

# Farmers Market Recipes

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# Apples

## Key Points

- For the best buy, choose firm apples that have smooth, bright skins with no bruises.
- To prepare fresh apples, simply rinse and enjoy. Skin can be eaten.
- To store fresh apples, keep unwashed in the refrigerator for three to four weeks.
- Apples contain fiber, especially in the skin, which helps to keep you regular.



## Applesauce

### Ingredients:

6 apples, cored and diced  
1 teaspoon cinnamon (optional)

### Directions:

1. Place apples, cinnamon and 1 cup of water into a medium pot.
2. Bring apples to a boil over high heat, stirring often.
3. Turn heat to medium and simmer the apples for 30 minutes or until they are very soft. Stir often.
4. Leave lumpy or mash with a fork for a smoother sauce.
5. Serve warm or chilled.
6. Refrigerate leftovers.

**Makes 6 servings.**

## Apple & Pear Stir-Fry

### Ingredients:

2 teaspoons vegetable oil  
2 apples, chopped  
1 pear, chopped  
2 tablespoons lemon juice  
½ teaspoon cinnamon  
⅛ teaspoon ground nutmeg

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add apples and cook for 3 minutes.
3. Add pears and lemon juice. Cook for another 3 minutes.
4. Sprinkle cinnamon and nutmeg. Continue to cook for another 3 minutes.
5. Serve and enjoy.
6. Refrigerate leftovers.

**Makes 6 servings.**

*Adapted from [www.diabetic-recipes.com](http://www.diabetic-recipes.com)*

## Quick Tips

- Squeeze lemon juice over cut apples to keep them from turning brown.
- Carry an apple with you for a quick snack.
- Add chopped apples to oatmeal, either before or after cooking.

## Cooking is Family Time!

### Kids can:

- Rinse apples.
- Spread peanut butter on apple slices.

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# Beets

## Key Points

- For the best buy, choose firm, smooth beets with a rich, dark color.
- To prepare, remove greens, leaving 1 inch of stem. Scrub well. Beet roots and skin may be roasted, boiled or eaten raw.
- To keep fresh, separate beet greens from roots, store in the refrigerator and use within two weeks.
- Beets contain fiber, which helps to keep you regular.



## Gingered Beet & Carrot Slaw

### Ingredients:

- 4 cups grated beets
- 4 cups grated carrots
- ½ cup chopped onion
- ½ cup chopped poblano pepper
- 1 tablespoon minced ginger
- 2 tablespoons lime juice
- 1 tablespoon vegetable oil
- 2 teaspoons mustard
- ¼ cup chopped fresh cilantro
- Salt and pepper to taste

### Directions:

1. In a large bowl, combine the beets, carrots, onion, poblano pepper and ginger.
2. In a small bowl, combine the lime juice, oil, mustard and cilantro. Pour onto the slaw.
3. Season with salt and pepper.
4. Serve and enjoy!
5. Refrigerate leftovers.

### Makes 6 servings.

Adapted from [www.yummly.com](http://www.yummly.com)

## Glazed Beets & Greens

### Ingredients:

- 1 onion, sliced
- 5 beets and greens, chopped
- 3 tablespoons balsamic vinegar
- 3 tablespoons vegetable oil
- 1 cup water
- Salt and pepper

### Directions:

1. In a large pot over high heat, add onions, beets, vinegar and oil.
2. Cover vegetables with water and bring to a boil.
3. Reduce heat to low and simmer for 15 minutes or until soft.
4. Add the greens and cook for 5 more minutes. Season with salt and pepper.
5. Serve and enjoy!
6. Refrigerate leftovers.

### Makes 4 servings.

Adapted from *The Modern Vegetarian Kitchen* by Peter Berley

## Quick Tips

- Use care when preparing. Beet juice can stain! Use salt to remove juice stains from hands.
- Add cooked sliced beets to salads.
- Don't throw out the beet greens! Rinse, chop and cook in soups and stir fry dishes.

## Cooking is Family Time!

### Kids can:

- Scrub beet roots.
- Rinse and tear beet greens.

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# Black Beans

## Key Points

- Before preparing dried beans, remove pebbles or shriveled beans.
- Soak dried beans for eight hours or overnight before cooking.
- Instead of soaking overnight, cover beans in cold water and bring to a gentle boil, turn off heat and allow beans to soak in water for one to two hours. Do not add salt to the soaking water. Drain water and rinse with fresh water. To cook beans, simmer for one to two hours.
- Beans are an inexpensive source of protein and fiber.



## Black Bean & Sweet Potato Stew

### Ingredients:

2 tablespoons vegetable oil  
1 onion, chopped  
2 garlic cloves, minced  
1 green pepper, chopped  
1½ cups diced sweet potato  
2 cups water  
2 tomatoes, chopped  
2 cups cooked black beans  
2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley (optional)  
Salt and pepper to taste

### Directions:

1. Heat oil in a large pot over medium heat. Add onion, garlic and pepper. Cook until soft.
2. Add sweet potato and water. Cook until potatoes are soft, about 15 minutes.
3. Stir in tomatoes, black beans, parsley, salt and pepper. Cook for 5 more minutes.
4. Serve hot and enjoy!
5. Refrigerate leftovers.

### Makes 6 servings.

Adapted from <http://fatfreevegan.com>

## Black Bean Spread

### Ingredients:

1½ cups cooked or 1 can (15.5 ounces) of black beans, rinsed  
1 onion, chopped  
¾ teaspoon paprika  
1 tablespoon apple cider vinegar  
1 tablespoon vegetable oil  
1 garlic clove, minced  
2 tablespoons chopped basil (optional)  
Salt and pepper to taste

### Directions:

1. Combine all ingredients in a large bowl. Mash together and mix well.
2. Serve and enjoy!
3. Refrigerate leftovers.

### Makes 10 servings.

Adapted from [www.vegweb.com](http://www.vegweb.com)

## Quick Tips

- One pound dried beans (two cups) equals five to six cups cooked beans.
- Canned beans can replace cooked, dried beans in any recipe.
- Dried beans can be kept in an airtight container for a year.

## Cooking is Family Time!

### Kids can:

- Help sort through dried beans before soaking.
- Help mash beans with a fork.

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# Blueberries

## Key Points

- For the best buy, choose fresh blueberries that are firm and not wrinkled.
- To prepare fresh blueberries, rinse and remove the stems.
- To store fresh blueberries, refrigerate for up to three days or place in a plastic bag and freeze for three to six months.
- Blueberries contain vitamin A, which is good for healthy eyes and skin.



## Blueberry Thyme Fruit Salad

### Ingredients:

- 1 cup blueberries
- 4 peaches or nectarines, chopped
- 1 tablespoon chopped, fresh thyme
- 2 teaspoons grated peeled ginger
- 2 tablespoons lemon juice or more, to taste
- 2 tablespoons water
- 1 grated peach
- 1 teaspoon grated lemon peel

### Directions:

1. In a large bowl, combine all ingredients and mix well.
2. Chill in the refrigerator for at least 1 hour.
3. Refrigerate leftovers.

### Makes 5 servings.

Adapted from [www.simplyrecipes.com](http://www.simplyrecipes.com)

## Blueberry Grape Relish

### Ingredients:

- 2 cups blueberries
- 2 cups seedless red grapes
- 1 tablespoon honey
- 1 tablespoon minced fresh ginger
- 1 teaspoon chopped fresh rosemary
- 2 tablespoons red wine vinegar
- Salt and pepper to taste

### Directions:

1. In a large frying pan over medium-high heat, combine blueberries, grapes, honey, ginger, rosemary and vinegar.
2. Bring to a boil, then reduce to low heat and simmer for 15 minutes.
3. Remove pan from heat and season with salt and pepper.
4. Serve and enjoy!
5. Refrigerate leftovers.

### Makes 10 servings.

Adapted from [www.marthastewart.com](http://www.marthastewart.com)

## Quick Tips

- Sprinkle on breakfast cereal or low-fat yogurt.
- Blend blueberries with ice and your favorite fresh or frozen fruit to make a smoothie.
- Buy blueberries in season and freeze them to enjoy year round.

## Cooking is Family Time!

### Kids can:

- Rinse berries before eating.
- Place in a bowl or bag for an easy snack at home or on the go.

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# Braising Greens

## Key Points

- For the best buy, look for greens that are moist and crisp, with rich, green leaves.
- To prepare, rinse well and trim leaves from stem.
- To store, wrap unwashed greens in a damp paper towel, place in a plastic bag and keep in the refrigerator for three to five days.
- Dark greens contain iron, which is good for circulation.



## Collard Greens with Spicy Peanut Sauce

### Ingredients:

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 2 garlic cloves, minced
- ¼ teaspoon crushed red pepper flakes
- 6 cups chopped collard greens
- ¼ cup water
- 1 cup chopped tomatoes
- 2 tablespoons peanut butter
- Salt and pepper to taste

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add onion, garlic and red pepper flakes. Cook until soft, about 5 minutes. Stir often.
3. Add greens and water. Cover and cook until greens are soft, about 15 minutes.
4. Add tomato and peanut butter. Add black pepper to taste.
5. Stir well. Serve and enjoy!
6. Refrigerate leftovers.

### Makes 6 servings.

Adapted from The NYC Green Cart Fresh Food Pack

## Greens & Garlic

### Ingredients:

- 8 cups chopped braising greens
- 1 teaspoon vegetable oil
- 2 garlic cloves, minced
- ¼ teaspoon crushed red pepper flakes (optional)
- 1 cup water
- Salt and pepper to taste

### Directions:

1. In a large pot, heat the oil over medium heat.
2. Add the garlic and crushed red pepper to the oil and cook for 1 minute, stirring often.
3. Add the braising greens to the pot. Cook for 3 minutes, stirring often.
4. Add water. Cover and cook until the greens wilt, about 4 minutes.
5. Uncover the pot. Stirring often, cook until all of the water is gone, about 5 minutes.
6. Add salt and pepper to taste. Enjoy!
7. Refrigerate leftovers.

### Makes 4 servings.

## Quick Tips

- Braising greens are a mix of dark greens. The mix can include collards, kale, Swiss chard, mustard greens, turnip greens and beet greens.
- Braising greens can be added to soups a few minutes before serving.
- 1 pound of greens is about eight cups, chopped.

## Cooking is Family Time!

### Kids can:

- Rinse greens with cold water.
- Tear greens to add to a recipe.

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# Broccoli

## Key Points

- For the best buy, choose broccoli with dark green florets and stems.
- To prepare, wash and trim florets from stalks. Enjoy florets and stems raw or cooked.
- To keep fresh, store in the refrigerator, unwashed and in a plastic bag for up to one week.
- Broccoli contains vitamin C, which is good for fighting colds and healing cuts.



## Broccoli Stir-fry

### Ingredients:

- 2 teaspoons vegetable oil
- 2 garlic cloves, minced
- 3 cups broccoli florets
- 2 carrots, chopped
- ½ cup water
- 1 bell pepper, cut into strips
- 1 onion, chopped
- 2 tablespoons lemon juice
- ½ teaspoon salt (optional)

### Directions:

1. In a large frying pan, add oil and garlic. Cook over high heat for 2 minutes.
2. Add broccoli, carrots and water. Cook for 3 minutes, stir often.
3. Add pepper and onion. Cook for 5 more minutes and continue to stir often.
4. Remove from heat. Vegetables will be crisp and brightly colored.
5. Toss with lemon juice and salt.
6. Serve and enjoy!
7. Refrigerate leftovers.

**Makes 5 servings.**

## Broccoli Chickpea Dip

### Ingredients:

- 4 cups chopped broccoli
- 2 garlic cloves
- 2 cups cooked chickpeas
- 1 teaspoon cumin
- 2 cups water
- ¼ cup lemon juice
- 2 tablespoons vegetable oil
- Salt and pepper to taste

### Directions:

1. In a large pot over high heat bring water to a boil.
2. Add broccoli and cook for 5 minutes.
3. Rinse broccoli under cold water until cool.
4. Puree all ingredients in a blender.
5. Serve or chill. Enjoy!
6. Refrigerate leftovers.

**Makes 8 servings.**

*Adapted from [www.nytimes.com](http://www.nytimes.com)*

## Quick Tips

- Eat raw broccoli with a low-fat salad dressing for a healthy, crunchy snack!
- Don't discard the broccoli stems! They can be sliced and used to dip in your favorite sauce.
- Steam broccoli with garlic for a delicious side dish.

## Cooking is Family Time!

### Kids can:

- Wash broccoli stalks.
- Break pieces of broccoli off the stalk.

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# Brussels Sprouts

## Key Points

- For the best buy, choose Brussels sprouts that are firm and bright green, with no yellow or wilted leaves and few holes.
- To prepare, remove stem and discolored leaves. Rinse well.
- To keep fresh, store unwashed Brussels sprouts in a plastic bag in the refrigerator for up to ten days.
- Brussels sprouts contain calcium, which is good for strong bones.



## Brussels Sprouts with Peanut Dressing

### Ingredients:

5 cups thinly sliced Brussels sprouts  
1 tablespoon peanut butter  
1 tablespoon vegetable oil  
1 tablespoon honey  
1 tablespoon vinegar  
1 tablespoon low-sodium soy sauce  
Pepper to taste

### Directions:

1. Place Brussels sprouts in a large bowl.
2. To make dressing, mix peanut butter, oil, honey, vinegar and soy sauce in a small bowl.
3. Pour dressing over Brussels sprouts.
4. Add black pepper to taste.
5. Serve and enjoy!
6. Refrigerate leftovers.

### Makes 5 servings.

Submitted by Beth Bainbridge, Stellar Farmers Markets

## Brussels Sprouts with Apples and Onions

### Ingredients:

1 tablespoon vegetable oil  
1 cup diced onion  
4 cups sliced Brussels sprouts  
2 cups diced apple  
2 tablespoons lemon juice  
½ teaspoon black pepper  
Salt and pepper to taste

### Directions:

1. Heat oil in a large pan over medium heat.
2. Add onion. Cook for 5 minutes, until soft.
3. Add Brussels sprouts and cook 5 minutes.
4. Add the apple and cook 5 to 10 minutes, or until apples are soft.
5. Remove from heat and add lemon juice, pepper and salt. Mix well.
6. Serve hot and enjoy!
7. Refrigerate leftovers.

### Makes 8 servings.

Adapted from [www.nytimes.com](http://www.nytimes.com)

## Quick Tips

- Brussels sprouts can be eaten raw: simply shred them in salads. They are also tasty steamed, roasted or sautéed.
- To roast Brussels sprouts, toss them with a small amount of oil, salt and pepper. Place on a cookie sheet and roast at 400°F for 30 to 40 minutes.
- Cut Brussels sprouts into quarters and add them to casseroles, stews and soups.

## Cooking is Family Time!

### Kids can:

- Remove outer leaves of Brussels sprouts.
- Help to toss Brussels sprouts in dressing.

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# Butternut Squash

## Key Points

- For the best buy, choose butternut squash that are heavy for their size and have smooth, firm skin.
- To prepare, wash and remove seeds. Leave skin on and bake for 30 minutes at 350° F, or cook over stove top until tender.
- To keep fresh, store in a cool, dry place for up to three months.
- Squash contains potassium, which is good for a healthy heart.



## Butternut Squash & Apple Cider

### Ingredients:

1 tablespoon vegetable oil  
1 cup chopped onion  
4 cups seeded and cubed butternut squash  
 $\frac{3}{4}$  cup apple cider  
1 tablespoon chopped fresh herbs or 2 teaspoons dried (sage, rosemary, or thyme)  
Salt and pepper to taste

### Directions:

1. Heat oil in a large pot over high heat. Stir in onion and cook until soft.
2. Add butternut squash and apple cider. Cook for about 15 minutes.
3. Stir in herbs, salt and pepper to taste. Cook for about 2 minutes.
4. Serve immediately.
5. Refrigerate leftovers.

**Makes 6 servings.**

## Butternut Squash with Collard Greens

### Ingredients:

1 tablespoon vegetable oil  
1 onion, chopped  
1 red bell pepper, chopped  
3 cups seeded and cubed butternut squash  
3 cups chopped collard greens  
 $\frac{1}{2}$  cup water  
 $\frac{1}{4}$  teaspoon salt  
Black pepper to taste

### Directions:

1. Heat the oil in a large pot over medium-high heat. Stir in onion and bell pepper and cook until soft.
2. Add squash and cook covered for 5 minutes.
3. Add collard greens, salt, pepper and water. Add more water as needed to prevent sticking. Cook until vegetables are soft, about 8 to 10 minutes.
4. Serve immediately.
5. Refrigerate leftovers.

**Makes 4 servings.**

## Quick Tips

- Any winter squash can be used for another in recipes. Try acorn, hubbard squash or kabocha squash for a new flavor or texture!
- Add leftover cooked squash to yogurt or oatmeal.
- Add squash to a soup or casserole.

## Cooking is Family Time!

### Kids can:

- Remove seeds from squash and discard or bake for a yummy snack!
- Stuff squash halves with a vegetable mixture.

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# Cabbage

## Key Points

- For the best buy, choose cabbage with firm heads and no brown spots.
- To prepare, remove outer leaves and rinse well.
- To keep fresh, refrigerate unwashed cabbage up to two weeks.
- Cabbage contains vitamin C, which is good for fighting colds and healing cuts.



## Cabbage & Dill Salad

### Ingredients:

- 2 cups shredded cabbage
- 1 cup grated carrots
- 1 tablespoon vegetable oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon minced dill (optional)
- Salt and pepper to taste

### Directions:

1. In a large bowl, add cabbage and carrots. Mix well.
2. To make dressing, add oil, vinegar, dill, salt and pepper to a small bowl. Mix well.
3. Pour oil and vinegar dressing over cabbage mixture and toss.
4. Serve immediately or refrigerate for about 30 minutes before serving.
5. Refrigerate leftovers.

### Makes 6 servings.

Adapted from  
<http://recipes.sparkpeople.com>

## Stewed Cabbage

### Ingredients:

- 2 teaspoons vegetable oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 celery stalks, chopped
- 3 cups chopped cabbage
- 2 cups chopped tomatoes or 1 can (14.5 ounces of stewed tomatoes)
- Salt and pepper to taste

### Directions:

1. Heat oil in a large frying pan over medium heat.
2. Add onion, garlic and celery.
3. Cook for 5 minutes or until soft.
4. Add cabbage and tomatoes, and cook uncovered for 3 minutes, then cover pan and cook for about 20 minutes, until cabbage is soft. Stir often.
5. Season with salt and pepper.
6. Serve hot or cold.
7. Refrigerate leftovers.

### Makes 4 servings.

## Quick Tips

- Cabbage makes a delicious raw salad. Simply chop or shred and toss with your favorite dressing.
- Cabbage leaves can be filled with cooked rice and beans.
- Add shredded cabbage to soups, stir fries and stews for more bulk, nutrients and flavor.

## Cooking is Family Time!

### Kids can:

- Remove the outer leaves from the heads of cabbage.
- Stuff leaves with fillings.

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# Carrots

## Key Points

- For the best buy, choose carrots that are firm, smooth and without cracks.
- To prepare, simply wash well with water. There's no need to peel the skin, which is full of nutrients.
- To keep fresh, refrigerate unwashed raw carrots for up to two weeks. Refrigerate cooked carrots for up to three days.
- Carrots contain vitamin A, which is good for healthy eyes and skin.



## Carrot Raisin Salad

### Ingredients:

2 cups shredded carrots  
¼ cup raisins  
1 apple, diced  
1 tablespoon vegetable oil  
2 tablespoons lemon juice  
1 garlic clove, minced  
¼ teaspoon cinnamon  
Salt and pepper to taste

### Directions:

1. In a large bowl, add the carrots, raisins and apple.
2. To make dressing, combine all other ingredients in a small bowl and mix well.
3. Pour the dressing over carrots and raisins. Stir well.
4. Chill, serve and enjoy!
5. Refrigerate leftovers.

**Makes 5 servings.**

## Braised Carrots & Tomatoes

### Ingredients:

1 tablespoon vegetable oil  
1 tablespoon whole coriander or cumin seeds (or 1 teaspoon ground)  
1 cup chopped onion  
4 cups chopped carrots  
4 garlic cloves, minced  
1 cup chopped tomatoes  
½ cup chopped mint  
Salt and pepper to taste

### Directions:

1. Heat oil in a large pot over medium-high heat.
2. Add coriander or cumin and onion and cook until soft, about 5 minutes.
3. Add carrots and garlic and cook 3 minutes.
4. Add tomatoes and half of the mint and cook until carrots are soft, about 10 minutes.
5. Turn off heat and add pepper and the remaining mint.
6. Serve and enjoy!

**Makes 4 servings.**

*Adapted from [www.nytimes.com](http://www.nytimes.com)*

## Quick Tips

- Eat carrot sticks plain, with low-fat salad dressing or dip.
- Shred carrots into a soup or salad.
- Wash and cook carrot tops to eat as greens.

## Cooking is Family Time!

### Kids can:

- Remove greens.
- Scrub carrot skins.

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# Chickpeas

## Key Points

- Before preparing dried beans, remove pebbles and shriveled beans.
- To soak dried beans, cover them in cold water and bring to a gentle boil, turn off heat and allow beans to soak in the water for one to two hours. *Do not add salt to the soaking water.* Drain and rinse with fresh water.
- To cook, cover with fresh water and simmer for one to two hours. Do not let beans dry out. They should always be covered with water.
- Beans are an inexpensive source of fiber, protein, iron and vitamin B.



## Chickpea Stir-Fry

### Ingredients:

1 tablespoon vegetable oil  
1 onion, chopped  
3 garlic cloves, minced  
2 cups cooked chickpeas  
4 cups chopped kale leaves  
1 tablespoon chopped fresh oregano or 1 teaspoon dried  
2 teaspoons parsley (optional)  
2 tablespoons lemon juice  
Salt and pepper to taste

### Directions:

1. In a large frying pan, heat the oil over medium heat.
2. Add onions and garlic and cook until soft.
3. Add chickpeas and cook for about 5 minutes.
4. Add kale, oregano and parsley and cook for 6 more minutes.
5. Remove from heat and add lemon juice. Mix well.
6. Serve immediately.
7. Refrigerate leftovers.

### Makes 4 servings.

Adapted from [www.101cookbooks.com](http://www.101cookbooks.com)

## Chickpea Salad

### Ingredients:

2 cups cooked chickpeas  
½ cup chopped red onion  
1 cucumber, diced  
⅓ cup chopped bell pepper  
2 tomatoes, chopped  
1 tablespoon vegetable oil  
⅓ cup vinegar  
1 tablespoon chopped fresh oregano or 1 teaspoon dried (optional)  
Salt and pepper to taste

### Directions:

1. In a large bowl combine chickpeas, onion, cucumber, bell pepper and tomatoes.
2. To make dressing, combine oil, vinegar, oregano, salt and pepper in a small bowl.
3. Add dressing to chickpea mixture. Mix well.
4. Serve immediately or chill before serving.
5. Refrigerate leftovers.

### Makes 5 servings.

Adapted from <http://allrecipes.com>

## Quick Tips

- Chickpeas are also called “garbanzo beans.”
- One pound dried chickpeas (2 cups) equals 5 to 6 cups cooked chickpeas.
- Dried chickpeas can be kept in an airtight container for a year.

## Cooking is Family Time!

### Kids can:

- Sort through and remove broken pieces or shriveled beans.
- Cover chickpeas with cold water to soak.

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# Corn

## Key Points

- For the best buy, look for fresh green husks with no rotten spots.
- You can eat corn raw, boiled, grilled, or add it to soups, stews or stir fries.
- To store fresh corn, leave husk on and wrap in a plastic bag. Refrigerate for up to seven days.
- Corn contains fiber, which helps to keep you regular.



## Raw Corn Salad

### Ingredients:

4 ears of corn  
1 red onion, chopped  
2 tomatoes, chopped  
2 carrots, grated  
2 tablespoons vegetable oil  
¼ cup vinegar  
1 cup chopped fresh cilantro  
Salt and pepper to taste

### Directions:

1. Remove husks from corn and cut kernels off the cob.
2. Combine corn, onion, tomatoes and carrots in a large bowl.
3. To make dressing, combine oil, vinegar, cilantro, salt and pepper in a small bowl. Mix well.
4. Pour dressing on the salad and toss.
5. Serve and enjoy!
6. Refrigerate leftovers.

### Makes 6 servings.

Adapted from  
<http://www.greenmarketrecipes.com>

## Fresh Corn Polenta

### Ingredients:

4 ears of corn  
1 tablespoon oil  
½ cup chopped onion  
½ teaspoon salt  
Salt and pepper to taste

### Directions:

1. Grate corn kernels with a box grater. Reserve solids and liquids.
2. Heat the oil in a large pot over medium heat. Add onion and cook until soft, about 5 minutes.
3. Add corn and cook until thick about 3 minutes.
4. Remove from heat, add salt and black pepper to taste.
5. Serve and enjoy!
6. Refrigerate leftovers.

### Makes 4 servings.

Adapted from <http://food52.com>

## Quick Tips

- Corn can be eaten raw. Just cut the kernels off the cob and add to salads.
- To boil corn, remove husks and silk, then place whole ears in boiling water for seven minutes.
- One ear of corn will yield ½ or ¾ of a cup of kernels.

## Cooking is Family Time!

### Kids can:

- Remove corn husks and silk.
- Stir salad ingredients.

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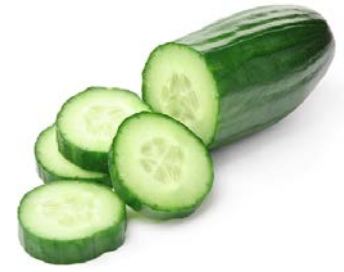
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# Cucumbers

## Key Points

- For the best buy, choose firm cucumbers without spots or bruises.
- To prepare, simply rinse and remove ends. Skin and seeds can be eaten and are full of fiber and nutrients.
- To keep fresh, refrigerate whole cucumbers for up to one week.
- Cucumbers contain lots of water, which keeps you hydrated.



## Sweet & Spicy Cucumbers

### Ingredients:

- 3 cucumbers, thinly sliced
- ½ red onion, chopped
- ½ cup red wine vinegar
- ½ cup water
- 2 tablespoons sugar
- ¼ teaspoon salt
- ¼ teaspoon red pepper flakes

### Directions:

1. In a large bowl, combine the cucumbers and red onion.
2. To make dressing, stir together water, vinegar, sugar, salt and red pepper flakes in a small bowl.
3. Pour the dressing on the cucumbers and mix gently.
4. Serve chilled and enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.**

*Adapted from <http://ourbestbites.com>*

## Cucumber Tomato Salad

### Ingredients:

- 2 cucumbers, sliced
- 2 tomatoes, chopped
- 1 onion, sliced
- ½ teaspoon chopped garlic
- ½ teaspoon dried oregano (optional)
- 1 tablespoon vegetable oil
- 3 tablespoons vinegar
- Salt and pepper to taste

### Directions:

1. Combine all ingredients in a medium bowl.
2. Chill for one hour.
3. Stir and serve. Enjoy!
4. Refrigerate leftovers.

**Makes 6 servings.**

## Quick Tips

- Add chopped cucumbers to salads or sandwiches for an extra crunch.
- Slice cucumbers in half and scoop out seeds. Fill with low-fat cottage cheese, tuna or egg salad.
- Make quick pickles. Combine equal parts vinegar and water with a pinch of salt and your favorite spices. Pour over fresh cucumber slices and enjoy in one hour.

## Cooking is Family Time!

### Kids can:

- Rinse cucumbers before eating.
- Cut cucumbers with a plastic knife.

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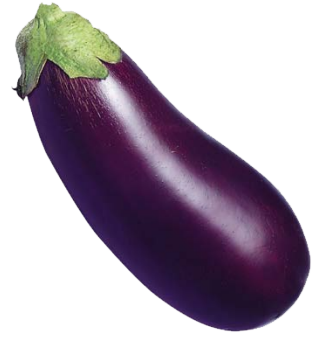
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# Eggplant

## Key Points

- For the best buy, choose eggplants with smooth skin and no soft spots.
- To prepare, rinse and cut off the tops. Skin and seeds can be eaten and contain lots of fiber and nutrients.
- To keep fresh, store unwashed eggplants in the refrigerator for four to ten days.
- Eggplants contain antioxidants, which help to fight disease.



## Eggplant with Basil

### Ingredients:

1 tablespoon vegetable oil  
½ jalapeño, seeded and diced  
2 garlic cloves, diced  
8 cups diced eggplant  
1 cup water  
2 tablespoons low-sodium soy sauce  
1 teaspoon honey or sugar  
1 cup chopped basil  
Salt and pepper to taste

### Directions:

1. Heat oil in a large pan over medium heat. Add jalapeño and garlic and cook for 2 minutes. Stir often.
2. Add eggplant and stir. Add water, cover pan and cook until eggplant is soft, about 6 to 7 minutes. Add extra water if needed.
3. Add soy sauce and honey and stir. Turn off heat.
4. Add basil and stir. Add salt and pepper to taste.
5. Serve hot and enjoy!
6. Refrigerate leftovers.

### Makes 8 servings.

Adapted from <http://www.thaitable.com>

## Tomato & Eggplant Stew

### Ingredients:

1 tablespoon vegetable oil  
1 cup chopped onion  
1 cup chopped bell pepper  
2 garlic cloves, diced  
8 cups chopped eggplant  
3 cups chopped fresh tomatoes  
1 tablespoon fresh or 2 teaspoons dried thyme  
Salt and pepper to taste

### Directions:

1. Heat oil in a large pot over medium heat. Add onion and bell pepper and cook until soft.
2. Add garlic and cook 1 minute. Add eggplant and cook 5 minutes more.
3. Add tomatoes and thyme, stir and bring to a boil. Reduce heat to low and cook until sauce thickens and eggplant is fully cooked, about 15 minutes. Add salt and pepper to taste. Stir often.
4. Serve hot or warm and enjoy!
5. Refrigerate leftovers.

### Makes 8 servings.

Adapted from [www.nytimes.com](http://www.nytimes.com)

## Quick Tips

- Use diced eggplant as an ingredient in cooked vegetable side dishes or entrées.
- All eggplant varieties can be used in place of another in recipes. Try new colors and shapes!
- Eggplant is great grilled! Top with oil, salt and pepper and place on hot grill.

## Cooking is Family Time!

### Kids can:

- Rinse eggplant skin before cooking.
- Cut a piece of eggplant into small pieces with a plastic knife.

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# Fruit-Infused Water

## Quick Tips

- To stay hydrated, drink plenty of water each day. Drink more when it's hot outside and when you are physically active.
- Fill a water bottle and carry it with you during the day.
- Get creative! Make water even tastier by adding a slice of your favorite fruit.

<b>Spring: Strawberry and Basil</b>	<b>Early Summer: Mixed Berry</b>
<p><b>Ingredients:</b> 2 cups sliced strawberries ¼ cup fresh basil leaves Water or carbonated water Ice</p> <p><b>Directions:</b> 1. Add strawberries and basil to a pitcher. 2. Gently press mixture with a spoon to release some of the juices. 3. Add ice to the pitcher, then fill with water. Stir fruit to mix. 4. Serve immediately or chill, covered, in the refrigerator. Enjoy!</p>	<p><b>Ingredients:</b> 2 cups blueberries, raspberries and/or blackberries Water or carbonated water Ice</p> <p><b>Directions:</b> 1. Add berries to a pitcher. 2. Gently press mixture with a spoon to release some of the juices. 3. Add ice to the pitcher, then fill with water. Stir fruit to mix. 4. Serve immediately or chill, covered, in the refrigerator. Enjoy!</p>
<b>Late Summer: Watermelon and Jalapeño</b>	<b>Fall/Winter: Apple, Pear and Ginger</b>
<p><b>Ingredients:</b> 2 cups chopped watermelon ½ jalapeño, seeds removed and sliced thin Water or carbonated water Ice</p> <p><b>Directions:</b> 1. Add watermelon and jalapeño to a large pitcher. 2. Crush the ingredients with a spoon. 3. Add ice and water to pitcher. Stir to mix. 4. Serve immediately or chill, covered, in the refrigerator. Enjoy!</p>	<p><b>Ingredients:</b> 1 apple, sliced 1 pear, sliced 2 tablespoons minced ginger Water or carbonated water Ice</p> <p><b>Directions:</b> 1. Add all ingredients to a pitcher and gently press to release some of the juices. 2. Add ice and water to pitcher. Stir to mix and enjoy!</p>

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# Green Beans

## Key Points

- For the best buy, choose firm and crisp fresh green beans.
- To prepare, rinse green beans and remove ends before eating.
- To store, put in a loosely closed plastic bag and keep in the refrigerator for three to five days.
- Green beans contain vitamin A, which is good for healthy eyes and skin.



## Green Bean Stir-Fry with Corn

### Ingredients:

- 2 tablespoons vegetable oil
- 2 garlic cloves, minced
- 1 jalapeño, seeded and minced
- 4 cups chopped green beans
- 1 cup corn
- 2 tablespoons chopped scallions
- 1 cup chopped cilantro
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon honey

### Directions:

1. Heat oil in a large pan over medium-high heat.
2. Add garlic and jalapeño and cook 1 minute. Stir often.
3. Add green beans, corn and scallions. Mix well.
4. Cook until green beans are soft, about 4 to 5 minutes. Stir often.
5. Reduce heat to medium. Add cilantro, soy sauce and honey. Stir well and cook 1 minute.
6. Serve and enjoy.

### Makes 6 servings.

Adapted from <http://www.bonappetit.com>

## Green Bean & Cherry Tomato Salad

### Ingredients:

- 4 cups chopped green beans
- 4 cups cherry tomatoes, halved
- ¼ cup sliced fresh basil
- 2 cups water
- 3 tablespoons vegetable oil
- 2 tablespoons apple cider vinegar
- 3 tablespoons minced shallots
- ⅛ teaspoon crushed red pepper flakes (optional)

### Directions:

1. Bring water to boil in a large pot over high heat.
2. Add green beans and cook to desired firmness.
3. Rinse green beans under cold water until cool.
4. Combine cooled green beans, tomatoes and basil in a bowl.
5. To make dressing, combine oil, vinegar, shallots and red pepper flakes in a small bowl. Mix well.
6. Add dressing to vegetables and mix well.
7. Serve and enjoy.

### Makes 8 servings.

Adapted from [www.smittenkitchen.com](http://www.smittenkitchen.com)

## Quick Tips

- Add green beans to a soup, stew or stir-fry.
- Green beans can be eaten raw. Chop fresh green beans and add them to a tossed salad for some crunch.
- Cook in a frying pan with garlic and a small amount of olive oil for a tasty side dish.

## Cooking is Family Time!

### Kids can:

- Wash green beans.
- Break green beans in pieces.

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# Lettuce

## Key Points

- For the best buy, choose lettuce that is firm, green and smells sweet.
- To prepare, remove the center core and outer wilted leaves. Rinse well and dry with a clean towel.
- To store, wrap unwashed lettuce in a paper towel and refrigerate for three to seven days. Rinse just before using.
- Lettuce contains vitamin A, which is good for healthy eyes and skin.



## Lettuce & Bread Salad

### Ingredients:

- 6 cups shredded lettuce
- 4 cups bread, cut into cubes or torn
- 1 cup chopped sugar snap peas
- 1 cup diced radishes
- 2 tablespoons chopped mint
- 3 tablespoons mustard
- 2 tablespoons oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon honey
- Salt and pepper to taste

### Directions:

1. In a large bowl, combine lettuce, bread, snap peas, radishes and mint.
2. To make dressing, combine mustard, oil, vinegar and honey in a small bowl.
3. Pour dressing over lettuce salad and toss.
4. Serve immediately and enjoy!
5. Refrigerate leftovers.

### Makes 4 servings.

Adapted from [www.smittenkitchen.com](http://www.smittenkitchen.com)

## Stir-fried Lettuce

### Ingredients:

- 2 teaspoons vegetable oil
- 4 garlic cloves, minced
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon honey or sugar
- 2 heads lettuce, chopped
- ¼ teaspoon crushed red pepper flakes (optional)
- Salt and pepper to taste

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add garlic and cook for 2 minutes. Stir often.
3. Add soy sauce and honey and stir.
4. Add lettuce and cook until lettuce is soft, about 2 to 3 minutes.
5. Add red pepper flakes and salt and pepper to taste.
6. Serve hot and enjoy!
7. Refrigerate leftovers.

### Makes 4 servings.

Submitted by *Beth Bainbridge*,  
*Stellar Farmers Markets*

## Quick Tips

- Lettuce is great cooked! Shred leaves and add to a soup or stir fry just like any other greens.
- Squeeze lemon juice and a bit of oil over lettuce for a quick salad.
- The darker the color of lettuce, the richer it is in nutrients.

## Cooking is Family Time!

### Kids can:

- Rinse lettuce in cold water.
- Tear lettuce leaves.

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# Melons

## Key Points

- For the best buy, choose melons that smell good, are heavy for their size and do not have bruises.
- To prepare, rinse the rinds, remove the seeds and cut in pieces or slices.
- To store, keep melons out of direct sunlight and at room temperature until ripe, then refrigerate. Melons are ripe when they have a strong scent. Keep cut melons in the refrigerator.
- Melons contain potassium, which is good for heart health.



## Melon Gazpacho

### Ingredients:

4 cups chopped melon  
(cantaloupe and honeydew)  
2 cups chopped tomatoes  
3 cups chopped red and green  
bell peppers  
½ cup chopped scallions  
½ jalapeño, chopped with seeds  
removed  
3 garlic cloves  
¼ cup lemon juice  
1 tablespoon vegetable oil  
Salt and pepper to taste

### Directions:

1. Puree all ingredients in a blender or food processor.
2. Add pepper to taste.
3. Enjoy or refrigerate and serve cold.
4. Refrigerate leftovers.

### Makes 7 servings.

Adapted from [www.tastingtable.com](http://www.tastingtable.com)

## Melon Salad with Fresh Herbs

### Ingredients:

3 cups chopped cantaloupe  
½ diced jalapeño  
¼ cup fresh cilantro  
¼ cup fresh basil  
¼ cup fresh mint  
¼ cup fresh lime juice  
Salt and pepper to taste

### Directions:

1. In a large bowl, combine all ingredients and mix well.
2. Add salt and pepper to taste.
3. Enjoy or refrigerate and serve cold.
4. Refrigerate leftovers.

### Makes 4 servings.

Submitted by Beth Bainbridge,  
Stellar Farmers Markets

## Quick Tips

- Puree melon, non-fat yogurt and fresh herbs in a blender for a refreshing smoothie.
- Add melon cubes or melon balls to fruit salads.
- Serve melon halves with chicken salad.

## Cooking is Family Time!

### Kids can:

- Scoop out melon seeds.
- Help choose a ripe melon by smelling it when buying.

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# Peaches

## Key Points

- For the best buy, choose peaches with reddish, velvety skin.
- To prepare, rinse and eat whole. Avoid the pit inside.
- To store, keep peaches out of direct sunlight and at room temperature until ripe. Refrigerate ripe peaches for up to five days.
- Peaches contain vitamin A, which is good for healthy eyes and skin.



## Peach Compote

### Ingredients:

4 cups chopped peaches  
2 cups chopped nectarines or plums  
2 tablespoons honey  
1 teaspoon lemon zest  
1 cinnamon stick or 1 teaspoon ground cinnamon

### Directions:

1. Add fruit and honey to pot over medium heat.
2. Add lemon zest and cinnamon. Stir.
3. Cook until fruit is soft, about 10 to 12 minutes.
4. Serve immediately or refrigerate and enjoy cold.
5. Refrigerate leftovers.

### Makes 4 servings.

*Adapted from [www.marthastewart.com](http://www.marthastewart.com)*

## Just Peachy Salsa

### Ingredients:

2 cups diced peaches  
 $\frac{3}{4}$  cup diced cucumber  
 $\frac{1}{4}$  cup finely diced red onion  
 $\frac{1}{4}$  cup chopped cilantro  
1 finely diced jalapeño, seeds removed  
2 tablespoons lime juice  
Salt and pepper to taste

### Directions:

1. Combine all ingredients in a medium bowl and toss well.
2. Serve or chill and enjoy!
3. Refrigerate leftovers.

### Makes 8 servings.

*Adapted from <http://www.vegetariantimes.com>*

## Quick Tips

- Put peach slices on hot or cold breakfast cereals, waffles or pancakes.
- Chop peaches and add to plain or vanilla yogurt.
- Don't throw away bruised peaches. Slightly damaged fruit can be cooked into a delicious sauce.

## Cooking is Family Time!

### Kids can:

- Rinse peaches.
- Add chopped peaches to salsas.

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# Pears

## Key Points

- For the best buy, choose pears that are slightly soft around the stem and have no bruises.
- To prepare, rinse well with running water before using.
- To store, refrigerate up to five days.
- Pears contain fiber, which helps to keep you regular.



## Poached Pears with Cider Sauce

### Ingredients:

- 3 cups apple cider
- 1 teaspoon cinnamon
- 2 slices fresh ginger root
- 4 pears, cored and chopped
- 1 teaspoon mint leaves (optional)

### Directions:

1. In a large pot over medium heat, bring the cider, cinnamon and ginger to a boil.
2. Add the pears and cook for about 15 minutes. Remove pears.
3. Raise heat to high and cook liquid until it thickens.
4. Pour liquid over pears and add mint leaves.
5. Serve and enjoy.

### Makes 6 servings.

Adapted from The Angelica Home Kitchen  
by Leslie McEachern

## Pear Chutney

### Ingredients:

- 4 pears, cored and finely sliced
- 1 onion, chopped
- 2 teaspoons honey
- ½ cup white wine vinegar
- 1 cinnamon stick
- 1 small bay leaf
- Salt and pepper to taste

### Directions:

1. Combine all ingredients in a large pot over medium heat and bring to a boil.
2. Reduce heat to low and cook for 10 minutes or until the pears turn soft and the mixture thickens.
3. Let cool, serve and enjoy.
4. Refrigerate leftovers.

### Makes 4 servings.

Adapted from [www.foodandwine.com](http://www.foodandwine.com)

## Quick Tips

- Chop pears and add to a tossed salad.
- Layer pear slices on cheese and crackers.
- Try sliced pears on a peanut butter sandwich!
- Remember to rinse all fruits and vegetables before using.

## Cooking is Family Time!

### Kids can:

- Rinse pears.
- Chop pears with a plastic knife.

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# Peppers

## Key Points

- For the best buy, choose firm peppers with no soft spots.
- To prepare, rinse and remove the stem, core and seeds.
- To store, refrigerate peppers for seven to ten days.
- Peppers contain vitamin C, which is good for fighting colds and healing cuts.

## Bell Pepper & White Bean Salad

### Ingredients:

- 3 cups chopped arugula or spinach leaves
- 1 cup chopped bell peppers
- 1/3 cup sliced red onion
- 1 1/2 cups cooked or 1 can (15.5 ounces) white beans, rinsed and drained
- 1 1/2 tablespoons balsamic vinegar, or other vinegar
- 1 tablespoon vegetable oil
- 1 garlic clove, minced
- Salt and pepper to taste

### Directions:

1. In a large bowl, combine arugula (or spinach), peppers, red onion and white beans.
2. To make dressing, mix vinegar, oil, garlic, salt and pepper in a small bowl.
3. Pour dressing over salad and mix well.
4. Serve and enjoy!
5. Refrigerate leftovers.

### Makes 6 servings.

Adapted from [www.cookinglight.com](http://www.cookinglight.com)

## Pepper & Tomato Stew

### Ingredients:

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 3 garlic cloves, sliced
- 5 cups chopped tomatoes
- 5 cups chopped yellow and red bell peppers
- 2 teaspoons paprika
- 1/4 teaspoon red pepper flakes (optional)
- Salt and pepper to taste

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add onion and garlic and cook until soft, about 5 minutes. Stir often.
3. Add tomatoes, peppers, paprika and red pepper flakes, and stir. Cook until peppers are soft, about 20 minutes.
4. Serve hot and enjoy!
5. Refrigerate leftovers.

### Makes 6 servings.

Adapted from *Vegetarian Cooking for Everyone* by Deborah Madison



## Quick Tips

- Peppers can be eaten raw. Cut into strips and eat plain or with dip.
- To roast peppers, place in a dry pan and cook over medium-high heat until skins darken. Place in a covered bowl for five minutes. Remove seeds and chop.
- Add chopped peppers to pasta sauce or rice dishes.

## Cooking is Family Time!

### Kids can:

- Rinse peppers before using.
- Help remove seeds of pepper with a spoon.

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# Plums

## Key Points

- For the best buy, choose plums that are slightly soft to the touch.
- Plums are sweeter and juicier at room temperature.
- Store unripe plums on the counter at room temperature. Store ripe plums in the refrigerator for several days.
- Plums contain vitamin K, which is necessary for blood clotting.



## Spiced Plums

### Ingredients:

6 black or red plums, chopped  
1 tablespoon honey  
 $\frac{3}{4}$  teaspoon cinnamon  
 $\frac{1}{2}$  teaspoon allspice (optional)

### Directions:

1. In a medium pot over high heat combine plums, honey, cinnamon and allspice.
2. Bring to a boil, then reduce heat and cover. Cook for 10 minutes, stirring often.
3. Remove cover and cook 5 more minutes, or until plums thicken.
4. Serve and enjoy!
5. Refrigerate leftovers.

### Makes 6 servings.

Adapted from  
<https://theveggieclub.wordpress.com>

## Plum Cucumber Salad

### Ingredients:

6 black or red plums, diced  
 $1\frac{1}{2}$  cups diced cucumbers  
 $\frac{1}{2}$  red onion, diced  
1 bell pepper, diced  
 $\frac{1}{4}$  cup chopped cilantro leaves (optional)  
2 tablespoons balsamic vinegar, or other vinegar  
1 tablespoon vegetable oil  
Salt and pepper to taste

### Directions:

1. In a large bowl, combine plums, cucumber, onion, pepper and cilantro.
2. To make dressing, whisk vinegar, oil, salt and pepper in a small bowl.
3. Add dressing to the large bowl and toss well.
4. Serve and enjoy!
5. Refrigerate leftovers.

### Makes 6 servings.

Adapted from [www.finecooking.com](http://www.finecooking.com)

## Quick Tips

- Any type of plum can be used in place of another.
- Plums can be frozen raw. Simply rinse and dry, and remove the pit before freezing.
- Don't let bruised plums go to waste! Add them to a blender along with banana and yogurt for a delicious smoothie.

## Cooking is Family Time!

### Kids can:

- Rinse plums before using and eating.
- Help shop for different kinds of plums at the market.

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# Potatoes

## Key Points

- For the best buy, choose potatoes that are firm and without green spots.
- Skins are delicious and nutritious. Just scrub before preparing.
- To keep fresh, store potatoes away from onions in a cool, dry place for up to two weeks.
- Potatoes contain potassium, which is good for a healthy heart.



## Smashed Potatoes with Kale

### Ingredients:

- 1 tablespoon vegetable oil
- 6 cups diced potatoes
- 6 cups diced kale
- 1 cup water
- 3 tablespoons chopped scallions
- ¼ teaspoon red pepper flakes
- Salt and pepper to taste

### Directions:

1. Heat oil in a large frying pan over medium heat.
2. Add potatoes and cook for 5 minutes.
3. Add kale and cook for 5 more minutes.
4. Add water, cover and cook 5 more minutes.
5. Mash potatoes and kale until smooth.
6. Add scallions, red pepper flakes and salt and pepper to taste.
7. Serve hot and enjoy.
8. Refrigerate leftovers.

### Makes 8 servings.

Submitted by Beth Bainbridge,  
Stellar Farmers Markets

## Pan-Roasted Potatoes

### Ingredients:

- 2 tablespoons vegetable oil
- ½ teaspoon salt
- 4 to 5 potatoes, cut in even pieces

### Directions:

1. Heat oil and salt in a large frying pan over medium-high heat. Add potatoes in a single layer, cut-side down.
2. Cook for 10 minutes, uncovered. Do not stir!
3. When potatoes turn brown, turn heat to low, cover and cook until potatoes are soft, about 15 minutes.
4. Serve hot and enjoy.
5. Refrigerate leftovers.

### Makes 5 servings.

Adapted from <http://food52.com>

## Quick Tips

- Add potatoes to soups and stews.
- Choose potatoes that are smooth, with few flaws on the skins.
- Be sure to eat the skin of potatoes to get more fiber and potassium.

## Cooking is Family Time!

### Kids can:

- Scrub potato skins.
- Add raw, cut potatoes to a bowl and cover completely with cold water to keep from turning brown. Store in the refrigerator and use within 24 hours.

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# Pumpkin

## Key Points

- For the best buy, choose pumpkins with bright orange skins and no spots.
- To prepare fresh pumpkin, rinse and remove seeds and cut into small pieces. Boil or bake small pieces until tender, about 10 to 20 minutes.
- To keep fresh, store in a cool, dry place for up to one month.
- Pumpkin contains vitamin A, which is good for healthy eyes and skin.



## Curried Pumpkin & Potato

### Ingredients:

1 tablespoon vegetable oil  
1 onion, sliced  
1 garlic clove, chopped  
2½ teaspoons curry powder  
1 pumpkin or any winter squash, chopped  
2 potatoes, chopped  
1 ½ cups water  
¾ cup raisins  
Salt and pepper to taste  
Chopped fresh cilantro, to taste (optional)

### Directions:

1. Heat oil in a medium pot over medium heat.
2. Add onion and cook for 5 minutes. Add garlic and cook for 1 more minute.
3. Add curry, pumpkin, potatoes, salt and pepper. Cook for 5 minutes, stirring often.
4. Add water and raisins. Cover and cook until the pumpkin and potatoes are soft, 5 to 10 minutes.
5. Add cilantro. Serve and enjoy!

**Makes 6 servings.**

*Adapted from [www.countryliving.com](http://www.countryliving.com)*

## Pumpkin Sage Soup

### Ingredients:

1 tablespoon vegetable oil  
2 cups chopped onion  
2 tablespoons chopped parsley  
2 tablespoons chopped sage  
4 cups diced pumpkin or calabaza squash  
3 cloves garlic  
3 cups water  
Salt and pepper to taste

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add onion, parsley and sage, and cook, until onion is soft, about 6 to 8 minutes. Stir often.
3. Add pumpkin and garlic and cook 2 minutes.
4. Add water. Cover and cook until pumpkin is tender, about 12 to 15 minutes.
5. Puree in a blender, adding extra water as needed. Add salt and pepper, to taste.
6. Return to pot to reheat or enjoy room temperature.
7. Refrigerate leftovers.

**Makes 6 servings.**

*Adapted from <http://www.bonappetit.com>*

## Quick Tips

- Puree cooked pumpkin and add to pancake batter.
- Scoop seeds from pumpkin and rinse. Salt lightly and bake at 350° F for 15 minutes.
- Any type of winter squash can be used in place of another.

## Cooking is Family Time!

### Kids can:

- Scoop out and rinse pumpkin seeds for baking.
- Measure and add ingredients to recipes.

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# Radishes

## Key Points

- For the best buy, choose firm radishes with smooth skins and no bruises. If the greens are attached, they should not be wilted.
- Radishes and radish greens can be eaten raw or cooked.
- To keep fresh, store unwashed radishes, with greens removed, in the refrigerator for up to two weeks. Store radish greens in a damp paper towel in the refrigerator for two to three days.
- Radishes contain vitamin C, which is good for fighting colds and healing cuts.



## Radish Stir-Fry with Sugar Snap Peas

### Ingredients:

1 tablespoon vegetable oil  
½ cup diced shallots  
3 cups chopped sugar snap peas  
2 cups sliced radishes  
¼ cup orange juice  
2 tablespoons chopped fresh dill  
Salt and pepper to taste

### Directions:

1. Heat oil in a large pan over medium heat.
2. Add shallots and cook until soft, about 3 minutes.
3. Add snap peas and cook 3 minutes. Add radishes and cook 3 more minutes. Stir.
4. Add orange juice and dill.
5. Add black pepper to taste.
6. Mix well. Serve and enjoy!
7. Refrigerate leftovers.

**Makes 4 servings.**

*Adapted from [www.smittenkitchen.com](http://www.smittenkitchen.com)*

## Rita's Pickled Radishes

### Ingredients:

2 cups thinly sliced radishes  
½ teaspoon salt  
1 tablespoon honey  
1 cup lime juice (4 limes)  
1 tablespoon chopped mint or cilantro (optional)

### Directions:

1. Sprinkle sliced radishes with salt. Set aside.
2. To make dressing, combine honey, lime juice and herb (if using) in a small bowl and mix.
3. Pour dressing over radishes.
4. Cover and set aside at room temperature for 20 to 30 minutes.
5. Drain liquid before serving.
6. Enjoy or refrigerate and serve cold!
7. Refrigerate leftovers.

**Makes 8 servings.**

*Submitted by Rita Khatun,  
Stellar Farmers Markets*

## Quick Tips

- Radishes can be boiled, baked, steamed or roasted.
- Combine grated radishes and zucchini with lime juice to make a delicious slaw for tacos!
- One bunch of radishes will yield about 2½ cups of sliced radishes.

## Cooking is Family Time!

### Kids can:

- Separate radish greens from the roots.
- Scrub radish roots before serving.

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# Spinach

## Key Points

- For the best buy, choose spinach with crisp, dark green leaves.
- To prepare, put leaves in a bowl of cold water and rinse well to remove all the dirt.
- To keep fresh, place in a plastic bag and refrigerate for three to seven days.
- Spinach contains vitamin A, which is good for healthy eyes and skin.



## Fruit & Spinach Salad    Spinach & Beans

### Ingredients:

4 cups fresh spinach, stems removed and torn  
1 cup sliced strawberries  
1 cup raisins  
2 tablespoons oil  
1 tablespoon lemon juice  
Salt and pepper to taste

### Directions:

1. In a large bowl, combine spinach, strawberries and raisins. Toss gently.
2. To make dressing, combine oil and lemon juice in a small bowl. Mix well.
3. Pour dressing on top of spinach mixture. Add salt and pepper to taste.
4. Toss well and serve.
5. Refrigerate leftovers.

### Makes 4 servings.

Adapted from <http://www.cityharvest.org>

### Ingredients:

2 tablespoons vegetable oil  
1 onion, chopped  
2 garlic cloves, minced  
3½ cups cooked great northern beans  
6 cups fresh spinach, stems removed  
1 tablespoon vinegar  
Salt and pepper to taste

### Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add onion and cook for 2 minutes, stirring often.
3. Add garlic and cook 1 minute.
4. Add beans and cook until hot, about 3 minutes.
5. Add spinach in small batches and vinegar, stirring often until spinach is wilted, about 3 minutes.
6. Season with salt and pepper and serve.
7. Refrigerate leftovers.

### Makes 6 servings.

## Quick Tips

- Add raw spinach to soups or homemade smoothies.
- Add cooked spinach to rice and pasta dishes.
- Add raw spinach to lettuce salads for extra nutrients and flavor.

## Cooking is Family Time!

### Kids can:

- Place spinach leaves in a bowl of water and move them around to remove dirt.
- Tear spinach leaves carefully to add to soups or homemade smoothies.

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# Strawberries

## Key Points

- For the best buy, choose strawberries that are bright red and firm.
- To prepare fresh strawberries, rinse and remove stems.
- To store fresh, refrigerate strawberries for four to seven days.
- Strawberries contain vitamin C, which is good for fighting colds and healing cuts.



## Strawberry-Basil Sauce

### Ingredients:

- 4 cups chopped strawberries
- 2 tablespoons honey
- 2 tablespoons lemon juice
- ¼ cup sliced fresh basil

### Directions:

1. In a large pot, heat strawberries over medium heat.
2. Cook until strawberries are soft, about 4 minutes.
3. Add honey and lemon juice and stir. Cook for 8 to 10 minutes.
4. Turn off heat, add basil and stir well.
5. Serve hot or chilled.
6. Refrigerate leftovers.

### Makes 8 servings.

Adapted from [www.marthastewart.com](http://www.marthastewart.com)

## Strawberry Pepper Salsa

### Ingredients:

- 2 cups chopped strawberries
- ½ red onion, thinly sliced
- 1 jalapeño pepper, diced
- ½ red bell pepper, chopped
- ½ green bell pepper, chopped
- ½ orange bell pepper, chopped
- 2 tablespoons lemon juice
- 1 tablespoon vegetable oil
- Salt, pepper and cilantro to taste

### Directions:

1. Combine all ingredients in a bowl and mix well.
2. Serve and enjoy.
3. Refrigerate leftovers.

### Makes 6 servings.

Adapted from [www.yummly.com](http://www.yummly.com)

## Quick Tips

- Top hot or cold cereal with strawberries.
- Mix strawberries with yogurt or cottage cheese.
- Blend strawberries with yogurt, honey and orange juice for a fruit smoothie.

## Cooking is Family Time!

### Kids can:

- Take off the green tops from strawberries.
- Rinse strawberries before eating.

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# Summer Squash

## Key Points

- For the best buy, choose summer squash (yellow or green) that is firm and without soft spots.
- To prepare, scrub and rinse skin, then cut off ends. Seeds and skin are good to eat and full of fiber and nutrients!
- To store fresh, refrigerate in an open plastic bag for seven to ten days.
- Summer squash contains potassium, which is good for a healthy heart.



## Summer Squash & White Bean Salad

### Ingredients:

- 4 cups diced summer squash
- 1 cup chopped red onion
- 2 ¼ cups cooked or 1 19-ounce can cannellini beans, drained and rinsed
- 2 tablespoons vegetable oil
- ¼ cup apple cider vinegar
- ½ tablespoon chopped rosemary
- Salt and pepper to taste

### Directions:

1. In a large bowl, combine summer squash, onion and beans.
2. In a small bowl, mix oil, vinegar, rosemary, salt and pepper.
3. Pour oil mixture over bean-squash mixture and toss.
4. Chill, serve and enjoy!
5. Refrigerate leftovers.

**Makes 10 servings.**

*Adapted from <http://newhope360.com>*

## Zucchini Spaghetti

### Ingredients:

- 1 tablespoon oil
- 1 cup chopped onion
- 4 cloves garlic, minced
- 2 cups chopped tomatoes
- 4 cups zucchini, sliced in thin strips
- Salt, pepper and red pepper flakes to taste

### Directions:

1. In a large pan, heat oil over medium heat.
2. Add onion and cook until soft, about 5 minutes.
3. Add garlic and stir for 1 minute.
4. Add tomatoes and cook for 10 minutes, stirring often.
5. Add zucchini and cook until soft, about 3 minutes. Add red pepper flakes to taste.
6. Enjoy by itself or with your favorite pasta or grain!
7. Refrigerate leftovers.

**Makes 8 servings.**

## Quick Tips

- Grate summer squash and freeze raw or add to an omelet.
- Slice and eat fresh in salads or as part of a cold vegetable platter.
- Steam chopped summer squash in a small amount of water for three minutes. Season with pepper and fresh herbs.

## Cooking is Family Time!

### Kids can:

- Rinse fresh squash under running water.
- Grate squash, with supervision.

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# Sweet Potatoes

## Key Points

- For the best buy, choose sweet potatoes that taper at both ends.
- To prepare, scrub and remove eyes and dark spots. Keep the skin; it's full of fiber and nutrients.
- To keep fresh, store in a cool, dry place for one to two weeks.
- Sweet potatoes contain vitamin A, which is good for healthy eyes and skin.



## Sweet Potato & Apple Stir-Fry

### Ingredients:

- 2 tablespoons vegetable oil
- 4 cups chopped sweet potatoes
- ½ cup water
- 1 teaspoon grated ginger (optional)
- 2 cups chopped apples
- 1 teaspoon cinnamon

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add sweet potatoes, cover and cook for 5 minutes.
3. Add water and ginger, if using. Cover and cook for 5 minutes, stirring often.
4. Add apples and cinnamon. Cook for 10 more minutes until sweet potatoes are soft.
5. Serve immediately and enjoy as a dessert or sweet side dish.
6. Refrigerate leftovers.

### Makes 5 servings.

Adapted from <http://recipes.sparkpeople.com>

## Sweet Potato & Red Bean Chili

### Ingredients:

- 2 teaspoons vegetable oil
- 1 onion, diced
- 3 cups diced sweet potatoes
- 2 garlic cloves, minced
- 2 cups chopped tomatoes
- 1½ tablespoons chipotle chili powder
- 2 teaspoons ground cumin (optional)
- 1 ½ cups water
- 1½ cups cooked or 1 15-ounce can red beans, rinsed
- 2 tablespoons chopped cilantro (optional)
- Salt and pepper to taste

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add onions and garlic. Cook for about 4 minutes or until softened.
3. Stir in the sweet potatoes, spices, and heat to toast for 1 minute.
4. Add tomatoes and water. Cook for 10 minutes.
5. Add beans. Cook until the beans are heated, about 5 minutes.
6. Add cilantro, salt and pepper.

### Makes 6 servings.

Adapted from [www.eatingwell.com](http://www.eatingwell.com)

## Quick Tips

- For a baked sweet potato, scrub and wrap in foil. Bake at 375° F for one hour.
- Boil sweet potatoes and mash. Add orange juice and a pinch of brown sugar for a sweet treat.
- Sweet potatoes can be mixed with white potatoes for more nutrients and flavor.

## Cooking is Family Time!

### Kids can:

- Scrub sweet potato skins before using.
- Mash boiled sweet potatoes.

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# Tomatoes

## Key Points

- For the best buy, choose firm tomatoes with smooth skins. Green tomatoes will ripen at room temperature.
- To prepare fresh tomatoes, rinse and slice or chop. Eat fresh or cooked.
- To store fresh, keep tomatoes out of direct sunlight and at room temperature until ripe, then, if needed, refrigerate for up to a week.
- Tomatoes contain vitamin A, which is good for healthy eyes and skin.



## Easy Tomato Sauce

### Ingredients:

- 1½ teaspoons vegetable oil
- 1 onion, chopped
- 2½ cups chopped tomatoes
- 2 garlic cloves, chopped
- ½ teaspoon oregano (optional)
- ½ teaspoon salt
- ¼ teaspoon pepper

### Directions:

1. In a large frying pan, heat oil over medium heat. Add onion and cook until soft. Stir often.
2. Add tomatoes, garlic, oregano, salt and pepper.
3. Simmer for 15 to 20 minutes or until thickened.
4. Serve over pasta, rice or cooked vegetables. Enjoy!
5. Refrigerate leftovers.

**Makes 5 servings.**

## Chilean Tomato Salad

### Ingredients:

- 2 cups thinly sliced onions
- ½ teaspoon salt
- 8 cups sliced tomatoes
- ¼ cup basil or cilantro, torn
- 1 tablespoon oil
- Salt and pepper to taste

### Directions:

1. Place onions in a small bowl and sprinkle with salt. Set aside 20 to 30 minutes.
2. Rinse onions under water to remove salt. Drain well.
3. In a large bowl, combine tomatoes, drained onions and basil or cilantro. Add oil and mix well.
4. Enjoy or refrigerate and serve cold!
5. Refrigerate leftovers.

**Makes 8 servings.**

*Submitted by Beth Bainbridge,  
Stellar Farmers' Markets*

## Quick Tips

- One medium tomato is about one cup chopped.
- Add chopped tomatoes to scrambled eggs.
- Make your own tomato soup! Sauté chopped onion and garlic until soft, then add your favorite herbs, chopped tomatoes and low-sodium broth. Cook 10 to 15 minutes and enjoy!

## Cooking is Family Time!

### Kids can:

- Wash tomatoes under cold water.
- Mash or cut tomatoes to make a quick sauce or salsa.

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# Watermelon

## Key Points

- For the best buy, choose melons that are heavy for their size, with no bruises or soft spots.
- To prepare, rinse the rinds, cut them in half or in wedges and remove the seeds.
- To store, keep whole melons out of direct sunlight and at room temperature for up to one week. Refrigerate cut melons for up to five days.
- Melons contain vitamin A, which is good for healthy eyes and skin.



## Spicy Watermelon Relish

### Ingredients:

3 cups cubed watermelon  
2 cucumbers, thinly sliced  
½ onion, chopped  
1 carrot, thinly sliced  
¼ cup apple cider vinegar  
1 teaspoon red pepper flakes  
2 tablespoons chopped mint  
1 tablespoon chopped cilantro (optional)  
Salt and pepper to taste

### Directions:

1. Combine all ingredients in a large bowl and toss gently.
2. Chill, serve and enjoy.
3. Refrigerate leftovers.

**Makes 6 servings.**

*Adapted from [www.wchstv.com](http://www.wchstv.com)*

## Watermelon Black Bean Salsa

### Ingredients:

2 cups chopped watermelon, seeds removed  
1 cup cooked black beans  
½ cup chopped onion  
1 tablespoon chopped green chilies  
1 garlic clove, minced  
2 tablespoons lime juice  
1 tablespoon vegetable oil  
1 tablespoon chopped cilantro (optional)

### Directions:

1. Combine all ingredients in a large bowl and toss gently.
2. Chill, serve and enjoy.
3. Refrigerate leftovers.

**Makes 4 servings.**

## Quick Tips

- Add melon cubes or melon balls to fruit salads.
- Choose watermelons that have a pale yellow spot on the skin. This shows that they are ripe.
- Add pieces of watermelon to your water for a refreshing drink.

## Cooking is Family Time!

### Kids can:

- Scoop out melon flesh to eat as a snack or add to a recipe.
- Dig out seeds from the wedges using a spoon.

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# Winter Greens

## Key Points

- For the best buy, look for greens that are moist and crisp, with rich, green leaves.
- To prepare, rinse leaves and chop into bite-sized pieces.
- To store, wrap unwashed greens in a damp paper towel, place in a plastic bag and keep in the refrigerator for three to five days.
- Winter greens contain vitamin A, which is good for healthy eyes and skin.



## Leafy Greens Salad with Apple Dressing

### Ingredients:

- 2 apples
- 12 cups sliced leafy greens (kale, mustard greens, spinach)
- 2 tablespoons apple cider vinegar
- 1 teaspoon lemon juice
- 2 tablespoons vegetable oil
- Salt and pepper to taste

### Directions:

1. Chop 1 apple and add to a large bowl. Add greens.
2. To make dressing, shred 1 apple on the smallest holes of a grater. Add shredded apple, vinegar, lemon juice and oil to a small bowl.
3. Add dressing to greens, mix well with hands. Add pepper to taste.
4. Serve and enjoy.
5. Refrigerate leftovers.

### Makes 6 servings.

Adapted from [www.bonappetit.com](http://www.bonappetit.com)

## Black-Eyed Peas & Collard Greens

### Ingredients:

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 3 garlic cloves, minced
- 8 cups chopped collard greens
- 2 cups chopped tomato
- ¼ cup chopped dill
- ½ cup of water
- 1½ cups cooked or 1 15-ounce can black-eyed peas, rinsed
- Salt and pepper to taste

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add onion and garlic and cook until soft, about 5 minutes. Stir frequently.
3. Add greens, tomato, dill and water. Add more water if needed to prevent sticking. Cook until greens are soft, 20 to 25 minutes.
4. Add black-eyed peas. Add black pepper to taste. Stir.
5. Serve immediately and enjoy.
6. Refrigerate leftovers.

### Makes 4 servings.

Adapted from [www.nytimes.com](http://www.nytimes.com)

## Quick Tips

- Add kale, collard greens, mustard greens or Swiss chard to soups and stews. Any variety can be used in place of another.
- Cook winter greens with oil and garlic for a quick side dish.
- Greens can be seasoned with vinegar, ginger, lemon juice or hot pepper flakes.

## Cooking is Family Time!

### Kids can:

- Wash leaves in cold water.
- Tear leafy greens in pieces.

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