



Pennsylvania Vegetable Marketing & Research Program
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FOR IMMEDIATE RELEASE

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Simple Sauces & Dips Bring New Life & Exciting Flavors to Your Favorite Veggies

Find 3 minutes to learn 6 new recipes from the PA Produce Month videos

Harrisburg, PA - The end of PA Produce Month is near. If you've been celebrating Pennsylvania's farmers and the region's bounty since August 1, you may be in search of recipes and ideas to refresh your palate and boost veggie enthusiasm. You'll be relieved to hear that there's no need to write off a particular vegetable you reach for regularly or a dish that you make often. And there's certainly no need to move on to complex, overwhelming recipes when you're yearning for something new. Instead, introduce a dip or sauce.

[Dips](#) and sauces, like the [pestos](#) featured at PAVeggies.org, are best when made with the freshest local ingredients. Find them at your local farm stand, farmers market, neighborhood supermarket, specialty grocer, or through a CSA. They are perfect for bringing new flavors to the table, whether that table is full of thoughtfully prepared dishes or a spread of raw vegetables. You can count on them for sneaking nutrients into a meal and, since there are many that come together with ease, it will never feel like a tedious step in your culinary process. Start with the simple recipes below, then explore more at PAVeggies.org, where you'll find video proof that these delightful additions come together in no time and taste wonderful, too!

Kale Stem Pesto

What You'll Need:

- 3 cloves garlic
- 1 heaping cup kale, stems on
- 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



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How to Make:

1. Place all ingredients in a food processor (or blender) and process/blend. Consider spreading on roasted potatoes or mixing in with zucchini noodles. Explore more pestos [here](#).

Extra Tips:

1. Be sure to thoroughly wash all greens.
2. 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.
3. 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.

Lemon Dill Yogurt Dip

What You'll Need:

- 1/3 cup fresh dill, minced
- 1 tablespoon lemon juice
- 1 cup plain Greek yogurt
- Small bowl
- Large spoon

How to Make:

1. Mix the dill, lemon juice and yogurt together in a small bowl.
2. Stir well to combine.
3. Serve with cut vegetables.
4. Explore more delightful dips [here](#).

Extra Tips:

1. Add 1 teaspoon lemon zest to the mixture for an added depth of flavor.
2. Season to taste with salt and pepper, za'atar spice or 1/8 teaspoon of cumin powder.
3. Pair with slices of fresh fennel bulb and fried zucchini sticks for a Mediterranean-inspired appetizer.
4. Sprinkle in a spoonful of capers for a unique, briny flavor.

Make the most of these final weeks in PA Produce Month! If you have fun and enjoy the results from these recipes, be sure to explore more at PAVeggies.org. Get creative and share your experience with



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other veggie lovers. There are many farmers and local vegetable advocates swapping tips and revealing their PA

Produce Month activity by using #paveggies on Facebook and Instagram. Once you're in the mix, tag your own photos and videos on social media by adding #paveggies to your caption.

*The Pennsylvania Vegetable Marketing and Research Program is a statewide marketing order established by a grower referendum, governed by a grower board and funded by grower assessments. The Program's sole purpose is to serve the vegetable growers of Pennsylvania by promoting Pennsylvania-grown vegetables and funding practical vegetable production research. Consider liking PA Veggies on Facebook ([PAVeggies](https://www.facebook.com/PAVeggies)), following along on Instagram ([@PAVeggies](https://www.instagram.com/PAVeggies)); and using #PAVeggies to find and share your homegrown PA happiness experiences. **EDITORS: If you have any questions, please contact us at 267.275.1198 jen@kitchentableconsultants.com.***