2 cloves fresh garlic)
- 32 ounces beef broth
- 3 tablespoons Worcestershire sauce
- salt to taste
- grated cheese for topping

## Directions

- Heat dutch oven or stock pot over medium heat.
- Add butter and melt.
- Add sliced onions, pepper, and garlic powder and sauté 7-8 minutes until tender. (If using fresh garlic, add after 6-7 minutes and continue sautéing.)
- Add beef broth, Worcestershire sauce, and salt to taste.
- Bring to a simmer. Cover and simmer for at least 10 minutes.
- Keep warm until ready to serve.
- If desired, top with grated cheese before serving.

Recipe adapted from: [www.shewearsmanyhats.com](http://www.shewearsmanyhats.com)



# Parsley

**Taste/texture:** Refreshing flavor. Flat-leaved type has slightly stronger flavor than curly parsley.

**How to store it:** Wrap in damp paper towel and store in refrigerator drawer.

**How to eat it:**

**Raw:** Cut or tear when ready to use. Add to salads. Eat as a breath freshener.

**Cooked:** Add after a dish is cooked. Cooking will diminish the flavor and turn parsley brown.

**Benefits:** Source of vitamins C, A, and K, folate and iron.

# Tabbouleh

**Serves: 6**

**Prep time: 10 mins**

## Ingredients

- 1 cup bulgur wheat\*
- 1 ½ cups boiling water
- 1 teaspoon salt
- ½ cup chopped mint (optional)
- 1 cup fresh chopped parsley
- 2 large tomatoes, seeded and chopped (about 2 cups)
- 1 cucumber, seeded and chopped
- 1 bunch scallions, sliced (white and green parts)
- ¼ cup olive oil
- 2 tablespoons lemon juice
- ground black pepper, to taste

\*Note: Substitute cooked rice or quinoa.

## Directions

- Place the bulgur in a bowl, then pour over the boiling water. Stir in the salt and let the bowl sit, covered, for 1 hour, until the liquid has been absorbed.
- Add the chopped herbs, tomatoes, cucumber, scallions, oil, and lemon juice, and stir well.
- Season to taste with salt and pepper, then serve.

Recipe adapted from: [www.fifteenspatulas.com](http://www.fifteenspatulas.com)



# Parsnip

**Taste/texture:** Mix between carrots and potatoes

**How to store it:** Cut off greens and store in unsealed paper or plastic bag for 2- 3 weeks; longer if kept in root cellar. May become bitter with age.

**How to eat it:**

**Raw:** Scrub well. Shave them thin and add to salads.

**Cooked:** Dice and sauté or add to soups, casseroles, or stews. Roast with garlic, olive oil, salt and pepper at 450 degrees until tender. Bake and mash them.

**Benefits:** Good source of fiber and folate.



# Roasted Parsnips and Carrots

**Serves: 6**

**Serving size: ½ cup**

**Prep time: 5 mins**

## Ingredients

- ¾ pound parsnips, peeled
- ¾ pound carrots, peeled
- 1 tablespoon olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon garlic powder  
(or 1 clove fresh garlic)
- 1/8 teaspoon black pepper

## Directions

- Preheat oven to 400 degrees F.
- Cut the peeled parsnips and carrots into uniform pieces.
- Place cut parsnips and carrots into a large bowl. Add the oil and stir to coat.
- Add salt, garlic powder, and black pepper and stir until the vegetables are well coated with seasonings.
- Place vegetables in a single layer on large baking sheet being careful not to overcrowd the pan. (Lining the baking sheet with foil or baking parchment will help with clean-up.)
- Roast in preheated oven for 20-30 minutes, stirring the vegetables half way through the time. The carrots and parsnips should be caramelized to a medium brown and blistered.

Recipe adapted from: [www.FoodHero.org](http://www.FoodHero.org)



# Potato

**Taste/texture:** Earthy and starchy.

**How to store it:** In a well-ventilated container in a cool, dark, dry place (not the refrigerator). Will keep 1-3 months.

**How to eat it:**

Not to be eaten raw.

**Cooked:** Wash thoroughly. Cut out any green parts. Bake, roast, boil and mash. Slice or chop and use in casseroles, soups, stews. Shred for hash browns or pancakes. Sauté or fry. Can also be used in making bread.

**Benefits:** High in fiber and vitamin C, with the skin on. Good source of potassium.

# Baked Potato Wedges

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**Serves: 4**

**Serving size: 1 cup**

**Prep time: 10 mins**

## Ingredients

- 3 large baking potatoes
- 3 tablespoons vegetable oil
- 1 ½ teaspoons paprika
- 1 ½ teaspoons garlic powder
- 1 ½ teaspoons chili powder
- 1 ½ teaspoons onion powder
- Salt and pepper, to taste

Note: Try using different seasonings, such as dried oregano, basil, or thyme.

## Directions

- Preheat oven to 450 degrees.
- Scrub potatoes well, but do not peel.
- Cut each potato into 8 wedges, lengthwise.
- In large bowl, mix together potatoes, oil, paprika, garlic powder, chili powder, and onion powder, coating sides of potatoes.
- Place wedges on a baking sheet with space between wedges. (Covering baking sheet first with foil will help with clean-up.)
- Bake for 30 minutes or until browned and fork-tender.

Recipe adapted from: [www.FoodHero.org](http://www.FoodHero.org)



# Pumpkin

**Taste/texture:** Sweet and similar to a sweet potato flavor

**How to store it:** Store whole pumpkins in a cool dry place for 1-3 months. Refrigerate cut pumpkin in a covered container or plastic wrap for 2-4 days. Freeze cooked pumpkin in freezer bags for 10-12 months.

**How to eat it:**

**Cooked:** Cut in half, scoop out seeds (seeds may be roasted and eaten also). Cut into quarters and bake at 350 degrees for 45 minutes, or until soft enough that flesh can be scooped from the skin. Discard the skin and mash the flesh.

**Benefits:** Excellent source of vitamin A. Good source of vitamin C.

# Curried Pumpkin Soup

**Serves: 6**

**Serving size: 1 cup**

**Prep time: 15 mins**

## Ingredients

- ½ pound fresh mushrooms, sliced
- ½ cup chopped onion
- 2 tablespoons butter or olive oil
- 2 tablespoons all-purpose flour
- 1 teaspoon curry powder
- 3 cups vegetable broth
- 2 cups cooked, pureed/mashed pumpkin\* (or 1 15-ounce can solid-pack pumpkin)
- 1 12-ounce can evaporated milk
- 1 tablespoon honey
- ¼ teaspoon nutmeg
- salt and pepper to taste

\*Note: Substitute butternut squash.

## Directions

- In a large saucepan, sauté the mushrooms and onion in butter until tender.
- Stir in the flour and curry powder until blended.
- Gradually add the broth.
- Bring to a boil; cook and stir for 2 minutes or until thickened.
- Add the pumpkin, milk, honey, salt, pepper, and nutmeg; heat through.

Recipe adapted from: [www.FoodHero.org](http://www.FoodHero.org)



# Radish

**Taste/texture:** Crisp, crunchy, and spicy. Cooking brings out some sweetness.

**How to store it:** Wrap leaves and roots separately in plastic; store up to 1 week in refrigerator.

**How to eat it:**

**Raw:** Add radish greens to salads. Eat the root with hummus/dip or add to salads. Try sliced with cream cheese on a bagel or add a fresh crunch to sandwiches.

**Cooked:** Sauté, steam, or stir-fry radish root and radish greens.

**Benefits:** Excellent source of vitamin C. Source of fiber, potassium, calcium, and iron.

# Pickled Radishes & Carrots

**Serves: 6**

**Prep time: 30 mins**

## Ingredients

- ½ pound red globe radishes  
(or daikon radishes)
- 1 carrot
- 1 tablespoon salt
- 1 cup water
- ¼ cup white vinegar
- 1 tablespoon sugar
- 1 teaspoon red pepper flakes  
(optional)

## Directions

- Wash and shred radishes\* and carrot.
- Put vegetables in a bowl and sprinkle with salt. Mix well and let stand for 30 minutes. Drain any liquid. Squeeze as dry as possible.
- In a small bowl, combine vinegar, sugar, and pepper flakes.
- Combine all ingredients in a clean quart-sized jar and refrigerate overnight or 6-8 hours.
- Eat like slaw.

\*Note: Peel before shredding if using daikon.

Recipe adapted from:

[www.extension.illinois.edu/veggies/radish.cfm](http://www.extension.illinois.edu/veggies/radish.cfm)



# Rhubarb

**Taste/texture:** Quite tart; most often used with some kind of sweetener. Stringy celery texture will break down when cooked. Deep red stalks are sweeter.

**How to store it:** Will keep for 3-7 days in a plastic bag in the refrigerator crisper drawer. Wash when ready to use.

**How to eat it:**

Eat only rhubarb stalks. *Do not eat the roots or leaves.* They contain a toxic substance.

**Cooked:** Chop and add to crisps, pies, and cakes. Use in jam or chutney.

**Benefits:** Source of fiber, magnesium, vitamins C and K, calcium, and manganese.



# Cinnamon Rhubarb Muffins

**Serves: 12**

**Prep time: 15 mins**

## Ingredients

- 2 cups all-purpose flour
- $\frac{3}{4}$  cup sugar
- 2  $\frac{1}{2}$  teaspoons baking powder
- 1 teaspoon cinnamon
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon salt
- 1 cup sour cream
- 8 tablespoons butter, melted and cooled slightly
- 2 eggs, large
- 1 teaspoon vanilla extract
- 1  $\frac{1}{2}$  cups rhubarb,  $\frac{1}{4}$  inch diced
- 3 tablespoons sugar, for topping
- $\frac{1}{2}$  teaspoon cinnamon, for topping

## Directions

- Preheat oven to 400F. Line a 12-cup muffin tin with baking cups.
- In a large mixing bowl, combine flour, sugar, baking powder, cinnamon, soda, and salt. Whisk to blend.
- In a medium bowl, whisk together the sour cream, melted butter, eggs, and vanilla until smooth.
- Mix the sour cream mixture into the dry ingredients with a spatula until the batter just comes together. Do not overmix.
- Gently stir in the diced rhubarb. The batter will be thick.
- Divide the batter among the 12 muffin cups. The batter should mound a bit higher than the tops of the cups.
- For the topping, combine sugar and cinnamon and sprinkle  $\frac{1}{2}$  teaspoon of mixture on top of each muffin.
- Bake until golden brown for 18-22 minutes or until a toothpick in the middle comes out clean.
- Cool muffins in pan on cooling rack 5-10 minutes.
- Carefully remove from pan and serve warm.

Recipe adapted from: [www.epicurious.com](http://www.epicurious.com)



# Rutabaga

**Taste/texture:** Milder than turnips, slightly spicy, but slightly sweet when cooked.

**How to store it:** Will keep in a plastic bag in the refrigerator crisper drawer for 3-4 weeks, longer in a root cellar.

**How to eat it:**

**Raw:** Scrub well. Eat with or without peel. Slice, and add to salads or eat with dips.

**Cooked:** Can be steamed or boiled, then mashed; also baked, sautéed, or stir-fried.

**Benefits:** High in vitamin C.

# Mashed Potatoes with Rutabaga

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**Serves: 4**

**Serving size: 2/3 cup**

**Prep time: 10 mins**

## Ingredients

- 1 large rutabaga, peeled and cubed
- 2 russet potatoes, peeled and cubed
- 2 to 3 tablespoons butter
- Salt and pepper to taste
- Cream or milk (optional)

## Directions

- Put rutabagas in a pot with some boiling water or broth and simmer for 15 minutes.
- Add the potatoes, and simmer for 20 minutes.
- Both vegetables should be fork-tender.
- Drain, and add salt and pepper, to taste, then the butter, and mash.
- Add a little milk or cream, if desired.

Recipe adapted from: [www.thekitchn.com](http://www.thekitchn.com)



# Scallions

**Taste/texture:** Milder than onions; crisp, grassy, with a sweet, but pungent bite.

**How to store it:** Store unwashed in a plastic bag in the refrigerator crisper drawer for 5-7 days.

**How to eat it:**

**Raw:** Use greens and white base in salads, salsas, dips, and on tacos.

**Cooked:** Chop and add to soups, pancakes, omelets, quiches, stir-fries, pasta, and pizza. Drizzle with olive oil and roast at 450 degrees or grill.

**Benefits:** High in vitamins C and K.

# Ramen Cabbage Salad

**Serves: 8**

**Serving size: 1 cup**

**Prep time: 15 mins**

## Ingredients

- 5 cups shredded cabbage
- 2 cups chopped broccoli
- 1 cup shredded carrot
- ½ cup chopped scallions (green onions)
- 1 package chicken flavored ramen noodles, crushed (discard the seasoning packet)
- 3 tablespoons apple cider vinegar
- 1 tablespoon sugar
- 2 tablespoons oil
- salt and pepper, to taste

## Directions

- In a large bowl, combine cabbage, broccoli, carrot, green onions, and uncooked ramen noodles.
- For the dressing, combine vinegar, sugar, oil, salt, and pepper in a small bowl. Stir well.
- Pour dressing over salad. Toss to coat. Refrigerate until served.

Note: For extra flavor, add nuts or sesame seeds. To make entree salad, add chicken, tuna, tofu, or other source of protein.

Recipe adapted from: [www.FoodHero.org](http://www.FoodHero.org)



# Spaghetti Squash

**Taste/texture:** Very mild nutty flavor with flesh that splits into strands resembling thin spaghetti.

**How to store it:**

Will keep for 3-6 months in a cool, dry location.

**How to eat it:**

**Cooked:** Cut in half, remove seeds, brush with oil, and season with salt and pepper. Place cut side down in baking pan lined with foil or parchment paper, and roast at 400 degrees for 45 minutes or until tender. Cool slightly, flip over, and use a fork to scrape out the stringy, spaghetti-like flesh and use as a substitute for pasta. Can also be steamed, baked, or boiled.

**Benefits:** Source of vitamins C and B6, manganese, and fiber. Lower in carbohydrates and calories than pasta.

# Baked Spaghetti Squash & Meatballs

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**Serves: 2**

**Prep time: 10 mins**

## Ingredients

- 1 large spaghetti squash
- Olive oil
- 4-6 prepared meatballs, meat or vegetarian (or omit for side dish)
- Spaghetti sauce
- ½ cup mozzarella cheese
- ½ cup parmesan cheese
- 1 handful fresh basil, torn into pieces

## Directions

- Preheat oven to 375 degrees.
- Cut squash in half lengthwise and scoop out seeds. Brush or drizzle with olive oil.
- Place on a baking sheet, cut side down, and bake for 30-40 minutes.
- Cool slightly. Turn oven up to 400 degrees.
- Using a fork, scrape squash strands up from the rind and fluff to make “spaghetti”.
- Place meatballs in squash. Pour sauce over meatballs. Sprinkle cheeses over sauce.
- Bake stuffed squash halves on baking sheet until cheese is melted and bubbling.
- Top with fresh basil and serve right out of the squash!

Recipe adapted from: [www.yummymummykitchen.com](http://www.yummymummykitchen.com)



# Spicy Greens

**Taste/texture:** Peppery, mustard greens with a zing similar to flavor of radishes.

**How to store it:** Wrap in damp paper towel and store loosely in plastic bag in refrigerator drawer for 5-7 days.

**How to eat it:**

**Raw:** Add to salads. Larger leaves may need to have the stem removed.

**Cooked:** Stir-fry, sauté, or steam quickly to retain nutrients. Stems should be added first as they will take longer to cook. Can also be added to soups.

**Benefits:** Excellent source of vitamins A, C, and K, folate, and manganese.



# Simple Sautéed Mustard Greens

**Serves: 6**

**Prep time: 5 mins**

## Ingredients

- 2 tablespoons vegetable oil
- ½ cup thinly sliced onions
- 2 cloves garlic, minced
- 2 bunches mustard greens, chopped (remove tough stems)
- Salt and pepper, to taste
- ¼ cup chicken or vegetable stock
- 1 tablespoon stone-ground or other type mustard (optional)

## Directions

- In a large pan with straight sides on medium heat, add the oil.
- Sauté onions in hot oil until the onions begin to brown and caramelize, about 5 to 10 minutes.
- Add the garlic and sauté until garlic is softened and fragrant, about 1 minute.
- Add the mustard greens. Season the greens with salt and pepper, and sauté while tossing to wilt. Once wilted, add the stock and stir. Raise heat and bring to a simmer, then lower and cook for about 5 minutes more.
- Stir in the ground mustard, if desired.
- Serve warm.

Recipe adapted from: [www.foodnetwork.com](http://www.foodnetwork.com)



# Spinach

**Taste/texture:** Earthy and sweet.

**How to store it:** Keeps in refrigerator loosely wrapped in a plastic bag for up to 5 days. Do not store wet.

**How to eat it:**

**Raw:** Rinse thoroughly. Use in salads or sandwiches.

**Cooked:** Volume reduces greatly when cooked. Stir-fry or steam. Add to soups, quiche, pasta, quesadillas, or lasagna.

**Benefits:** Excellent source of fiber. High in vitamins A, C, and K, iron, and folate. Source of potassium and magnesium. Nutrients absorbed differ when eating raw vs. cooked spinach.

# Spinach Black Bean Salad

**Serves: 4-6**

**Prep time: 15 mins**

## Ingredients

- 2 tablespoons vinegar
- 1 tablespoon vegetable oil
- 1 tablespoon mustard
- 1 teaspoon garlic powder
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- ⅛ teaspoon nutmeg (optional)
- 2 cups fresh spinach
- 1 ½ cups black beans (unsalted)
- 2 tomatoes, chopped (or 1 can diced tomatoes, drained)
- 1 small red onion, chopped

## Directions

- In a large bowl, combine vinegar, oil, mustard, garlic powder, oregano, basil, and nutmeg.
- Wash, drain, and chop spinach.
- Add spinach, black beans, tomatoes, and onions to vinegar and oil.
- Toss well and serve.

## Notes:

- Top salad with other vegetables such as mushrooms, peppers, cucumbers, zucchini, yellow squash, red onions, etc.
- Replace beans with cooked chicken, egg, or tuna as an alternate source of protein.
- Add ¼ cup cheddar, Swiss, or smoked Gouda cheese for additional nutrients.

Recipe adapted from: [www.mainesnap-ed.org](http://www.mainesnap-ed.org)



# Sweet Potato

**Taste/texture:** Sweet, nutty flavor. Creamy when cooked.

**How to store it:** Store in a cool, dark, dry place, for up to 3-5 weeks, not in the refrigerator. Avoid humid areas.

**How to eat it:**

**Raw:** Scrub well before using. Grate or shred matchstick size and add to salads or smoothies.

**Cooked:** Pierce the skin and bake at 425° in the oven. Microwave for 8-10 min. or until tender turning once halfway. Try cutting potato into wedges, toss with olive oil and herbs, and roast at 350 degrees for about 45 minutes until tender.

**Benefits:** High in vitamins A and C. Good source of potassium and fiber.

# Savory Sweet Potatoes

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**Serves:** 5

**Prep time:** 10 mins

## Ingredients

- 2 medium sweet potatoes, peeled and diced (3 1/2 cups)
- 1 tablespoon oil
- 1 teaspoon salt
- 2 teaspoons Italian seasoning\*
- 1/2 teaspoon sugar
- 1/4 teaspoon pepper

\*Note: Make your own Italian seasoning. Use 1 teaspoon dried oregano, 1 teaspoon dried basil, and 1/2 teaspoon garlic powder.

## Directions

- Preheat oven to 400°. Line a baking sheet with foil.
- Mix the sweet potato cubes with the oil, salt, sugar, Italian seasoning, and pepper so that each piece is coated.
- Arrange cubes in a single layer on the baking sheet.
- Bake for 10 minutes, stir or turn cubes, bake an additional 10 minutes or until tender and golden brown.

Recipe adapted from: [www.FoodHero.org](http://www.FoodHero.org)



# Swiss Chard

**Taste/texture:** Sweet and earthy with slightly acid flavor. Leaves and stems are edible.

**How to store it:** Store unwashed in a plastic bag or damp towel in refrigerator crisper drawer. Keeps for 3-4 days. Wash before using.

**How to eat it:**

**Raw:** Small, baby chard leaves can be eaten raw in salads.

**Cooked:** Best when quickly sautéed, steamed, or stir-fried. Ready when tender and wilted. Can be a substitute in recipes calling for spinach.

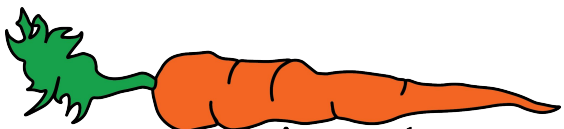
**Benefits:** High in vitamins A, D, and K. Good source of magnesium.

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# Orange Braised Rainbow Chard

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**Serves: 2**

**Prep time: 5 mins**

## Ingredients

- 2 tablespoons olive oil
- ½ yellow onion, thinly sliced
- ¼ teaspoon salt
- ¼ teaspoon pepper
- pinch of red pepper flakes
- 1 bunch rainbow chard, washed, dried and chopped
- juice from ½ an orange

## Directions

- Heat a large sauté pan over medium heat.
- Add the olive oil, onion, salt, pepper, and red pepper flakes.
- Slowly caramelize the onions, about 10-15 minutes stirring occasionally.
- When the onions are golden brown and caramelized, add the rainbow chard.
- Toss with the onions. Cook until the chard just begins to soften, about 2-4 minutes.
- Add the juice from the orange.
- Toss and cook another 2 minutes.
- Add salt and pepper, to taste.
- Serve warm.

Recipe from: [www.tasteslovely.com](http://www.tasteslovely.com)



# Tomato

**Taste/texture:** Flavor ranges from sweet to tart to acidic. Best vine-ripened flavor from local farms.

**How to store it:** Store at room temperature. Tender tomatoes are easily bruised - remove only very damaged spots (small soft spots are still edible!) Check out UMaine Cooperative Extension's guide called, "Let's Preserve Tomatoes!" for details about freezing and canning.

**How to eat it:**

**Raw:** Bite into like an apple! Slice and add to a sandwich. Chop and add to salads, salsa, tacos, or chili. Combine with rice, chickpeas, cucumber, and vinaigrette for an easy meal.

**Cooked:** Roast in the oven, add to quiche, omelets, or cook down into a sauce for pasta.

**Benefits:** High in vitamins A and C. Source of potassium and antioxidants.



# Fresh Tomato Salsa (Pico de Gallo)

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**Serves: 4-8**

**Prep time: 15 mins**

## Ingredients

- 2-3 medium-sized fresh tomatoes (1 to 1 ½ lb.)
- ½ red or white onion
- 1 jalapeño chile (stem, ribs, seeds removed) OR ½ green pepper
- Juice of one lime
- 1 small clove garlic, minced
- ¼ - ½ cup cilantro, chopped
- Salt and pepper, to taste
- Pinch of dried oregano (crumble in your fingers before adding)
- Pinch of ground cumin

## Directions

- Quarter and seed tomatoes. Cut tomatoes into ¼-inch dice and transfer to a bowl.
- Seed and finely chop chiles.
- Finely chop enough onion to measure ¼ cup.
- Stir chiles, onion, cilantro, and garlic into tomatoes with lime juice. Add salt and pepper, to taste.
- Salsa may be made an hour ahead and kept at cool room temperature.
- Serve with chips, tortillas, burritos, quesadillas, or pinto or black beans.
- Makes 2-3 cups of salsa.



# Turnip

**Taste/texture:** Young, tender turnips are sweet and can be eaten raw, while older turnips taste bitter and need to be cooked.

**How to store it:** Wrap leaves and roots separately in a plastic bag. Use leaves within a few days. Roots will keep 3-4 weeks in the refrigerator; longer in root cellar.

**How to eat it:**

**Raw:** Slice young turnips and add to salads or shred and add to slaw.

**Cooked:** Sauté turnip greens or use in place of spinach or chard. Peel, chop, and boil the roots and mash like potatoes or bake like a potato. Chop or shred and add to casserole or soups.

**Benefits:** Excellent source of vitamin C. Source of calcium.

# Sesame Turnips and Carrots

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**Serves: 3-4**

**Prep time: 15 mins**

## Ingredients

- 2 medium turnips
- 2 medium carrots
- 4 cloves garlic, minced,  
or 1 teaspoon garlic powder
- 1 tablespoon oil
- 2 tablespoons sesame seeds
- 2 tablespoons honey or brown  
sugar

## Directions

- Wash, peel (if desired), and cut turnips and carrots into ¼ inch cubes.
- Combine all ingredients in a skillet. Cook over medium-high heat, stirring often, until vegetables begin to brown (caramelize).
- Serve while hot.

Recipe adapted from: [www.FoodHero.org](http://www.FoodHero.org)



# Winter Squash

**Taste/texture:** Mild buttery, sweet, often nutty flavor. Varieties include acorn, butternut, delicata, dumpling, kabocha, pumpkin, and spaghetti.

**How to store it:** Whole squash will keep for 1 to 3 months in a cool, dry, dark, well-ventilated place (not in the refrigerator).

## **How to eat it:**

**Cooked:** Peel squash, remove seeds, cut into cubes, and steam, sauté, bake, boil, or roast as called for in recipe. Alternatively, cut squash in half lengthwise, remove seeds, and bake halves on baking sheet. After cooking, remove flesh from skins to use.

**Benefits:** Good source of vitamins A and C, and potassium.

# Stuffed Squash

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**Serves: 4**

**Serving size: 2/3 cup**

**Prep time: 15 mins**

## Ingredients

- ½ cup onion, chopped
- 1 garlic clove, crushed
- ½ teaspoon sage
- ½ teaspoon thyme
- ½ cup celery, diced
- 3 tablespoons oil
- 1 cup whole wheat bread crumbs
- ½ cup cheese, shredded
- 1 medium winter squash, any type, halved lengthwise and seeds removed

## Directions

- Cook onions, garlic, sage, thyme, and celery in oil. Cook over low heat until onions are soft.
- Add bread crumbs. Continue to cook over low heat for 5 - 10 minutes.
- Remove from heat and mix in the cheese
- Pack stuffing into the cleaned out squash.
- Bake, covered, at 350 degrees for 40-50 minutes.

Recipe from: [www.extension.umaine.edu](http://www.extension.umaine.edu)



# Zucchini

**Taste/texture:** Mild flavor that gets sweet when cooked; large zucchini may be bitter when raw.

**How to store it:** Store in the refrigerator in open or perforated plastic bags for up to a week.

**How to eat it:**

**Raw:** Rinse, but peeling is not necessary. Slice zucchini and serve with dips. Shred and add to salads or coleslaw.

**Cooked:** Steam, sauté, roast, stir-fry, or grill. Add coarsely grated zucchini to pasta sauce, soups, casseroles, enchiladas, quick breads, or muffins. Cut into long, skinny strips and substitute for pasta. Larger size squash can be halved, stuffed, and baked.

**Benefits:** High in vitamins A and C.

# Baked Zucchini Sticks

**Serves: 8**

**Serving size: 1 cup**

**Prep time: 20 mins**

## Ingredients

- 4 medium zucchini
- 2 eggs
- 1/2 cup water
- 1/4 cup finely grated parmesan cheese
- 1 1/2 cups bread crumbs
- 1 tablespoon dry Italian herbs

## Directions

- Cut zucchini into long sticks, about 3 inches long.
- Microwave zucchini for about 3 minutes. Pat zucchini sticks dry with a paper towel.
- Mix eggs and water together in a small bowl.
- Mix cheese, bread crumbs, and herbs together in another small bowl.
- Dip zucchini sticks first into the egg mixture and then into the bread crumb mixture.
- Arrange zucchini in rows on a metal baking sheet that has been sprayed with cooking spray.
- Broil zucchini sticks for about 12 to 15 minutes, turning once while cooking.

Recipe adapted from: [www.FoodHero.org](http://www.FoodHero.org)