

## appendix four: delicious local food recipes.

### raw vegetables.

Of course you can eat those leafy greens raw in a salad, but many other vegetables are tasty eaten raw, either plain or with a dip. Wash the vegetable, peel root vegetables if you wish, and cut into slices or chunks. Good raw vegetables: broccoli, carrots, cauliflower, cucumbers, green beans, green onions, kohlrabi, radishes, snap peas or edible pod peas, summer squash or zucchini, sweet peppers, tomatoes.

### very simple spinach dip.

- 1 bunch fresh spinach (or one package of frozen spinach)
- 1/2 cup sour cream
- 1/2 cup of your favorite mayonnaise or similar salad dressing
- 1 tsp. salt
- Optional seasonings (choose one or two):
  - 1/2 tsp. onion powder
  - 1/2 tsp. garlic powder
  - 1/2 tsp. paprika
  - 1/4 tsp. black pepper

If you are using fresh spinach, wash the spinach and chop it coarsely. Put a medium-sized cooking pot on the stove over medium heat. Put the chopped spinach and about 1/4 cup of water in the pan. Stir the spinach occasionally while it is cooking, and cook it until it is tender. Drain off excess water, and let the cooked spinach cool. Chop the cooked spinach more finely if you wish—either with a knife or in a food processor. Mix the sour cream, mayonnaise, salt, and seasonings in a large bowl. Add the spinach and mix thoroughly. Chill the dip in the refrigerator. Serve spinach dip with raw vegetables.

### carrot-raisin salad.

- 4 large carrots
- 1/2 cup raisins
- 1/2 cup of your favorite mayonnaise or similar salad dressing

Peel the carrots. Chop, grate, or coarsely grind the carrots. Mix the carrots with the raisins and the mayonnaise.

### winter squash slaw.

- 2 tart red apples, cored and grated with skins
- 1/3 cup dried cranberries
- 3 tbs. cider vinegar plus 2 tbs. honey)
- 1/2 small butternut squash, peeled, seeded and grated (about 3 cups)
- 1 cup shredded green cabbage
- salt & freshly ground black pepper

In a small bowl, toss the apples and dried cranberries with the vinegar. Set aside. Spread the grated squash on a flat pan and sprinkle with 1/2 tsp. salt. This draws out a bitter substance in the squash. After 5 minutes, pat the squash dry and transfer it to a large bowl. Add the shredded cabbage. Add the apple-cranberry mixture to the squash and cabbage. Mix thoroughly. Season with salt and pepper.

### fried parsnips.

- Parsnips
- Vegetable oil

Cut parsnips into slices that are about 1/4 inch thick. Put a large cooking pot on the stove over medium-high heat, and add two teaspoons of vegetable oil for every cup of sliced parsnips. As soon as the oil is hot, add the sliced parsnips. Stir the parsnips often while they are cooking. When the parsnip slices are tender and a little bit browned, they are ready to eat. Season with kosher salt and freshly ground black pepper.

### buttered beets.

- Beets
- Butter
- Salt

Use any amount of beets that you choose. Cut large beets into quarters. Small beets can be left whole. Put the beets in a cooking pot and cover them with water. Bring to a boil, then turn down the heat and let them simmer until they are tender enough that a fork goes into them easily. Drain off the cooking water, and fill the pot with cold water. Let the beets cool. When they are cool enough to touch, you can easily slip off the beet peelings with your fingers. Cut the cooked beets into bite-sized pieces. In a cooking pot or pan, melt one teaspoon of butter for each cup of cut-up beets. Add the beets and stir often until they are heated. Add salt to your taste.



## roasted root vegetables.

- 3 lbs root vegetables cut into 1 inch pieces
- 2-3 tablespoons extra-virgin olive oil
- 3-5 fresh sprigs of rosemary or thyme
- kosher salt and freshly ground black pepper

For this recipe you can use almost any combination of root vegetables you have on hand. Winter squashes, sweet potatoes, peeled garlic cloves, small yellow onions, potatoes, fennel bulbs, parsnips, turnips and of course, the star of any roasted root vegetable dish — beets! Preheat the oven to 400°F. Peel the vegetables and cube. Be sure to keep the pieces approximately the same size so they cook evenly. Toss in olive oil and arrange in a large shallow roasting pan. You can throw in a few sprigs of rosemary or thyme if you desire. Rearrange the vegetables every 15 minutes to cook evenly, begin checking to see if the beets are tender at around 35 minutes. Take the vegetables out of the oven when tender then season to taste and serve.

## mashed potatoes and rutabagas.

- 4 medium potatoes
- 1/2 of a rutabaga
- 1/4 cup butter
- 1/2 cup milk
- 1/2 tsp. salt
- 1/4 tsp. black pepper

Peel the potatoes and the rutabaga. Cut each potato into four pieces. Cut the rutabaga into one-inch chunks. Put the potato and rutabaga pieces into a medium cooking pot and cover them with cold water. Cook the vegetables over medium heat until they come to a boil. Turn the heat down and let them simmer until a fork goes easily into both the potatoes and the rutabagas. Remove the pot from the stove and drain off the liquid. Add the butter, milk, salt and pepper. Mash the mixture vigorously with a potato masher. (You can also use an electric mixer, but do not mix too long or the potatoes may get a gummy texture.)

## spaghetti sauce.

- 1 lb. lean ground beef or pork sausage
- 1 quart bag frozen tomatoes, thawed
- 1 6-oz. can tomato paste
- 1 tsp. oregano (dried leaves)
- 1 tsp. basil (dried leaves)
- 1/4 tsp. rosemary (dried leaves)
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- Optional additions: minced garlic, chopped onion, mushrooms, or green pepper.

Fry the ground beef or pork sausage over medium heat until brown, breaking chunks apart and stirring as it browns. Add optional ingredients, if desired, and fry them along with the meat for a couple of minutes until they begin to soften. Drain off excess fat. Add the thawed tomatoes, tomato paste, oregano, basil, rosemary, salt and pepper. Simmer 10 minutes. Add extra water if sauce seems too thick.

## beef-barley soup.

- 1 lb. lean ground beef or stew meat
- 1 medium onion
- 1 quart tomato juice
- 1 quart water
- 4 medium carrots, peeled and diced
- 4 medium potatoes, peeled and diced
- 1 turnip or rutabaga, peeled and d i c e d
- 2 stalks celery, washed and diced
- 1/2 cup dry pearled barley
- 1 tsp. salt
- 1/2 tsp. ground black pepper

Fry the ground beef or stew meat in a pot to brown it, stirring often. Use a tablespoon of vegetable oil in the pot if using stew meat, to prevent sticking. Chop the onion and add it to the browning meat. When meat is browned, drain off excess fat. Add all other ingredients. Bring to boiling and then reduce heat so the soup simmers. Simmer until the barley and vegetables are tender. Add extra water while cooking, if needed.

## appendix four: delicious local food recipes. [continued]

### applesauce-whole wheat cake.

- 1/2 cup vegetable oil
- 3/4 cup brown sugar
- 1 cup applesauce
- 1-1/2 cups whole wheat flour
- 1 tsp. baking soda
- 1 tsp. cinnamon

Mix the vegetable oil and brown sugar together thoroughly. Mix in the applesauce and baking soda. Add flour and cinnamon and mix well. Pour into a greased 8" x 8" square pan, or a 9" round cake pan. Bake at 375° F for about 30 minutes, or until a toothpick inserted in the center of the cake comes out clean. Cool. If desired, drizzle powdered sugar glaze over the cake: put one cup of powdered sugar in a bowl and add milk, one tablespoon at a time, stirring until the glaze is runny enough to drizzle off a spoon onto the cake.

### baked apples.

- 1 large firm apple per person (this recipe is for 4)
- 2 cups apple cider
- 1 cup chopped dried fruit (combination of raisins, apricots, figs or cranberries)
- 1 teaspoon butter per apple
- 1 small sprig of rosemary per apple (optional)

Preheat the oven to 350°. Cut off the top half inch of the apple and remove the core. Fill the apple with dried fruit and rosemary, then arrange the apples side by side in an oven proof baking dish. Place a bit of butter on top of the fruit and drizzle the cider on top (you can add honey or maple syrup if you wish.) Replace their tops. Bake for 40 minutes or until just soft. Spoon the remaining cider from the baking dish over the apples and serve with sweetened cream or vanilla ice cream.

### pumpkin-blueberry muffins.

- 2-1/2 cups all-purpose flour
- 2 cups sugar
- 1 tablespoon pumpkin pie spice  
(or 1 tsp. cinnamon and heaping half-teaspoons of cloves, ginger, and nutmeg)
- 1 tsp. baking soda
- 1/2 tsp. salt
- 2 eggs

- 1-1/2 cups cooked pumpkin (thawed, if frozen pumpkin)
- 1/4 cup vegetable oil
- 1/2 cup milk or apple juice
- 1 cup fresh, frozen, or well-drained canned blueberries
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- 1/2 cup milk or apple juice
- 1 cup fresh, frozen, or well-drained canned blueberries

### streusel topping.

- 1/4 cup sugar
- 2 tablespoons flour
- 1/2 tsp. cinnamon
- 2 tablespoons butter or margarine

Heat oven to 350° F. Grease or paper-line 18 muffin cups. To make streusel topping: combine sugar, flour, and cinnamon; cut in the butter with a pastry cutter or fork until the mixture is crumbly.

To make muffin batter: combine flour, sugar, spices, soda, and salt in a large bowl. Combine pumpkin, eggs, vegetable oil, and milk (or apple juice) in a medium bowl. Stir pumpkin mixture well, then stir it into the flour mixture just until the dry ingredients are moistened. Gently fold in blueberries.

Spoon muffin batter into prepared muffin cups. Sprinkle streusel topping over each muffin. Bake for 28 to 30 minutes. Cool slightly and remove muffins from pans. These freeze well and microwave well.

### swedish rhubarb sauce.

- 1 cup water
- 1 cup sugar
- 3 cups rhubarb pieces
- 2 tsp. cornstarch
- 1 tablespoon water

Put one cup water and one cup sugar in a pan and bring to boiling over medium heat. Add the rhubarb and return the mixture to boiling. Turn down the heat a little and boil gently for about five minutes, stirring often. Mix the cornstarch with the one tablespoon of water, and add to the rhubarb mixture. Bring back to boiling, stirring constantly. Simmer over low heat for 3 to 4 minutes.

