



PENNSYLVANIA  
*Vegetables*



# PA PRODUCE



“IT SIMPLY DOESN’T GET ANY *better* THAN THIS.”

Hello, I’m Russell Redding Pennsylvania Secretary of Agriculture.

**August is Produce Month here in Pennsylvania.** This is the time of the year when all of the hard work of our farms and our growers comes together. The produce is local, it’s fresh, the fields as you can see are ripe for picking. You can find this produce all over the state - at your favorite farmers market or roadside stand or a local grocery store it’s available to us. And take advantage of this August season. We all sort of wish for this season throughout the year when you’re gonna get that great tomato, the field ripened product. It’s all right here.

This cookbook that you’re going to enjoy, whether you’re a novice or a culinary expert, there’s something in there for you. You’re gonna enjoy the recipes. This is the time of year that that recipe could be the vegetables as a snack, the side dish, or it could be the main attraction. This cookbook is full of taste, full of this feel and flavor that we have in Pennsylvania in the month of August.

But this cookbook represents even something more important than the recipes. It represents the collaboration, the spirit, that we absolutely need to bring our food community together. We want something that represents our products, our produce, our season, our farms, and our food and tables. That’s what this cookbook is about. So enjoy it!

**Enjoy the month of August!** Enjoy the produce season here in Pennsylvania. It simply doesn’t get any better than this. Enjoy!



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YOU CAN CELEBRATE VEGETABLES ALL YEAR LONG IN PENNSYLVANIA  
BUT ESPECIALLY IN AUGUST BECAUSE...

It's  
**PA PRODUCE  
MONTH!**



*August is*  
**PA PRODUCE MONTH**



# → guide to PA VEGGIES

In this section you can brush up on **when and where** to look for popular PA Veggies, plus explore some **nutritional benefits**, and **how to videos**.



# eat with the seasons



**2/3** of all Pennsylvania vegetables are sold fresh, in season, at on-farm or roadside farm stands, farmers' markets, supermarkets, and to farm-to-table restaurants.

## March-May IDENTIFY THE LOCAL FOOD OPTIONS IN YOUR AREA!

asparagus kale lettuce  
zucchini radishes spinach  
sugar peas spring onions

## June-August CELEBRATE PA PRODUCE MONTH IN AUGUST!

beets carrots cucumbers garlic  
green beans kale peppers  
potatoes onions corn zucchini  
tomatoes melons eggplant peas  
broccoli cabbage cauliflower

## Sept.-Nov. PRESERVE, FREEZE, AND CAN THE FRESH BOUNTY!

broccoli beets pumpkins kale  
turnips brussels sprouts leeks  
celeriac eggplant squash spinach  
potatoes carrots tomatoes  
peppers watermelon cabbage  
cauliflower green beans

## Dec.-Feb. ASK YOUR FARMER ABOUT STORAGE VEGGIES!

broccoli cabbage turnips  
cauliflower squash sweet potatoes  
beets celery potatoes

## 4 WAYS HOME GROWN HAPPINESS to access

There are several ways to access PA Veggies. Which one best fits your lifestyle?

### FARM STAND

Many PA growers have on-farm or roadside farmstands where they sell directly to consumers. These markets range from a picnic table in the farm's front yard to pick-your-own operations, and even large farm markets with garden centers, bakeries, and agritainment activities.

### FARMERS MARKET

Farmers markets offer a collection of growers in one location. They are held on scheduled days during the week or often on the weekends in a community's public space or parking lots. Many markets include other local farm products, in addition to produce.

### SUPERMARKET

Many independent and large-chain supermarkets offer produce from Pennsylvania growers during the season – some even name the local farm! Look for items with "local" labels or ask a store associate for clarification as needed.

### CSA

CSA stands for Community Supported Agriculture, and they enable consumers to purchase a "share" of the farm's crops. Then, often on a weekly basis, CSA members receive a selection of seasonal vegetables which they can pick-up at a designated neighborhood location or at the farm.

# ASPARAGUS



## SEASON

March through May

## BENEFITS

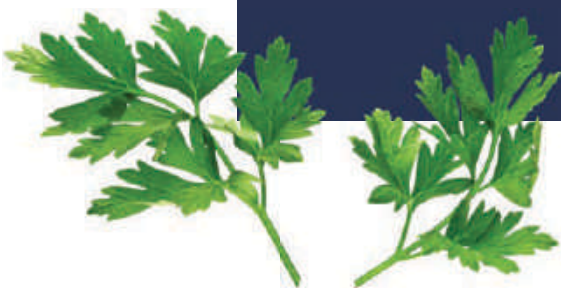
A wide variety of antioxidant and anti-inflammatory nutrients.

## CHOOSE

Select thick stalks with less than an inch of woody base.

## STORE

In a glass or jar with all the ends sitting in a little water, then loosely cover with a plastic bag.



# PARSLEY

## SEASON

May through October

## BENEFITS

High levels of vitamin K, great for maintaining bone density.

## CHOOSE

Fresh, crisp, vibrant green, and free from yellow or slimy leaves.

## STORE

Wash the bunch in water, shake off excess moisture, wrap in paper towel and seal in an air-free container.

# CARROTS



## SEASON

June through November

## BENEFITS

Rich in beta carotene, which is great for eye health.

## CHOOSE

Select firm roots and bright, crisp greens if still attached.

## STORE

Refrigerate in a semi-permeable container. Wrap in a cloth or paper to keep moisture from softening the root.



# CUCUMBERS

## SEASON

June through August

## BENEFITS

Low calorie snack that promotes hydration.

## CHOOSE

Free of blemishes and soft spots. Avoid yellow/orange coloring.

## STORE

Keep in a closed container in your crisper. Add a towel or paper to absorb moisture if the skins start softening.



# GREEN BEANS

## SEASON

May to July

## BENEFITS

Can help prevent some cancer, heart disease, and diabetes.

## CHOOSE

Brightly colored beans with firm skin and no brown marks.

## STORE

Should keep for 7-10 days if placed in an air-tight container in the crisper section of your refrigerator.



# PEPPERS

## SEASON

July through September

## BENEFITS

Great for your immune health, full of Vitamin C.

## CHOOSE

Select firm peppers that are heavy for their size with glossy color.

## STORE

Should keep for 7-10 days if placed in the crisper section of your refrigerator.

# ONIONS



## SEASON

June through November

## BENEFITS

A rich source of sulfur, which helps to facilitate detoxification.

## CHOOSE

Firm dry bulbs with shiny thin skins and tight, dry "necks".

## STORE

Best in a cool, dry, dark and well-ventilated space. Once peeled, they should keep in the fridge for 10–14 days.

# SWEET CORN



## SEASON

July through September

## BENEFITS

Due to its high fiber content, corn is great for digestion.

## CHOOSE

Grab fresh green husks with ears filled to the tip.

## STORE

Wrap the ears tightly in a plastic bag and keep in the refrigerator.  
Can be frozen if you're not enjoying within 4-5 days.

# TOMATOES



## SEASON

July through September

## BENEFITS

Loaded with lycopene, which can protect your cells from damage.

## CHOOSE

Firm, smooth skin and slightly soft. Will keep ripening off-plant.

## STORE

Keep ripe tomatoes at room temperature on the counter away from sunlight. Don't stack them! If too ripe, toss in the fridge.

# WATERMELON



## SEASON

July through October

## BENEFITS

Low in calories. High in antioxidants, electrolytes, and water.

## CHOOSE

Select firm melons with a rich green color and waxy dull surface.

## STORE

Can be stored in the refrigerator for 2-3 weeks. A cut watermelon can be wrapped and kept for about 3 days.

# PUMPKINS



## SEASON

September through November

## BENEFITS

Full of fiber for promoting healthy digestion.

## CHOOSE

Select thick stalks with less than an inch of woody base.

## STORE

Keep in a cool, dry and dark place. Keep a little cushion underneath, like cardboard, to delay rot from too much pressure.

# SWISS CHARD



## SEASON

March through November

## BENEFITS

Contains 3 times the recommended daily intake of vitamin K.

## CHOOSE

Dark green, perky leaves and brightly colored stems.

## STORE

Will keep for 5 to 10 days in the fridge if unwashed and placed in an air-tight container.

# TURNIPS



## SEASON

August through November

## BENEFITS

Potassium content is great for your nerves, muscles and heart.

## CHOOSE

Firm with smooth skin, bright color and little to no blemishes.

## STORE

Store in a closed container, and place in the crisper section.

# CELERIAC



## SEASON

September through November

## BENEFITS

Good for your bones, reduces the risk of osteoporosis.

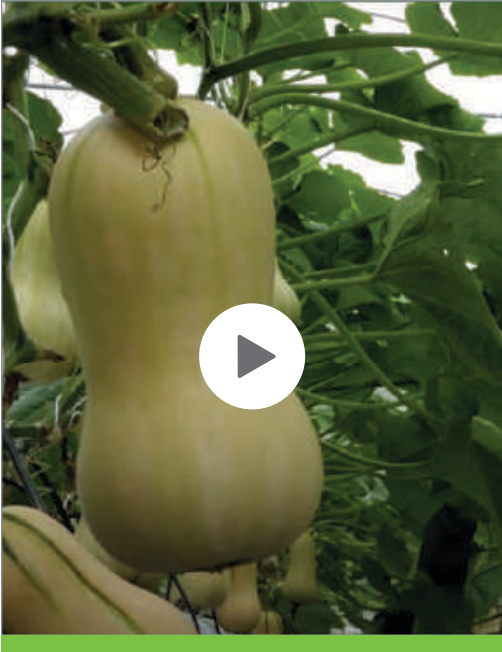
## CHOOSE

Firm bulbs, with as few ridges as possible. Stalks should be perky.

## STORE

Will keep for 5 to 10 days in the fridge if unwashed and placed in an air-tight container.

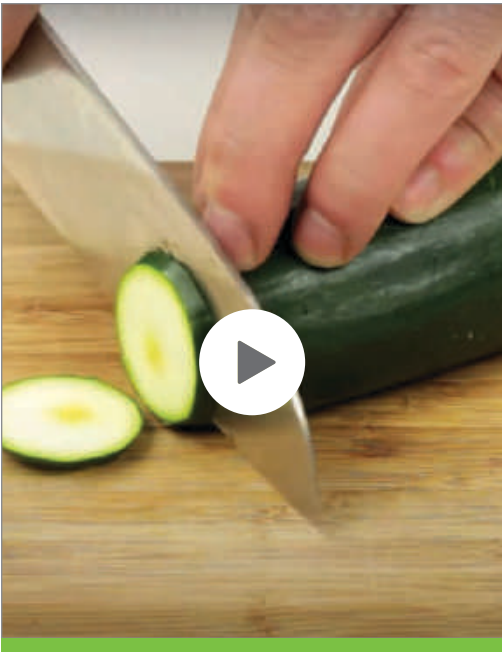
# HOW TO



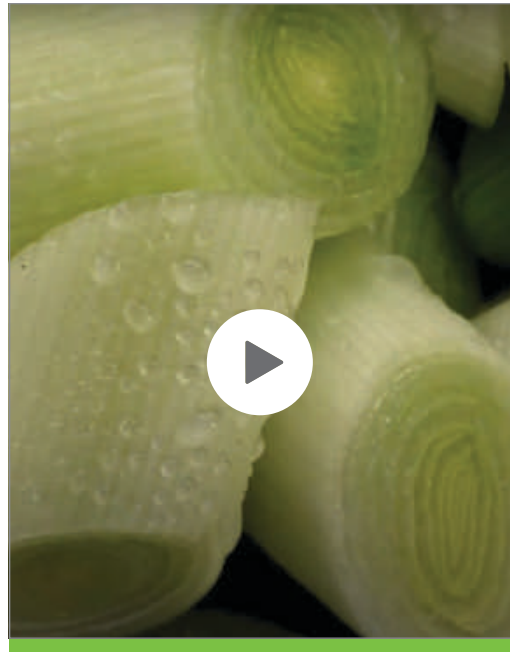
**WINTER SQUASH**



**SWEET POTATOES**



**SUMMER SQUASH**



**LEEKS**

# HOW TO



**KOHLRABI**



**KALE**

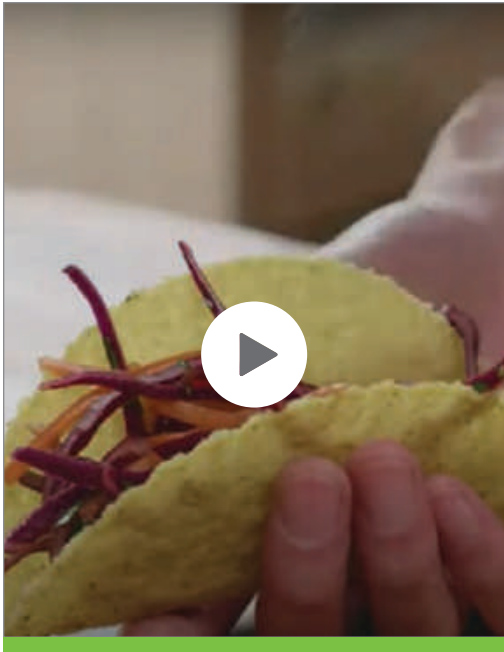


**EGGPLANT**

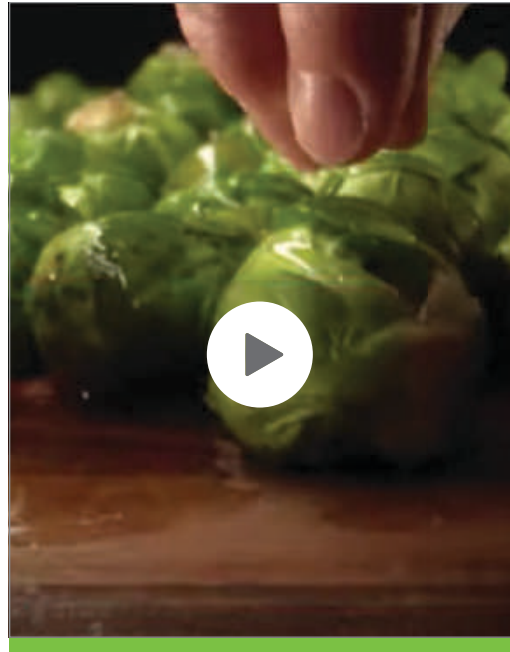


**CAULIFLOWER**

# HOW TO



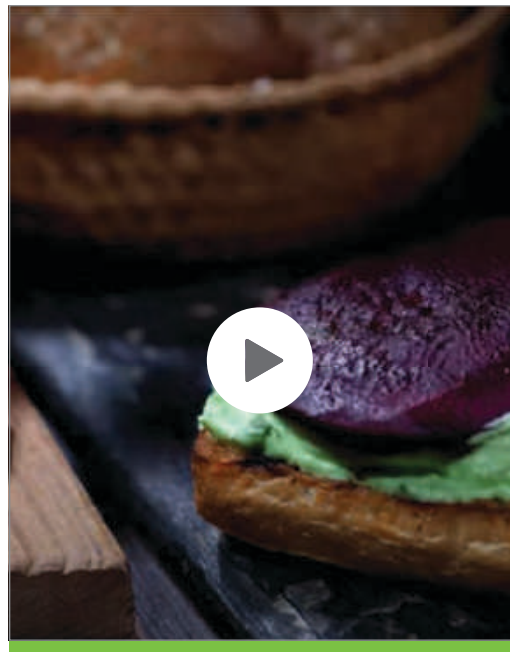
**CABBAGE**



**BRUSSELS SPROUTS**



**BROCCOLI**



**BEETS**



# PA *Veggies* IN THE KITCHEN

This section is all about creating in the kitchen. It offers clever tips and culinary hacks, then dives into an excitingly delicious array of recipes, shared from local vegetable lovers all across Pennsylvania. There are options for ready-to-enjoy meals and a few instructions and recipes on preserving, too.

Dig in!

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# KNOW WHERE TO START

## READ RECIPES

Know what you're getting into, how much work it is and how long it will take. By familiarizing yourself with the recipe, you'll know ahead of time whether you'll need unexpected ingredients or more time than you were planning. It also begins the learning process so you're that much more prepared for success in the kitchen.

## MISE EN PLACE

AKA "everything in its place". Think through the steps that you'll have to take and arrange items accordingly. This will set you up for success and cut out a lot of stress.

# *how to* **PREPARE PA VEGGIES**

## FOLLOW A PLAN

If you're multi-tasking, keep the steps simple so that even if there's a hiccup it's easy to recover. Use all of your senses:

1. hear a pot boil
2. listen for a timer so you don't forget to check a pan
3. smell the food starting to brown

Clean as you go (during down time when cooking—then there's less to do when you finish—yay!).

If you're a list person, keep the recipe in an easy spot to reference, or maybe make your own checklist.





# STORING & COOKING

## DON'T OVERCOOK

Cook time controls texture and flavor, which are critical when we're talking fresh, local veggies. If you know veggies will sit in a warmer until the rest of the food is ready, try undercooking them just slightly. Experiment with different veggies to know their cooking times, and plan accordingly. Cook your veggies sequentially in order of longest cook time to shortest cook time.

## WASHING

Generally, you want to keep washing and handling to a minimum until you're ready to prepare the vegetables.

# *how to* PREPARE PA VEGGIES

## CLEAN IT ALL

Cleaning your fridge and sink on a regular basis can help reduce the amount of germs that make good veggies go bad. So will changing kitchen towels regularly. Every bit counts!

## STORAGE

To fridge or not? Good question.

Either way, keep excess moisture to a minimum. Also remember that some veggies keep best without exposure to sunlight. Use the guide on the next page to keep things simple. You can even print it for the fridge so the whole family has easy access.



# KNOW YOUR CHOPS (KNIFE SKILLS)

## MIREPOIX

A mix of veggies, roughly chopped, usually onions, carrots and celery (but feel free to experiment!).

## DICE

Results in small veggie cubes. When possible, cut veggies into long strips first; then dice them into small cubes.

## BATONS/JULIENNE

Creates long, thin strips that look like matchsticks. Like dicing, it helps to cut veggies into longer strips first and then create smaller strips from there.



*how to*  
**CUT**

## PA VEGGIES

## MINCE

Creates a very small, super fine dice. Start with your basic dice and keep going, as small as you can get.

## CHIFFONADE

Renders herbs or leafy greens into thin strips. First stack the leaves; then roll them tightly and carefully slice across the roll.

## COOKING EVENLY

If you're cooking a mix of veggies (like in a stir fry), try cutting them with cook time in mind. For example, larger batons for peppers and onions, matchstick-size julienne for carrots and something sized in between for summer squash.



# VEGGIE STORAGE GUIDE

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## TOMATOES

ROOM TEMPERATURE; KEEP TOMATOES IN A BASKET IN ONE LAYER



## CORN

REFRIGERATOR; HUSKS ON; KEEP DRY; ENJOY ASAP



## MELONS

REFRIGERATOR; TRY TO CONSUME ALL IN ONE CUTTING



## PEPPERS, EGGPLANT, ZUCCHINI

REFRIGERATOR; PREFERABLY IN A CRISPER DRAWER



## HERBS

STEMS IN A GLASS OF WATER; CILANTRO, PARSLEY, & THYME DO BEST IN THE FRIDGE; BASIL & DELICATE MINTS DO BEST AT ROOM TEMPERATURE.



## POTATOES & ONIONS

ROOM TEMPERATURE (IN A DRY, DARK AREA)



## how to **GRILL PA VEGGIES**

### *smokey*

Cook veggies long enough to get a nice smokey flavor. Turn the vegetable over as it begins to get grill marks and cook until soft—not limp.

### *kisses*

Start directly over the flame to kiss the vegetable with grill marks and soften the outside. Once you've gotten the char you want, move the veggies to indirect heat if they need more time to finish cooking.

### *a-tisket, a-tasket*

Baskets let you cut veggies smaller so they take less time to cook. Heat the basket up on the grill before using. The veggies should sizzle when added.

[PAVEGGIES.ORG](http://PAVEGGIES.ORG)

### *go local*

An abundance of amazing produce comes from Pennsylvania farms. It's more nutritious and more flavorful so you can feel satisfied on many levels when you load up the grill all season long.

### *handle with care*

Most vegetables, especially with grilling, are delicate. Sweet potatoes in particular, when already cooked, will be more tender and fragile. The same is true for zucchini, squash and asparagus.

### *high-heat oil*

Oil the grill grates with a high-heat oil before you heat up the grill, but not so much that it drips and catches flame. Wipe off any excess with a paper towel. This will create a natural non-stick coating.

### *hot! hot! hot!*

Make sure the grill is hot enough before you put anything on it. That is key so that nothing sticks.

### *same is good*

Try to cut veggies all the same size, or select similarly sized ones if you're leaving them whole. This will ensure that they all cook at the same rate.

### *pre-cook*

Par-cooking certain vegetables and then finishing them on the grill can save time.

Try this with firm, dense or starchy veggies like potatoes, carrots and corn.

# 70 tips

## FOR GROWING VEGGIE LOVING KIDS

*Kim Slack, Registered Dietitian  
Owner/Operator, On Your Table  
Lehigh County*

We all want our kids to love veggies! But sometimes, what we want doesn't matter! Kids have minds of their own! As parents, we have to remember that their love for veggies happens over many years, not single meals, days, or even months. However, we can't just let time pass and hope our kids' love for vegetables will grow! We have some very key things to do!

**1** Start by having vegetables around! Kids need frequent and varied exposure to build comfort and interaction. Have your kids help you pick out vegetables to buy, try leaving them visible on the counter when safe, ask them to handle them for you, and add them to all meals – even breakfast!

**2** Get vegetables onto your kid's plates, every single time they are served. Serve meals family style, pass bowls around the table so everyone gets a guaranteed look and smell, and make it a family rule that some of every food is on everyone's plate.

# 10 TIPS FOR GROWING VEGGIE LOVING KIDS

**3** **Don't push your kids to take a bite!** I know, it sounds crazy! Isn't that the whole point?! However, the more pressure we put on our kids to eat the foods we desperately want them to eat, the less likely they are to eat it. Our job as parents is to make vegetables available as much as possible, make them fun, help kids to engage with them in other ways, and then let them taste when they are ready.



**6** **Get them in the garden too (even if it's just a single pot)!** When asked to pick a vegetable from a plant, there's no pressure to eat it. Low pressure encounters allow fun exploration without stress and sets the stage for future success.

**7** **Think twice before you hide vegetables in other foods.** Known exposure is key to kids learning to love vegetables. When we hide vegetables in our kids' foods, it might go well at first, but, with time, they will figure it out. And when they do, what they have learned is – that vegetables taste so bad they have to be hidden and that you are not to be trusted! So, add veggies to whatever you want, but have them help or make them aware.

**8** **Have your kids talk to a farmer.** If you want your kids to talk to someone that gets jazzed up about vegetables, head to a farmer's market – or better yet, straight to the farm. I've never met a farmer that isn't willing to tell you about their veggies, how they are grown, the different varieties and traits, or how to prepare them. Their passion rubs off on kids, especially if a farm visit involves tractors or animals too!

**4** **Lead by example!** What we model for our kids' day in and day out is one of the strongest indicators of their future behavior. Even if you don't like a vegetable, it's helpful if they see you put it on your plate anyway, and that you keep trying it. Equally important is that they see the enjoyment on your face when you eat vegetables you love.

**5** **Bring your kids into the kitchen.** Having kids help in the kitchen gets them seeing, touching, smelling, and maybe tasting before the main event. This helps them feel ready to taste at the table and every taste contributes to a lifelong love.

**9** **Don't give up!** If they don't get excited about cooking gardening, talking to farmers, or any of the traditional ways to engage with food, find what they love and capitalize on it. Use vegetables for experiments, dissect them, paint with them, read books with vegetables, draw them, or use them as a microphone or telephone. Whatever you do, just make it fun for your child.

**10** **Never ever stop serving a wide variety of vegetables.** Even when they turn up their nose, gag, roll their eyes, and make a fuss, keep on serving! The moment vegetable exposures stop, you've taken away the opportunity for your child to grow to love them.





how to

## CREATE A GRAZING BOARD

Samantha Lewis  
Owner, Graze  
Lancaster County

**1** Choose 2 to 3 cheeses. I usually pick a soft, a hard, and a semi hard cheese.

**2** Put the cheeses on the platter first and then work around them filling in the gaps.

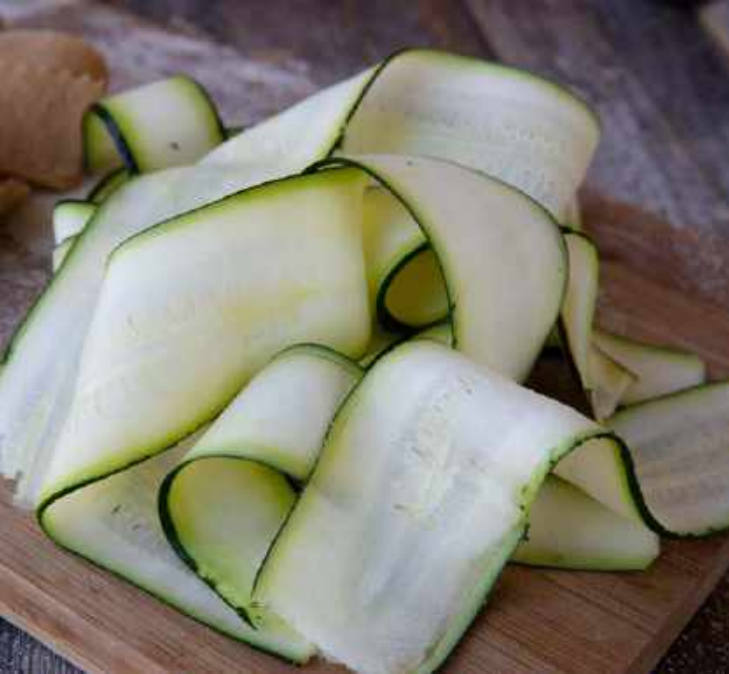
**3** Add the larger items first such as crackers, meat and grapes.

**4** Fill in the rest with mixed nuts, fresh berries, greens, seasonal vegetables, chocolates, honey and jam. Honeycomb and edible flowers really make it pop and taste great!



*try this*

Add a homemade tomato jam, pesto, beet hummus, or other veggie-based spread.



# CULINARY HACKS: ZOODLES & HERBS

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Jena Wood  
MS, RD, LDN  
Chester County

## ZOODLES

Want to try your hand at zucchini noodles, but don't want another uni-tasker in the kitchen?

All you really need is a vegetable peeler or a knife! You can make Pappardelle (large, very broad, flat ) Zucchini Noodles using a regular vegetable peeler.

Keep the root end of the zucchini so you can hold onto it, and peel starting from the tip to the end and work your way down until you aren't able to make any more long ribbons. Be sure to apply light pressure.

Want thinner noodles? Simply stack your Pappardelle and cut into your desired thickness!

## HERBS

Did you grow fresh herbs this year? After giving herbs like cilantro, dill and parsley, a rinse, chop everything - stems and all!

The stems offer a lot of flavor and texture, and you'll save yourself plenty of time and you won't waste perfectly edible parts of the herbs.

For herbs with a woody stem, like rosemary or thyme, it is best to gently remove the leaves before chopping.





# HOMEMADE RANCH DRESSING

**Bridget Halenar**  
**Food & Media Consultant**  
**Optimistic Kitchen**  
**Chester County**

## EXPERT TIPS

Making your own ranch is not only better for you, it tastes so much better, and costs a fraction of the premade stuff with all the strange ingredients on the shelf at the grocery store! Throw out that bottle and grab your whisk!

Salad dressings can be some of the easiest things to make from scratch and, since I have yet to find a bottle of anything that even comes close to the fresh and flavorful dressings that can be whipped up at home in minutes, I take pride in keeping a jar of homemade dressing in the fridge at all times.

Using ingredients like olive oil mayo (instead of the regular stuff) and buttermilk can keep dressings on the healthier side, so you're not taking away all the good you're doing by having a salad.

I have also found that ranch dressing is the easiest way to get kids to eat raw vegetables!

## OPTIONAL

Substitute any fresh herbs for the parsley and dill.

Substitute cayenne for spicy mustard powder.

## INGREDIENTS

- 6 oz of Olive Oil Mayonnaise
- 8 oz (or so) Buttermilk
- 1 Tbsp freshly squeezed lemon juice
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp cayenne pepper
- 1/4 tsp kosher salt
- 1/4 tsp ground black pepper
- 2 tsp finely chopped fresh parsley
- 2 tsp finely chopped fresh dill

## DIRECTIONS

In a medium bowl, add mayo, lemon juice, and the rest of the herbs and seasonings.

Whisk to combine, as you slowly pour in the buttermilk. You may want to add another ounce or so of buttermilk until the dressing reaches your preferred consistency.

Taste and adjust seasoning, if needed (remember the onion powder and garlic powder will more fully develop after being hydrated by the dressing after a couple of hours).

Whisk until completely smooth and serve immediately or transfer to a jar to keep in the fridge (shake before using).

# PA *Veggies* IN THE KITCHEN



## Veggie Dips

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3 Simple & Game Changing Dips for PA Veggies

# PA *Veggies* IN THE KITCHEN



## 15-Minute Meals

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Dinner on the Fly: A Trio of 15-Minute Meals  
Starring PA Veggies

Recipes available in this cookbook. Click here: [Zoodles](#), [Veggie Wraps](#), [Burrito Bowl](#)

# PA *Veggies* IN THE KITCHEN



## Melon

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### 3 Ways to Eat Melon

Recipes available in this cookbook. Click here: [Honeydew & Prosciutto](#), [Melon Salsa](#), [Cantaloupe & Lime Popsicle](#)

# PA *Veggies* IN THE KITCHEN



## Pesto

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### 3 Pestos Using Unexpected Ingredients

Recipes available in this cookbook. Click here: [Kale Stem Pesto](#), [Carrot Top Pesto](#), [Beet Greens Pesto](#)

PA *Veggies* IN THE KITCHEN



## Freezing Veggies

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3 Hacks to Freeze Vegetables



# PA *Veggies* IN THE KITCHEN



## Veggie Slaws

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### 3 No-Fail Veggie Slaws

Recipes available in this cookbook. Click here: [Broccoli Slaw](#), [Seeded Cabbage Slaw](#), [Carrot Slaw](#)

# ENJOYING LOCAL PA VEGGIES

August

DOESN'T HAVE TO END IN

## WINTER Veggies

### WHAT'S IN SEASON IN PA?

#### ROOT VEGETABLES

Carrots, Celeriac, Parsnips, Leeks, Turnips, Beets



#### LEAFY GREENS

Cabbage, Collard Greens, Brussels Sprouts



#### STORAGE CROPS

Did you know PA crops grown in summer can last all winter long?



**Tip:** Look for varieties you're unfamiliar with for a taste of the unexpected. You'll discover different flavors, textures and nutritional benefits!

### HEALTH BENEFITS

HIGH IN FIBER

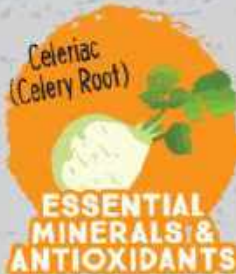
Cabbage, Collard Greens and Brussels Sprouts



VITAMINS C, K & A

Celeriac (Celery Root)

ESSENTIAL MINERALS & ANTIOXIDANTS



LOW CHOLESTEROL

Carrots and Winter Squash



VITAMIN A, B-COMPLEX VITAMINS & BETA CAROTENE

Eat a variety of winter vegetables to keep your palate happy and your body healthy. Each vegetable has unique nutritional properties, meaning the more different kinds you eat, the more good stuff you're getting.

### WHERE TO FIND THEM?

Look for:

EXTENDED CSA SHARES

LOCAL GROCERY STORES (always ask for what's local.)

FARMER'S MARKETS (especially indoors)

Go to:

PAVEGGIES.ORG

(use the "Find PA Veggies" tab)

ON-FARM MARKETS

### HOW TO PREPARE & EAT

- Roasting or glazing brings out natural sweetness
- Black pepper and provencal herbs are great go-to flavorings
- Sauté or stir fry cabbage or collard greens for a quick veggie dish
- Roast brussels sprouts at a high heat with a drizzle of oil
- Baking winter squash concentrates their sweetness and highlights textures

**Tip:** Many root vegetables that are frost-hardy taste much sweeter after a frost. The cold makes more of the plants' starches convert to sugars.

ENJOY!

# RECIPES



**COOKING  
AND BAKING  
RECIPES**





# ASPARAGUS SESAME ROLLUPS

DOROTHY MARTIN  
LANCASTER COUNTY  
SERVES 12

## INGREDIENTS

- 12 Asparagus Spears, fresh
- 12 Crescent Rolls, refrigerated unbaked dough
- 8 oz Cream Cheese
- 1/2 c. Blue Cheese, crumbled
- 6 T. Butter1 T. Sesame Seeds, toasted

## DIRECTIONS

Preheat oven to 375 degrees F

Trim asparagus spears to 6".

Unroll crescents.

In a small bowl, beat the cream cheese and blue cheese until combined. Spread over the unrolled roll.

Top with asparagus spear and roll up. Roll in butter. Place on baking sheet.

Sprinkle with sesame seeds.

Bake at 375 degrees F for 14 to 16 minutes or until crescents are golden brown.



# HERBED POTATO & GREEN BEAN SALAD

PAVEGGIES.ORG  
PENNSYLVANIA  
SERVES 4 TO 6

## INGREDIENTS

- 2 pounds small red and gold potatoes
- 1 tablespoon kosher salt, plus more, to taste
- 1 pound green beans, trimmed
- 2 tablespoons fresh lemon juice
- 2 teaspoons Dijon mustard
- 2 cloves garlic, roughly chopped
- 1/4 cup apple cider vinegar
- 1/4 cup extra-virgin olive oil
- Freshly ground black pepper, to taste
- 1/4 cup fresh flat-leaf parsley, finely chopped
- 1/4 cup fresh basil, finely chopped
- 3 green onions, finely chopped, plus more sliced for garnish

## DIRECTIONS

Place potatoes in a large pot and cover with water by 2". Add salt and bring water to boil over high heat. Reduce heat to medium and continue to boil until potatoes are just fork tender, 25-30 minutes. Drain and let potatoes cool.

While potatoes cook, bring small pot of salted water to boil and add green beans. Boil for 3-4 minutes. Remove beans from water and run under cool water.

In a small bowl, whisk together lemon juice, mustard, garlic and vinegar. While whisking, slowly stream in olive oil until dressing is emulsified. Season with salt and pepper, to taste.

When potatoes are cool enough to handle, cut in half (or quarters if large) and add to large bowl. Cut beans into halves or thirds, depending on size, and add to bowl with potatoes. Pour dressing over potatoes and beans and toss to combine. Stir in parsley and green onions and gently toss until combined. Season with salt and pepper, if needed.

Serve immediately, garnished with green onions, or cover and refrigerate until ready to serve.



# PEA PESTO WITH CHICKEN & PASTA

KATHY ROHRBAUGH  
YORK COUNTY  
SERVES 6

## INGREDIENTS

- 1 lb Linguine 8 oz.
- Chicken – cooked, boneless
- 2 T Olive Oil or Butter
- 1 1/2 c. Green Peas – frozen, thawed or lightly cooked
- 3/4 c Basil Leaves – packed, torn, fresh
- 1/4 c Parmesan Cheese – fresh, shredded, plus more for serving
- 2 cloves Garlic – fresh, minced
- 1/4 c Walnuts – optional
- 5 T Olive Oil
- Salt and Black Pepper – freshly ground, to taste

## DIRECTIONS

Cook linguine following package directions.

Drain and rinse with hot water.

Meanwhile, in a small skillet, sauté the chicken in the 2 T of olive oil or butter until cooked thoroughly.

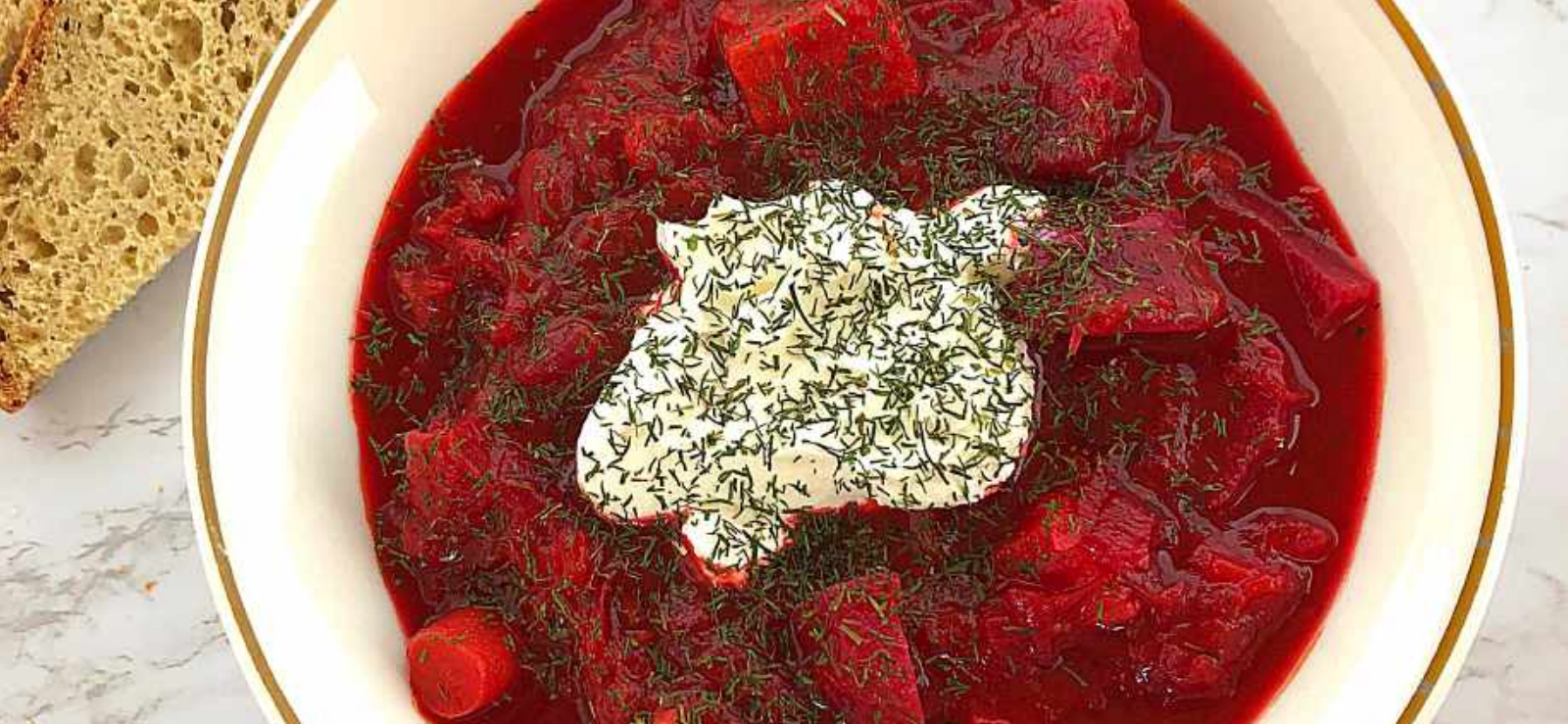
For pesto, combine in a food processor the peas, basil, Parmesan cheese, garlic, and walnuts (if using).

Run the food processor, adding olive oil a little at a time.

Add salt and pepper, as needed.

Toss the chicken and pesto with the hot pasta.

Serve with additional Parmesan cheese.



# RED BEETS & SWEET POTATO SOUP

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KRISTYNA BANKUS  
DAUPHIN COUNTY  
SERVES 3

## INGREDIENTS

- 4 small fresh red beets
- 1 large sweet potato
- 1/2 yellow onion
- 6 baby carrots
- 4 tbsp of sauerkraut
- 6 oz tomato paste
- 1 tbsp olive oil
- Hot water, pink salt, black pepper
- Sour cream and dill for garnish

## DIRECTIONS

Peel the beets, cut them into cubes.

Cut sweet potato into cubes. You do not need to peel the sweet potatoes but can if you prefer.

Chop onion and slice carrots.

Heat olive oil on medium heat in a mid-sized pot.

Add onion and carrots and cook until seared, for about 3 minutes.

Add sweet potatoes and beets, cook together for another 3-5 minutes.

Season with salt and pepper.

Add tomato paste and stir well.

Add sauerkraut and stir well and cook for 5 minutes.

Pour hot water over and cook for about an hour or until the beets are nicely soft.

Serve with sour cream and sprinkle with dill. Enjoy with slice of bread.



# BEET GREENS PESTO

PAVEGGIES.ORG  
PENNSYLVANIA  
MAKES 1.5 CUPS

## INGREDIENTS

- 4 cups beet greens
- 4 cloves garlic
- 1/4 teaspoon freshly ground black pepper
- 1/2 teaspoon salt
- 1/4 cup extra virgin olive oil
- 1/2 cup pine nuts
- 3 tablespoons Parmesan

## DIRECTIONS

Place all ingredients in a food processor (or blender) and process/blend.

## EXPERT TIPS

Be sure to thoroughly wash all greens before making the pesto. Place kale stems, beet greens or carrot tops in a salad spinner and fill with cold water. Agitate the greens in the water to swish off any remaining dirt or sand. Drain the greens and pour out the water. Rinse the greens with fresh water and then spin in the salad spinner to remove as much water as possible.

When making pesto, use the best quality olive oil that you can. The flavor of the oil is very apparent in the finished product, and a high-quality oil will help the other ingredients shine.

Store pesto in a tightly sealed jar or container in the refrigerator. Pour a tiny ladle of olive oil over the top (or press down a piece of plastic wrap to cover the pesto) to maintain the vibrant color of the sauce.





# VEGAN CAULIFLOWER HOT WINGS

**GLUTEN FREE OPTONS INCLUDED**

**CHRISTINA MASER  
LANCASTER COUNTY  
SERVES 4 TO 6**

## INGREDIENTS

- 1 large head of cauliflower
- 1/4 cup + 2 tbsp. Extra Virgin Olive Oil
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder
- 1/2 tsp. sea salt
- 1/4 tsp. smoked paprika Fresh ground black pepper to taste
- 1/2 cup flour or gluten free flour alternative 1/3
- 1/2 cup non dairy milk
- 1 cup breadcrumbs or gluten free bread crumbs 8 oz.
- Christina Maser Co. Jim's Red Hot Sauce or Golden Hot Sauce

## DIRECTIONS

Preheat oven to 425.

Cut cauliflower into bite sized pieces. Place in a large bowl.

Drizzle cauliflower with the 2 tbsp. of oil and flour/gluten free flour alternative. Toss to coat.

Add the non dairy milk and breadcrumbs. Toss to coat.

Arrange in one even layer in a baking dish with a little space in between the pieces. For optimal crispiness, don't overcrowd the dish. Use a second dish if necessary.

Bake for 25 minutes.

Meanwhile, stir together the remaining 1/4 cup oil with hot sauce in a large bowl.

Carefully remove cauliflower from the oven and toss with oil/hot sauce mixture.

Return to the oven and bake for another 15 minutes.

Serve with carrot sticks, celery sticks, and dairy free dipping sauce of your choice.



# LEMON GARLIC CAULIFLOWER

JULIA DRAKE  
LANCASTER COUNTY  
SERVES 4 TO 6

## INGREDIENTS

- Cauliflower cut into florets
- Lemon olive oil (plain olive oil and a little fresh squeezed lemon and/or lemon zest can work in a pinch)
- Garlic salt
- Pepper

## DIRECTIONS

Heat lemon olive oil in a skillet and add florets with seasonings to taste.

Let each side caramelize a bit until tender.

Serve over pasta or with a protein, such as the chicken thighs (pictured).



# FRIED CAULIFLOWER

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KRISTYNA BANKUS  
DAUPHIN COUNTY  
SERVES 4 TO 6

## INGREDIENTS

- 1 Head of Cauliflower
- 1 Egg 3 tbsp of Milk
- 3/4 cup All purpose flour
- 3/4 cup Breadcrumbs
- 1 cup Olive oil Salt

## DIRECTIONS

Cut the cauliflower into smaller pieces, boil in water until soft. Do not over cook it.

Take 3 little bowls: 1. for flour 2. whip egg and milk together, add salt 3. for breadcrumbs.

In small frying pan heat up olive oil.

Take each piece of cauliflower and first cover in flour, then transfer into your egg wash, then cover in breadcrumbs.

Repeat these 3 steps for all your cauliflower pieces. Put aside.

When your oil is hot, you can start frying it. It doesn't take a long, about 1 minute.

Enjoy with fresh vegetables and Tartar Sauce.



## BROCCOLI SLAW

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PAVEGGIES.ORG  
PENNSYLVANIA  
SERVES 3 TO 6

### INGREDIENTS

- 1 cup broccoli, grated
- 1/2 cup kale, chopped
- 1/4 cup roasted pumpkin seeds (or pepitas)
- 1/4 cup dried cranberries
- 1/2 cup creamy dressing (ranch, blue cheese, or mayonnaise-based)
- Salt and freshly ground pepper, to taste

### DIRECTIONS

Combine all ingredients in a large bowl.

Stir until well-mixed.

Refrigerate in a closed container for up to 3 days.

### EXPERT TIPS

Use red kale to add a dash of color.

Substitute dried sour cherries for the dried cranberries.

Add freshly crumbled blue cheese or grated Parmesan for extra flavor.



# RAINBOW CAULIFLOWER SALAD

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LEAH SHENOT  
ALLEGHENY COUNTY  
SERVES 4 TO 6

## INGREDIENTS

- 1 small head orange cauliflower
- 1 small head purple cauliflower
- 1 small head broccoli, chopped
- 1/2 cup candy onion, chopped
- 1 pint cherry tomatoes
- 1 16 oz container feta
- 1 jar pitted olives (Leah likes kalamata)
- 1 packet Italian dressing mix, made to directions on packet

## DIRECTIONS

Toss, let marinate for at least 2 hours, serve.

# GRILLED BRUSSELS SPROUTS KABOBS WITH APPLE WALNUT DRESSING



## DIRECTIONS

To pre-steam the Brussel sprouts, fill a large sauce pan with approximately 1-inch of water. Place the steamer basket into the pan and pour off any water that may be touching the bottom of the basket.

Add the Brussel sprouts, cover and bring the water to a boil over medium heat. Steam for 3 minutes.

Remove the Brussel sprouts from the heat and immediately dump the sprouts into a colander to drain pan and easily remove the steamer basket. Alternatively, in a microwave safe bowl, microwave the Brussel sprouts for 3 minutes on high.

Evenly spread the Brussels sprouts on a baking tray to cool.

Using metal skewers, skewer the cooled Brussels sprouts, by holding the sides of the sprout between your fingers and thumb, driving the skewer away from your body, from the base and out through the crown. Leave about ½" between each sprout.

Lay skewers side-by-side on the tray and lightly spray with oil. Turn and lightly spray again.

Over medium hot grill, lay skewers on the hot grill. Cook approximately 5 minutes on each side, turning to keep from charring. Cook 10-15 minutes or until sprouts are browned and tender.

Meanwhile, place walnuts, garlic, low-sodium soy sauce, apple cider and vinegar in a blender; blend until smooth.

Serve skewers warm, drizzled with the walnut dressing.

LIBBY MILLS, ACADEMY OF  
NUTRITION AND DIETETICS  
SPOKESPERSON

CHESTER COUNTY

SERVES 4

## INGREDIENTS

- 4 cups fresh medium sized Brussels sprouts, washed and trimmed
- 1/2 cup walnuts 1 small garlic clove, peeled and smashed
- 3 tablespoons low-sodium soy sauce
- 1/3 cup apple cider
- 1 tablespoon apple cider vinegar



# CABBAGE & GINGER EGG ROLLS

LEAH SHENOT  
ALLEGHENY COUNTY  
SERVES 4 TO 6

## INGREDIENTS

- 1/2 head of green cabbage, finely shredded 2 carrots, finely shredded
- 1 medium sweet onion, chopped
- 4 to 5 cloves of garlic, minced
- 3 TBSP fresh ginger, minced
- 1 to 1 1/2 cups vegetable oil
- 1 package of egg roll wraps (can be found in your grocers refrigerated produce section)
- Optional 1 lb. ground chicken
- Dipping sauce suggestions: sweet & sour, sweet chili sauce, Chinese chili garlic sauce, Chinese hot mustard

## DIRECTIONS

In large wok or pan, combine cabbage, carrots, ginger, onion and garlic. (If using chicken, cook that first and then add listed ingredients). Cover and cook until cabbage is al dente, about 5 minutes. Stir occasionally. Remove from heat and set aside.

In a separate wok or enamel coated pot such as a Dutch oven, add the vegetable oil. The oil will need to be about 1/2 inch to 3/4 inch deep depending on the pan you use so you may need more or less oil. Heat the vegetable oil over high heat until it is hot and ready to fry.

While you re waiting for your oil to heat, get your assembly line set up with your egg roll wraps and your cabbage filling. Spoon about 2 to 3 tablespoons of filling into each wrap. Fold the wraps according to the package directions.

When you have quite a few wrapped and your oil is nice and hot, place the rolls seam side down into the oil. They should start bubbling and cooking immediately. If not, the oil needs to heat more. Leave room in between each roll and only fry as many at a time that allows enough space between them. Let cook until they start to get golden brown and crisp up, about 2 minutes. Use tongs to turn over. Let that side cook the same. Remove and place on a cooling rack with a cookie sheet under it. This will allow any excess oil to drain out.

Serve immediately with your favorite dipping sauces.



# SEEDED CABBAGE SLAW

PAVEGGIES.ORG  
PENNSYLVANIA  
SERVES 3 TO 6

## INGREDIENTS

- 2 cups cabbage, purple
- 1 cups carrots
- 1 clove garlic, finely minced
- 2 cups green cabbage
- 1/4 cup fresh parsley
- 2 tablespoons lemon juice
- 2 tablespoons orange juice
- 1/2 teaspoon salt
- 1/8 teaspoon ground cayenne pepper
- 1/4 cup olive oil
- 1 tablespoon Maple syrup
- Freshly ground pepper, to taste
- 3/4 cup mixed seeds (pepitas, sunflower seeds, sesame seeds)

## DIRECTIONS

Place all ingredients — except the seeds — into a large bowl.

Stir to combine.

Cook the seeds in a skillet on medium-low heat, turning them often until they're fragrant and begin to brown. (They may begin to pop and sizzle, that's OK.)

As soon as the seeds are done, quickly add them to the slaw and stir well.

## EXPERT TIPS

Add chopped scallions or orange segments for extra flavor.

Substitute celery seed for the cumin.

Use toasted sesame oil instead of the olive oil.





## CARROT TOPS PESTO

PAVEGGIES.ORG  
PENNSYLVANIA  
MAKES 1.5 CUPS

### INGREDIENTS

- 1/2 cup fresh basil leaves
- Carrot tops, removed from approximately 3 pounds of carrots
- 1 clove garlic
- 2/3 cup extra virgin olive oil
- 3 tablespoons macadamia nuts or pine nuts
- 1/4 cup grated Parmesan cheese
- Kosher salt, to taste

### DIRECTIONS

Place all ingredients in a food processor (or blender) and process/blend.

### EXPERT TIPS

Be sure to thoroughly wash all greens before making the pesto. Place kale stems, beet greens or carrot tops in a salad spinner and fill with cold water. Agitate the greens in the water to swish off any remaining dirt or sand. Drain the greens and pour out the water. Rinse the greens with fresh water and then spin in the salad spinner to remove as much water as possible.

When making pesto, use the best quality olive oil that you can. The flavor of the oil is very apparent in the finished product, and a high-quality oil will help the other ingredients shine.

Store pesto in a tightly sealed jar or container in the refrigerator. Pour a tiny ladle of olive oil over the top (or press down a piece of plastic wrap to cover the pesto) to maintain the vibrant color of the sauce.



## CARROT SLAW

PAVEGGIES.ORG  
PENNSYLVANIA  
SERVES 3 TO 6

### INGREDIENTS

- 1/2 pound of fresh carrots grated
- 1/2 purple cabbage, finely sliced
- 1 handful parsley, finely chopped or flat leaf (about 1/4-1/3 cup)
- 1/4 cup lemon juice
- 2 tablespoons orange juice
- 1/2 cup olive oil
- 1/2 teaspoon ground cumin
- 2-3 pinches red pepper flakes
- Salt and freshly ground pepper, to taste

### DIRECTIONS

Add all ingredients into a large mixing bowl and stir.

Refrigerate for up to 3 days in a closed container.

### EXPERT TIPS

Use multi-colored carrots for a rainbow of color.

Replace the orange juice with any other citrus juice (lime, lemon) or rice vinegar.

Substitute cilantro for the parsley to change up the flavor profile.



## FRESH CORN POLENTA WITH SHRIMP & TOMATOES

PAVEGGIES.ORG  
PENNSYLVANIA  
SERVES 4 TO 6

### INGREDIENTS

For polenta:

- 8 medium ears sweet corn, shucked
- 1 teaspoon kosher salt, plus more, to taste
- 2 tablespoons unsalted butter
- 1/2 teaspoon fresh ground black pepper

For shrimp:

- 1/4 cup extra-virgin olive oil
- 1 pound large shrimp, peeled and deveined
- Kosher salt and freshly ground black pepper, to taste
- 2 cups cherry tomatoes, sliced in half
- 1 small shallot, minced
- 3 cloves garlic, grated
- 2 tablespoons fresh lemon juice
- Crushed red pepper, to taste
- Fresh basil, for serving

### DIRECTIONS

Cut kernels off corn cobs and add to a low, wide pan with high sides. Hold each cob over pan and carefully drag back of knife along all sides, letting corn milk fall into pan.

Add water to pot, just covering kernels. Stir in salt, and cover pan. Bring to gentle boil over high heat, reduce heat to low and simmer for 8 minutes.

Drain corn and add to bowl of food processor. Pulse until corn is almost smooth, but a bit of texture remains. Return corn to pot with butter and black pepper. Cook for 3-5 minutes over medium heat until butter melts and mixture is well-combined.

To make shrimp, heat oil in a large skillet over medium-high heat. Season shrimp with salt and pepper. When oil is shimmering, add shrimp in one layer. Cook for 2 minutes, until starting to turn pink. Flip shrimp and add tomatoes, shallot, garlic and lemon juice. Continue to cook until tomatoes are soft and shrimp is cooked through, about 5 minutes. Stir in crushed red pepper to taste.

Divide polenta among serving bowls and top with shrimp and tomatoes. Garnish with fresh basil.



# CUCUMBER MELON GRANITA

PAVEGGIES.ORG  
PENNSYLVANIA  
SERVES 4 TO 6

## INGREDIENTS

- 1 ripe honeydew melon, seeded and roughly chopped
- 2 medium cucumbers, peeled, seeded and roughly chopped
- 1/4 cup raw honey, plus more, to taste
- 2 tablespoons fresh lemon or lime juice
- 1/2 teaspoon freshly ground black pepper, plus more, to taste
- Pinch salt

## DIRECTIONS

Combine all ingredients in blender and blend until smooth, working in batches if necessary. Adjust amount of honey and black pepper, to taste.

Pour mixture into rimmed baking sheet or wide baking dish and freeze for 1 hour. Rake mixture with fork and return to freezer. Repeat process every hour until mixture is flaky, about 4 hours. Store covered in freezer until ready to serve, raking with fork before scooping into a serving glass or bowl.



# CUCUMBER LEMONADE

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SAMANTHA ARDRY, ARDRY FARMS  
CENTRE COUNTY  
SERVES 2 TO 4

## INGREDIENTS

- 1 lb of cucumbers, peeled and cut into chunks
- 1 cup fresh lemon juice
- 1/2 to 3/4 cup sugar
- 2 cups water

## DIRECTIONS

Place a fine mesh strainer over a jar that can hold at least 4 cups of liquid and set aside.

Add the cucumber chunks to a blender and process on low until they break down. Increase the speed and blend until smooth.

Pour the cucumber mixture through the strainer to separate the juice from any solids. Discard the solids. You should have about 1 cup of cucumber juice.

Add the fresh lemon juice, 1/2 cup sugar and water to the jar with the cucumber juice. Place a lid on the jar and shake until the sugar is dissolved. Taste and add more sugar if desired. Let the lemonade chill in the refrigerator until ready to serve.



# LENTIL SALAD WITH CUCUMBER, CARROTS & BASIL

KRISTYNA BANKUS  
DAUPHIN COUNTY  
SERVES 3

## INGREDIENTS

- 1 cup dry brown lentils
- 1/3 of cucumber
- 5 baby carrots
- 1/4 of red onion
- 1 cup of fresh spinach
- 8 leaves of fresh basil
- 4 tbsp of olive oil
- 2 tbsp of lemon juice
- Pink salt, Black pepper

## DIRECTIONS

Cook your lentils until they are soft. Put aside and let cool down.

Cut cucumber into small cubes 3. Slice carrots using potatoes peeler.

Chop red onion into small pieces.

Slice spinach and basil.

For a dressing: In a small bowl mix olive oil, lemon juice, salt and pepper.

In a large bowl mix cooled lentils with cucumber, carrots, red onion, spinach, basil and dressing.

Garnish with fresh basil. Enjoy like a side dish or lunch.



# SUMMER CUCUMBER, TOMATO, & DILL SALAD

JASON SIZEMORE  
BUTTERHEAD KITCHEN: VEGAN  
COOKING CLASSES & SMALL  
BATCH GOODNESS  
SERVES 4 TO 6

## INGREDIENTS

- 2 cups quartered cucumber slices (about 1 large cucumber)
- 1 small white onion sliced into rings
- 1 cup cherry or grape tomatoes, halved
- 3 Tbsp rice vinegar
- 2 Tbsp apple cider vinegar (we use Braggs)
- juice of 1 lemon
- 1 Tbsp agave
- 1 tsp dill salt & pepper to taste
- Optional: add fresh parsley and mint for a great taste

## TIP

Anytime you are marinading a salad like this, marinate it in a shallow, covered baking or casserole dish. The wide dish allows the dressing to distribute throughout the vegetables rather than sinking to the bottom as it would in a bowl.

## DIRECTIONS

Cut the cucumber into slices & then cut the slices into quarters (4 triangles). Add to a large bowl.

Cut the onion into slices & then cut each slice in half. Separate the rings into individual pieces (makes it easier for no onion lovers to remove them). Add to the cucumbers.

Add the halved tomatoes to the cucumbers & onions.

In a separate bowl, combine both vinegars, lemon juice, & agave. Whisk together.

Pour over the vegetables. Fold together with a spoon until all vegetables are coated.

Sprinkle the dill, salt & pepper over the salad. Fold together a few more times to distribute the herbs & spices.

Eat immediately or refrigerate for a few hours, allowing the salad to marinate in the dressing.



# GRILLED BABA GANOUSH

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PAVEGGIES.ORG  
PENNSYLVANIA  
SERVES 4 TO 6

## INGREDIENTS

- 2 pounds eggplant
- 1/4 cup freshly squeezed lemon juice, plus more, to taste
- 1/4 cup tahini
- 2 cloves garlic, grated
- Salt to taste
- Extra-virgin olive oil, fresh parsley, and toasted sesame seeds, for serving
- Grilled pita and cucumbers, for serving

## DIRECTIONS

Preheat grill to medium-high heat. Pierce eggplant all over with knife or fork. Grill eggplant over direct heat, turn frequently, until exterior is charred and interior is soft and creamy. Remove eggplant from grill and place in a colander that's set in sink or in large bowl.

When eggplant is cool enough to handle, peel away and discard skin and stem. Let eggplant sit in colander for another 15-20 minutes to cool and drain any excess moisture.

Roughly chop eggplant and add to bowl of food processor with lemon juice, tahini and garlic. Pulse until creamy. Season with salt and additional lemon juice, to taste.

Transfer baba ganoush to a serving bowl and top with olive oil, parsley and sesame seeds. Serve with grilled pita and sliced cucumbers.





# ARUGULA AND MUSHROOM SALAD

CARRIE HAVRANEK

AUTHOR OF *TASTING PENNSYLVANIA: FAVORITE RECIPES FROM THE KEYSTONE STATE*

SERVES 4 AS A MAIN COURSE OR 8 AS A SIDE SALAD

## INGREDIENTS

### MUSHROOMS

- 1 pound crimini mushrooms
- 1 sprig fresh thyme
- 1 bay leaf
- 2 to 3 tablespoons extra virgin olive oil
- Salt and black pepper

### MARINADE

- 1/3 cup sherry vinegar
- 1 teaspoon red pepper flakes
- 1 teaspoon fennel pollen (see note)
- 1 teaspoon chopped fresh thyme
- 2 teaspoons celery seed
- 1 small garlic clove, minced
- 1 teaspoon Dijon mustard
- 2 teaspoons kosher salt
- 1/2 teaspoon black pepper
- 1 cup extra virgin olive oil

### HAZELNUTS

- 4 ounces hazelnuts

### CRISPY CIPOLLINI

- Canola oil, for frying
- 4 to 5 cipollini onions or 1/2 cup sliced shallots
- 1/2 cup cornstarch
- 1/2 teaspoon black pepper
- 1 cup extra virgin olive oil
- 3 tablespoons truffle oil

## DIRECTIONS

**For the mushrooms:** In a medium pan, sauté the mushrooms with the thyme and bay leaf over medium heat in enough olive oil to lightly coat them. Cook until the liquid is gone, about 10 minutes. Season with salt and pepper to taste and set aside in a large bowl.

**For the marinade:** In a small bowl, whisk together the sherry vinegar, red pepper flakes, fennel pollen, thyme, celery seed, minced garlic, Dijon mustard, salt, and black pepper until smooth. Slowly add the olive oil and whisk to emulsify. Pour the marinade over the mushrooms and set aside.

**For the hazelnuts:** Preheat the oven to 300 degrees and toast the hazelnuts on a rimmed baking sheet until they are golden brown, 10 to 15 minutes. Remove from the oven to cool, then use a heavy, flat pan to crush the hazelnuts on the baking sheet.

**For the crispy cipollini:** In a Dutch oven or other high-sided pot, heat the oil to 325 degrees. Slice the onions into 1/8-inch-thick rings using a sharp knife or mandoline, then toss the onions in cornstarch until evenly coated. Fry until light brown, 2 to 3 minutes, moving them constantly. Remove the onion rings from the oil and drain on a plate lined with paper towels. Season with salt and pepper.

Continued on next page



# ARUGULA AND MUSHROOM SALAD

Continued from previous page

**TASTE THIS DISH AT  
MOLINARI'S RESTAURANT, BETHLEHEM  
EXECUTIVE CHEF, GEO DODIG**

## INGREDIENTS

### MUSHROOM VINAIGRETTE

- 1/4 cup red wine vinegar
- 1 garlic clove, minced
- 1 teaspoon chopped fresh thyme
- 1 teaspoon chopped fresh rosemary
- 1 teaspoon Dijon mustard
- 1/4 teaspoon black pepper
- 1 cup extra virgin olive oil

### SALAD

- 10 ounces baby arugula
- Fiore sardo or pecorino cheese, for grating

## DIRECTIONS

**For the mushroom vinaigrette:** In a small bowl, combine the vinegar, garlic, thyme, rosemary, Dijon mustard, and black pepper and whisk until combined. Slowly add the truffle and olive oil and whisk to emulsify.

**To assemble the salad:** In a large bowl, toss together the arugula, crushed hazelnuts, and marinated mushrooms. Drizzle generously with the mushroom vinaigrette. Top with the crispy cipollini and finely grated cheese and serve immediately.



# BABY BOK CHOY SALAD

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BRIDGET HALENAR, FOOD & MEDIA CONSULTANT  
OPTIMISTIC KITCHEN  
CHESTER COUNTY  
SERVES 4

## INGREDIENTS

### For the Salad:

- 4 Baby Bok Choy, leaves and stalks sliced
- 1 large Carrot, grated
- 1 Apple, grated
- 1 Scallion, sliced
- 1/4 cup Golden Raisins

### For the Dressing:

- 1/4 cup canola oil
- 2 Tbsp Apple Cider Vinegar
- 2 tsp soy sauce (I use the reduced sodium kind)
- 1 Tbsp light brown sugar
- Pinch of salt and pepper to taste

### For the Topping:

- 1 package of Ramen Noodles, crumbled into small pieces and lightly toasted in a pan over medium-low heat.
- 1/4 cup Sliced Almonds, lightly toasted in a dry pan over medium-low heat.
- 1 tsp Sesame Seeds

## DIRECTIONS

In a small bowl or glass measuring cup, whisk together ingredients until thoroughly combined and sugar has completely dissolved.

In a medium mixing bowl, combine all salad ingredients, drizzle over about 1/2 of the dressing and gently toss, gradually adding more dressing until it is to your liking.

Plate individual portions and sprinkle over toasted ramen, almonds, and sesame seeds. Serve immediately.

## TIPS

If you want to make the salad ahead of time, just keep the dressing and toppings separate from the salad until you are ready to serve.

You will find that the amount of dressing that the salad absorbs will vary depending on the water content of your produce, this is why I always recommend adding it gradually and see if you need it all.

Substitute about a Tbsp or so of the canola oil for sesame oil, if you have it, to add more flavor. (Don't use toasted sesame oil, it is too strong for this delicate blend.)



# SARA'S KALE CHIPS

---

SARA ECKERT  
HEALTHY HARVEST FARM  
CENTRE COUNTY

## INGREDIENTS

- 2 Tbsp (30g) cashew butter
- 1 Tbsp (15g) tahini
- 1 Tbsp lemon juice
- 1/4 tsp salt
- 1 Tbsp nutritional yeast (optional)
- 1/4 tsp onion powder (optional)
- 1/8 tsp smoked paprika (optional)
- 1 bunch green curly kale

## DIRECTIONS

In a large mixing bowl. Combine cashew butter, tahini, lemon juice, salt and any of the optional ingredients you like into a smooth paste.

Wash kale, remove center rib and tear into large pieces.

Place kale in mixing bowl and massage paste into leaves until well coated.

Place coated kale leaves in a single layer on the racks of a food dehydrator.

Set dehydrator to 135F and run for about 3 hours or until kale is crisp.

Store in a well sealed plastic bag once cool.



# KALE STEMS PESTO

PAVEGGIES.ORG  
PENNSYLVANIA  
MAKES 1 CUP

## INGREDIENTS

- 3 cloves garlic
- 1 heaping cup kale, stems
- Juice and zest of 1 lemon
- 1 big handful parsley and/or basil
- 1 pinch red pepper flakes
- 1 generous pinch salt and pepper
- 1/4 cup extra virgin olive oil
- 1/2 cup walnuts or pine nuts, toasted
- Grated Parmesan or pecorino cheese, optional
- Drizzle of balsamic vinegar, optional

## DIRECTIONS

Place all ingredients in a food processor (or blender) and process/blend.

## EXPERT TIPS

Be sure to thoroughly wash all greens before making the pesto. Place kale stems, beet greens or carrot tops in a salad spinner and fill with cold water. Agitate the greens in the water to swish off any remaining dirt or sand. Drain the greens and pour out the water. Rinse the greens with fresh water and then spin in the salad spinner to remove as much water as possible.

When making pesto, use the best quality olive oil that you can. The flavor of the oil is very apparent in the finished product, and a high-quality oil will help the other ingredients shine.

Store pesto in a tightly sealed jar or container in the refrigerator. Pour a tiny ladle of olive oil over the top (or press down a piece of plastic wrap to cover the pesto) to maintain the vibrant color of the sauce.



# SWISS CHARD SAUTE

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**BECKY FREY**  
**LEBANON**  
**SERVE 2-4**

## INGREDIENTS

- 1 lb Swiss chard, mixed colors
- 1 large sweet onion, chopped
- 3 to 4 garlic cloves, pressed
- 1 to 2 Tbs olive oil
- 2 Tbs golden raisins
- 2 to 4 Tbs pine nuts
- balsamic vinegar (to taste)
- feta cheese, crumbled

## DIRECTIONS

Wash chard, cut off and dice stems, then coarsely chop leaves.

In a large skillet, heat olive oil.

Add diced chard stems and chopped onion and sauté until onion is golden and chard is tender but still crisp.

Add pressed garlic just before the onion chard mixture is finished and cook briefly. Add chard leaves and raisins and cook to desired tenderness.

Sprinkle with pine nuts, balsamic vinegar, and salt and pepper. Toss and put into serving dish.

Garnish with feta cheese and serve immediately.



# SUNSHINE SALAD

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ERIKA SIRACUSA  
PENNSYLVANIA NUTRITION EDUCATION NETWORK  
DAUPHIN

## INGREDIENTS

- 5 cups spinach leaves (packed, washed, and dried well)
- 1/2 red onion (sliced thin)
- 1/2 red pepper (sliced)
- 1 cucumber (sliced)
- 2 oranges (peeled and chopped into bite size pieces)
- 1/3 cup vinaigrette dressing ("lite", around 15 calories per tablespoon or less)

## DIRECTIONS

Toss all ingredients together in a large bowl.

Add dressing, and toss again. Serve immediately.





# SAUTEED KOHLRABI

**SLOW FOOD PITTSBURGH**  
**ALAN PEET, FORMER CASBAH**  
**EXECUTIVE CHEF**  
**SERVES 2 TO 4, DEPENDING ON**  
**THE SIZE OF THE KOHLRABI**

## INGREDIENTS

- 1 kohlrabi bulb with greens attached
- 1 small white onion
- 2 tablespoons olive oil
- Salt and pepper to taste

## DIRECTIONS

Trim the leaves off the kohlrabi bulb, removing the stems, and rinse in cold water to wash away any remaining dirt. Julienne the leaves and set aside.

Remove the outside skin from the kohlrabi bulb with a peeler or a paring knife. Slice the bulb into 1/4-inch slices, and then into 1/4-inch strips. Cut across the strips to create 1/4-inch cubes. Dice the onion into pieces the same size.

On medium heat, in a small skillet, bring the olive oil to cooking temperature. Add the kohlrabi cubes and slightly brown them. Add the onion and cook until the onion turns translucent, about 3 minutes. Finish with the kohlrabi leaves, cooking for another three minutes, and season to taste.





# HONEYDEW & PROSCIUTTO

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PAVEGGIES.ORG

PENNSYLVANIA

INDULGE IN THIS ITALIAN RESTAURANT SPECIALTY AT HOME!

## INGREDIENTS

- 1/2 honeydew melon
- 6 slices of prosciutto

## DIRECTIONS

Remove rind and cut honeydew into 1"-square pieces.

Tear or cut prosciutto slices in half.

Roll a prosciutto slice over itself so that it resembles a jelly roll.

Using the honeydew square as a base, place the rolled prosciutto on top and secure it with a toothpick.

Repeat with remaining prosciutto and honeydew pieces and serve.

## EXPERT TIPS

Drizzle with truffle infused honey.

Top with crushed hazelnuts, fresh basil leaves or fresh mint leaves.

Add a slice of manchego or any hard sheep's-milk cheese.



# MELON SALSA

PAVEGGIES.ORG  
PENNSYLVANIA

ELEVATE ANY PARTY- OR DINNER-TABLE SPREAD WITH THIS UNIQUE TAKE ON FRESH SALSA!

## INGREDIENTS

- 1 cup cantaloupe, seeded, rind removed and cut to small dice
- 1 cup seedless watermelon, rind removed and cut to small dice
- 1 cup honeydew, seeded, rind removed and cut to small dice
- 2 tablespoons cilantro, chopped
- 1/2 cucumber, peeled, seeded and diced
- Juice from 2 limes
- 10 mint leaves, chopped
- 1/4 red onion, diced
- 1/4 teaspoon black pepper
- 1/2 teaspoon salt

## DIRECTIONS

Combine all ingredients in a large mixing bowl.

Stir well to combine. Then enjoy!

## EXPERT TIPS

Add half of a seeded, diced jalapeño for a spicy kick!

Substitute minced garlic scapes for the red onion.

Pulse all the ingredients together in a blender for a smoother salsa.



# CANTALOUPE & LIME POPSICLES

---

PAVEGGIES.ORG

PENNSYLVANIA

COOL OFF WITH THIS ULTIMATE, ALL-NATURAL PENNSYLVANIA-SUMMER REFRESHMENT!

## INGREDIENTS

- 1/2 cantaloupe, rind removed, seeded and cubed
- 3 tablespoons lime juice, divided
- 1/4 cup + 1 tablespoon honey, divided
- 1/4 honeydew, rind removed, seeded and cubed

## DIRECTIONS

Add cantaloupe, 2 tablespoons lime juice and 1/4 cup honey to a blender and puree.

Pour cantaloupe puree into popsicle molds, filling each equally and leaving 3/4" of room at the top. Place the lid on the mold and insert popsicle sticks into each space.

Freeze the popsicles until the cantaloupe puree begins to harden (about 20 minutes).

Blend the honeydew to a puree with the remaining lime juice and honey.

Remove the popsicles from the freezer and fill the remaining space with the honeydew puree. Re-cover the popsicles and place them back in the freezer until solid (up to several hours).

To remove popsicles: Place the mold in a warm water bath so they slide out easily. Enjoy!

## EXPERT TIPS

Replace the honey with agave nectar.

Add 6 mint leaves to the honeydew before pureeing for a refreshing minty flavor on the finish!



# PASTA WITH SAFFRON LEEK AND CORN SAUCE WITH ZUCCHINI

**CHEF LYNN BUONO**

**FEAST YOUR EYES CATERING**

**SERVES 4-6**

Pennsylvania offers an abundance of fresh summer vegetables that lend themselves to a wide variety of delightful dishes. Here's one of my favorites that captures the spirit and flavors of Pennsylvania's Veggie Month. This recipe highlights the wonderful and fresh produce of the Commonwealth, including the bounty of fresh mushrooms from Kennett Square. Enjoy!

## INGREDIENTS

- 1 pound of pasta – cooked
- 3 cups Corn Stock (recipe below)
- 5 cups Corn Kernels
- 2 Leeks – White part cut lengthwise and cut into half-moons  
– Washed well!
- 1 cup Oat Milk (or other plant or dairy milk)
- 1/2 tsp Saffron Threads
- 1 whole Zucchini - cut lengthwise and cut into half-moons
- ½ cup Parsley – chopped

## DIRECTIONS

Place Kernels and sliced leeks in a large saucepan with corn stock and bring to a boil. Add saffron and cook for 2 minutes.

Add oat milk and cook until kernels are tender, about 5 minutes.

With a slotted spoon, take out a cup of corn kernels for garnishing the finished dish.

Place the rest of the sauce in a blender. Starting off on low speed, gradually increase the speed and blend until silky smooth.

To a hot pan, add about 1 T oil and quickly sear the zucchini. Season with salt and pepper.

Heat the corn sauce in a pot large enough to add the drained pasta. Add the pasta and adjust seasoning. Add parsley and zucchini. When serving, top with reserved corn kernels. You may also wish to garnish with Shitake Crisps. ( recipe below)

Continued on next page



# PASTA WITH SAFFRON LEEK AND CORN SAUCE WITH ZUCCHINI

Continued from previous page

## INGREDIENTS

### CORN STOCK

- 5 ears of corn
- 1 carrot
- 1 bay Leaf
- 2 cloves garlic
- 2 Leeks – green part, only
- 1 rib Celery
- 1 tsp black peppercorns
- 1 tsp salt
- 10 cups water

### SHITTAKE CRISPS

- 1 pound shittake mushrooms
- 1 T Olive Oil
- 2 t Smoked Paprika
- 1 T Tamari Sauce

## DIRECTIONS

### Corn Stock

Shuck corn. Cut off kernels. Reserve kernels in bowl.

Fill large pot with 10 cups of water. Add husks and cobs along with all other ingredients.

Bring to boil and boil for one hour.

Allow to cool and strain mixture reserving liquid.

### Shittake Crisps

Stem the shittake mushrooms. Cut the caps into thin slices.

2. Mix the olive oil, paprika, and tamari in a small bowl. Toss the sliced mushroom caps in the mixture coating completely.

3. Lightly oil a baking pan and lay out the shittake mushrooms. Bake in a 200 degree oven for 20 to 25 minutes until the mushrooms are crispy. Can be made ahead and stored in an airtight container.

And there you have it, a delicious recipe, created by one of Philadelphia's most creative chefs! We all hope you enjoy it! Happy #paveggiesmonth



# CREAM OF MUSHROOM SOUP

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MARY H WOHLER  
CUMBERLAND COUNTY  
SERVES 4-6

## INGREDIENTS

- 8 oz fresh Pennsylvania mushrooms
- 2 T chopped onions
- 4-6 fresh garlic cloves pressed thru a garlic press
- 2 T butter (I use more)
- 2 T flour
- 2 cups chicken broth
- 1 cup half and half or light cream
- 1/2 tsp salt 1/2 tsp white pepper
- 1/4 tsp nutmeg
- 1 - 2 T of corn starch

## DIRECTIONS

Cut the mushrooms and stems in slices or pieces.

Melt butter in large pan.

Add onions, garlic to butter and saute till onions are clear/soft.

Add the mushrooms. I usually add more butter also.

Blend in 2 T of flour and stir until flour browns a bit.

Add in broth until slightly thickened.

At a moderate heat add in the cream, and seasonings. Save a bit of cream to blend the corn starch and add the corn starch mixture to the soup. Make sure to stir frequently and you may desire to thicken with additional cornstarch and cream or milk. I usually double this recipe as it is delicious as a leftover.



# STUFFED SWEET ONIONS

STEPHANIE MELOY

## INGREDIENTS

- 4 Sweet Onions
- 1/2 tsp. Olive Oil
- 2 Zucchini – medium, shredded
- 3 cloves Garlic – minced
- 1 tsp. Thyme –dried, crushed
- 1 tsp. Basil – dried, crushed
- 3 T Bread Crumbs – plain, dry
- 1 1/2 T. Pine Nuts – toasted, chopped
- 2 T. Parmesan Cheese – freshly grated
- 1/4 tsp. Salt
- 1/4 tsp. Black Pepper – freshly ground

## DIRECTIONS

Preheat oven to 400°F. Line a small baking pan with foil. Cut 1/2 inch off the top of each onion and slightly trim the bottoms so that the onions stand upright. Place the onions, cut side up, in the prepared baking pan and coat with cooking spray. Bake for 1 hour, or until soft. Set aside for 15 minutes or until cool enough to handle. Reduce the oven temperature to 350°F. Remove and discard the onion peels. Using a spoon, scoop out the onion centers, leaving a 1/2 inch shell. Chop the centers and reserve 1 c. for the stuffing; save or discard the remainder for another use. Heat the oil in a large nonstick skillet over medium heat. Add the zucchini, garlic, thyme, basil, and the 1 c. chopped onions. Cook for 6 minutes or until the zucchini is softened and most of the liquid has evaporated. Remove from the heat and stir in the bread crumbs, pine nuts, 2 1/2 T of cheese, salt, and pepper. Divide the filling among the onion shells. Place the onion shells in the same baking pan and top with the remaining 1/2 T cheese. Bake for 20 minutes or until golden.



# STUFFED PEPPERS

ERIKA SIRACUSA  
PENNSYLVANIA NUTRITION EDUCATION NETWORK  
DAUPHIN  
SERVES 4

## INGREDIENTS

- 4 peppers (large, washed)
- 1 pound turkey (ground)
- 1 cup rice (uncooked)
- 1/2 cup onion (peeled, chopped)
- 1 1/2 cup tomato sauce (unsalted)
- salt and black pepper (to taste)
- shredded cheese (optional)

## DIRECTIONS

1. Preheat oven to 350DF.
2. Cut around the stem of the peppers. Remove the seeds and the pulpy part of the peppers.
3. Wash, and then cook peppers in boiling water for five minutes. Drain well.
4. In saucepan, brown turkey. Add rice, onion, 1/2 cup tomato sauce and black pepper.
5. Stuff each pepper with the mixture, and place in a casserole dish.
6. Pour the remaining tomato sauce over the green peppers.
7. Cover and bake for 30 minutes.
8. Top with shredded cheese, if desired, and serve immediately.







# CURRIED SWEET POTATO AND BLACK BEAN SOUP

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SARA ECKERT  
HEALTHY HARVEST FARM

## INGREDIENTS

- 1 Tbsp olive oil
- 1 medium onion - chopped
- 4 cups (1/2-inch) cubed sweet potato
- 1/2 cups (1/4-inch) sliced carrots
- 1 Tbsp grated ginger or 1 tsp dried
- 2 tsp curry powder
- 3 cups vegetable or chicken broth
- 1/2 tsp salt or to taste
- 1 can black beans
- rinsed 1 bunch kale - chopped

## DIRECTIONS

Heat oil in a large saucepan over medium-high heat.

Add onions - saute 5 minutes or until tender.

Add sweet potato, carrots, ginger, and curry - cook 2 minutes.

Add broth - bring to a boil.

Cover, reduce heat, and simmer 30 minutes or until vegetables are tender. Sweet potatoes should be very soft and breaking apart some.

Stir in salt, black beans, and kale.

Simmer until kale is wilted about 5 minutes.



# ROASTED RADISHES

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ALEXA ADAMS  
NORTHUMBERLAND COUNTY  
SERVES 4

## INGREDIENTS

- 1lb of radishes
- 1 Tbsp of butter (melted)
- salt & pepper (to your liking)
- 2 cloves of fresh chopped garlic

## DIRECTIONS

Preheat oven to 425.

Cut each radish into four pieces. Once you cut all your radishes melt your butter and toss them in it until evenly coated. After that spread onto a cookie sheet and salt & pepper to your liking.

Bake for 20 mins stir, at 10 minutes so it cooks more even. After 20 mins is up take your fresh chopped garlic and spread/toss into radishes and bake for another 5 minutes or browned to your liking.

Let cool for 10 to 15 minutes after pulled out this is crucial for the flavor. Then enjoy!

# OATMEAL ALMOND COOKIES

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SARA ECKERT  
HEALTHY HARVEST FARM  
CENTRE COUNTY  
MAKES 24 COOKIES

## INGREDIENTS

- 1 cup (90g) oat flour
- 1 cup (100g) rolled oats
- 1/2 tsp baking soda pinch salt
- 1 egg beaten
- 1 cup (230g) cooked butternut squash
- 3/4 cup (180g) smooth almond butter
- 1 tsp vanilla
- 1/2 cup (100g) brown sugar

### Optional add ins:

- 1 cup (220g) chocolate chips
- OR
- 1 cup (160g) raisins and 1/2 tsp cinnamon

## DIRECTIONS

Preheat oven to 350F

In a large bowl combine flour, oats, baking soda and salt.

In a separate bowl combine egg, butternut, almond butter, vanilla and brown sugar.

Mix wet ingredients into dry ingredients with a large spoon or spatula.

Add any optional add ins you like. It is best to use something sweet like chocolate or dried fruit since the batter itself isn't very sweet.

Drop large tablespoons of dough onto a cookie sheet lined with parchment paper.

Bake in preheated oven for 14 minutes.

Remove from oven and let cool completely on baking sheet before removing.



# STUFFED BUTTERNUT CASSEROLE

SARA ECKERT  
HEALTHY HARVEST FARM  
CENTRE COUNTY  
SERVES 4

## INGREDIENTS

- 1 onion – chopped
- 1 cup grated cheddar cheese
- 2 Tbsp olive oil ¼ cup crushed pecans
- 2 cloves garlic – minced
- 1 celeriac – peeled and grated
- ½ pound mushrooms – diced 4 cups pre-cooked butternut mashed
- ½ tsp tarragon
- ½ tsp thyme
- ½ tsp salt
- 1 cup grated cheddar cheese
- 2 Tbsp olive oil ¼ cup crushed pecans
- 2 cloves garlic – minced ¼ cup sunflower seeds
- 3 slices whole wheat bread – diced
- ½ pound mushrooms – diced
- 4 cups pre-cooked butternut mashed

## DIRECTIONS

Saute onion in olive oil over medium high heat until soft.

Reduce heat to medium and add garlic, mushrooms, celeriac, tarragon, thyme and salt.

Saute 10 minutes stirring frequently.

Spread butternut in a greased casserole dish.

In a large bowl combine saute mixture, cheese, pecans, sunflower seeds and bread.

Spread this mixture evenly over butternut.

Bake uncovered at 350F for 30-40 minutes or until top is golden brown and crunchy.



# BUTTERNUT AND SAUSAGE SOUP

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SARA ECKERT  
HEALTHY HARVEST FARM  
CENTRE COUNTY

## INGREDIENTS

- 1 pound loose sausage
- 1 onion diced
- 4 cups vegetable broth
- 1/2 cup apple cider
- 1 celeriac peeled and cubed
- 4 cups peeled and cubed butternut
- salt and pepper to taste

## DIRECTIONS

In a 4 quart sauce pan brown sausage and onion.

Add broth, apple cider, celeriac and butternut and bring to a boil.

Reduce heat and simmer for 20-30 minutes until butternut is easily pierced with a fork.

Add salt and pepper to taste.

NOTE: The flavor of this soup relies on the sausage you use. You can always add more seasonings of your choice if your sausage is too bland for your tastes. Fennel or sage can make nice additions.



# LOADED MASHED POTATO SQUASH

DAVID MILLER  
HARRIS SEEDS  
LEBANON COUNTY  
LOW CARB RECIPE  
SERVES 4

## INGREDIENTS

### GARLIC BUTTER

- Whip 1 stick butter with
- 1 tbs minced garlic
- 1/2 tbs parsley
- 1/2 tsp seasoning salt
- 1/4 tsp coarsely ground pepper
  
- 2 Mashed Potato squashes (cooked and cut in half)
- 4 tbs garlic butter (recipe above)
- 1 cup cheddar cheese shredded
- 1/3 cup scallions sliced
- 7-8 strips cooked bacon, crumbled

## DIRECTIONS

### TO COOK THE SQUASH

Pierce washed, whole squash several times. Microwave on 7-8 power for approximately 15 minutes (flip squash halfway through cook time), or bake in oven at 350 F for 40-45 minutes. Cut cooked squash in half and remove seeds.

Mix all ingredients together, and divide equally into the 4 cooked and cleaned squash halves. Mash ingredient mixture with squash, creating a smooth and consistent texture. Keep mixture in shells and transfer shells to a casserole dish.

Bake stuffed shells at 450D until mixture is bubbly and lightly browned. Garnish with sour cream.



# NOT SO CRABBY ZUCCHINI PATTIES

---

ANNE MILLER  
CUMBERLAND COUNTY  
SERVES 15-20

## INGREDIENTS

I have a neighbor that either grows the world's largest zucchini or likes to torture me. Either way, I have to find creative ways to use up the seasons bounty.

- 1 Med Zucchini Peeled, Grated and Squeezed (no seeds either)
- 1 egg or 2 tablespoons (aquafaba for vegans)
- 1 cup of bread crumbs
- 1 to 2 tablespoons of mayo and yogurt (skip for vegans)
- Spices Old Bay preferred, but ANYTHING works
- Canola Oil, (or Corn, or Vegetable)

## DIRECTIONS

Peel, grate, and squeeze the living daylights out of your zucchini. This recipe works best with a very dry mix; our family prefers without the peel. You can squeeze small handfuls or use a cheesecloth. You can even use a salad spinner, but don't skip this step!

Mix with 1 egg or aquafaba, mayo/yogurt, and bread crumbs. Use your hands here. Aquafaba is the liquid in your canned chickpeas, it is a magical replacement for eggs

Add your preferred spices, my Maryland Boy likes Old Bay but anything works here. Zucchini takes on flavors well, so play

Form into small patties, the crispier the better

Coat your pan with oil, heat until shiny at a medium high heat. Place patties in and cook each side until brown, about 3-4 minutes. Serve as you would crab cakes, makes a nice summer supper.



# SARA'S ZUCCHINI STICKS

---

SARA ECKERT  
HEALTHY HARVEST FARM  
CENTRE COUNTY

## INGREDIENTS

- 1/8 tsp smoked paprika
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp onion powder
- 1/4 tsp dried basil
- 1/4 tsp dried oregano
- 1 Tbsp nutritional yeast
- 1 Tbsp olive oil
- 2 medium zucchini

## DIRECTIONS

In a large bowl combine all the dry ingredients and mix well.

Add olive oil and stir to combine into a paste.

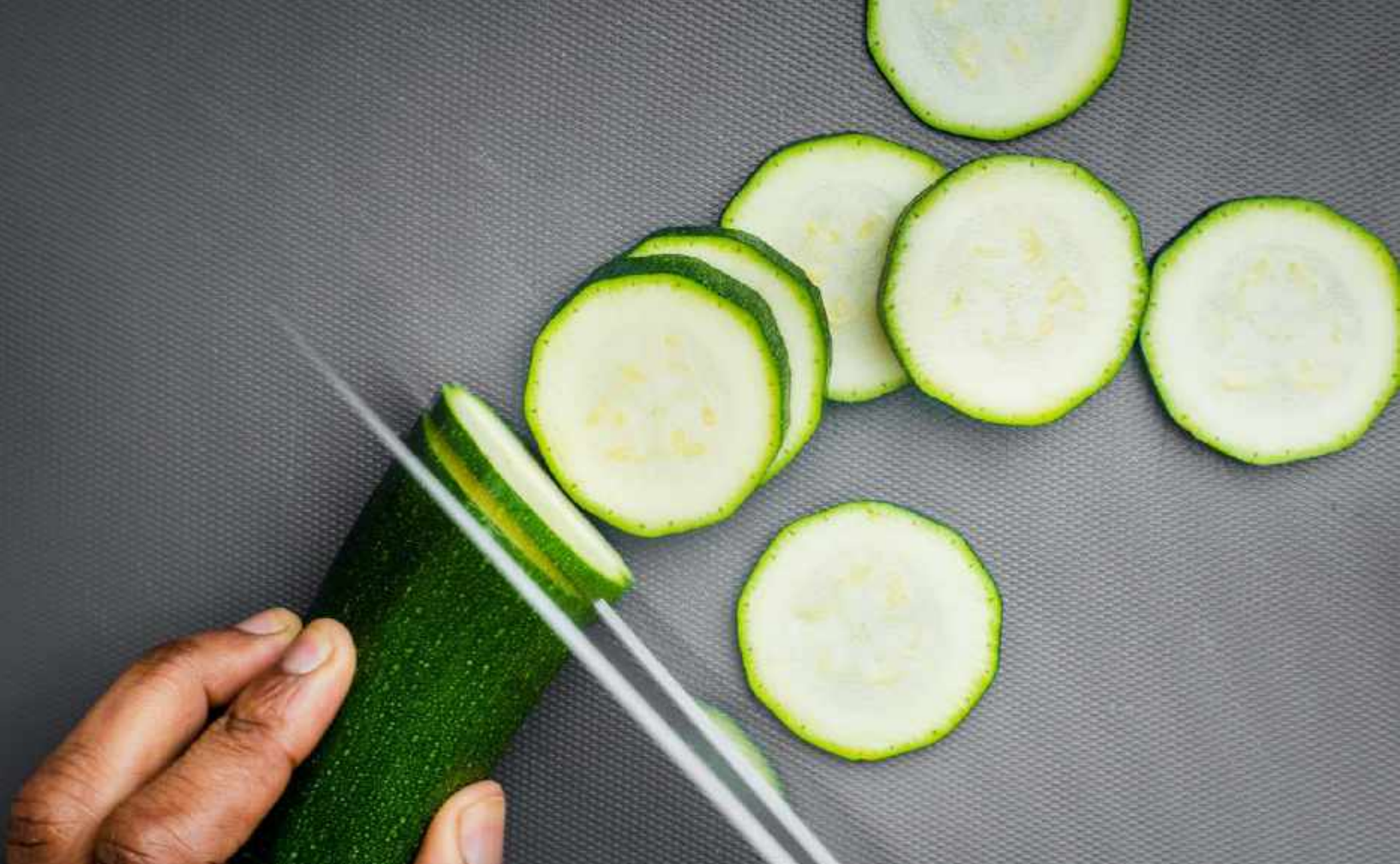
Cut each zucchini in half. Then cut each section into 6 wedge shaped sticks. To do this cut each section in half lengthwise then in thirds again lengthwise.

Toss zucchini sticks in large bowl with seasoning mixture until well coated.

Place in a single layer on a parchment paper lined baking sheet.

Roast at 375F for 10-15 minutes depending on your desired level of crunchiness.





# ZUCCHINI VEGETABLE CASSEROLE

---

KATHI NOVAK  
CAMBRIA COUNTY  
SERVES 6-8

## INGREDIENTS

- 1 large Zucchini (3 c. grated)
- 1 medium Onion (chopped)
- 1 large Carrot (grated)
- 1 cup Corn (fresh cob)
- 1 can Cream Mushroom Soup
- 8 ounce Sour Cream
- 1 pkg. Boxed Stuffing mix

## DIRECTIONS

Heat oven to 325 degrees.

Saute zucchini and onion in pan with a small pat of butter 5 minutes.

Put in a large bowl and stir in the other ingredients.

Note: Reserve a small amount of stuffing to sprinkle on top.

Next, pour into a medium casserole dish that is buttered, top with reserved stuffing, and bake for 35 minutes till hot and bubbly.



# ZUCCHINI PATTIES

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KRISTYNA BANKUS  
5 PATTIES

## INGREDIENTS

- 1 medium zucchini
- 1 egg
- 3 tbsp of chopped red onion
- 2 garlic cloves
- 3 tbsp of shredded Parmesan cheese
- 4 tbsp of almond flour
- Pink Salt, Black Pepper, Red pepper flakes
- Sour cream and chive for garnish

## DIRECTIONS

Heat up oven on 450 degrees F

Shred the zucchini. Put it in bowl and salt lightly. Let it sit on counter for about 10 minutes. Zucchini has a lot of extra water and it is better to squeeze the water out.

After 10 minutes squeeze the extra water using towel or strainer.

In a bowl mix shredded zucchini, chopped red onion, minced garlic, egg, Parmesan, almond flour. Add black pepper and red pepper flakes.

Line your sheet pan with parchment paper.

Create 5 patties. Bake in oven about 25 minutes. After 15 minutes flip.

Enjoy with sour cream and fresh chive.



# ZUCCHINI CAKE WITH CREAM CHEESE ICING

---

MARY WOHLER  
CUMBERLAND COUNTY  
SERVES 15-20

## INGREDIENTS

### CAKE

- 2 cups flour 2 cups sugar
- 1 T cinnamon
- 2 tsp baking soda
- 1 tsp baking powder
- 1 tsp salt
- 1 cup canola oil (or your choice oil)
- 2 tsp vanilla extract
- 3 eggs beaten
- 2 cups grated unpeeled zucchini
- 1 cup raisins
- 1 and 1/2 cups chopped nuts

NOTE: Smaller zucchini are better if using a large zucchini, I remove the center seeded area. No need to do that with smaller 4-6" zucchini

### CREAM CHEESE ICING

- 1 8oz pkg cream cheese softened
- 1/2 stick butter softened
- 1 box of confectioner sugar or 3 1/2 cups if larger bag purchased
- 1 tsp vanilla
- 1-2 T vanilla

## DIRECTIONS

### Cake

Grease and flour a 13x9x2 pan OR two 8 inch baking pans. Place raisins in small bowl sprinkle a small amount of flour on raisins and coat raisins.

Combine flour, sugar, cinnamon, baking soda, baking powder, salt, oil, vanilla and beaten eggs in large mixing bowl. At medium speed blend until well mixed. Add zucchini, nuts and raisins.

Bake 350 degrees for 50 minutes or until cake tests done with a toothpick or cake tester. Cool cake before icing.

### Cream Cheese Icing

In mixing bowl, blend cream cheese, butter. Add in the powdered confectioner s sugar with 1 tsp vanilla and mile to desired consistency.

Refrigerate cake because of cream cheese icing.



# CREAMY GARLIC PARMESAN ZOODLES

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PAVEGGIES.ORG  
PENNSYLVANIA

## INGREDIENTS

- 1 tablespoon butter
- 2 cloves garlic, minced
- 4 ounces cream cheese
- 2-3 tablespoons milk
- 1/4 cup Parmesan cheese
- 4-5 medium zucchini, spiralized
- 1/4 cup fresh basil leaves, torn
- Salt and pepper, to taste
- Sliced cherry tomatoes, optional

## DIRECTIONS

In a large pan, melt butter over medium-low heat. Then add minced garlic.

Let the garlic and butter cook together for a minute or so, then add cream cheese and milk.

Allow the cream cheese to melt and start forming a simple sauce. Then, add the basil leaves and season with salt and pepper, to taste.

Add in all the zucchini noodles. Toss the zoodles to coat with the sauce.

Add Parmesan cheese and cook all together, just until the noodles are barely fork tender and all the cheese has melted. If using, toss in sliced cherry tomatoes, and toss to coat with sauce.



# ASIAN PUMPKIN SOUP

---

BECKY FREY  
LEBANON

## INGREDIENTS

- 4 c. Pumpkin or Butternut Squash – cooked, pureed
- 29 oz. Chicken Broth – Swanson’s fat free, low sodium
- 12 oz. Mango Nectar (or your choice) – Goya, canned
- 3 T Green Onion (or your choice) – finely chopped
- 2 cloves Garlic – pressed or finely chopped
- 2 T. Ginger – fresh, grated
- 1/3 – 1/2 c. Peanut Butter – reduced fat, creamy
- 13 1/2 oz. Coconut Milk – canned, “A Taste of Thai” lite brand recommended
- 1 T. Lime Juice – fresh
- 1/2 tsp. Salt (or to taste)
- 1/4 tsp. Cayenne Pepper
- 1 tsp. Coconut Extract, (optional)
- Cilantro
- Peanuts – chopped

## DIRECTIONS

Combine pumpkin/squash, chicken broth, onion, garlic and ginger in a saucepan. Cover and bring to a boil. Simmer for 10 minutes or until onions are tender. Whisk peanut butter, coconut milk, lime juice, salt, cayenne pepper and coconut extract into the pumpkin mixture until smooth. Heat again but do not boil. Garnish with cilantro and chopped peanuts if desired.

# STRAWBERRY FETA SALSA

JENA WOOD MS, RD, LDN  
CHESTER COUNTY



## INGREDIENTS

- 16oz (1 container) strawberries, hulled and diced
- 1 pint cherry tomatoes, chopped
- 1/2 cup crumbled Feta cheese
- 1 small shallot, minced (optional)
- 1 cup fresh parsley, chopped (cilantro or basil would also work!)
- 3 Tbsp. apple cider vinegar or lime juice (use less if strawberries and tomatoes are very juicy)
- 2 Tbsp. olive oil
- 1 tsp. freshly ground pepper

## DIRECTIONS

Combine all ingredients together. Taste and adjust flavors accordingly. Serve alongside pita chips, on crostini, or on top of fish.



# CHERRY TOMATO BRUSCHETTA

ALYCIA PAULUS  
CUMBERLAND COUNTY

## INGREDIENTS

- 2 Cups Cherry Tomatoes Cut and Diced
- 1 Tablespoon Balsamic Vinaigrette
- 1 Tablespoon Olive Oil
- 2 Tablespoons Minced Garlic
- 2 Tablespoons Fresh Basil Chopped
- 2 Tablespoons Fresh Parsley Chopped

## DIRECTIONS

This dish is both delicious and refreshing on a hot summer day and leaves a lot of room to get creative by adding your own twist to this recipe. Dice 2 cups of local cherry tomatoes, I typically cut them in half and then half again and add them to your bowl.

Put your tomatoes in a serving bowl and add in your balsamic vinaigrette and olive oil. Feel free to add more as you please, I personally don't like a whole lot of either so I keep them on the side of less is more.

While the tomatoes start marinating, chop your fresh basil and parsley and then add in your minced garlic, fresh basil and fresh parsley to your tomatoes. As with the olive oil and vinaigrette, you can add more or less based on your preferences.

Mix together and let sit for roughly 2 hours before serving to give your bruschetta time to marinate.

Serve with your favorite slice of bread or bagel chips.

# TOMATO CONFIT

## TO PRESERVE YOUR SUMMER HARVEST

**BRIDGET HALENAR**  
**FOOD & MEDIA CONSULTANT**  
**OPTIMISTIC KITCHEN**  
**CHESTER COUNTY**



## INGREDIENTS

- 7 plum tomatoes (quartered with seeds removed)
- 1/4 c Extra Virgin Olive Oil (plus more to top them off in the jar)
- 6 sprigs of fresh thyme
- salt & pepper

To confit something is simply to slowly cook it in fat. It is often used as a way of preserving and concentrating flavor in foods. In the case of tomatoes, it can reduce pounds of tomatoes into a small container that will last a week in the fridge or months in the freezer! It's simple to do and is a great ingredient to have on hand to add some great depth of flavor to dishes!

## DIRECTIONS

Preheat oven to 300 degrees

Combine tomato quarters, thyme leaves, olive oil, and seasoning and carefully mix until tomatoes are thoroughly coated with oil and seasoning.

Arrange on baking tray and bake one hour.

Remove from oven (after allowing tomatoes to cool 5-10 minutes so that they can be handled) and peel the skin off of each piece of tomato. I find this method easier than other methods for removing the tomato skin.

Return to oven and cook another hour until they have lost much of their moisture and have moderate caramelization.

After they have cooled, I put all the ones that I haven't already eaten (with the remaining oil) in an 8 oz jar and drizzle in some more of the oil to completely cover them in the jar. Roasting them at such a low temperature allow you to use a more delicate oil like extra virgin olive oil and adds to the flavor profile, making it a perfect accompaniment for crusty breads, which is why I love them with a cheese board! They are also a great replacement to anything you would want with sun-dried tomatoes and marry nicely with a variety of ingredients for pasta dishes (they add a wonderful tanginess to pesto)...and one of the best things I've ever had on garlic bread!

Happy Eating!





# SARA'S LENTIL, TOMATO AND CABBAGE SOUP

---

SARA ECKERT  
HEALTHY HARVEST FARM  
CENTRE COUNTY

## INGREDIENTS

- 1/4 cup olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 2 carrots, diced
- 1 1/2 tsp turmeric
- 1 tsp cumin
- 1 Tbsp fresh ginger, grated
- 2 cups diced tomatoes fresh or canned
- 1/3 cup dry French green lentils
- 1/2 - 1 tsp salt or to taste
- 4 cups vegetable broth
- 2 cups chopped cabbage or 4 cups chopped kale

## DIRECTIONS

In a 4 quart sauce pan heat up oil.

Add onion and garlic and saute for 5-10 minutes on medium heat.

Add carrots and spices and saute for an addition 5 minutes stirring to prevent sticking.

Add tomatoes, lentils, and broth. Bring to a boil and then reduce to a simmer for 20 minutes.

Add cabbage or kale and simmer for another 30 minutes or longer making sure lentils and cabbage are cooked.

NOTE: If using kale feel free to add it later in the cooking process since it doesn't take long to cook.



# SIMPLE PIZZA SAUCE

**YELENA KORABLIN**  
**TRADITION BREAD BAKERY**  
**LANCASTER COUNTY**  
**SERVES 2 PERSONAL PIZZAS**

On my pre baked sourdough Einkorn pizza crust, I like to use my own home made sauce with no additives . When fresh tomatoes start coming up in the middle of summer, I like to use them instead of canned ones. Here is very quick and simple, yet healthy and clean recipe for it.

## INGREDIENTS

- 2 medium fresh tomatoes (about 100 oz) chopped into cubes
- 4 medium basil leaves
- 1/4 tsp dry oregano herb
- 1/4 tsp pink Himalayan salt
- 1/4 tsp extra virgin olive oil

## DIRECTIONS

In a food processor or blender combine all ingredients except olive oil. Grind well until there is no tomato chunks left. Drain extra liquids through the strainer. Add extra virgine olive oil and mix well. Now it s ready to be used on your pizza.



# BLENDITARIAN CHILI WITH TOMATOES, ONION AND PEPPER

JENA WOOD MS, RD, LDN  
DIETITIAN  
CHESTER COUNTY  
SERVES 4-6

## INGREDIENTS

- Spices to taste (example amounts: 2 tbsp chili powder, 1 tsp cumin, 1 tsp garlic powder, 1 tsp smoked paprika, 1/2 tsp cayenne pepper, salt & pepper)
- 1lb lean ground beef or turkey
- 1 large Vidalia onion
- 1 large red bell pepper
- 3 cans no salt petite diced tomatoes (fresh PA tomatoes work great too!)
- 2 cans chili beans (pinto & kidney)
- 1lb baby Bella mushrooms
- Optional garnish: sour cream/greek yogurt, chopped cilantro, lime juice, avocado, cheddar cheese

## DIRECTIONS

Heat dutch oven or other large pot over medium high heat. Add ground beef or turkey and saute until no longer pink. Drain excess fat and remove from pan. While the meat is cooking, finely chop mushrooms, roughly chop onion and bell pepper. Add to dutch oven and saute until onions are translucent and peppers are softened, about 5 minutes (add 1 tbsp olive oil if there isn't enough fat left in the pot). Add ground beef/turkey back into the pot, as well as tomatoes, beans, and desired spices. Stir everything together. Bring to a boil, then reduce heat to medium low and simmer, covered for about 2 hours. Serve garnished with your preferred toppings, over pasta or with a side of cornbread.



# 5 MINUTE BLENDER SALSA

---

TINA FORRY  
RISSER MARVEL FARM MARKET

## INGREDIENTS

- 2 cups tomatoes, diced
- 1/4 cup cilantro (or omit if you're not a fan)
- 1/4 cup red onion, roughly chopped
- 1 lime, juiced with pulp
- 1 jalapeno pepper, seeded and roughly chopped
- 1/4 tsp cumin
- salt and pepper to taste

## DIRECTIONS

Roughly blend, cover and refrigerate until ready to serve



# VEGGIE BURRITO BOWLS

PAVEGGIES.ORG  
PENNSYLVANIA

## INGREDIENTS

- 1 1/2 cups canned black beans, rinsed and drained
- 1/2 teaspoons salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon granulated garlic
- 1 cup cooked brown rice (or any whole grain, like quinoa or buckwheat)
- 1 tomato, diced
- 1/4 cup red onion, diced
- Juice of half a lime
- 1 tablespoon cilantro, chopped
- 1/2 red bell pepper, thinly sliced
- 1/2 cup corn kernels
- 1/2 cup roasted butternut squash, cubed
- 1/2 cup radish or cucumber, chopped or sliced
- 1/2 cup fresh kale, thinly sliced
- 1/2 avocado, sliced
- 1-2 cups leafy greens, like lettuce, arugula or spinach

## DIRECTIONS

In a small saucepan, heat black beans over medium heat. Stir in spices and rice until combined and heated through.

To make the salsa, stir together tomato, onion, lime juice and cilantro in a small bowl. Set aside.

Spoon rice and beans into the bottom of two serving bowls. Top with remaining veggies and tomato salsa. Enjoy.

## EXPERT TIPS

When preparing grains for other meals, batch cook a large quantity and refrigerate or freeze leftovers. That way, you'll always have rice, quinoa, etc. ready to go for quick bowls or grain salads.

When making collard wraps, use the biggest, greenest leaves of the bunch, with no tears or discoloration. If you have time, soak the leaves in a bath of warm water and a splash of white vinegar to clean them and make them more flexible for rolling. Be sure to trim off any large or protruding ribs running down the middle of the leaves.



# ASIAN VEGGIE LETTUCE (OR COLLARD GREENS) WRAPS

PAVEGGIES.ORG  
PENNSYLVANIA

## INGREDIENTS

- 1 bunch of collard greens or medium-size head leafy lettuce, rinsed and dried
- 1 large red bell pepper
- 1 large carrot
- 1 medium cucumber
- 1 (12-ounce) package extra-firm tofu, drained and dried
- 1 bunch of cilantro, chopped
- Peanut Sauce
- 1/4 cup honey
- 1/4 cup creamy peanut butter
- 1/4 cup low-sodium soy sauce
- Coconut oil

## DIRECTIONS

To make the peanut sauce, place the honey, peanut butter and soy sauce in a small bowl and whisk to combine. Set aside.

Thoroughly coat grill pan with coconut oil. Grill tofu for 5 minutes on each side, or until crispy. Remove from heat and slice into strips.

To prepare vegetables, use a julienne peeler, creating vegetable “noodles” out of carrots and cucumbers.

Cut bell pepper, remove seeds and slice into matchsticks.

Layer tofu, bell pepper, carrots, cilantro and cucumber in lettuce leaves or collard greens, drizzle with peanut sauce and roll up! Use toothpicks to secure leaves, if necessary.

Serve the veggie wraps with extra peanut sauce for dipping.



- All you need is extra freezer space and some freezer-safe containers!
- Use a grater or food processor to cut zucchini and then portion them into freezer bags according to your favorite recipes. This method is also great for pureed soups.
- Corn is something many people buy frozen. Why not freeze your own? It'll be tastier, fresher and even more delicious!
- Tomato sauces can be frozen, too! It's a great way to have fabulous homemade tomato sauce in the winter.
- Freezing is also the best option for preserving sauce recipes that aren't acidic enough for canning.

## HOW TO PRESERVE VEGGIES

### FREEZING

- Hot peppers are perfect in winter chili, stews and more, and freezing is a great way to get as close to fresh local peppers in the winter as you can. Their flavor keeps beautifully.
- Hard-skinned squash, like butternut and acorn freeze very well as purees. Tip: roast at night and refrigerate; then separate and freeze the next day once the skins shrink away from the flesh.
- Vegetable stocks are easy to make and are best done when you have some time to hang out. Once they're made and cooled, freeze them for later. Some clever folks use ice cube trays to freeze their stock and then keep cubes in a large container.





## DEHYDRATION Beginner

- You can use your oven at the lowest setting, but a good dehydrator does a much better job. So yes, special equipment is needed, but other than that, this is one of the easiest methods of preservation.
- Sun-dried tomatoes are a tasty way to preserve the harvest and the perfect use for ugly paste tomatoes that may have some bumps or bruises. It can be hard to sun-dry in the humid Mid-Atlantic, but dehydrating is the perfect solution.
- You can make vegetarian jerky using eggplant. While this is more involved than drying tomatoes and other produce, it's every bit as chewy, flavorful and satisfying. and your taste-buds will thank you.

## HOW TO PRESERVE VEGGIES

### PRESERVING Expert

- Preserving, a special preparation that usually brings berries and other fruits to mind, creates canned spreads that are sweetened and sometimes thickened with pectin. Jam and jelly fall under this umbrella.
- Expand your horizons with savory preserves that make the most of great local veggies.
- Pepper jam or jelly makes a great addition to a cheese plate and can be a wonderful glaze for ham and other meats.
- Onion jam has gained popularity the last few years in high-end kitchens and pairs especially well with bacon. Slather some on your next BLT or burger.
- Tomato jam is great with rosemary bread or fresh mozzarella.







# PICKLING

Beginner to  
Expert

- Pickling is one of the oldest ways to preserve food, with roots in almost every culture.
- Quick fridge pickles are a great way to ease into pickling. No special tools or skills are necessary. Essentially a marinated fresh vegetable meant to be consumed fairly quickly, quick pickles are not shelf stable.
- Brine pickles have the classic flavor and texture we've come to expect on burgers and next to sandwiches. Brine pickling can gussy up peppers, onions and a slew of other local veggies and requires sealing, by way of a boiling water bath, to be shelf stable.

## HOW TO PRESERVE VEGGIES

# CANNING

Advanced to Expert

- Make sure you have everything you need and that it's sanitized ahead of time.
- All you need is a big pot, a cooling rack and a little patience. Fill clean jars with hot product, wipe the rims, apply new lids and rings and lower them into the water. Most recipes have you process for at least 10 minutes at a rolling boil, after which the jars are sterile and should seal up within moments of being removed from the canner.
- Tomato sauce, soup, salsa and chutney burst with fresh flavor and make the best of ugly tomato varieties.
- Buy in bulk at the height of the season. This is almost always the most economical way to go. Talk to your local produce stand or farmer to see what you can work out.





# BETTIE'S BREAD & BUTTER PICKLES

---

SUSAN GROW LEIBY  
SCHUYLKILL COUNTY

## INGREDIENTS

- 4 quarts thinly sliced cucumbers
- 6 medium onions sliced thinly
- 1 green pepper sliced
- 1 red pepper sliced
- 3 cloves garlic
- 1/3 cup salt
- 3 cups white vinegar
- 5 cups sugar
- 1 1/2 teaspoon tumeric
- 1 1/2 teaspoon celery seed
- 2 tablespoons mustard seed

## DIRECTIONS

Wash cucumbers, onions, and peppers, then slice thinly. Mix together and add garlic cloves.

Fix in layers with ice cubes between layers in large bowl or pan. Let stand for 3 hours, then drain completely.

To make brine, heat vinegar, sugar, salt and spices. Bring brine to boil. Add cucumber mix and bring to a boil. Place mixture into canning jars, add lids, process in water bath (emerged under boiling water for at least 10 minutes, until they self seal).

Note: pickles will hold color better if processed in small batches. Let stand one month to develop the flavor.



# **NOURISH PA QUICK-PICKLED ONIONS**

CHEF ANDREW CINI  
WITH NOURISH PA, [PAEATS.COM](http://PAEATS.COM)  
MAKES 2 CUPS

## **INGREDIENTS**

- 1 large red onion, thinly sliced
- 1 cup distilled white or apple cider vinegar
- 1 cup water
- 1/2 cup white sugar

## **DIRECTIONS**

Combine the vinegar, water and sugar in a pot and put it on a medium-low heat until it comes to a simmer. Stir gently to make sure the sugar is completely dissolved. Take the mixture off the heat.

Place the onion slices in a bowl or heat-proof container that's large enough to hold the onions and brine. Season the onion lightly with salt and pepper.

Pour warm brine over the onion and allow to cool. Allow to sit for a minimum of 1 hour before use.

If properly sealed, the pickled onions should last in the refrigerator for 10-14 days. The pickle flavor will intensify over time!

FUN WITH PA VEGGIES





where **HARRISBURG**

what **BRUSSELS  
SPROUTS**

why **TRANSFORMATIVE**

who **BRICCO**

## BUCKET LIST **VEGGIE DISH**

### **THEY SAY**

*"The brussels sprouts*

at the Harrisburg Area Community College-run restaurant, BRICCO, are transformative. Called Bruxelles Croccante the crispy Brussels sprouts are marinated in citrus (lime, I think) then finished with chili and honey. Slightly charred these sprouts will make a liar out of anyone who says they will never eat Brussels sprouts."

- Anne Miller, Cumberland County





## THE ULTIMATE ZUCCHINI FAN

---

MELISSA JACOBY THOMAS  
FARMER, JACOBY GARDENS  
YORK COUNTY

### **EVEN BEFORE HE EVER KNEW THAT AUGUST 8 IS**

“National Sneak Zucchini onto Your Neighbor’s Porch Night”, this guy has been a fan of zucchini for many years.

Perhaps it’s something about helping plant seeds in peat pots or transplanting them from the greenhouse to the garden. Or later discovering under the large leafy \*jungles\* of foliage those elusive ones that avoided early detection until somehow - seemingly overnight - they’ve grown into baseball bat size. Maybe it’s the market day ritual of harvesting squash with his grandmother, who always remarks that he’s being so helpful and notes that he “grew even stronger since last year because look how many more squash are in the crate this time and he still carried it to the truck”.

Whatever it is, I’m definitely sold on the idea that children gain valuable veggie appreciation when they participate in “seed to the supper table” moments like planting, tending or harvesting. And especially when he asks for that second helping of zucchini pie!

# WHEN THE FARMS come to Fishtown

Fishtown is a hip and groovy neighborhood just north of Center City, Philadelphia. Since 2005, it has experienced amazing gentrification with the arrival of art galleries, trendy restaurants and grab and go eateries, boutiques, and more. In 2017, produce whisperer, Vincent Finazzo, landed at 2200 Norris Street when he opened his Fishtown grocery store, Riverwards Produce. His food market has become a major food hub for residents and businesses of Fishtown.

Riverwards is nestled on a corner of Norris street in the 2200 block. Its building is the second oldest Philadelphia Fire Department Station in Philadelphia on record.



This quaint 2000 square foot store is a local depot for not just local produce, but shelf stable items (like jams, tahini, candy, baked goods and more) cooking gear, cookbooks, and a magnificent

[PAVEGGIES.ORG](http://PAVEGGIES.ORG)



floral area and more.

But the real deal at Riverwards is that you can always tell the season of the year by the plethora of fresh, local produce whose colors vibrantly adorn the “wet rack” (that’s where you find your greens and such) to artistically aligned rows and rows of fresh produce whose signage reveals where the food was grown and by whom.

Generally, Vincent or a team member can recite an interesting fact about the farm, its soil, the grower, and an easy way to cook it.

While there are farmers markets, farm-based marts, and local food delivery businesses who all provide local produce to consumers, Riverwards is the next best thing to being in the rolling rolling fields of PA farms. Especially for older adults who have lived in Fishtown their entire lives and do not have the means to travel out of the neighborhood.

**Char Nolan, Plant-based Chef  
Philadelphia, PA  
@char\_nolan**

On a recent visit to Riverwards, an elderly gentleman said to me, “You like this place? It’s the best thing that has happened to this neighborhood. This guy has good food, but most of all, I love the tomatoes.” neighborhood. This guy has good food, but most of all, I love the tomatoes.”

Finazzo also knows the farmers who grow the food that his devote shoppers will be putting on dinner plates. He tells a story



about nearly every produce item. Vincent is a teacher at heart, and loves to share his knowledge about Pennsylvania farms. And as an avid cook, he always has a recipe to tell you about. A show and tell of the most recent produce arrival is always a treat for any shopper at Riverwards.

But, Finazzo is not the only local produce lover in Fishtown, head over to the worldwide headquarters of HoneyGrow (HG), a fast casual stir-fry and salad eatery, and you’ll see where founder and CEO, Justin Rosenberg started using locally grown produce in all of his restaurants since 2012, when his first restaurant opened on Sansom Street in Center City.

*continued*

# WHEN THE FARMS COME TO FISHTOWN continued

The HG philosophy has been to create a transparent relationship with their guests so they could appreciate the bounty of PA produce throughout their restaurants. If there's a seasonal vegetable on your plate, chances are, it is PA grown. At each store, artfully designed chalkboards create a roadmap to an ingredient's origin, which is helpful, especially to those who want to eat fresh, local, produce. As Rosenberg states, "I do think that today's consumer enjoys knowing the 'face behind the product' and we are proud to share our bounty of PA produce with everyone who eats at a HoneyGrow." Rosenberg also confesses that his favorite seasonal fruits are blueberries—they're in his plant-based smoothie every morning.

In the case of Chef Lynn Buono, co-founder of Philly's Feast Your Eyes Catering, "The majority of our clients are cognizant of the switch to a deep focus on local produce." Lynn continues that for quite some time, her clients have been insistent that Lynn's chefs only use locally grown, or seasonal produce for the food that will be served at any given event.. And, Lynn adds, "When I run out of produce, I head right over to see Vincenet Finazzo. He has helped us out of many a jam, especially when the event we are planning needs extra produce, yesterday." Easy to say, that Riverwards Produce is a go-to for many of the restaurants and caterers in the trendy neighborhood of Fishtown.



The true theme here is about roots. The beautifully rooted fresh produce throughout PA reflects the hard work of farmers and their families. Their deeply "rooted" commitment to feed and nourish people is one of the standouts in the work they do. We need to support local farmers and avoid buying fresh produce that is transported on long, cross-country hauls. We support our economy by supporting local, and businesses like Riverwards Produce are a cornerstone in helping people understand the benefits bringing nutrient-dense and fresh foods to local communities. There is a positive wave of eating well that is shared well throughout Fishtown. And Vincent, Justin and Chef Lynn are leading the way to feed people well to enjoy local foods.

Chef Lynn loves Pennsylvania's corn and zucchini crops. She has created a corn stock-based pasta dish that will add an entirely new approach of "what to do with corn." The recipe is healthy, and easy to make, and totally good for you.







MEET YOUR FARMER



How to Make **RAINBOW CAULIFLOWER SALAD**  
with **LEAH SHENOT** of Shenot Farm & Market

LOVING ALL THINGS *local.*





# MEET YOUR FARMER



How to Make a **5 MINUTE SALSA** Using PA Veggies  
with **TINA FORRY** of Risser Marvel Farm Market

*“Viola, INSTANT WONDERFUL.”*





# *how to* **TAKE A PA VEGGIES** **ROAD TRIP**

## **FOLLOW OUR LEAD**

In less than two days, PA Veggies was able to travel just beyond Pittsburgh (pit-stopping in our state's capital of course) and visited a slew of retail farm markets, farmers markets, farm to table restaurants, and a small independent grocer in Hershey that has been carrying Pennsylvania produce and value added products from local artisans for ages.

This is not only a great way to get to know your home state better, but you're supporting local in the meantime, and putting yourself and your fellow road tripping companions in a position to make healthy dietary choices, as you enjoy fresh, local goods right from the farm, and from the places that buy right from the farm.

You can [review our official itinerary](#) and see what local food lessons we learned at [paveggies.org](#). but, MORE IMPORTANTLY, we encourage you to create your own. Remember to toss in some historical sight seeing and take in the views on as many scenic routes as you can. Safe and tasty travels!

more to explore. try. enjoy. learn. [PAVEGGIES.ORG](http://PAVEGGIES.ORG)

# GUIDE TO PENNSYLVANIA TOMATOES

## OUR TOP PICKS FOR SUMMER

### Brandywine BEEFSTEAK

USE FOR: SLICING

This award-winning, pink-fruited heirloom varietal is named after the Brandywine Valley in honor of its roots in Amish heritage. The highly regarded tomato is known for its classic flavor with deep red fruitiness, exceptional sweetness and a complementary acidity that will satisfy even the most discerning palate. Succulent and nearly seedless, this beauty is perfect for your favorite sandwiches, simply sliced into wedges or whirled into gazpacho for a true treat.



#### SIMILAR VARIETALS

Mortgage Lifter, Giant Pink Belgium, German Queen



### Green Zebra SPECIALTY

USE FOR: STUFFING SLICING SALADS

This versatile and uniquely colored tomato remains striped with light and dark shades of green when ripe. The tangy emerald beauty has firm flesh and a one-of-a-kind flavor that is tart but not overwhelmingly acidic. Use it to update your BLT or caprese salad, or go for a gourmet spin on classic fried green tomatoes.

#### SIMILAR VARIETALS

Red Zebra, Red Lightning, Cherokee Green

### Striped German BEEFSTEAK

USE FOR: SLICING

As beautiful as it is delicious, this gorgeously tie-dyed, bicolor tomato sports gold, red and rose coloring, and the flavor is fruity, sweet and complex. A must-try, the variety is perfect paired with other colorful tomatoes for a richly diverse "tomato flight" and is a wonderful addition to any summer crudite platter.

#### SIMILAR VARIETALS

Pineapple, Big Rainbow, Mr. Stripey



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## Rutgers GENERAL USE

USE FOR: STUFFING SLICING SALADS  
FRESH SALSAS CANNING JUICING

Our go-to slicing tomato, this variety was introduced in 1934 and bred specifically for growing in the Mid-Atlantic region. Rutgers is famous for its old-fashioned tomato flavor and uniform flattened-globe shape. The meaty walls will hold up to stuffing but won't taste bland and watery. The tomato is ideal for anyone who makes homemade ketchup.

### SIMILAR VARIETALS

Arkansas Traveler, Mountain Fresh, Crista

## Amish Paste PLUM

USE FOR: SAUCES CANNING GRILLING DRYING

Meaty, nearly seedless and recognized for superior flavor by Slow Food USA, this heirloom has been popular among the Amish of Lancaster County (hence the name). Sweet enough to eat fresh but generally favored for cooking, this plum type is large, meaty and nearly seedless. Home-canners will fall in love with this variety, considered by many to be the best paste tomato.

SIMILAR VARIETALS  
Roma, San Marzano



## Riesenstraube CHERRY

USE FOR: SALADS SNACKS KABOBS

This German heirloom has a long-standing history of being grown in the Philadelphia region by the Pennsylvania Dutch. The German name loosely translates to "giant bunches of grapes." Intense flavor, a unique taste and large grape-shaped fruits have maintained the popularity of this special variety since the 1800s.

### SIMILAR VARIETALS

Juliet, Five Star Grape, Sweet Chelsea, Napa



## Sun Gold CHERRY

USE FOR: SALADS SNACKS KABOBS

Exceptionally sweet, bright orange fruits make this cherry tomato a standout. The flavor is milder than red tomatoes yet full of fruity sweetness and a snap of acidity on the finish that will have you wanting more... and more. This exceptional varietal is a favorite with kids and adults alike. Pair it with a rainbow of cherry tomatoes for a multi-colored feast.

SIMILAR VARIETALS  
Yellow Pear, Sweet 100



11115

# feast your eyes

VEGETABLE PHOTOGRAPHY

SUZANNE ITZKO (COVER ARTIST)







SUZANNE ITZKO  
PHOTOGRAPHY

*"Pairing tomatoes with basil is so timeless that it's hard to resist. Tomatoes also go great with dill and olives, or raw red onion for a crunchy counterpart."* Chef Richard (Rich) Landau, Philadelphia



SUZANNE ITZKO  
PHOTOGRAPHY





SUZANNE ITZKO  
PHOTOGRAPHY



SUZANNE ITZKO  
PHOTOGRAPHY



SUZANNE ITZKO  
PHOTOGRAPHY

*"Try baking corn  
in the oven or on  
the grill when a  
recipe calls for  
corn. Beats  
shucking and  
boiling it any  
day!"*

Chef Phoebe Canakis



SUZANNE ITZKO  
PHOTOGRAPHY





*"Simple is best. Choose preparations that showcase how great and fresh the produce is."*

Chef Josh Fidler, Gettysburg



SUZANNE ITZKO  
PHOTOGRAPHY





SUZANNE ITZKO  
PHOTOGRAPHY



SUZANNE ITZKO  
PHOTOGRAPHY

*"Eating raw and  
cooked local,  
seasonal fruits and  
veggies from PA  
farms is the best  
healthcare and  
self care  
available."*

Nicole Shelley  
Local Food Market LV



SUZANNE ITZKO  
PHOTOGRAPHY

SUZANNE ITZKO  
PHOTOGRAPHY





*"The earthy flavor of root vegetables goes really well with vanilla."* Justin Severino, Pittsburgh









SUZANNE ITZKO  
PHOTOGRAPHY

*"Always wait to cut your tomatoes until right before serving them, and use a very sharp knife to keep the juices locked in."*

Chef Richard (Rich) Landau, Philadelphia



SUZANNE ITZKO  
PHOTOGRAPHY



# thank you

The amount of "thank yous" due for this cookbook, *Pennsylvania Vegetables*, would create quite a lengthy list. So, instead of citing each, we'd like to recognize a common characteristic possessed by the individuals who made *Pennsylvania Vegetables* possible:

*passion & respect for community*

There is no substitute for quality, local produce and fresh, from-scratch food. And the positive impacts of these two items on humanity, the economy, and our environment are countless.

Yet, our state (and nation) still have huge strides to make when it comes to our food system. Despite the progress to be made, there are people at all parts of the chain, showing up every day to plant, to weed, to shop, to cook, to create, to share, to manage, to promote.

These are the people who get it. Their passion for local food - be it in the field, kitchen, at the table, or anywhere in between - is the ultimate honor of our fellow man and the land, without which nothing else is possible. Because of their great respect for the primitive practice of growing food here and enjoying food here, Pennsylvania's agricultural industry shines bright and has hope for an even brighter future. We hope this cookbook honors those individuals, as it would not be possible without them, and reminds others to continue in their pursuit for that passion & respect. Thank you!

*more to explore. try. enjoy. learn.*

PAVEGGIES.ORG



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