



*Cooking With Crazy Daisy*

*Recipes from the 2008 CSA Season*

## *About Crazy Daisy*

Crazy Daisy is a community supported agriculture farm in Corcoran, MN. The farm is a family owned operation, run with love, gratitude, and a diligent eye on maintaining standards set by family through the generations.

The philosophy of Crazy Daisy is to take care of the land and it will take care of you. This type of farming is really not new, but is now returning to the forefront as we see more evidence of people caring about what they eat, using their natural resources, reducing the carbon footprint, and appreciating the bounty that well cared for land will bring to them.

Each year, Crazy Daisy offers half and whole farm shares. Yes, you take a chance on nature and what it will bring. Sometimes it is kinder than others, but the crops that come from the soil at Crazy Daisy will never disappoint you. The quality is way above what you will ever find in any store as it is given to you fresh-picked that day. They are always crops at the height of their season, grown in a natural environment and tended for with love and experience.

These offerings come from Crazy Daisy, their members, and resources that also appreciate wonderful food. If the recipes are offered from other resources, credit is given to them as is only appropriate. If you share, please remember to do the same.

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*Shipping is a terrible thing to do to vegetables. They probably get jet-lagged, just like people.*

*~Elizabeth Berry*

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*Appetizers  
or  
Little Plates*

Food is our common ground, a universal experience.  
James Beard

### *About the Tomatillo*

Those tiny globes that look like Japanese lanterns are one example of what you see isn't what you are going to get. They are not a green tomato and have a flavor and personality that is entirely to themselves - a deep earthy citrus taste that just is difficult to describe. Like its partner in this recipe, it is a fruit. It has seeds like the avocado and is considered a member of the fruit family.

Storage is not a problem with fresh tomatillos. They stay well in refrigerator for 2 -3 weeks in a paper bag. You can also freeze fresh tomatillos for several months. Just peel, rinse, and pop in storage bags or containers.

## **Charred Tomatillo Guacamole**

This Guacamole recipe is a great way to showcase the classic Mexican favorite, the tomatillo.

1-1/4 lbs.	fresh tomatillos, husked and rinsed
1 small	red onion, finely chopped
1 - 3	Serrano peppers, seeded and chopped*
1 cup	cilantro, finely chopped
1 Tablespoon	salt
1/2 teaspoon	pepper
1 lb.	avocados, approximately 3 - 4 large
Fresh lemon or lime wedges for serving	



Set oven to Broil - Full setting if available. Broil the tomatillos until the tops are charred. Gently turn with tongs and broil until the other side is charred. Combine the onions, chilies, cilantro, salt and pepper in a large bowl. Mash in the roasted tomatillos and then the avocados. Serve with lemon or lime wedges, your favorite chips, tortillas, or as an accompaniment to grilled poultry, pork, or fish.

\* - Use care when handling fresh chili peppers. Wear gloves and wash your hands carefully before proceeding with the recipe. The oils from the chili can irritate skin and eyes.

## Fresh Tomatillo Salsa

This recipe comes from farm members Maria and Chuck and their family. Thanks guys!

6	fresh tomatillos, medium size
1/4 cup	onion, minced
1	garlic clove
1/2	cucumber, large size, peeled
1	Jalapeno pepper, seeded for mild or leave seeds in for a spicier salsa
1/2 teaspoon	pepper
1 lb.	avocados, approximately 3 - 4 large
Cilantro to taste	
Fresh lime juice and honey	
Salt to taste	

Husk and wash tomatillos. Chop the first 5 ingredients together in a food processor. Stir in remaining ingredients to taste.

So simple - next step - enjoy it as a topping on grilled foods or with chips.

## Cucumber and Tomatillo Salsa

This is a killer salsa and a personal favorite. Super simple to make and wonderfully delicious and best of all, every ingredient is available locally grown and will probably be in your Crazy Daisy basket sometime this season.

- |         |   |
|---------|---|
| 6.      | tomatillos, medium size and firm ripe                                     |
| 1/4 cup | red onion   |
| 1       | garlic clove  |
| 1 cup   | cilantro, finely chopped  |
| 1//2    | cucumber, large   |
| 1       | Jalapeno pepper, seeded for mild heat or leave seeded for a spicier taste |

Cilantro to taste

Salt and fresh ground pepper to taste

Fresh lime juice and honey (optional and to taste)

Wash and husk the tomatillos. Chop first 5 ingredients in a food processor, stir in remaining ingredients.



## Cucumber Feta Salsa with Pita Crisps

Baked pita crisps are a great healthy and tasty alternative to packaged tortilla chips. Using whole wheat pitas ups the nutritional value considerably.

If you want to save some fat and calories, substituting a lower fat Feta will certainly not take away from the flavor. Even though you have the extra step of baking fresh pita chips, it is worth the time and something you can easily do while blending the rest of the ingredients.

Fresh, tasty and easy to make, a great summer side dish!

3.	8 inch pitas, split in half
	cooking spray
1/4 teaspoon	salt

Preheat oven to 350 degrees F.

Prepare pitas by cutting into 8 wedges. Arrange wedges in a single layer on a baking sheet coated with cooking spray (or lightly greased). Lightly coat pita wedges with cooking spray and sprinkle with salt. Bake for 10 minutes.

1 cup.	Feta cheese, crumbled
2 Tablespoons	fresh lemon juice
1/4 teaspoon	freshly ground black pepper
1-1/2 cups	cucumber, peeled, seeded and cubed
1 cup	red onion, finely chopped
3 Tablespoons	fresh mint, chopped
3 Tablespoons	fresh dill, chopped

Lemon slices and fresh parsley for garnish.

Combine Feta cheese, lemon juice, pepper and smash together with a fork. Stir in cucumber, onion, mint and dill. Serve with pita chips and garnish with parsley and lemon slices.

*Soups*  
*Salads*  
*Main Dishes*

“There is nothing like soup.  
It is by nature eccentric: no two are ever alike,  
unless of course you get your soup in a can.”

Laurie Colwin, ‘Home Cooking’ (1988)

## Carrot Jalapeno Soup

Four pepper elements make this soup a must-have for the spicy-minded.  
Adapted from the Painted Pony Restaurant.

Serves 4

2 slices	bacon, cut crosswise in 3/4 in pieces
1 cup	carrots, chopped (2 - 3 medium)
3/4 cup	onion, chopped (1/2 medium)
1	Jalapeno pepper, seeded and finely chopped
1-1/4 teaspoons	garlic, chopped (2 small cloves)
1/8 teaspoon	crushed red pepper flakes
3/4 cup	white wine
3 cups	low sodium chicken broth
1/3 cup	Sharp Cheddar cheese, grated
1/3 cup	Pepper Jack cheese, grated
1/8 cup	heavy cream
1/2 teaspoon	Kosher salt
1/4 teaspoon	black pepper



Cook bacon in a 5 quart heavy pot over moderately high heat until crisp. Add carrots, onion and celery and cook, stirring, until the onion is softened, about 10 minutes. Add jalapeno, garlic and red pepper flakes, cook, stirring, until garlic is golden, about 3 minutes,

Add wine to pot and boil, stirring and scraping, about 30 seconds. Add chicken broth and bring to a boil, then reduce heat and simmer until vegetables are very soft, about 20 minutes. Remove from heat and puree in batches in a blender until smooth (Be careful when blending hot liquids). Return soup to pot and bring to a boil over medium high heat, stirring occasionally. Stir in cheeses until smooth and remove from heat, then stir in cream, salt, and pepper.

## Sausage and Kale Soup

From Tara Schmakel

Serves about 4-6

1 16 oz package	Kielbasa, cut into slices
1 large	sweet onion, finely chopped
1	red bell pepper, diced
4 - 6 cloves	garlic, finely chopped
1 - 2 lbs.	kale, coarsely chopped
2	bay leaves
1 15 - 16 oz. can	Chick Peas (Garbanzo Beans)
1 cup	corn
1 15 - 16 oz. can	tomatoes
1 teaspoon	white pepper
2 quarts	chicken stock

Jasmine Rice

Parmesan cheese, freshly grated

Parsley, fresh and finely chopped

Cholula or other hot sauce to taste



In a soup pot, sauté the sausage in 2-3 tablespoons of olive oil, until it starts to get brown. Then add onion, red pepper, and garlic until tender. Add the kale. Cover the pot to wilt for about 2- 3 minutes. Season with salt and pepper, add chick peas, tomatoes, corn, bay leaves and stock and bring to a boil. Reduce to medium heat and simmer for 10 minutes. Add hot sauce to taste and water if needed. Remove bay leaves.

Serve over jasmine rice and garnish with fresh parmesan cheese and finely chopped fresh parsley.

## Southwestern Corn and Potato Soup

Serves 6

Total time 35 minutes

Enriched with coarsely mashed potatoes, this lively soup makes for an easy supper. Serve the accompaniments in separate bowls for an interactive touch.

3 Tablespoons	olive oil
1/2 teaspoon	salt
1/4 teaspoon	pepper
3-1/4 cups	chicken broth, low sodium
1 cup	water
3 Tablespoons	fresh lime juice
1 10 oz. package	frozen corn
1	large onion, chopped
1	Jalapeno pepper, seeded and finely chopped
1-1/2 lbs.	Yukon Gold potatoes
1/4 cup	fresh parsley, finely chopped

Accompaniments: 1/2 inch cubes of avocado; chopped fresh parsley; tortilla chips; lime wedges

Heat the oil in a 5 to 6 quart heavy pot over moderate heat until hot but not smoking, then cook onion, Jalapeno, salt, and pepper, stirring occasionally, until onion is pale golden, about 8 minutes. Meanwhile, peel potatoes and cut into 1 inch pieces.

Add broth, water, and potatoes to onion mixture and cover pot, then bring to a boil over high heat. Reduce heat and simmer, uncovered, stirring occasionally, until potatoes are very tender, 12 to 14 minutes.

Coarsely mash the potatoes in pot with a potato masher. Stir in corn and simmer uncovered, 3 min. Stir in lime juice, parsley and salt to taste.

## Butternut Squash Soup

Recipe Source - Cooking at Home with America's Test Kitchen.

Serves 4 to 6

In less than one hour and with only one pot, this squash soup will give you 'nothing less than autumn in a bowl'! This recipe does require a Dutch oven or large stock pot with a steaming basket and a blender.



Lightly toasted pumpkin seeds, a drizzle of aged balsamic vinegar, or a sprinkle of paprika make an appealing accompaniments to this soup.

4 Tablespoons (1/2 stick)	unsalted butter
1 large	shallot, finely chopped
3 lbs.	Butternut squash (about 1 large squash), cut in half length-wise then in half again width-wise, seeds and fibers scraped out and reserved
4 - 6 cloves	garlic, finely chopped
6 cups	water
1/2 cup	heavy cream
pinch	grated nutmeg
salt to taste	

Melt the butter in a large, heavy-bottomed stock pot or Dutch oven over medium-low heat until foaming. Add the shallot and cook; stirring frequently, until translucent, about 3 minutes. Add the seeds and fibers from the squash and cook, stirring occasionally, until the butter turns a saffron color, about 4 minutes.

Add the water and 1 teaspoon salt to the pot and bring to a boil over high heat. Reduce the heat to medium-low. Place the squash cut-side down in a steamer basket and lower the basket into the pot. Cover and steam until the squash is completely tender, about 30 minutes. Take the pot off the heat and use tongs to transfer the squash to a rimmed baking sheet. When cool enough to handle, use a large spoon to scrape the flesh from the skin. Reserve the squash flesh in a bowl and discard the skin.

## Butternut Squash Soup (continued)

Strain the liquid in the stock pot or Dutch oven through a mesh strainer into a second bowl; discard the solids in the strainer. (You should have 2 1/2 to 3 cups liquid) Rinse and dry the pot.

Puree the squash in batches in a blender, pulsing on low speed and adding enough of the liquid to obtain a smooth consistency. Transfer the puree to the clean pot and stir in the remaining liquid, the cream, and brown sugar. Warm the soup over medium.-low heat until hot, about 3 minutes. Stir in the nutmeg and adjust the seasonings, adding salt to taste. Serve immediately. The soup can be refrigerated in an airtight container for several days. To reheat, warm over low heat until hot, but do not boil

## Rustic Potato Leek Soup

Recipe Source: America's Test Kitchen

3 Tablespoons	butter
3 lbs.	leeks
1/2 Tablespoon	unbleached all-purpose flour
2-3/4 cup	low sodium chicken broth
1	bay leaf
3 medium	potatoes, peeled and cut in 3/4 inch dice
salt and ground black pepper to taste	

Cut off roots and tough dark green portions of the leeks, leaving the white portion and about 3 inches of light green. Rinse the leeks well to remove dirt. Slice in half lengthwise and chop into 1 inch sections (you should have about 5 cups).

Heat butter in a Dutch oven over medium-low heat until foaming. Stir in the leeks. Increase heat to medium, cover and cook, stirring occasionally, until leeks are tender but not mushy. Do not brown the leeks.

Sprinkle flour over the leeks and stir to coat evenly. Cook until the flour dissolves, about 2 minutes. Increase heat to high, whisking constantly, gradually add chicken broth. Add bay leaf and potatoes, cover and bring to a boil. Reduce heat to medium-low and simmer, covered, until potatoes are almost tender.

Remove the pot from heat and let stand until the potatoes are tender and the flavors meld. Discard the bay leaf. Season with salt and pepper to taste. Serve immediately

## Crunchy Cabbage Salad

From *Everyday Cooking* with Jacques Pépin

This quick recipe takes only 15 minutes to make and serves 6 to 8 people. The tangy-salty anchovy dressing would also be delicious on other crisp salad greens, such as escarole or chicory.

8	anchovy filets, minced
4 cloves	garlic, minced
2 Tablespoons	white wine vinegar
1/3 cup	vegetable oil
4- 1/2 cups	green cabbage, finely shredded (about 3/4 lb.)
4 -1/2 cups	red cabbage, finely shredded (about 3/4 lb.)
salt and fresh ground pepper to taste	

In a large bowl, mash the anchovies and garlic to a paste. Mash in the white wine vinegar, and then slowly blend in the vegetable oil. Fold in the green and red cabbages and season with salt and pepper. Serve at room temperature or slightly chilled.



## Creamy Buttermilk Coleslaw

Serves 8 to 10

Make this slaw up to 1 hour before serving.

1 medium head	green cabbage, cored and chopped fine
2 large	carrots, peeled and shredded on a box grater
2/3 cup	buttermilk
1/2 cup	mayonnaise
1/4 cup	sour cream
8	scallions, chopped fine
2 Tablespoons	sugar
1 teaspoon	Dijon mustard
1/4 teaspoon	pepper
salt to taste	

Toss shredded cabbage and carrots with 1 teaspoon salt in a colander set over a medium bowl. Let stand until wilted, about 1 hour. Rinse the cabbage and carrots under cold water, drain, dry well with paper towels and transfer to a large bowl.

Stir in remaining ingredients plus salt to taste. Refrigerate until chilled, about 15 minutes. Adjust seasonings and serve.

## Spicy Coleslaw

This quick and easy recipe comes from Now.... you're cooking!

6 cups	cabbage, shredded
1 small	onion, grated
1	carrot, peeled and grated
1 Tablespoon	parsley, minced
1/4 cup	vegetable oil
3 Tablespoons	cider vinegar
1/4 cup	salad dressing (Miracle Whip)
1 Tablespoon	sugar
1/4 teaspoon	dry mustard
1/2 teaspoon	celery seed
salt and fresh ground pepper to taste	

Toss cabbage, onion, carrot and parsley until well mixed. In a small bowl mix the oil, vinegar, salad dressing, sugar and seasonings. Stir to mix well.

Pour the dressing over the cabbage and toss gently to mix. Chill for at least two hours before serving.

## Cowboy Caviar Salad

Judy Ferril

Salad can easily be doubled, tripled and topping is based on personal taste and amount needed.

Mixed greens, such as early spring mix and fresh torn spinach

1/4 - 1/2 cup | carrots, shredded

Roma tomatoes, quartered or cherry tomatoes, halved

1/2 cup | Cowboy Caviar\*

Place the lettuce mix and spinach, shredded fresh garden carrots, and tomatoes in a salad bowl. Top with Cowboy Caviar to taste.

\* Cowboy Caviar is normally served as a dip with chips and is easily made from scratch. There are many possibilities for ingredients, but ones that are essential are black beans and black-eyed peas, with a pepper of some sort. I found a local brand of Cowboy Caviar from Cre8it Foods. It is tasty with the right amount of spice and is available in the refrigerator section or from the deli counter in most of our local stores. The Cre8it version is nice because it is fresh with minimal preservatives. As a bonus, here is a tasty Cowboy Caviar Nachos recipe...

## Cowboy Caviar Nachos

Tortilla chips - your preference. I used Food Should Taste Good Olive tortilla chips Spread them to cover a microwaveable plate almost to the edge.

4 -5 Tablespoons | Salsa Lisa salsa (your heat preference)

3 -4 Tablespoons | Cre8it Cowboy Caviar

1/8 - 1/4 cup | Sargento Monterey Jack cheese, shredded

1/8 - 1/4 cup | Sargento Sharp Cheddar cheese, shredded

Spread the salsa over the chips. Add the Cowboy Caviar. Top with the shredded cheeses. If there are additional toppings that you enjoy on your nachos, by all means go for it! As with all nachos, amounts are your preference. If you like more cheese and less salsa, then please make it your way.

Place in the microwave and cook on High for 1 minute. Rotate if you don't have a turntable and check how the cheese is melting. Cook on High for 1 minute. Again, check to see if the cheese has melted to your tastes. Our batch took about 2 1/2- minutes on High. They were full of fun flavor and we needed napkins...love that kind of food! I would have included a picture, but they were gone too fast :-).



## Chicken Enchiladas with Tomatillo Sauce

Monterey Jack can be used instead of cheddar, or for a mellower flavor and creamier texture, try Farmer's cheese. Be sure to cool the chicken before filling the tortillas, otherwise the hot filling will make the enchiladas soggy

For the sauce:

2 Teaspoons	vegetable oil
1 medium	onion, chopped (1 cup)
3 medium cloves	garlic, minced (1 Tablespoon)
3/4 lb.	tomatillos, husks removed, quartered (1-1/2 cups)
3 large	jalapenos, seeded and chopped (1/4 cup)
1 teaspoon	sugar
1/2 teaspoon	salt
1/3 cup	water

Heat the oil in medium saucepan over medium-high heat until hot and shimmering but not smoking. Add the onion and cook stirring occasionally until softened and beginning to brown about 5 minutes. Add the garlic, tomatillos, jalapenos, sugar and salt and cook stirring constantly, until fragrant, about 30 seconds. Add the water and bring to a simmer. Reduce the heat to medium-low and simmer uncovered until the tomatillos are softened, about 8 minutes.

Transfer the mixture to a blender and pureed until smooth, about 30 seconds; set aside.

For the chicken filling:

2 Teaspoons	vegetable oil
1 medium	onion, chopped (1 cup)
1 Tablespoon	ground cumin
12 ounces	boneless skinless chicken thighs or breasts, cut in 1/4 inch strips
1/2 cup	cilantro leaves, coarsely shredded (optional or to taste)
8 ounces	sharp cheddar cheese, shredded (about 2 cups)
1 package	corn tortillas, small

## Chicken Enchiladas with Tomatillo Sauce - continued

Heat the oil in the saucepan over medium-high heat until hot and shimmering but not smoking. Add the onion and cook, stirring occasionally until beginning to soften and brown, then reduce the heat to medium and continue to cook until browned. Add the cumin and cook, stirring constantly until fragrant, about 15 seconds. Add the chicken and cook, stirring frequently until the chicken is cooked through. Transfer the chicken mixture to a large plate and place in the freezer to cool, then combine with the cilantro and cheese in a medium bowl and set aside.

Preheat the oven to 300 degrees. Smear the entire bottom of a 9 x 13 baking dish with 3/4 cup of the sauce. Place corn tortillas in a single layer on two baking sheets. Spray both sides lightly with cooking spray. Bake until the tortillas are soft and pliable, about 4 minutes. Transfer the warm tortillas to a work surface. Increase the oven temperature to 400 degrees. Spread 1/3 cup of the filling down the center of each tortilla. Roll each tortilla tightly by hand and place seam-side down, side by side on the sauce in the baking dish.

Pour the remaining chili sauce over the top of the enchiladas. Use the back of a spoon to spread the sauce so it coats the top of each tortilla. Sprinkle 3/4 cup grated cheese down the center of the enchiladas.

Cover the baking dish with foil. Bake the enchiladas on the lower middle rack until heated through and the cheese is melted, 20-25 minutes. Uncover and serve immediately, passing the sour cream, avocado, lettuce, and lime wedges separately.

*Pasta  
and  
Grains*

Life is a combination of magic and pasta. ~ Fellini

## Pasta with Arugula Puree and Cherry-Tomato Sauce

Serves 4

In this easy and hugely satisfying pasta dish, arugula is transformed from peppery leaf into powerhouse pesto.

For arugula puree:

2 Tablespoons	pine nuts, lightly toasted and cooled
7 cups	Arugula, coarsely chopped
1/2 cups	Extra Virgin Olive Oil
1/2 oz.	Pecorino Romano cheese, finely grated
1 teaspoon	salt

Pulse pine nuts in a food processor until finely ground. Add arugula, oil, cheese and salt and pulse until almost smooth.

For cherry tomato sauce:

3 Tablespoons	Extra Virgin Olive Oil
2 cloves	garlic, crushed with the side of a large knife
1- 1/2 lbs.	cherry tomatoes (about 5 cups)
3/4 teaspoon	salt
1 lb.	Fettuccine, dried

Grated Pecorino Romano as an accompaniment

Heat oil in a 12 inch heavy skillet over moderate heat until hot but not smoking, then cook garlic, stirring, until golden, about 2 minutes. Discard garlic. Add tomatoes and salt and cook, stirring occasionally until tomatoes are collapsed but not falling apart, 15 to 20 min.

Prepare the pasta by cooking the Fettuccine in a 6-8 quart pot of boiling salted water until al dente. Drain pasta in a colander and return to pot. Add arugula puree and toss until well coated. Transfer to a platter or plates and top with tomato sauce.

## What's in the Fridge Pasta

Judy Ferril



When all else fails and you can't think of thing to make for dinner, cook some pasta - curly, penne, shells, elbows and add whatever kind of veggies are in the crisper. Diced tomatoes, green onions, peppers of any color, celery, carrots, diced zucchini or summer squash, radishes, - you are getting the idea.

Combine some mayo (low fat is fine) and a good oil and vinegar based Italian style dressing. Toss really well with the pasta and veggies. Add some diced green and/or black olives and cubed ham or chicken or salami or drained canned tuna or salmon.

Adjust the dressings for the creaminess level you want and season with salt and pepper to taste. Chill for at least an hour or two.

Voila - dinner is ready to go. Serve with some bread or crust rolls. Easy, good for you and you got to use up the leftovers.

This also makes an excellent picnic or BBQ dish as a side without the meat included.

## Linguini with Zucchini and Mint

Serves 4

Lightly frying the zucchini for this dish is the only step that takes a bit of time. The result is wonderful; the thin slices, accented with garlic, mint and lemon, meld perfectly with the pasta.

1 cup	olive oil
4 cloves	garlic, finely chopped
1 lb.	linguini, dried
1 Tablespoon	lemon zest, finely grated
1 teaspoon	salt
1/4 teaspoon	black pepper
2 lbs.	zucchini, about 3 large
1/2 cup	fresh mint, chopped

Slice zucchini very thinly. Heat the oil in a 12 inch heavy skillet over moderate- high heat until hot but not smoking, and then fry zucchini in batches, stirring occasionally, until softened and very pale golden. Transfer with a slotted spoon to a plate lined with paper towels to drain. Cover zucchini with foil to keep warm.

Add garlic to oil in skillet and cook over moderate- high heat, stirring, until very pale golden. Remove skillet from heat.

Cook pasta in a 6 to 8 quart pot of boiling salted water, uncovered, until al dente. Drain and reserve 1 cup pasta-cooking water.

Toss the pasta with garlic, oil, zucchini, mint, lemon zest, salt and pepper. Add some of reserved cooking water to moisten if necessary.



## Israeli Moroccan Couscous

Here is a wonderful recipe that's a perfect showcase for fresh homegrown veggies.

Source: *allrecipes.com*.

1 tablespoon	olive oil
1	garlic, finely chopped
3 cups	vegetable broth
2	carrots, peeled and julienned
2	turnips, peeled and julienned
1	sweet potato, peeled and julienned
1	red bell pepper, julienned
1	zucchini, julienned
1 15 oz. can	garbanzo beans, drained and rinsed
1 15 oz. can	tomato sauce
1/4 teaspoon	ground cinnamon
1/2 teaspoon	ground turmeric
1 pinch	saffron
1 pinch	curry powder
2 cups	uncooked couscous

Heat oil in a large pot over medium-high heat; sauté onion until golden. Pour in vegetable broth and bring to a boil. Stir in carrots, turnips and sweet potato. Reduce heat to medium and simmer 15 minutes. Reduce heat to low and add zucchini and red bell pepper. Simmer for 20 minutes.

Stir in garbanzo beans, tomato sauce, cinnamon, turmeric, saffron and curry powder. Simmer until heated through. Meanwhile, bring 2 1/2 cups water to a boil. Stir in couscous, cover and remove from heat. Let stand 5 to 7 minutes. Fluff with a fork and serve with vegetables on top.

*Vegetables  
and  
More Veggies  
(Which is how this book came to be)*

Serve this dish with much too much wine for your guests, along with some cooked green vegetables and a huge salad. You will be famous in about half an hour.”

Jeff Smith (The Frugal Gourmet)

## Taking Care of your Fresh Veggies!

With the variety of veggies available each week some questions inevitably come up, such as what is this, and what do I do with it!

A key to dealing with such issues is keeping the vegetable in question fresh until a solution presents itself. And so this article begins...

Wilted veggies can be refreshed with ice cold water and a stint in the fridge.

Rubbery peppers, cucumbers and zucchini will perk right up, as will green beans and most herbs, basil excepted.

- ◇ This also works great for lettuce and root crops like beets, carrots and radishes.
- ◇ Remove the green tops off the root crops when you get them home. If left on, they will suck the moisture right out of the veggies. Be sure to include the radish, turnip and beet greens in your menu for the week.

There are some exceptions to the cold water/fridge treatment.

Basil will wilt and turn brown if exposed to cold temps,

Eggplant does not like the cold.

Tomatoes do best if left on the counter, unless they are very ripe and not likely to be used in the next day or so.

Green tomatoes and those that are not fully ripe will ripen beautifully if left on the counter top.

Now you have the veggies in the fridge what do you do with them? Invest in a good cookbook. Look for simple recipes that have few ingredients and short cook and prep times. If the recipes are too complicated or time consuming it's unlikely that you will use it.

Cookbooks that I've found are helpful:

*The Quick Recipe* by The Editors of Cook's Illustrated Magazine, It has a great vegetable cooking section.

*The America's Test Kitchen Cook Book* series is fantastic, but it has a limited amount of vegetable recipes.

Perhaps the best vegetable cookbook I've found is *The Gardeners Community Cookbook* by Victoria Wise. It has recipes contributed by home gardeners from all over the country. It's great for finding recipes for those veggies you just don't know what to do with!

Cook! This option is pretty obvious. The problem is it takes time and some creativity because you may find fresh veggies in your basket that you don't normally use. Take a few moments every week and do a taste test. You may be inspired by the flavor to try something new. Remember there is more than just steaming out there, try sautéing, frying, baking, grilling or roasting your veggies, and pair them up for unusual combinations. Tomatoes and green beans, cucumbers and basil, eggplant and red pepper all great combinations.

Break out and try something new, you'll be happy you did!

## Braised Carrots with Crisp Sage

Adapted from Lynne Rossetto Kasper  
Serves 6

Fried sage works on two levels to make these carrots spectacular: First, the leaves crisp texture offsets the carrots tenderness, and second, the aromatic oil that remains in the skillet after frying infuses the vegetable with deep flavor.

3 Tablespoons	Extra Virgin Olive Oil
1 cup	chicken stock or low sodium chicken broth
1 cup	water
3/4 teaspoon	salt
1/4 teaspoon	black pepper
20	fresh sage leaves, rinsed and dried thoroughly
2 lbs.	carrots, cut diagonally into 1/2 in. long pieces
1/4 cup	onion, minced (1 small)

Heat oil in a 12 inch straight sided heavy skillet over moderate heat until hot but not smoking, then fry sage leaves, stirring until just crisp, 1 to 2 minutes. Transfer with a slotted spoon to paper towels to drain.

Add carrots to oil in skillet and cook, stirring occasionally, until beginning to brown, about 8 minutes. Stir in remaining ingredients and simmer covered, until carrots are just tender, 10 to 15 minutes. Remove lid and boil, stirring occasionally, until liquid is reduced to a glaze, about 10 minutes. Season with salt and pepper. Serve carrots sprinkled with sage leaves.

## Sautéed Brussels Sprouts with Pecans

From Necole Spangrud

1/2 cup	pecans, shelled
1-1/2 lbs.	Brussel sprouts, trimmed
4 Tablespoons	butter
1 Tablespoon	olive oil
1 small	onion or shallot, peeled and chopped
2 cloves	garlic, peeled and chopped
Fresh ground black pepper	

Preheat oven to 400. Spread pecans out on a small baking sheet and toast in oven until fragrant and deep brown, about 8 minutes. Meanwhile, bring a medium pot of water to boil over high heat. Add 2 generous pinches salt, then add Brussels sprouts and boil until just tender when pierced with a tip of a sharp knife, 5 - 8 minutes. Drain and set aside until cool enough to handle. Cut Brussels sprouts in half lengthwise and set aside. (Quarter some if they are really large).

Heat the butter and oil together in a large heavy bottomed skillet over medium-high heat. Add onions/shallots and sauté, stirring often, until golden. Add garlic and Brussels sprouts and sauté, stirring often, until Brussels sprouts are golden brown in spots. Add pecans and season to taste with salt and pepper.



## Preparing Fennel

Fennel is such a surprise - a lacy green vegetable with exceptional flavor belying its appearance. Try it - you just might like it!

Judy O. who LOVES fennel passed along these suggestions: Fennel is good roasted with salt, pepper and a light drizzle of olive oil. If you want to grill it I would steam it to soften it a bit before putting on the grill.

Spaghetti sauce: Use a marinara sauce or diced tomatoes with sautéed onions. Add sautéed fennel, cooked Italian sausage (remove the casing before cooking), garlic, basil, oregano and kalamata olives to the tomato base.

Thanks Judy O. for those great suggestions!

These next suggestions are from The Wellness Encyclopedia of Food and Nutrition, Sheldon Margen, M.D.

**Baking:** First, braise the fennel for about 5 minutes. Transfer to a baking dish and add just 1/2 cup of the cooking liquid. Cover tightly and bake at 350 degrees until just tender and beginning to brown. If desired, uncover toward the end to allow any excess liquid to evaporate, then sprinkle with bread crumbs and grated Parmesan cheese and brown under the broiler before serving. Cooking time: about 1 hour.

**Braising:** Braise fennel in broth, tomato sauce, vermouth or sherry (diluted one-to-one with water); add lemon zest, garlic, or onion for extra flavor. Braised fennel is delicious hot, warm, or chilled. Place fennel slices, or halved or quartered small fennel bulbs, in a sauce pan and add just enough boiling liquid to barely cover the vegetable. Simmer uncovered, turning occasionally, until the fennel is tender, adding more liquid if necessary. Cooking time: 25 to 40 minutes.

**Sauteing:** Cut fennel into slivers and heat in a small amount of stock, tossing and stirring it frequently. For extra flavor, cook chopped onion and garlic along with fennel. A sprinkling of lemon juice and zest makes a nice finishing touch. Cooking time: 10 to 15 minutes.

**Steaming:** Fennel steamed until crisp-tender can be covered with your favorite sauce or marinated in a vinaigrette, chilled, and served as a salad. To steam it, place whole or halved bulbs in a vegetable steamer and cook over boiling water until just tender. Cooking time: 20 to 30 minutes.



If organic farming is the natural way, shouldn't organic produce just be called "produce" and make the pesticide-laden stuff take the burden of an adjective? ~Ymber Delecto

## Gingered Turnips

I found this great recipe on [just vegetable recipes.com](http://justvegetablerecipes.com). It would be perfect with this week's stir fry greens.

2 lbs.	turnips, peeled and cubed
1/4 cup	beef stock
1/2 teaspoon	sugar
1/2 teaspoon	ground ginger
2 teaspoons	Soy sauce

Combine all ingredients in a sauce pan, simmer until turnips are tender (15 minutes). Drain, mash until fluffy, adding cooking liquid as needed for desired consistency.

## Eggplant Stuffed with Red Bell Peppers and Tomatoes

Serves 4-6

1 large	globe eggplant (about 1 lb.)
3/4 cup	olive oil
1 medium	onion, chopped
1/2 teaspoon	Cayenne pepper
1/2 teaspoon	chili powder
2 large	red bell peppers, stemmed, seeded and finely chopped
2 small	tomatoes, finely chopped
2 -4 cloves	garlic, pressed
1/2 cup	tomato sauce
1/2 cup	coarse bread crumbs
1/2 teaspoon	salt
Grated Parmesan	



Preheat oven to 350 degrees.

Lightly grease a baking sheet. Cut eggplant in half lengthwise. Scoop out pulp, set aside the shells and coarsely chop the pulp.

Heat 1/2 cup vegetable oil in a large heavy skillet over high heat. Add pulp and sauté until tender- (about 5 minutes) Transfer to a large bowl and set aside.

Pour remaining oil into skillet, stir in onion, cayenne, chili powder, red bell peppers and tomatoes. Sauté until the bell pepper is softened but still brightly colored (about 10-15 minutes). Stir in garlic, tomato sauce, bread crumbs and salt. Transfer to the bowl with the eggplant pulp, mix together, and set aside.

Fill the eggplant shells with the mixture. Place on the baking sheet, bake for 20-25 minutes or until lightly browned. Serve hot or at room temperature with grated Parmesan

## Easy Braised Leeks

Serves 6

6 large	leeks
1 Tablespoon	olive oil
1 cup	vegetable broth
Salt and pepper to taste	
lemon juice	

Preheat the oven to 425 degrees.

To prepare the leeks, trim off the dark green stalks and the roots. Next, slice the leeks in half lengthwise. Place the leeks in a large bowl of cold water, cut side down, and allow them to sit there about 10 minutes. Most of the grit will fall to the bottom of the bowl. Rinse the leeks again checking between the folds to make sure all the grit is gone. Dry the leeks with a paper towel.

Spray a 9 x 13 baking dish with nonstick cooking spray. Set the leeks in the baking dish, cut side up. Brush with the olive oil. Roast 20 minutes, tossing halfway through to make sure they don't get too brown. Pour vegetable broth over the leeks. Roast another 10 minutes or until leeks are tender.

Season with kosher salt and pepper and drizzle with lemon juice. Serve immediately.



## Vietnamese Stir Fry Greens with Nuoc Cham

Serves 4

1 medium	zucchini, sliced
1	bell pepper, sliced
1 cup	broccoli florets/stems
3 cups	mixed Oriental greens ripped into chunks
2 Tablespoons	fresh ginger, grated
1 -2 cloves	garlic, crushed
2 Tablespoons	shallots, finely chopped (optional)
1 Tablespoon	olive oil

Saute the zucchini, pepper and broccoli in oil in a sauté pan or wok until almost tender. Add the greens, garlic, ginger and shallot until greens are wilted and tender. Serve over rice with Nuoc Cham sauce on the side.

## Nuoc Cham

1 cup	Palm or Golden Caster sugar (brown sugar is a substitute)
2 cup	hot water
1/2 Tablespoon	white rice vinegar
2 Tablespoons	lime juice
1	red or green hot pepper, finely chopped
1 - 3 cloves	garlic, finely chopped
Fish sauce - to taste	

Put the sugar in a bowl and pour the hot water over it, stirring until it is completely dissolved. Add all the other ingredients, stir well and allow to cool to room temperature. Taste and adjust to your taste with any additional amounts. This dipping sauce can be kept in an airtight container in the refrigerator for up to 7 days

Zucchini is usually such an abundant crop and so here are two sides of zucchini....savory and sweet

## Zucchini Patties

Serves 4

1-1/2 cup	grated raw zucchini
2 Tablespoons	minced onion
1/4 cup	grated Parmesan cheese
1/4 cup	all-purpose flour
2	eggs
2 Tablespoons	mayonnaise
1/4 teaspoon	oregano
Salt and pepper to taste	
2 Tablespoons	butter



Press excess moisture out of grated zucchini between paper towels. Mix together everything but butter to make the batter.

Melt butter in skillet. Spoon the batter (about 2 heaping tablespoons per patty) into skillet. Flatten lightly with spatula. Cook over medium heat until nicely browned on both sides. Serve plain or top with tomato sauce and grated cheese.

## Zucchini Crisp

From Amy Grice, Schenectady, N.Y.

This recipe is a sweet way to use up a bumper crop of zucchini. Serve it with vanilla ice cream. Preheat oven to 375 degrees.

7 medium	zucchini, peeled, seeded and chopped into 1/2 inch pieces (about 7 cups)
1/2 cup	lemon juice
1-1/2 cups	sugar
2 teaspoons	cinnamon
1/2 teaspoon	nutmeg
4 cups	all-purpose flour
salt	
1-1/2 sticks	unsalted butter, chilled and cut in 1 inch pieces.

Coat a 13 by 9-inch baking dish with cooking spray. Place the zucchini and lemon juice in a medium saucepan. Cook, covered, over medium-low heat, stirring occasionally, until tender, about 15 minutes.

Stir in  $\frac{3}{4}$  cup sugar, 1 teaspoon cinnamon, and nutmeg. Simmer 1 minute longer and remove from heat. Pulse the flour, remaining  $\frac{3}{4}$  cup sugar, and 1/4 teaspoon salt in a food processor. Pulse in butter until the mixture resembles coarse crumbs. Stir  $\frac{1}{2}$  cup crumb mixture into zucchini mixture.

Press half of the remaining crumb mixture into the prepared pan. Spread zucchini mixture evenly over the crust. Crumble remaining crumb mixture over zucchini and sprinkle with 1 teaspoon cinnamon. Bake for about 35 minutes or until golden brown. Serve with vanilla ice cream

Bet you can even get the kids to eat zucchini served this way.....

# *Using Your Basket to the Max*

*Ways for you to stretch summer  
and  
its freshness through the long winter.*

Plant a radish, get a radish, never any doubt. That's why I love vegetables, you know what they're about! ~Tom Jones and Harvey Schmidt

## **Blanching**

Blanching is a very important step in freezing vegetables because it slows or stops the action of enzymes. Enzymes are essential for the growth and maturation of a plant but if these enzymes are not stopped before freezing the vegetables, the result will be bad flavors, discoloration and stringiness.

### **Boiling Water Blanching Method**

If you are blanching in boiling water, you will need about 1 gallon water for every pound of veggies.

- Place the veggies in a basket and lower into boiling water and cover.
- Make sure heat is on high and that the water is boiling.
- Boiling time varies for each veggie. See the notes below for specifics.
- Be sure that your water returns to the boiling point within one minute of when you add the veggies. If it doesn't that means you're trying to blanch too much at once.

### **Blanching by Steam Method**

- To blanch using steam, use 1 to 2 inches water (rolling boil) in your pot and don't overload the steaming basket.
- Cover and steam according to type of veggie (cooking times in the table at the end of the article).

### **Completing the Blanching Process**

After blanching: plunge immediately into a large bowl of cold water to stop the cooking process. Use ice water or keep changing the water frequently your goal is to stop the cooking process. When that's done drain the veggies well.

### **Storing the Vegetables**

If you're using a plastic container make sure you use freezer containers. Recycled containers from cottage cheese, butter, etc. are going to shatter when they freeze. When you put the blanched veggies in the containers, leave ½-inch head space at the top for expansion.

If you use plastic freezer bags be sure to remove all the air in the bag. When it comes time to serve the veggies you've frozen most can be cooked without thawing. Since they are already partially cooked already this does not take long at all. Enjoy the fruits of your labor.

VEGETABLE	PREP METHOD	BLANCHING TIME
BROCCOLI	Wash and trim. If insects are present soak ½ hour in a solution of 4 teaspoons salt to 1 gallon of cold water. Split lengthwise into pieces no more than 1½ inches across. Blanch, cool and drain. Package, seal and freeze.	In water - 3 minutes In steam - 5 minutes
CARROTS	Remove tops. Wash and peel. Leave small carrots whole. Cut others into ¼-inch cubes, thin slices or lengthwise strips. Blanch, cool and drain. Package, seal and freeze.	Small, whole - 5 minutes Diced, sliced, or strips - 2 minutes
SUMMER SQUASH (ZUCCHINI)	Wash and cut into ½-inch slices. Blanch, cool and drain. Package, seal and freeze.	In water - 3 minutes
WINTER SQUASH	Select mature squash. Wash, cut into small pieces and remove seeds. Cook until soft in boiling water, in steam or in 350° oven. Remove pulp from rind. Mash, cool, package and freeze.	See notes under prep for cooking times.
SWEET CORN	Husk, wash and cut from cob about 10 ears. Combine 1/4 to 1/2 cup water, 1 Tablespoon. sugar, 1 teaspoon. salt ¼ cup butter and bring to a boil. After cooking, cool and pack in freezer bags. Freeze	Boil 3 minutes  Optional: Combine ingredients and microwave in 9 X 13 glass pan until color changes. Cool and pack in freezer bags then freeze.

## Canning

The basic idea behind canning, like pickling, is to preserve perishable food items for use in the winter. There are two safe methods commonly used, pressure canning, and water-bath canning. In both of these methods, your filled jars of food are heated to a high temperature that destroys microorganisms and produces an airtight, vacuum seal.

### How You Can Produce a Safe Product

- ◇ Use the correct method for your type of food:

Low-acid foods must be processed at a higher temperature for a specified length of time to destroy harmful bacteria. Because boiling-water canners cannot reach this temperature, low-acid foods must be processed using a steam pressure canner. Low-acid foods include vegetables, soups, stews, meats, poultry and seafood.

High-acid foods don't need such high temps and can be safely processed by using a boiling-water canner. Because the acidity is high, bacteria and other spoilers do not readily grow. High-acid foods include fruits, fruit juices, jams, jellies and other fruit spreads, tomatoes with added acid, pickles, relishes and sauces.

- ◇ Never put a hot jar on a cold or wet surface. Never pour boiling water or other liquids into a cool jar.
- ◇ Hot fill goes in hot jars, cold fill in cold jars. Otherwise you might end up cracking your jar

Follow your recipe instructions to the letter. Your recipe will give you vital information such as:

- ◇ How to prepare the item you are canning
- ◇ How to fill the jars
- ◇ Processing time and temperature
- ◇ Amount of head space needed

This information is individual to each kind of fruit and veggie and it's important to have the right info for what you're canning. You can find some great recipes and resources online at <http://www.freshpreserving.com/>

## Water Bath Cannery

The water-bath method requires less custom equipment. Basically a water bath canner is a large cooking pot, with a tight fitting lid and a wire or wooden rack that keeps jars from touching each other. The rack allows the boiling water to flow around and underneath jars for a more even processing of the contents.

If a standard canner is not available any large metal container may be used as long as it is deep enough for 1 to 2 inches of briskly boiling water to cover the jars. The diameter of the canner should be no more than 4 inches wider than the diameter of your stove's burner to ensure proper heating of all jars. Using a wash kettle that fits over two burners is not recommended because the middle jars do not get enough heat. For an electric range, the canner must have a flat bottom.

## Canning Tomatoes Step by Step

Instruction Source: Ball's Blue Book of Preservation

1. Visually examine canning jars for nicks, cracks, uneven rims or sharp edges that may prevent sealing or cause breakage. Examine canning lids to ensure they are free of dents and sealing compound is even and complete. Check bands for proper fit.
2. Wash jars and two-piece caps in hot, soapy water. Rinse well. Dry bands; set aside. Heat jars and lids in a sauce pot of simmering water (180°F or 82°C). DO NOT BOIL LIDS. Allow jars and lids to remain in hot water until ready for use, removing one at a time as needed.
3. Fill boiling-water canner half-full with hot water. Elevate rack in canner. Put canner lid in place. Heat water just to a simmer (180°F or 82°C). Keep water hot until used for processing.
4. Select fresh tomatoes at their peak of quality and flavor. Do not use over ripe tomatoes as the acidity reduces as the tomato ripens. Prepare only enough for one canner load. Wash tomatoes; drain.
5. Place tomatoes in wire basket and lower into a large sauce pot of boiling water. Blanch tomatoes 30 to 60 seconds or until skins start to crack. Remove from boiling water. Dip immediately into cold water.
6. Slip off skins; trim away any green areas; cut out core. Leave tomatoes whole or cut into halves or quarters.

## Tomatoes Packed in Water

1. For tomatoes packed in water, place tomatoes in a large sauce pot, adding just enough water to cover. Boil gently 5 minutes.
2. Remove canning jar from hot water with a jar lifter; set jar on towel. Add 1 tablespoon bottled lemon juice to each pint jar, 2 tablespoons bottled lemon juice to each quart jar.
3. Carefully pack tomatoes into hot jar, leaving a 1/2-inch head space. Ladle boiling water or cooking liquid over tomatoes, leaving a 1/2-inch head space. Add 1/2 teaspoon salt per pint jar or 1 teaspoon salt per quart jar, if desired.
4. Slide a nonmetallic spatula between tomatoes and jar; press back gently on tomatoes to release trapped air bubbles. Repeat procedure 2 to 3 times around inside of jar.
5. Wipe rim and threads of jar with a clean, damp cloth. Remove lid from hot water. Place lid on jar, centering sealing compound on rim. Screw band down evenly and firmly, just until resistance is met-fingertip tight.
6. As each jar is filled, set it onto the elevated rack in the boiling-water canner. Water in canner should be kept at a simmer (180°F or 82°C). After all jars are filled and placed onto the rack, lower rack into canner. Water must cover the two-piece caps on the jars by 1 to 2 inches. Add boiling water, if necessary.
7. Put lid on canner. Bring water to a boil. Start counting processing time after water comes to a rolling boil. Process pint jars 40 minutes, quarts 45 minutes, at a gentle but steady boil.
8. When processing time is complete, turn off heat and remove canner lid. Let canner cool before removing jars. Remove jars from canner and set them upright, 1 to 2 inches apart, on a dry towel to cool. Do not retighten bands. Let jars cool 12 to 24 hours.
9. After jars have cooled, check lids for a seal by pressing on the center of each lid. If the center is pulled down and does not flex, remove the band and gently try to lift the lid off with your fingertips. If the lid does not flex and you cannot lift it off the lid has a good vacuum seal. Wipe lid and jar surface with a clean, damp cloth to remove food particles or residue. Label the jars and store in a cool, dry, dark place.
10. The last and most important step of all.....Enjoy the fruits of your labor all winter long!



## Pickling

Pickling is an ancient way of preserving perishable vegetables and even fruit or meat over a long period. It's widely used all over the world from Japan's Umeboshi (pickled plums) to the pickled herring popular in Scandinavia. As you can imagine such a widespread practice has spawned thousands of recipes. But we just want to get the basics down so let's start at the beginning and keep it simple!

- ◇ The first thing we need to keep in mind is this word of caution: The level of acidity in a pickled product is as important to its safety as it is to taste and texture.
- ◇ Do not alter vinegar, food, or water proportions in a recipe or use a vinegar with an unknown acidity.
- ◇ Use only recipes with tested proportions or ingredients.
- ◇ Processing the pickles in a boiling water canner will prevent the growth of spoiling agents.

So stick with these ingredients for your first recipes until you gain a little more experience.

- ◇ White distilled and cider vinegars of 5% acidity (50 grain).
- ◇ Use salt made specifically for canning or pickling. Since flake salt varies in density, it is not recommended for making pickled or fermented foods.
- ◇ Standard canning jars and self-sealing lids are recommended.

### Basic Pickling Process

The process behind making pickles is the same in just about all recipes, no matter where in the world they originate. Jars are sterilized and cleaned and the appropriate vegetable or fruit is picked out.

- ◇ A mix of vinegar, sugar and spices is boiled and poured over the produce, which has been placed in bottles, or Mason jars.
- ◇ The jars are then sealed and placed in a large pot of water to boil for five to ten minutes to sterilize them. After that the product is left to cool for as long as it takes for the pickles to mature.
- ◇ Some pickles are ready in twenty-four hours, some in two weeks and others in three months or more. Regular dill pickles and sauerkraut are fermented and cured for about 3 weeks.

## Prep Steps

- ◇ Prepare your cucumbers by scrubbing them and cutting off and discarding a 1/16-inch slice from the blossom end (opposite of the stem end) of fresh cucumbers. Blossoms may contain an enzyme which causes excessive softening of pickles.
- ◇ To sterilize the jars and lids that you will be using for the pickling process, clean them first by putting them in a dishwasher.
- ◇ Next, heat water in a big pot on the stove until it is boiling. This is the water where you will be sterilizing the jars and lids.
- ◇ Your next step is to mix vinegar with any pickling mix you want to use and heat it in another pot to a near boil on the stove. Be sure to use a Teflon coated pot and not one that is metal or the vinegar will turn cloudy.

## Actual Pickling Process

1. Once everything is sterile you then pack the sliced cucumbers or vegetables into the jar and pour the pickle mix over them. Put the lid on the jar and make sure it is tight. Then put the sealed jars in the big pot of boiling water and boil them for at least ten minutes. If you want a crisper pickle then only boil it from five to ten minutes.
2. Remove the pickles from the water and wait at least two weeks before enjoying your fresh homemade pickles.

## Dill Pickle Recipe

Makes about 8 pints (8 Mason jars of pickles)

Here's a great basic dill pickle recipe to get you started. It includes ingredients and instructions which we already reviewed.

8 lbs.	3 - 5 inch pickling cucumbers
2 gallons	water
1-1/4 cups	pickling salt
1-1/2 quarts	vinegar (5% acidity preferred)
1/4 cup	sugar
2 quarts	water
2 Tablespoons	whole mixed pickling spice (found in most grocery stores)
1 Tablespoon	whole red and black peppercorns
3 Tablespoons	whole mustard seed
14 heads	fresh dill
4 - 20 cloves	garlic, peeled (quantity is to your taste)

1. Wash cucumbers and garlic. Cut a 1/16-inch slice off blossom end of the cucumbers and discard, but leave 1/4 inch of stem attached. Dissolve 3/4 cup salt in 2 gallons of water. Pour over cucumbers and garlic and let stand 12 hours. Drain.
2. Combine vinegar, 1/2 cup salt, sugar, and 2 quarts water in a big pot. Add mixed pickling spices tied in a clean, white cloth, heat to boiling.
3. Fill jars with cucumbers. Add 1 teaspoon mustard seed and 1-1/2 heads fresh dill per pint. Cover with boiling pickling solution, leaving a 1/2-inch head space. Adjust lids and process in boiling water bath. Bottling pints should take about 15 minutes. Bottling quarts should take about 20 minutes.

## Last Page

This was certainly not the first growing season for Crazy Daisy, nor the last. However, It was our first experience with a CSA share. It was like getting a present every week last growing season - a basket of goodness filled with endless possibilities

Growing up in California, I always had the ability to run to the veggie stand and pick up sweet corn, juicy tomatoes, emerald green and ruby red peppers pretty much any time of the year. The “winter” season was short and there was usually enough availability to tide most of us over. There was always a Farmer’s Market available somewhere nearby.

Living in San Luis Obispo, CA, my daughter and I went downtown almost every Thursday. In the later afternoon, the main street was closed to traffic. The farmers came into town and backed their trucks into the parking spaces and opened the back gates. We came home with bags of incredibly fresh produce - grown from the land, not from a can of chemicals.

On the island of Kauai, the Farmer’s Market is a celebration. The park area is roped off and at noon a whistle blows, the rope is pulled and people run to their favorite vendors. Here you see freshly washed from the field leafy greens, sweet peppers, tomatoes, avocados, corn, gorgeous flowers, juicy sweet fruits and the spirit and deep appreciation of the islands offerings. Within 30 minutes, there is usually not much left. It is a frantic and fun experience.

Minnesota has some wonderful Farmer’s Markets, but there is such a short growing season that the other part of the experience becomes how to make the gifts from the land last. I learned that lesson well last year with oven roasted tomatoes with basil and garlic for some incredible sauces, frozen tomatillos for the wonderful sauces, as well as the peppers, beans, squash, beets, and corn that came from the freezer in the middle of winter. Yep, it was a lot of work, but Chuck and I had fun doing it together. We also have his ristras of cayenne pepper, which we grind when we need it.

That is partly why this cookbook came to be. We wanted to say a thank you to Jen and the Lonto family for what they provide for our tables each growing season. The recipes included are from the newsletters last season or contributions sent to Jen. What better way to honor their work than to provide recipes to enjoy the fruits of their labors.

What we learned in 2008 from Jen and her family is a deeper appreciation (if possible) for the bounties of the earth, the hard work it takes to bring them home to all of us, and how we need to do our share also.

Thank you - Judy and Chuck Ferril