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***The recipes in this booklet are organized by season as they appear in the garden from spring through summer and into the fall.***

*Some of the early cool weather greens and peas can be planted again in August for harvesting in September. Remember that fresh veggies can be eaten raw. They are more flavorful when picked right from the garden. Try them with homemade dips seasoned with homegrown herbs.*

*You can always create your own versions of these recipes or be inspired to create your own recipes based on your favorite vegetables. Try grilling vegetables or adding them to stir fry. Put vegetables cold in a pasta salad or hot in your favorite noodles or with cooked or fried rice. You can also explore new grains such as farro, quinoa, and spelt. The recipes in this booklet do not have to be made with these three grains mentioned above. You can always use rice or pasta or potatoes.*

***We hope you will try these recipes again and invent your own. Remember that sharing is half the fun! We hope you keep gardening and cooking!***

## **Tabouli** (Tabbouleh)

From Craig Claiborne's An Herb and Spice Cook Book

(Parsley and Mint Salad)

1 cup cracked wheat  
~ 1 cup boiling water  
1 and 1/2 cup finely chopped parsley  
1/2 cups finely chopped fresh mint  
1 cup finely chopped onion or scallion  
3/4 cup chopped tomatoes  
3/4 cup olive oil  
1 cup lemon juice  
Freshly ground black pepper and salt to taste

1) Place the cracked wheat in a mixing bowl and add boiling water **barely** to cover. Let stand for 30 minutes, or until all the liquid is absorbed. The wheat should become tender yet still be somewhat firm to the bite. If the wheat is too dry, add a little more boiling water. If excessive water is added it may be necessary to drain the water and press it.

2) Let the cracked wheat become thoroughly cool, then mix well with the remaining ingredients. If desired, garnish with additional chopped tomatoes.

Yield: 6 to 8 servings.

Optional: Chopped cucumber may be added

## **Kale Salad with Honey-Lemon Dressing**

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1 bunch curly green kale, washed  
1/4 cup extra virgin olive oil  
1/4 cup freshly squeezed lemon juice  
2 tablespoons honey

Remove tough center ribs from kale. Discard ribs or reserve for another use. Chop or tear leaves into 1-2-inch pieces.

To make a dressing, whisk together the olive oil, lemon juice and honey. Massage dressing into kale leaves. Season to taste with salt and freshly ground pepper.

Number of servings: 4

## Sautéed Greens

Use young greens - collard, Rapini, turnip, spinach, kale, chard, etc.  
3 large handfuls of greens: washed, dried and torn into bite size pieces.

2 onions – red, white, yellow thinly sliced (use a variety or whatever you have)

Or about 1 teaspoon of onion powder

3 cloves garlic - crushed (use more or less to your taste)

Olive oil – start by covering the bottom of the pan with oil, add more as needed.  
Heat olive oil in a heavy skillet.

Toss onions and garlic in oil till translucent, add greens a handful at a time.  
Be sure to coat greens with oil.

Add ½ teaspoon freshly ground pepper and ½ teaspoon salt.

Stir/toss to mix all ingredients. Reduce heat. Cover skillet and let simmer for a couple of minutes. If greens are dry add a little chicken broth or water.

Remove from skillet and add Balsamic vinegar to taste.

## Cornbread

Pre heat oven to 375 °

1 cup cornmeal

2 tsp. baking powder

1/2 cup flour

1 tsp salt

1 egg

1 cup milk

3 Tbs. vegetable oil

1 T sugar if desired

Mix dry ingredients together.

Mix egg and milk together with 1 T oil.

Add liquid mixture to dry ingredients, mix all together.

Heat the remaining 2 T of oil in the pan that is to be used to bake the bread.

Pour this hot oil into cornmeal mixture and stir to blend.

Pour back into the greased pan or greased muffin tins and bake until brown on top.

You may use a cast iron skillet or regular bake ware for this. *Ms. Norma*

Optional: You can make a savory corn bread by omitting the sugar and adding cheese, jalapeno pepper, or a teaspoon each of thyme and rosemary. You may also use fresh or canned corn kernels. You may have to alter the liquid if the fresh corn is juicy.

*Ms. Madolyn*

## **Savory Kale Pancakes**

1 small regular onion or 4 to 5 green onions roughly chopped  
1 or more peeled garlic cloves

Press these in a mortar & pestle with a few drops of water till they are well blended.

Then add the ingredients for your favorite pancake mix but exclude the sugar or only put half of what the recipe says.

Or if you want to make this pancake batter from scratch, you may use this recipe:

2 cups sifted all-purpose flour (or whole wheat, spelt etc.)  
2 tsp. baking powder  
1 tsp. salt  
1 egg  
1 ½ cups milk  
2 tbsp olive oil

Mix this all up.

Clean 1/2 to one whole bunch of kale (or other greens such as collards, spinach, or Swiss chard) making sure to remove the middle stems. Just rip it off the stem and tear it up or chop it up until you have small enough pieces. Add it a bit at a time to the mixture until all is mixed and you have enough green kale present. Maybe grate in some carrot for taste and color.

Cook in canola oil in a skillet as with any pancake. Make sure there are several bubbles on the top of the frying pancake before flipping over.

Many toppings may be served with these pancakes: yogurt / sour cream and chive dip, horseradish dip, radish dip, carrot top pesto, or grated carrots. Maybe serve with slices of raw or roasted tomatoes. Be creative with your toppings.

## **Mint Salad**

1 medium head of Bibb lettuce or other lettuce leaves torn into bite sizes  
1 cup of mint leaves  
2 cups of parsley leaves  
1 Tablespoon lemon juice  
2 Tablespoons of olive oil  
¼ teaspoon ground black pepper

Optional ingredients: 1 cucumber cut lengthwise and thinly sliced, 1 finely chopped onion, 1 Tablespoon mustard, or salt

Mix up liquid ingredients with pepper (shake in a jar). Toss the lettuce, mint, and parsley with dressing.

## **Create your own salad**

Start with leafy greens such as red or green lettuce, arugula, spinach, or cabbage.

Add carrots, cucumbers, onions, bell peppers, radishes, beans, tomatoes, peas, broccoli, broccoli raab, kohlrabi, fennel, etc.

Include fresh herbs or edible flowers such as calendula or nasturtium. The young flowers or leaves on pea plants or chives can be added.

Keep your salad healthy by using a dressing made of olive oil mixed with vinegar (balsamic, red, or apple cider) or lemon / lime juice.

You may also top with strawberries, blueberries, raspberries, husk cherries, or apples.

## **Pasta with Garlicky Greens**

Recipe from Whole Foods / Whole Kids Foundation garden book

[How to Grow a School Garden](#) by Bucklin-Sporer and Pringle of the San Francisco Green Schoolyard Alliance

1 (16 ounce) packages of penne pasta

2 tablespoons olive oil

4 (or more) bunches of fresh greens, such as kale, chard, collards, etc.

5 (or more) cloves of garlic, chopped or mashed

Optional: onions, leeks, lemon basil, red pepper, red pepper flakes, salt & pepper, cheese in batter, or top with slices of tomatoes or cheese

Cook the pasta using the directions on the box.

Clean greens.

Heat olive oil, add garlic, and cook until slightly brown.

Add greens one bunch at a time, stirring to coat the leaves in oil.

When the greens have wilted, add the pasta and heat thoroughly.

## **Horseradish Dip**

Use equal parts of yogurt and sour cream for the base, about 1/2 cup of each, depending on how much grated horseradish you have on hand and how strong you want it.

To that, add 1 tablespoon vinegar-- the cider vinegar works well  
1/2 to 1 teaspoon sugar

Optional: A cheesy horseradish dip can be made. Combine about 1 cup of shredded cheddar cheese and 4 ounces of cream cheese. Then add horseradish to taste.

## **Basil Pesto**

1 cup of packed basil (about 1 large bunch of basil) \* See below.  
2 cloves of garlic  
¼ cup of pine nuts  
2 Tablespoons of lemon juice  
2 Tablespoons of olive oil

- 1) Pick, wash, dry basil or other such herb.
- 2) Using mortar and pestle grind up the herbs and pine nuts by hand or cut up fine with a knife or use a blender.
- 3) Add lemon juice and olive oil. Mix well.
- 4) Eat pesto with bread or crackers or serve on pasta.

\* This recipe may be used with spinach, parsley, arugula, thyme, lemon thyme, mint, sage, tarragon or lovage substituted for the basil or combine 2 of these herbs. You may substitute walnuts or almonds for the pine nuts. You may add parmesan cheese if you want. Be creative with what you have and what you like.

## **Carrot Top Pesto**

1 bunch of young carrots  
¼ cup almonds  
1 to 4 cloves of garlic  
½ cup olive oil  
Juice from ½ of lemon or 1 small lime  
Add salt and pepper to taste

Wash 1 bunch of young carrots and remove greens.  
Smash the following ingredients in mortar & pestle: green carrot tops, almonds, garlic, olive oil, and lemon / lime juice. Optional: add 1 cup of arugula.  
Mix with sliced or grated carrots. Serve on savory pancakes or spread on bread

## **Cilantro Spread (like a pesto)**

1 ½ cups fresh shredded cilantro leaves or parsley if you do not have enough cilantro  
2 smashed garlic cloves (or onions)  
2 Tbs. finely chopped nuts (pine / walnuts / pecan / pistachios)  
2 Tbs. olive oil  
1 Tbs. balsamic vinegar (or lemon / lime juice)

Blend the ingredients together in a mortar & pestle.  
Serve with wheat bread / baguette / gluten free crackers

## **Gingered Cabbage** by Mark Bittman

1 small head of Chinese cabbage (Napa or bok choi). Or use any cabbage or chard.  
2 Tbsp. olive oil  
1 to 4 cloves garlic, minced  
Salt and pepper if needed  
1 Tbsp. peeled and minced ginger

Clean and coarsely chop 1 small head of Chinese cabbage.

Heat olive oil in large skillet over medium heat.

Sauté cabbage, stirring occasionally for about 10 minutes (limp but not mushy)

Add garlic; salt and pepper if needed. Stir and cook another 2 minutes.

Add ginger, cook another minute.

Drizzle with lemon / lime juice. Sprinkle with cilantro or parsley.

## **Potato Frittata with Swiss Chard**

6 small potatoes sliced  
2 T olive oil  
1 cup (or more) of torn greens (Swiss chard, broccoli raab, collards, spinach, or kale)  
2 T sliced green onion (and you could include the white onion part chopped up fine)  
1 or 2 garlic cloves crushed in the mortar & pestle  
pepper & salt to taste  
6 eggs  
1/3 cup milk  
1/2 cup shredded cheese -- cheddar / parmesan  
Optional: Peppers or tomatoes and parsley / thyme / rosemary / any other herbs

1) Heat olive oil in a medium skillet over medium heat. Place potatoes in the skillet, cover, and cook about 10 minutes, until tender but firm. Mix in chard or other greens, green onions, and garlic. Season with salt and pepper. Continue cooking 1 to 2 minutes, until spinach is wilted.

2) In a medium bowl, beat together eggs and milk. Pour into the skillet over the vegetables. Sprinkle with cheddar cheese. Reduce heat to low, cover, and cook 5 to 7 minutes, or until eggs are firm.

Optional: This can be baked in the oven at 350 ° for about 20 to 30 minutes until a toothpick comes out clean. Make sure the eggs are cooked.

## **Radish dip**

Cut thin slices of radish and mix with sour cream. Serve with savory pancakes.

## Kale Chips

Kale leaves washed, dried in spinner and / or with paper towels.  
Stems removed and leaves torn into large pieces

In a bowl, the leaves are **lightly** but thoroughly covered with olive oil and then various spices sprinkled on and mixed -- Italian seasonings, salt, pepper, onion powder, chili powder, garlic powder, other savory spices, or something spicy.  
About 3 cloves of garlic could be smashed with the mortar and pestle or chopped with a knife and the garlic or Parmesan cheese could be mixed with the kale before baking.  
Kale is spread out onto a baking (cookie) sheet.  
Bake for 5 to 10 minutes at 425°, at a lower temperature it will take a longer time (such as 40 minutes if baked at 275°). They are done when they are crispy to the touch.

Try **Beet Chips**: Cut two large beets into slices that are 1/8" thick and then place on a greased baking sheet. Brush the beets with a light coating of olive oil, and then bake at 325 degrees for about 45 minutes. They are done when crispy.

## Roasted Green or Purple Beans (Bean Chips)

Preheat oven to 450 °  
4 cups fresh green beans (or yellow or purple), washed and dried  
1 Tablespoon olive oil  
1/2 teaspoon salt  
1/2 teaspoon pepper

Break beans in half or leave whole. Add green beans to a bowl and drizzle a tiny bit of olive oil on them. Toss to coat each green bean. Sprinkle with salt and pepper or other herbs and spices.

Lay them on a baking sheet and roast at 450 ° for 10 minutes, flipping at least once during cooking.

Or try **Carrot Chips**: Slice two large carrots as thinly as possible and then place into a bag or bowl and toss with 2 tablespoons of olive oil and a good sprinkle of sea salt. Arrange slices in one layer on a greased baking sheet and cook for about 35 minutes at 275 degrees, checking often towards the end to make sure that nothing burns.

## Baked Radish Chips or try with Zucchini

Preheat oven to 350 ° or 375 °  
10 radishes thinly sliced  
1 tsp. chili powder  
1/2 tsp. garlic salt  
1/2 tsp. paprika  
1 Tablespoon olive oil

Put in bowl with spices and oil. Mix to coat all radishes. Spread on cookie sheet and bake for 10 minutes. Flip and bake for 5 to 10 minutes more until crispy.

## **Cucumber Chive Salad**

2 large cucumbers, sliced or cut into chunks, (remove seeds and green skin if you want)  
½ cup sour cream or Greek yogurt or cottage cheese or a blend of them  
3 tablespoons snipped fresh or dried chives  
1 tablespoon chopped green onion  
1 chopped garlic clove  
1 tablespoon vinegar  
Pinch salt and pepper to taste

In a bowl, combine all ingredients. Add the vinegar gradually to attain desired consistency. Optional: ¼ cup parsley. The salad may be chilled in the refrigerator for at least an hour.

## **Cucumbers with Yogurt-Dill Dressing**

3 to 5 cucumbers  
1 ½ cups low fat yogurt, drained of excess liquid, Greek yogurt is thicker  
1 cup chopped fresh dill  
Optional: ¼ cup cumin or chopped fresh mint  
Pepper to taste

Mix yogurt with dill and then add cucumbers. Serves 8 to 10.

## **Cucumber Salad with Apple Cider Vinegar**

Chop all of these vegetables into chunks: cucumber, bell pepper, tomatoes, and onions.  
Mix apple cider vinegar and water in about a 50/50 ratio. Toss the cider mixture into the vegetables. Add salt and pepper to taste.  
Optional: add a dash or two of olive oil. Also you may use lime juice or dill weed.

## **Cucumber Dip for Vegetables**

1 large cucumber  
8 ounces cream cheese, softened  
2 Tablespoons lemon juice  
4 green onions, finely chopped

Coarsely grate cucumber, straining off and reserving the liquid. Blend cheese with the lemon juice and then add the cucumber, onion, and ¼ teaspoon salt. Then to attain proper dipping consistency add some of the reserved liquid.

## **Sweet and Spicy Green Beans**

By: COOKOFTHEHOUSE

3 cups fresh green beans, trimmed  
2 tablespoons soy sauce  
1 clove garlic, finely chopped  
1 teaspoon garlic chili sauce  
1 teaspoon honey  
2 teaspoons canola oil

Steam the green beans 3 to 4 minutes in a little water. In a bowl, mix the soy sauce, garlic, garlic chili sauce, and honey. Heat the canola oil in a skillet over medium heat. Add the green beans, and fry for 3 to 5 minutes. Pour in the soy sauce mixture. Continue cooking and stirring 2 minutes, or until the liquid is nearly evaporated. Serve immediately. Serves 4.

## **Lemon Pepper Green Beans**

3 cups fresh green beans, rinsed and trimmed  
2 tablespoons butter  
1/4 cup sliced almonds  
2 teaspoons lemon pepper (or use 1 T lemon juice and ground black pepper instead)

Steam beans in 1 inch of boiling water. Cover, and cook until tender but still firm, about 10 minutes; drain. Melt butter in a skillet over medium heat. Sauté almonds until lightly browned. Season with lemon pepper. Stir in green beans, and toss to coat. Optional: Add 1 clove of smashed garlic.

## **Green Beans with Cherry Tomatoes**

4 cups green beans, trimmed and cut into 2 inch pieces  
1 1/2 cups water  
1/4 cup butter (or olive oil)  
1 tablespoon sugar  
2 cloves chopped garlic  
1/4 teaspoon pepper  
1 1/2 teaspoons chopped fresh basil  
2 cups cherry tomato halves

Put beans in water in a large pan. Cover and steam for about 5 minutes. Set heat to low, and simmer until tender, about 5 to 10 more minutes. If there is excess water drain it off. Add butter to beans and melt over medium heat. Stir in garlic, pepper and basil. Add tomatoes, and cook stirring gently just until soft (maybe 5 more minutes). May be served with pasta or rice.  
Optional: These ingredients could be left uncooked and served as a cold salad.

## **Red – Green Salsa**

4 chopped green tomatoes or tomatillos  
4 chopped ripe red tomatoes  
2 chopped onions  
4 chopped cloves of garlic  
1 hot jalapeño pepper (use according to taste)  
2 chopped sweet bell pepper  
1 cucumber  
2 stalks chopped fresh chives  
2 tablespoon fresh lemon or lime juice  
1/4 teaspoon ground black pepper  
1/4 teaspoon salt

In medium bowl, gently stir tomatoes with other ingredients.  
May be served immediately or cover and refrigerate at least 30 minutes to blend flavors, or up to 8 hours. Drain before serving if chilled longer than 1 hour.

Optional ingredients: chopped cilantro, 1 cup fresh corn kernels cut from the cob, avocados (pitted, peeled and cut into chunks)  
Serve with tortilla chips.

## **Easy Gazpacho Recipe**

Recipe from a Dyer garlic newsletter

2 cloves garlic  
4 – 5 ripe tomatoes cut up into about 1/2 inch pieces including skins and seeds  
2 chopped cucumbers  
2 chopped peppers (sweet bell or hot)  
1 Tablespoon balsamic vinegar

Mash garlic with 1/2 tsp. salt, put garlic and tomatoes in a large glass bowl.  
Pour balsamic vinegar over the tomatoes to draw the juices out of the tomatoes.  
Mix in the cucumbers and peppers.  
You may add other cut up vegetables (celery or onions) or 1 Tablespoon of lemon / lime juice or other herbs (chives, basil, parsley, black pepper, dill, cilantro, or lovage).  
Or spice it up with some kind of hot sauce.

## **Jerusalem Artichokes (Sun Chokes)**

Dig up the roots of the tall Jerusalem artichoke plant after it has flowered in early fall.

Scrub well and slice. Sauté in butter. Tastes like and can be served as you would a potato. Try sun chokes in a stir fry.

## **Beet Caviar**

- 1 bunch of red beets
- ¼ cup of ground walnuts
- 2 tablespoons mayonnaise (or yogurt)
- 3-4 cloves of garlic, pressed

Cut the tops off washed beets and trim the root end. Boil until they cut easily with a knife. Drain. Plop the beets into a pan of cold water, and gently remove the outer skin with your fingers. Set in drainer for about five or ten minutes to dry a bit. Grate into a bowl. Add the garlic, mayonnaise, and walnuts, and stir. Serve immediately or chill. Serve with crackers or French bread.

Optional: Season with Tabasco sauce, salt, or pepper

## **Spinach Slaw**

- 3 cups shredded spinach
- 2 cups shredded red cabbage
- 4 cups shredded lettuce
- ½ cup yogurt or mayonnaise (or quarter cup of each)
- 1 – 2 Tablespoons honey
- 1 clove of mashed garlic
- ¼ teaspoon pepper
- ¼ teaspoon salt

Combine the spinach, cabbage, and lettuce in a bowl. Blend the other ingredients in a jar. Pour the dressing onto the slaw mixture. If possible chill the slaw and dressing separately before combining. Serves 8.

## **Simple Cole Slaw**

- 1 small head of green or red cabbage, chopped
- 1 kohlrabi, grated or sliced
- 3 carrots, grated or sliced
- 1 onion, chopped
- ¼ cup cider vinegar
- ¼ cup mayonnaise or Greek yogurt (or a mixture of both)
- 1 Tablespoon sugar
- ¼ teaspoon each black pepper and salt

Blend all ingredients together.

## **Okra and Tomato Stew**

Adapted from The Victory Garden Fish and Vegetable Cookbook by Marian Morash

1 lb okra  
2 Tb butter  
1 Tb vegetable oil  
1 cup chopped onions  
½ cup chopped celery  
1 tsp minced garlic  
2 cups chopped tomatoes  
1 minced small pepper (optional hot red pepper)  
Pepper and salt to taste

Wipe the okra with a damp towel, trim off the stem cap, and cut into ½ inch pieces. In a sauté pan, heat the butter and oil. Add the onions, celery, and okra, and cook until the vegetables are lightly colored, about 8 – 10 minutes. Add the garlic, tomatoes, and pepper, and stir all together. Bring the mixture to a boil, reduce the heat, cover, and simmer for 6 – 8 minutes, or until the okra is just tender. Uncover and cook long enough to reduce the liquid slightly. Season with pepper and salt. Serves 4 – 6

## **Kohlrabi with Honey Butter**

1 pound kohlrabi (about 4 to 5 small), peeled and cut into ¼ inch strips  
1 medium carrot, cut into 1/8 inch strips  
1 Tbs. chopped chives  
1 Tbs. lemon juice  
1 Tbs. melted butter  
2 Tbs. honey  
¼ tsp. grated lemon peel  
1/8 tsp. pepper  
4 lemon slices

In a large skillet, bring 1 inch of water, kohlrabi, and carrot to a boil. Reduce heat; cover and simmer for 6 – 10 minutes or until crisp-tender.

In a small bowl, combine the chives, lemon juice, butter, honey, lemon peel, and pepper. Drain vegetables and transfer to a serving bowl. Add honey butter and toss to coat. Garnish with lemon slices. Yields 4 servings.

## ~ Squash Recipes ~

### **Ratatouille** From Disney's Family Cookbook

¼ to 1/3 cup olive oil  
1 onion thinly sliced  
2 to 4 crushed garlic cloves  
1 large eggplant cubed  
1 red or green pepper chopped  
2 small zucchini chopped  
2 small yellow squash chopped  
4 tomatoes chopped  
¼ cup chopped fresh basil  
Salt and pepper to taste  
Parmesan cheese

Heat half the oil in a large saucepan and sauté the onion, garlic, and eggplant until brown. Next add the pepper, zucchini, yellow squash, and tomatoes. Add more oil as needed to keep the vegetables from sticking. Cook until a soft stew has formed, about 15 to 30 minutes. Add the basil, salt, and pepper. Sprinkle with the cheese and serve. You can freeze leftovers. Serves 4.

### **Zucchini Pancakes**

From Disney's Family Cookbook

½ pound zucchini grated  
1 bunch scallions / onions minced  
1 – 2 eggs lightly beaten  
½ cup all-purpose flour  
1/3 cup grated Parmesan cheese  
Black pepper to taste  
Vegetable oil for frying  
Optional: serve with apples or sour cream

With a spoon, gently mix the zucchini, onions, egg, flour, cheese, and pepper. Place a large skillet over medium-high heat and add the oil, ¼ inch deep. Place a heaping forkful of the zucchini mixture into the pan and press into a circle about 1/3 inch thick. Cook until brown and crispy on both sides, pressing down with the back of the spatula several times to squeeze out excess moisture. Serves 4 to 6

## **Yellow or green squash topping on bread -- Crostini**

Crostini (meaning "little toasts" in Italian) are an appetizer consisting of small slices of grilled or toasted bread and toppings.

Cut or grate tender, small zucchini and yellow summer squash. Stir in grated Romano cheese and extra virgin olive oil. Add some pepper cut very small or grated. Sprinkle on garlic or basil. Serve on slices of crusty bread such as French or Italian baguettes.

## **Sautéed Zucchini**

Sliced zucchini

Chopped onions

Salt and pepper to taste

Heat olive oil in a pan. Sauté onions then add the zucchini slices. Cook until limp. Serve with Parmesan cheese sprinkled on top.

## **Squash and Onions**

1 large yellow squash (or 2 medium)

2 small onions (or one medium)

2 tablespoons unsalted butter

1 teaspoon salt

½ teaspoon pepper

Optional: ¾ tablespoon brown sugar

Slice the squash into 1/2-inch rounds, cutting large ones in half. You should end up with roughly 2 cups of cut squash. Cut the onions into similar-sized slices.

Add the butter to a wide sauce pan that has a lid and heat over medium heat. When the butter has melted, add the onions and cook until soft, about 4-5 minutes. Add squash, salt, pepper, and optional brown sugar. Stir, then cover and cook for about 20 minutes, until squash is very soft.

Remove the cover and continue to cook for about 8 minutes, just to give the juices a chance to evaporate slightly. There will be some liquid in the pan, but it should be thicker than water, almost like a glaze. Serve immediately. Serves 2.

## **Succotash** (Native American Three Sisters)

¼ cup olive oil  
1 chopped onion  
1 each red and green pepper, cut into pieces  
1 clove garlic, mashed  
1 each yellow and green summer squash, cut into pieces  
2 ears of fresh corn, kernels removed, or use 2 cups of corn  
1 cups beans (lima or green beans)

Combine all ingredients and cook in the oil until tender about 10 minutes. Serves 4.  
Optional: okra, potatoes, sun chokes or carrots.

## **Collards, Zucchini, & Quinoa**

1 small onion chopped  
2 cloves garlic minced  
2 Tbsp olive oil  
1 1/2 lbs zucchini diced in 1/2 inch cubes  
1 bunch collards stemmed & chopped  
1 ½ cups cooked Quinoa or rice, follow the recipe on the box  
1 to 2 cups chicken or vegetable broth as needed to moisten

Sauté onion & garlic in oil until soft then add collards & zucchini. Add 1 cup chicken broth & Quinoa. You may need more broth unless the zucchini releases a lot of moisture during cooking. Add salt & pepper to taste. Serve with 1/2 cup Parmesan cheese & chopped parsley. Serves 6

## **Colorful Summer Veggie Salad**

1 cup each of thinly sliced yellow summer squash, zucchini, carrots  
1 cup each fresh green beans and fresh sugar snap peas  
½ cup thinly sliced onions  
½ cup chopped sweet red pepper

In a large saucepan, bring 4 inches of water to a boil. Add the carrots, beans and peas; cook for 4 minutes. Drain and rinse in cold water. Place in a bowl: add zucchini, summer squash, onions, and red pepper.

Dressing: 6 Tbs. olive oil, 4 ½ tsp. lemon juice, 1 Tbs. red wine vinegar, 1 Tbs. chopped parsley, 1 ½ tsp. sugar, 1 smashed garlic clove, 1/8 tsp. salt and pepper.

In a jar, combine the dressing ingredients; cover tightly with a lid and shake well. Pour over vegetable mixture and toss to coat. Cover and refrigerate for up to 1 hour. Just before serving if desired sprinkle with 1 handful of sliced drained black olives and / or ¼ cup shredded Parmesan cheese. Yields 12 servings.

## ~ *Fun things to try* ~

### ~~ *Alternate ways to enjoy your vegetables or fruits* ~~

#### **Savory Stuffed Pumpkin Blossoms**

You can make these sweet with honey, cream cheese and cooked rice or savory with garlic, onion, thyme, any herb combination with the cheese and rice. See below. You could replace the rice with Quinoa (a South American grain) which cooks just like rice, 1 cup to 2 cups water, simmer with lid on until liquid is gone. – Ms. Madolyn

8 large pumpkin (or zucchini or squash) blossoms

1/2 cup goat ricotta cheese or feta or cream cheese

1/4 cup Parmesan cheese

1/2 teaspoon red pepper flakes, oregano, basil

Optional: 1 clove garlic, salt and pepper or nutmeg to taste, chopped cabbage, cooked rice, Quinoa (use box directions)

- 1) Before use, trim the stems to within 1 inch of the flowers.
- 2) Rinse blossoms by dipping them gently into a basin of water. Let them drain upside-down on paper towels.
- 3) When it's time to stuff, work quickly. *The less you handle them, the better.* They may be eaten raw or steamed, or battered and fried.
- 4) In a small bowl mix the ricotta cheese, Parmesan, and nutmeg. Season with salt and pepper.
- 5) Fill each blossom with about 1 ounce of the cheese mixture and carefully close the petals around cheese.
- 6) OR: Carefully open each blossom and fill with about 2 rounded teaspoons of ricotta filling, gently twisting end of blossom to enclose filling.
- 7) OR: You can use a Ziploc bag, just snip off a SMALL bit at the bottom and put the stuffing mixture inside and use as a pastry bag where you squeeze the mixture out through the hole.
- 8) Garnish with a sprinkling of grated parmesan cheese and chopped chives.

#### **Tomato Sandwich**

Simple yet tasty.

Fresh summer tomato cut into thick slices

2 pieces of your favorite bread toasted

Butter bread (or use olive oil), sprinkle on black pepper (or salt), cover with tomato slices.

Optional: green pepper or cucumber sandwich.

## **Strawberry Ice Cream** using 2 Zip-lock bags

Sandwich sized bag and a gallon bag for each person

2 Tbs. sugar

1 cup milk, cream, or half and half

(Milk will provide a less rich, lower calorie ice cream, while using heavy cream will have the opposite effect)

½ teaspoon vanilla extract (or other flavoring)

6 tablespoons salt (about 1/3 cup)

Enough ice to fill the gallon-sized bag halfway

Fill the gallon-sized bag halfway with ice. Add the salt.

Ordinary table salt will work, but salt that has larger crystals, such as kosher salt or rock salt, will work much better. Mix the salt around in the ice and set aside.

Combine the sugar, milk, and vanilla extract in the small bag and seal it tightly.

Make sure the pint bag gets buried in the ice. Seal the gallon bag. Shake the bags vigorously for five minutes. You might want to use a towel or cloth garden gloves to hold them, since they will be very cold and slippery from condensation.

Remove the pint bag, open it up, and add strawberries or your other favorite fruit. Try mixing the strawberries with a little rhubarb for its tangy taste.

## **Zucchini Bread**

3 eggs

2 cups packed brown sugar

1 cup vegetable oil

2 cup grated zucchini

1 tsp. vanilla

3 cup flour

1 cup chopped nuts

2 tsp. cinnamon

1 tsp. allspice

1 tsp. salt

1 tsp. baking soda

½ tsp. baking powder

Grease and flour 2 9x5x3 loaf pans. Preheat oven to 325.

Beat eggs until thick, beat in sugar. Stir in oil, then zucchini and vanilla.

Mix together flour, nuts, cinnamon, allspice, salt, baking soda and baking powder.

Add flour mixture to eggs and sugar, mixing only until all ingredients are moistened.

Option: Well drained crushed pineapple folded in at the end

Pour into pans. Bake for 1 hour and 10 minutes or until a knife comes out clean.

Allow to cool in the pan for 10 minutes.

The zucchini bread recipe is good way to use up a large zucchini or a large quantity of it. You can freeze the bread for later.

## **Zucchini Roll Ups**

Inspired by a recipe from [The Sprouted Kitchen](#)

Mix yogurt, thyme, oregano, black pepper. Include some finely chopped veggies such as carrots, onions, peppers, kohlrabi, and fennel.

Slice zucchini into long thin strips (lengthwise). Brush with olive oil. Grill in pan, turning once, until just softened, about 2 minutes on each side.

When cooled, spread about 1 Tbs. of yogurt mixture on each zucchini slice and sprinkle some thyme leaves on each and roll up. Optional: garnish with sesame seeds, marjoram, or salt.

## **Collard - Quinoa Wrap with Carrot Spread**

Inspired by a recipe from [The Sprouted Kitchen](#)

Use the collard leaf to make a rolled up sandwich with assorted veggies inside.

Optional: use a lettuce, kale, or broccoli leaf instead

1 cup chopped carrots

2 cups grated raw beets

1 Tbs. grated ginger

1 small onion and / or garlic / shallot finely chopped

1 tsp. honey

3 Tbs. vinegar

3 Tbs. oil

¼ tsp. sea salt

1 or 2 large young collard greens for each person

2 cups cooked quinoa (follow package directions)

Or use cooked rice / brown rice / bulgur (cracked wheat) / farro

Lemon / lime juice as needed

Mix well in a bowl the carrots, beets, ginger, onion, honey, vinegar, oil, and salt.

Cut the white stalk from the end of the collard leaves. Rinse them in warm water to bring them to room temperature. Trim the stalk mid rib so it is the same thickness as the rest of the leaf. This will make it easier to roll.

In another bowl, stir the cooked quinoa (or rice) with lemon juice.

Spread a generous amount of the carrot mixture down the middle of the leaf. Add a layer of the quinoa and other optional veggies (sliced zucchini, cucumber, radish, or broccoli). Fold over each end and roll like a burrito.

## Healthy Cooking Substitutions from Edible Avalon

There are several creative ways to make homemade food healthier. If you are watching your weight, cholesterol, or fat intake or if you are simply trying to make healthier choices there are several ways to do it.

### **In baking:**

1 **egg** can be replaced with one of the following

- 1 medium banana
- ¼ cup silken tofu
- 1 Tablespoon ground flax seeds in 3 Tablespoons water

*How it works:* eggs usually bind ingredients together in cakes and cookies. Bananas and tofu have the ability to do this too. Ground flax seeds soaked in water make a jelly-like mixture that is similar to an egg white. Flax seeds are also a source of healthy fat. Adding these replacements will decrease the cholesterol content of baked goods as well as the fat content.

- Pureed prunes or unsweetened applesauce can be used instead of **oil** in breads, cakes, and cookie mixes.

### **Sugar:**

- Use half the sugar in recipes and replace the other half with nonfat dry milk.
- Pureed fruit such as prunes can also be used to replace part of the sugar in baking recipes.

Easy ways to reduce the **fat** in other recipes:

- Use low fat cheeses instead of full fat
- Yogurt instead of buttermilk
- Evaporated milk instead of heavy cream
- Yogurt instead of sour cream

Other smart ideas for healthy cooking preparations:

- Avoid fried foods and choose to steam, poach, bake, broil, or boil most dishes.
- Instead of deep frying use panko bread crumbs or corn flakes to make crunchy baked chicken and breaded vegetables.
- Use egg whites and low fat milks to dredge breaded items instead of whole eggs and high fat milk.
- Cut the salt content in half for many recipes.
- **Use herbs instead of salt.**

## Herbs that partner with certain vegetables to enhance flavors

<b>Basil:</b> beans, peas, peppers, potatoes, spinach, squash, and tomatoes
<b>Dill:</b> beans, cabbage, cucumbers, potatoes, and squash
<b>Oregano:</b> beans, eggplant, mushrooms, potatoes, squash, and tomatoes
<b>Rosemary:</b> cabbage, cauliflower, potatoes, squash, and tomatoes
<b>Sage:</b> asparagus, beans, carrots, corn, and peas
<b>Tarragon:</b> asparagus, beans, beets, broccoli, cabbage, cauliflower, cucumbers, mushrooms, peas, squash, and tomatoes
<b>Thyme:</b> artichokes, beans, broccoli, carrots, corn, leeks, onions, peas, potatoes, and tomatoes

The herbs above can be grown in your garden. Basil, dill, rosemary, and tarragon are annuals that will have to be planted each year. Dill will sometimes come back again in your garden because it will seed itself. This means that the seeds will fall on the ground and sprout a new plant the next year.

Herbs can also be grown indoors on a window sill. They need a lot of light and water; they won't get as big as if grown outside, but it is fun to use fresh herbs in cooking all year round.

## Herbal Teas

Pour 1 Cup of almost boiling water over 1 teaspoon dried herb or 1 tablespoon fresh herb. Cover cup and allow herb to steep for 3 to 10 minutes.

Herbs that mix well with other herbs are Mint, Chamomile, Linden, and Lemon Verbena.

Suggested herbs to use:

Basil

Lemon Verbena

Bee balm – minty flavor

Linden – mild and sweet

Chamomile – aroma is fruity

Mints – sweetens breath

Dill

Parsley

Ginger – pungent aroma

Rosemary – aromatic

Lavender – sweet aroma and flavor

Sage – pungent

Lemon Balm

Thyme – spicy

Lemon Grass

*From Ms. Madolyn*

## **Lemonade and Limeade drinks**

### **Lavender Lemonade**

You can buy dried lavender buds at a health food store and some grocery stores. Steep 1/2 cup dried lavender in 1 qt boiling water for 5 minutes – cool and strain. Mix all or part to make lemonade, adjust the use of the lavender tea used to your desired taste. I recommend 1 quart lavender tea to 3 quarts lemonade to equal 1 gallon.

### **Rosemary Limeade adapted from [deliciousliving.com](http://deliciousliving.com)**

2 stems fresh rosemary

Steep in 2 cups of boiled water for 20 minutes and then remove the rosemary stems from the water. Refrigerator this rosemary liquid until you are ready to use it.

Rosemary water changes color & becomes bitter if not refrigerated before use.

Use 2 cups of this rosemary water with 1 can of frozen limeade concentrate and 2 ½ cups of water (or 1 and 2/3 cans of water). Stir & serve over ice.

### **Herb Cooler**

1 12 oz. can of frozen lemonade  
3 Tbsp sugar  
1/2-cup water  
2 Tbsp of fresh rosemary chopped  
Juice of 1 lime  
1 qt ginger ale  
Pinch of salt

Combine sugar, water, rosemary, and salt in pan. Simmer several minutes – cool and strain. Mix final 3 ingredients and pour into iced glasses. Serves 4 to 6.

## **Summer Herbal Drinks**

For a better taste, use if possible a non-metallic pot, bring 1 gallon of water up to boil, but not boiling. Otherwise boil the water in a pot and then pour into a ceramic or glass bowl for brewing the tea.

Add a double handful of Mint of your choice, a double handful of Lemon Balm leaves, 1 1/2 Cups of Lemon Verbena leaves, and 1 cup of chopped Lemon Grass; which have been picked fresh and rinsed to remove any dust particles.

Reduce heat to simmer for 30 minutes. Lightly mash the herbs with a non metallic spoon to help release some of the oils. Remove and let set to cool. Strain through a coffee filter, cheesecloth, or strainer. Refrigerate until time to use. This will keep for several days.

Measure out 2 cups of the infusion to one gallon of weak tea. Add 1 cup of orange juice and serve over ice.

This is one of the ways to make use of your herbs, when they are flourishing fully; besides it is so nice to have this on hand for a refreshing drink anytime.

## Herbal Sun Tea

Fresh herbs produce healthier, more refreshing teas, so pick your ingredients straight from the garden or buy from a local grower. All you need to make solar tea is a quart-canning jar (good for preserving the herbs' fragrant oils and properties), water, coarsely cut and washed herbs of choice, and sunshine.

To start, toss a ONE HALF CUP TO 1 CUP of fresh herbs into the canning jar. With practice, adjust this amount to suit your taste and the plants' nature. Add water, a lid and a few shakes. Place the jar where it will receive full sunlight, such as on a rooftop, open field or driveway. If possible, give the mixture a couple more shakes throughout the day. You will learn how long to brew certain teas for the desired taste.

As the sun goes down, the tea should appear rich and translucent in color. While still warm, shake the mixture, strain the contents and discard the plant material. Pour fresh tea on ice sweeten if desired and enjoy.

It is important to use a glass container to brew the tea. I use a large 2-quart glass pitcher. I cover the opening with plastic to keep out dirt and insects. I stir with a spoon rather than shake the container.

There are large gallon & 1/2 gallon Sun Tea jars available in stores. Remember to increase the amount of herb according to water volume. As stated previously 1/2 to 1 cup of herb per quart of water. Vary the brew time and amount of herb used to your own taste.

I also like to slightly bruise the herbs before adding the water.

### **Here are some herb tea suggestions I have tried:**

- Green tea, lemon verbena, and spearmint
- Lemon verbena and lemon balm
- Pineapple sage and apple mint
- Lemon verbena and a 1/4-cup of rosemary (Rosemary is strong tasting so I use less)
- Lavender and lemon verbena
- Lemon grass and green tea
- Thyme with crushed raspberries or raspberry tea
- Ginger (about an inch fresh cut) and any lemon-flavored herb

Try any combination you think sounds tasty! *Ms. Madolyn*

## **Herb Garden Syrup – Simple Syrup**

Use Non-Aluminum Pan

1 ½ cups fresh herbs, rinsed and patted dry with paper towel

2 cups granulated sugar

2 cups water

Gently bruise herbs with 2 Tbsp sugar using mortar and pestle or by hand. Add remaining sugar to water and dissolve. Reduce heat of herb/sugar mixture and simmer 6-10 minutes – stir occasionally. Cool overnight and strain – press juices out of herbs. Store this syrup in refrigerator to preserve freshness (3 months). This recipe makes a lot of syrup. I use this in tea, ginger ale, club soda, or other drinks.

### **Some Recommended Herbs for Syrups.**

Additions of lemon or orange zest, ginger, or spices to the syrups are nice.

Lemon verbena and ginger together in syrup taste good in green tea.

Roses	Lemon Grass	Rosemary (use less)	Lemon Verbena or Balm
Mints	Mint Marigold	Thyme (Lemon or Orange)	Lavender

### **Lemon Cooler**

Make herb syrup using

4 Tbsp Mint

4 Tbsp Lemon herbs

Juice of 2 lemons

2 Tbsp sugar

1/4 cup of water

Serve the syrup to taste mixed with ginger ale or club soda.

Make 2 servings

### **Sparkle Punch - serves 12**

2 liters club soda, chilled

2 cups herbal tea, chilled

2 cups fruit juice, chilled

1/4 cup herbal simple syrup

Mint leaves & fruit garnish

### **Thyme Cocktail - serves 10 to 12**

From Storey Publications

Make a tea using

6 Tbsp fresh thyme or (2 Tbsp dried). Lemon or orange thyme are my favorites.

2 cup water Boil water and steep herb 5-10 minutes.

Add cooled tea to 6 cups of apple juice and 1/2 cup raspberry syrup. This is lovely served with a few cubes of ice with berries in them and a sprig of thyme on the side.

## Juice Recipes

If you have a juicer you can try these recipes. Generally start first in the machine with the soft ingredients like kale. Kale juice provides a quick way to eat nutritious greens.

### Mr. Z's juice recipe serves 1

Handful of kale (or collards or Swiss chard or a mixture of greens)  
1 cucumber  
2 stalks of celery  
Lemon juice to taste  
2 apples  
Ginger root (1 thumb size piece)

### Ms. Jan's friend, Mrs. Janet Chin's recipe makes 4 servings

1/2 large cucumber  
1 to 2 carrots  
2 to 3 stalks of celery  
1/4 bunch of cilantro (small handful)  
1/4 bunch of parsley  
2 to 3 leaves Swiss chard  
2 to 3 leaves collards or kale or 1 of each  
1 small to medium or 1/2 large beet with the greens  
1 apple  
1 to 1 1/2 cubic inches fresh ginger root  
1 large or 2 medium to small garlic cloves

**Ms. Greco's** favorite combination: Beet, carrot, apple, lemon, ginger

**Ms. Gottlieb's** favorite juice recipes always include an apple or carrot for sweetness.

Other juice combinations:

- Kale, tomato
- Kale, collard, celery, spinach, ginger, lemon
- Kale, celery, tomato, bell or jalapeno pepper, garlic
- Kale, honey dew, cucumber
- Kale, apple, watermelon

Maybe try mint / lemon verbena / lime / lovage / rhubarb as an ingredient in your juice. Experiment with what you have in your garden or refrigerator and what you like. Remember that a key nutritious ingredient is the greens and adding fruit can sweeten the flavor for you. Ginger root and lemon are often nice flavors to add.

**Smoothies** Usually smoothies indicate a drink made in a blender.

If you use a blender:

- Remove apple and cucumber seeds
- Remove stems
- Peel the melons
- Peel the ginger root
- Maybe take the strings off of the celery

Generally everything should be seeded, stemmed, and cored to remove any bitterness and to make a smoother drink. Check the machine's instruction booklet.

The blender needs more fluid, so add water or juice.

### **Greens Smoothie**

From The Sprouted Kitchen cookbook by Sara Forte

2 kale leaves, stemmed and chopped

1 cup almond milk or more as needed

Big handful baby spinach

1 ripe banana

1 pear or apple, sliced

Handful of crushed ice

Combine in a blender and puree until smooth. Serve immediately.

### **More Recipes for Smoothies**

**By Ms. Kris Kaul** from Edible Avalon: Tales from the Garden cookbook

- Cucumber, watermelon smoothie
- Honeydew melon, summer squash smoothie
- Orange tomato, watermelon, peach smoothie
- If you put in watermelon or peach with any green such as kale it will still have the watermelon or fruit taste.

**Ms. Sandra's** favorite juice combination

Ice cubes, raw spinach, a whole lemon, and maple syrup

## **8 Reasons to Stop Drinking Soda Pop**

By Nicole Miller from Edible Avalon

### **1. Sugar**

Pop contains a lot of sugar and one can of pop gives you all the sugar you need for the whole day! The sugar in pop is also a simple sugar, which in excess amounts will be stored in your body as fat. One 12 oz. can of Coca-Cola has 140 calories and 39 grams of sugar (over 9 teaspoons of sugar). One 20 oz. bottle of Coca-Cola has 240 calories and 65 grams of sugar (15.5 teaspoons of sugar). One 12 can of Mountain Dew has 170 calories and 46 grams of sugar (11 teaspoons of sugar).

### **2. Caffeine**

The amount of caffeine in pop is high. Mountain Dew has 55.0 mg of caffeine per 12 oz. serving. Coke has 45.6 mg of caffeine per 12 oz. serving. You can actually become addicted to the caffeine and experience symptoms similar to the flu when you do not have your typical dose in a day. It is not that all caffeine is bad, and effects of caffeine vary from person to person. However, it is all about moderation. The more you drink the more tolerance you'll build. When you do not have access to pop, you can go into withdrawal, and experience symptoms such as irritability, restlessness, fatigue, inability to work and headaches. It can also increase PMS symptoms in women. If you need caffeine try tea or coffee, chances are even if you have to add sugar, it won't be as much as you'd be getting in a Coke or Mountain Dew.

### **3. Dehydration**

Although drinking a can of pop may make you feel refreshed, it can actually dehydrate you. The caffeine acts like a diuretic, meaning it will increase your urine output and the sodium (salt) will make you thirstier.

### **4. Acid**

The acid in pop is compatible to the acid in vinegar. Water is considered neutral with a pH of 7 while battery acid is most acidic with a pH of 1. The lower the pH, the more acidic it is. The average pH of most pop is about 2.5, which is extremely acidic! What is the first thing pop touches as it enters your mouth? Your teeth! The pH of your mouth is about 6.2 – 7.0. When the pH gets to about 5.2 – 5.5 or below, acid can start eating away at the enamel of our teeth, leading to tooth decay, and in combination with the high sugar amounts in regular pop, can lead to cavities.

## **5. Bones**

Pop has high amounts of phosphorus. Phosphorus is known to take calcium out of your bones. Drinking pop can lead to less calcium in your bones, which can lead to osteoporosis: the thinning of bone tissue and loss of bone density over time. The high amount of phosphorus in soft drinks also contributes to tooth decay and gingivitis.

## **6. Diabetes and Obesity**

Drinking pop regularly will probably make you gain weight. Being overweight will increase your risk for developing type 2 diabetes.

## **7. High fructose corn syrup**

One of the very first ingredients listed on your can/bottle of pop is high fructose corn syrup (HFCS). HFCS has been shown in animal studies to lead to obesity and higher levels of circulating triglycerides. Long term uses of HFCS can also lead to abnormal body fat, especially in the abdomen region, which is extremely unhealthy for you and your organs.

## **8. Save money**

At a local grocery store, a 12-pack of 12 oz. Coca-Cola cost \$ 4.33. If you drink 2 cans a day, that will last you less than one week. If you buy one 12-pack a week, you will spend \$ 225 a year. If there are two of you drinking 2 cans a day, it will last you 3 days. Which means you will buy two 12 packs in one week. That will cost you about \$ 550 a year. See how the price quickly adds up?

### **So what about diet pop?**

The artificial sweeteners found in diet pop can actually make you crave more sweets. The point of drinking diet pop is so that you are not taking in excess calories in sugar, but if they make you crave sugar anyways, what's the point?

In summary, it is not a bad idea to stop drinking pop all together or to at least save it for a special occasion. Next time you reach for a bottle of pop, look at all of the calories and sugar it offers. Also, check out all of the 0's it gives for other nutrients.

If you're thirsty, drink water. If you need something flavored, try drinking healthier alternatives, such as 100 % juice (diluted with water since some juices have even MORE sugar than pop!). Try a homemade kale juice or a smoothie with fruit and/or vegetables or drink a glass of skim milk. If you need the caffeine, try a couple cups of coffee or tea per day.

## **Fabulous Fiber** from Edible Avalon

Fiber is part of the structure of plants and can be found in all fruits, vegetables, and whole grains. There are two kinds of fiber: soluble and insoluble.

**Soluble fiber** absorbs water like a sponge.

- It can help lower cholesterol by sticking to it in your intestines.
- The cholesterol is then removed from your body with the fiber.

Some **sources** of soluble fiber:

- Oats – oatmeal, oat cereals like Cheerios, Kashi, and Oat Squares
- Barley
- Beans – kidney, pinto, black, great northern, chickpeas, and black eyed peas
- Vegetables – artichoke, broccoli, eggplant, carrots, tomatoes, and celery
- Fruit – blueberry, kiwi, banana, orange, apple, plum

**Insoluble fiber** passes through the body virtually unchanged

- It cannot be digested by the body but is essential for gut health.
- Insoluble fiber is like a scrub brush for the intestines.
- It helps keep the intestines functioning optimally.
- Insoluble fiber also provides bulk to a meal and helps you feel full.
- 

Some **sources** of insoluble fiber:

- Whole grains – whole grain bread, whole grain pasta, quinoa, popcorn, and brown rice
- Fruits with the skin
- Vegetables
- Beans

The daily recommendation for fiber is 25 grams.

- Most Americans eat less than 12 grams of fiber per day.
- The best way to get your daily intake of fiber is to include fruits, vegetables, and whole grains at every meal.
- It is important to drink plenty of water when increasing your fiber intake.
- Adequate fiber in your daily food intake may help improve symptoms related to: constipation, diarrhea, diverticulosis, high cholesterol, weight, diabetes, and metabolic syndrome

## **Part 2 Gardening and Community Information**

- Planting Seeds Directly *page 32*
- Seed Planting Directions *page 33*
- More planting directions  
*See handouts from seed packets when you take home seeds*
- Square Foot Gardening *page 34 – 35*
- Growing Hope Information *page 36*
- Raised Bed Install Program *page 36*
- Youth Employment *page 37*
- Youth Volunteering *page 37*
- More Community Information:
- Community Gardens *page 38*
- Community Kitchen *page 38*
- Farmers' Markets *page 38*
- Washtenaw County Composting *page 39 – 42*
- Composting & Feeding Your Soil *page 43 – 44*
- Vegetable-Recipe Index *page 45 – 46*

## Planting seeds directly in soil

This means that you do not have to start the seeds indoors or that you have to buy the plants as seedlings. You can sow these seeds directly in the soil.

### Cool weather plants:

These plants like the cool weather of early spring and can be planted when the soil can be worked. The soil should not be frozen or too wet. This is usually in April or early May. Take a handful of soil and squeeze. If the soil crumbles when you open your hand, it is ready for planting. See the package for direction on spacing and depth.

<b>Peas</b>	<b>Lettuce</b>	<b>Spinach</b>	<b>Chard</b>	<b>Carrots</b>	<b>Kale</b>	<b>Collards</b>
<b>Onions</b>	<b>Potatoes</b>	<b>Radish</b>	<b>Broccoli Raab</b>	<b>Winter Chervil</b>		<b>Beets</b>

### Warm weather plants:

Sow seeds after all danger of frost has passed. For this part of Michigan, that is around May 27. A rule of thumb is that these are seeds that you can plant around Memorial Day.

Warm weather plants that can be planted directly in the soil as seeds are:

<b>Beans</b>	<b>Zucchini</b>	<b>Cucumber</b>	<b>Squash</b>	<b>Pumpkin</b>	<b>Corn</b>
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Many of the warm weather plants should be bought as seedlings or planted indoors weeks before you transplant them outside.

<b>Tomatoes</b>	<b>Peppers</b>	<b>Eggplant</b>	<b>Basil</b>	<b>Broccoli</b>
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For more gardening information and answers to your questions:

Go online at [migarden.msu.edu](http://migarden.msu.edu) or call toll-free 1- 888 – 678 – 3464

Also you can call the local Dial-a-Garden at 971 – 1129 which has monthly recorded messages for the important gardening topics for Washtenaw County during the current season.

Also on line you can track weather information that impacts gardening at [www.enviroweather.msu.edu/](http://www.enviroweather.msu.edu/)

Or you can connect with enviro-weather Michigan State University on facebook.

[www.facebook.com/enviroweather](http://www.facebook.com/enviroweather)

If you search for information on other sites on-line look for the end part of the address to have .edu; this means that it is an education site that is based on university research. There are many other states that have good information on line from their extension programs as well. Look for the states closest to us to have plants growing in similar weather conditions.

Easiest vegetables to grow from seeds: beets, collards, kale, lettuce, peas, radishes, spinach, and Swiss chard in the spring; cucumbers and zucchini in the summer.

## Seed Planting Directions

### Cool weather plants

Seeds can be planted early in the spring when the ground is neither frozen nor muddy. These plants then can be planted again for a fall crop in August when the temperature cools.

Plant Name	Seed depth	Spacing	Days to Germination	Days to Maturity (Harvest Time)	
Carrots	¼ inch	1 – 2 inches	14 – 21	70	
Collards	½ inch	10 – 12 inches	7 – 10		
Kale	½ inch	10 – 12 inches	7 – 10		Cold & heat tolerant
Lettuce	1/8 inch		5 – 10	30 – 60	
Peas	1 – 2 inches	2 inches	6 – 14	65	
Radish	¼ - ½ inch	1 inch	5 – 7	25	Radish
Spinach	¼ inch	2 – 3 inches	7 – 14	42	
Swiss Chard	½ inch	10 – 12 inches	5 – 7	Leaves & stems are edible	Cold & heat tolerant

### Warm weather plants

Seeds should be planted after danger of frost has passed (after May 20 or after Memorial Day). You may also start the seeds inside and transplant the small plants in early June. Be aware that frost may occur after this date and plants may need frost protection.

Plant Name Veg, herb, flower	Seed depth	Spacing	Days to Germination	Days to Maturity (Harvest Time)	
Bush Beans	1 inch	1 – 4 inches	7 – 16	50 – 55	
Cucumber	½ - ¾ inch	2 – 4 feet	5 – 10	56 – 60	
Pumpkin	½ - 1 inch	3 seeds / 24 "	7 – 14	105 – 110	
Summer Squash	½ - 1 inch	3 seeds / 12 "	7 – 14	50	
Winter Squash	½ - 1 inch	3 seeds / 18 "	24 – 30	95	
Oregano (herb)		12 – 18	7 – 14	90	Winter hardy
Marigold Flowers	¼ inch				Not edible
Sweet William Flowers		16 inches	6 – 10		Biennial Not edible

For many of these very small seeds that say plant ¼ to ½ inch deep you could just stir up the soil to loosen it up and then sprinkle the seeds on top. You can then sprinkle soil or peat moss lightly on top of the seeds, pat the soil. Water lightly, maybe a mist of water or water the ground before sprinkling on the seeds. Another possibility is to mix these small seeds in sand before sprinkling on the ground. This will keep the seeds from clumping together.

## What will you grow in a square, or 16 squares?

### Make a plan for your 4ft x 4ft garden!

Each square represents 1 square foot, which equals 12" inches by 12" inches.  
On the next page are some guidelines for how many plants can fit in each square foot. Design your own garden by plotting out which plants and how many will fit in each square.

		← 12" →	

## What Can You Grow In A Square?

Using small plot, intensive gardening, you can grow a lot in just 1 square foot! Based on The Square Foot Gardening Method, and by using raised beds, quality soil & compost, vertical gardening, and succession planting, the harvests will be bountiful all season!

Most seed packets suggest how you plant in long rows. Instead, use the following guide to see how many plants to grow per 1 foot by 1 foot area:

16 per square foot:

**RADISHES, CARROTS**

9 per square foot:

**SPINACH, ONIONS, BEETS, LETTUCE, BEETS, CILANTRO, DILL**

4 per square foot:

**SWISS CHARD, PARSLEY, GARLIC, BEANS, KOHLRABI, MARIGOLDS**

2 per square foot:

**CUCUMBER, CORN, BASIL, PARSLEY, POTATOES, FENNEL**

1 per square foot:

**BROCCOLI, PEPPER, EGGPLANT, COLLARD, CAULIFLOWER, OKRA, CABBAGE, SUMMER SQUASH, ZUCCHINI, WINTER SQUASH, PUMPKIN**

1 per 2 square feet:

**TOMATO**

What about those space-hogs like squash and tomatoes? Grow them *vertically* and they take up much less space!

Growing Hope sells 4ft x 4ft raised bed kits, and will train you to build your own!

***Growing Hope's mission is to help people improve lives & communities through gardening & healthy food access.***



**Learn more at [www.growinghope.net](http://www.growinghope.net)!  
Call us at 734-786-8401**

## **Growing Hope Information**

Local and healthy foods are affordable especially if you grow some of your own. In Ypsilanti, you can find garden space at various community gardens. Check at local churches or schools. Ms. Arika Lycan explained that any group, church, neighborhood, family, school, etc. could get help from Growing Hope to set up a garden in raised beds made out of wood or concrete blocks, containers, buckets, bathtubs, old wheel barrows, etc. The Growing Hope assistance also includes compost, plants, and how to use the produce that is harvested.

### **Components of the Growing Hope organization are:**

Garden leadership training (6 weeks in the winter)  
Container gardening class in the spring  
Ypsi Downtown Farmers' Market on Tuesdays  
Plant sale  
Urban Farm (Michigan Ave. and First St.)  
Anyone can tour this demonstration garden any Wednesday night  
Demonstration garden donates produce to Food Gatherers and also sells some produce to the Ypsi Co Op and the Ypsi market.  
Demonstration about starting your own business  
Spring seeds are available

Ms. Lycan explained that the Farmers' Market will take food stamps and will double up the tokens at the market for produce.

Doctors can now write prescriptions for healthy foods for vegetable tokens

### **Raised Bed Vegetable Garden Program**

Since 2009, Growing Hope has been engaging low-and no-income families in installing raised bed vegetable gardens in their homes and apartments while providing tracking material. Please contact us directly at 734.786.8401 to see if this program is a good fit for you! Space is limited.

Our **Vegetable Raised Bed Install** program provides qualifying low-income individuals and families with resources to get three 4 x 4 foot raised vegetable gardens growing, educational workshops, networking and support throughout the season.

In exchange, to help us measure the impact of the program to continue it for years to come - we ask that participants weigh and keep track of how much is grown in the garden space, attend an orientation session, complete a short survey in the spring and fall, assist in the installation of the garden at their household and engage in a mid-season site visit.

## Youth Employment & Volunteering

Growing Hope seeks out a variety of opportunities to bring young people into our organization, and give them the opportunity to become active players in improving their communities through neighborhood outreach, peer to peer education, garden enhancement projects, and more. We seek to incorporate job preparedness training in all of our youth programming so that youth can continue to thrive after their time with us.

In recent years, we've employed youth through Michigan Works' Summer Youth Employment Program (SYEP) to help with our raised bed install program, and to assist with development and upkeep at many of our neighborhood gardens. Along with becoming active members of the Ypsilanti community, these youth also connected with other adult and youth leaders in the urban agricultural movement in Detroit and Toledo.

During the summer, teen interns act as peer educators; older youth gain job skills through an employment program.

**Youth Employment:** We help provide job preparation skills and employment opportunities for older youth through Michigan Works. Youth help in many aspects of Growing Hope, including our raised bed vegetable garden program, and to assist with development and upkeep at our education and demonstration site.

Our Roots and Shoots summer intern program has employed youth as peer to peer mentors for garden-based entrepreneurial projects as well as programmatic assistants in our summer garden programs. We also had the opportunity to employ youth garden mentors to help coordinate our summer garden program at West Willow.

**Youth Volunteerism:** Through our volunteer programs, over 100 youth each season couple learning and service opportunities at our sites.

**Individuals:** We are excited to work with youth, and encourage them to engage in their community by signing up to be one of our volunteers. We will do our best to find activities for them which are both safe and age appropriate. Any youth under 18 will need written consent from their parent/guardian before working with us.

**Volunteer opportunities** exist at the various community gardens. Students who need to get some volunteer **hours in the community** as part of their probation can check with these community gardens. Food Gatherers will take volunteers at the site on 1 Carrot Way near Dhu Varren and Whitmore Lake Roads. There is a bus that goes to that neighborhood.

**Growing Hope** - Individual and group opportunities working in the garden, helping with the Farmers Market. - Contact: Arika - 734-786-8401 or [arika@growinghope.net](mailto:arika@growinghope.net)

**Edible Avalon** - For students living in the Ann Arbor area, check out Edible Avalon (on the web at [avalonhousing.org](http://avalonhousing.org)) or on facebook.

## **More Community Information**

**Food Gatherers** - Please download the Food Gatherers application available at [foodgatherers jobs on line](http://foodgatherers.org). Send completed application to [marti@foodgatherers.org](mailto:marti@foodgatherers.org) No calls please.

### **Community Gardens – Ann Arbor**

Also check Project Grow for volunteer opportunities and garden space.

Project Grow's core focus is facilitating organic community garden sites throughout Ann Arbor. Each site offers a variety of plot types that accommodate diverse gardeners – we want as many thumbs turning green as possible!

All of the sites use sustainable practices, enriching the land through natural soil improvement, organic growing methods, and careful stewardship. Everyone is welcome to apply for a plot.

### **Community Gardens – Ypsilanti**

Habitat for Humanity of Huron Valley along with Growing Hope has worked for three years to establish a community supported garden on Firwood Street in Ypsilanti.

[http://www.growinghope.net/gh\\_center](http://www.growinghope.net/gh_center)

### **Community Kitchen**

#### **What is the Community Kitchen?**

The Community Kitchen is located in the Robert J. Delonis Center at 312 W. Huron Street in Ann Arbor.

#### **What is the Community Kitchen Job Training Program?**

Food Gatherers' Community Kitchen Job Training Program provides low-income and at-risk youth (ages 17-24) with instruction in basic culinary arts, food safety and sanitation, work ethics and life skills. During their training, students produce meals for the community while learning valuable skills. Providing young adults with job training at the beginning of their independent years will build a firm foundation for future success and self-sufficiency, increasing prospects for higher-paying jobs while decreasing the chances of entering the shelter system or other emergency services. For more information on the Job Training Program, please contact [missy@foodgatherers.org](mailto:missy@foodgatherers.org) or call (734) 761-2796.

### **Farmers' Markets**

Ann Arbor Evening Market – Wednesday

Ann Arbor Farmers' Market – Wednesday and Saturday

Brighton Farmers' Market – Saturday

Cobblestone Farm Market – Thursday

Dexter Market – Wednesday and Saturday

Dixboro Market – Friday

Downtown Ypsilanti Market – Tuesday

Saline Farmers Market – Tuesday and Saturday

Westside Market in Ann Arbor – Thursday

Ypsilanti Depot Town Market – Saturday









## Quick Guide to Composting at Home and Feeding Your Soil

Composting is a way of recycling garden and kitchen scraps to produce compost (also called humus). The process allows for the decomposition of these plant materials to produce a natural fertilizer. Finished compost will be loose and “crumbly” resembling dark soil. This can be used to put back nutrients into your soil. See the previous four pages for more composting details. You can also put compost in your potted plants. Use a mixture of equal parts of compost and potting soil. You can make a **compost tea** by putting some compost in water. This tea is for your soil and your plants and not for you to drink. Use this brown liquid as a fertilizer. You can put it in a spray bottle to use to mist the leaves of a plant in decline because of pests or disease. This tea is a natural organic pest deterrent.

**Recipe** for plant materials in your compost bin:

### 2 parts brown for 1 part green

#### **Browns:**

Autumn leaves  
Woodchips, pine needles, pine cones  
(in small amounts)  
Dead garden or potted plants  
(Non diseased)  
Hay or sawdust  
Shredded or torn paper  
(in small amounts)

#### **Greens:**

Raw vegetable and fruit scraps  
Garden prunings (non-woody)  
Coffee grounds (including paper filter)  
Tea bags (including string and paper tag)  
Grass clippings  
Egg shells  
Hair (human and animal)

#### **Materials to NOT use:**

Meat scraps of any kind	Dairy products	Bones
Dog or cat feces	Glossy paper	Lime
Coal or charcoal ashes	Treated woods	Invasive weeds
Plastic, metals, or ceramics	Large branches or sticks	Oils or sauces

You can also speed up the composting process by adding red wiggler worms to your compost. This process is called **vermiculture**.

Jesse has more information on using the wigglers: [StarrValley@starrvalleyfarms.com](mailto:StarrValley@starrvalleyfarms.com)  
You can also purchase the castings of this process. You can use the castings as fertilizer or make a compost tea (or worm tea).

At the center, compost and castings have been used as our natural fertilizer.

If you can't compost at home at this time, many towns have a composting facility where residents can pick up compost for free or for a reduced price. Stores will also sell compost. Compost can be added directly to your soil. Castings should be mixed with equal parts of castings, soil, peat moss, compost, and vermiculite. In other words, only add 1 part castings in your planting mixture with 4 parts of other items. This means only 20 % castings. You can side dress existing plants by lightly mixing in a little compost or castings in your soil around your plants. Keep the castings away from the plants' stem and be careful to not dig up roots.

<b>Troubleshooting for your compost bin problems</b>		
<b>Problem</b>	<b>Cause</b>	<b>Solution</b>
Ammonia smell	Too much nitrogen	Add brown (carbon)
Bad or rotten smell	Not enough air or pile is too wet	Turn pile
Pile does not heat up Compost not breaking down	Lack of nitrogen Pile too dry	Add green (nitrogen) Add water
Pile damp & warm only in the middle	Pile too small	Add more materials in correct ratio of browns & greens
Flies or fruit flies	Exposed food scraps	Bury food waste under a layer of brown materials
Rodents or raccoons	Meat / fatty foods in pile Bin / pile open	Avoid these materials Use a covered lid

Another way to put nutrients back in your soil is to plant a **winter cover crop**. This might be winter rye grass. In the spring, cut it back as you would a grass and mix it into your soil.

Also be sure to **rotate the location of your crops each year**. Certain families of plants use specific nutrients and they can drain your soil of these items. For example: If you planted the tomato family (tomatoes, peppers, eggplants) in a certain spot one year, the next year plant cucumbers or such there. Peas and beans are good plants to put anywhere because they help fix nitrogen into your soil.

If you do not have garden space at home, you can plant vegetables, herbs, and flowers in **5-gallon food grade buckets**. You can also **reuse large plastic food containers**. With the buckets or the containers be sure to make drainage holes in the bottom.

**Index: These vegetables or herbs harvested from the garden  
are used in a recipe on these pages.**

**Garlic and Onions** are used in a recipe on almost every page.

<b>Arugula</b>	<i>page 6, 7</i>
<b>Basil</b>	<i>page 7, 11, 15, 22</i>
<b>Beans (green or purple)</b>	<i>page 6, 9, 11, and 17</i>
<b>Beets</b>	<i>page 9, 13, 20, and 26</i>
<b>Broccoli</b>	<i>page 6</i>
<b>Broccoli Raab</b>	<i>page 6, 8</i>
<b>Cabbage</b>	<i>page 6, 8, and 13</i>
<b>Carrots</b>	<i>page 6, 7, 9, 13, 17, 20, and 26</i>
<b>Celery</b>	<i>page 14, 26, and 27</i>
<b>Chives</b>	<i>page 6, 10, and 12</i>
<b>Cilantro</b>	<i>page 7, 8, and 26</i>
<b>Collards</b>	<i>page 4, 5, 6, 8, 17, 20, and 26</i>
<b>Corn</b>	<i>page 17</i>
<b>Cucumbers</b>	<i>page 5, 6, 10, 12, 18, 26, and 27</i>
<b>Dill</b>	<i>page 10 and 22</i>
<b>Eggplant</b>	<i>page 15</i>
<b>Fennel</b>	<i>page 6 and 20</i>
<b>Horseradish</b>	<i>page 6</i>
<b>Jerusalem artichoke (Sun Choke)</b>	<i>page 12, 17</i>
<b>Kale</b>	<i>page 3, 4, 5, 6, 8, 9, 20, 26, and 27</i>
<b>Kohlrabi</b>	<i>page 6, 13, 14, and 20</i>
<b>Lavender and Rosemary</b>	<i>page 22, 23, 24, and 25</i>
<b>Lettuce</b>	<i>page 6, 13, and 20</i>

<b>Mint</b>	<i>page 3, 5, 10, 22, and 25</i>
<b>Okra</b>	<i>page 14 and 17</i>
<b>Parsley</b>	<i>page 3, 5, 8, 17, 22, and 26</i>
<b>Peas</b>	<i>page 6 and 17</i>
<b>Peppers (green, red, purple, or yellow)</b>	<i>page 6, 10, 12, 14, 15, 17, 18, 20, &amp; 26</i>
<b>Potatoes</b>	<i>page 8 and 17</i>
<b>Pumpkin</b>	<i>page 18</i>
<b>Radish</b>	<i>page 6, 8, and 9</i>
<b>Spinach</b>	<i>page 4, 5, 6, 8, 13, and 27</i>
<b>Strawberry</b>	<i>page 19</i>
<b>Sweet Potato</b>	
<b>Swiss chard</b>	<i>page 4, 5, 6, 8, and 26</i>
<b>Thyme</b>	<i>page 22, 24, and 25</i>
<b>Tomatoes</b>	<i>page 3, 6, 10, 11, 12, 14, 15, 18, 26, &amp; 27</i>
<b>Tomatillo</b>	<i>page 12</i>
<b>Watermelon</b>	<i>page 26 and 27</i>
<b>Yellow Summer Squash</b>	<i>page 15, 16, 17, 18, and 27</i>
<b>Zucchini</b>	<i>page 9, 15, 16, 17, 18, 19, and 20</i>

**Blueberries, Husk Cherries (tomato family), and Raspberries were added to salads and juices that were made.**

**Flowers of Calendula, Chive, and Nasturtium were added to salads.**

**Various herbs are mentioned in many recipes.**

**As you leave the Youth Center Garden, remember to take home a pair of garden gloves, a garden trowel, and a plant or seeds. To continue gardening you may take a 5-gallon bucket or get some buckets from Growing Hope.**

***Happy gardening and eating fresh produce!***