



REALFOOD REALHEALTH

*A guide to finding, preparing,
and enjoying local foods*

Maureen Clement, MD and Kathryn Hettler, BEd



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CONTENTS

Page

Foreword	4
Eating for Real Health	5
Dairy	17
Fruit	25
Grains, Legumes, Nuts & Seeds	63
Meat, Eggs & Fish	83
Sweeteners	101
Vegetables	107
Resources	191
Shopping at the Farmers' Market	193
Finding Real Food in the North Okanagan / Shuswap	194
Menu Ideas	197
Acknowledgements	199
Alphabetical List of Recipes	200
Index by Local Ingredients	203

FOREWORD

REAL FOOD REAL HEALTH is a collaboration between a physician, with 30 years experience in advising people on how to improve their eating, and an organic food producer who cares passionately about wholesome, local food.

Eating should be simple and enjoyable. Yet modern “food” and how we eat it has become a complex task that is a challenge for many people.

In my years as a diabetes specialist, I have reviewed the “food diaries” of many patients. They are often filled with meals eaten out of the home, or lists of processed foods low in nutrition. Each generation seems to get further away from REAL FOOD. Our grandparents enjoyed porridge for breakfast, we eat cereal from a box, and our children grab breakfast at a fast food restaurant on the way to school. I would say that many people have forgotten “how to eat”.

The first part of this book is about REAL HEALTH. It provides information on how food is taken in and used by the body, why REAL FOOD is good for health, and a simple guide to healthy meal planning. REAL FOOD is natural and fresh, so is best if found locally. If you know who grows your food, it is likely to be REAL!

Maureen Clement MD

The second part of the book is about REAL FOOD. It showcases foods raised in the North Okanagan/Shuswap region of British Columbia, including fruits, vegetables, grains, dairy, honey and meat. It gives interesting facts about each food, handling and storage tips, simple serving suggestions, and recipes to help you enjoy each food. Although focused on our local area, this content is applicable to similar climate zones around the world.

The guide of local food producers that was in our first edition was removed in 2019 as many growers have stopped growing and many new farmers have started up. I hope you will visit the Farmers’ Markets or go online to find the food producers in your community.

Kathryn Hettler BEd
Co-owner of Pilgrims’ Produce

EATING for REAL HEALTH

WHAT IS REAL FOOD?

REAL FOOD is a food that is whole and natural. REAL FOOD has not been taken apart and put back together again, with bits missing. REAL FOOD generally doesn't come in a box or have a label with health claims. Most importantly, REAL FOOD is food your great-grandmother would have eaten. Think of REAL FOOD as being **as close to its original state as possible**. The best way to get REAL FOOD is to grow it yourself. The next best is to buy local, fresh and in season!

WHAT IS REAL HEALTH?

REAL HEALTH is not just the absence of disease but a whole and positive enjoyment of one's body, mind and soul. One measure of a population's health is life expectancy. In Canada, this has steadily risen in the past 100 years due to improved public health measures like sanitation, childhood immunizations, treatment of infectious diseases as well as a reliable food supply. However, for the first time ever, our children's life expectancy may be shorter than ours, due to poor nutrition and childhood obesity. There is no doubt that our daily habits – good and bad – determine many aspects of our health. Choosing to smoke or not, to exercise or not, and choosing what we put in our mouths, play a large part in our state of health.

DID YOU KNOW?

"You are what you eat" was first coined by the Frenchman Brillat-Savarin in a 1826 treatise. He said "Tell me what you eat and I will tell you what you are." He believed white flour and sugar were a cause for disease and obesity.

WHY DO WE EAT?

At its simplest, we eat so we have energy to move and reproduce. If we are too fat or too thin, we don't reproduce well. Men who are overweight have lower testosterone levels, and women who are too underweight or obese may not ovulate on a regular basis and have trouble conceiving.

However, beyond the basic need for survival of our species, eating has been altered by various traditions, religious restrictions and cultural food taboos. Most recently, how and why we eat has been greatly influenced by food marketing. We used to eat only when we were hungry. Now, we

eat in classrooms, theatres, shopping malls and cars for many reasons other than hunger. Many of our ideas about food come from radio and TV advertising, which may often distort the truth about the value of the foods being promoted.

HOW DO OUR BODIES GET NUTRITION FROM FOOD?

There are only three groups of food that supply energy, and these are called *macronutrients*: **carbohydrate**, **protein** and **fat**. Other important *micronutrients* such as vitamins, minerals and phytochemicals tag along with these nutrients in REAL FOOD.

MACRONUTRIENTS

Carbohydrates can be your friend

The principal source of fuel for our cells is glucose and the main supply of glucose is carbohydrates.

There are **simple** carbohydrates that break down quickly, like those that come from fruit, milk, honey, and refined sugar. Simple carbohydrates that are in REAL FOODS are accompanied by fibre and micronutrients; however, refined sugar comes with nothing.

There are **complex** carbohydrates, also known as starches, that break down more slowly. These include grains and root vegetables. The complex carbohydrates have a lower glycemic index (see page 10) and cause a slower rise in your blood sugar so you don't feel hungry as quickly.

Fibre, found in all vegetables and other plant products, is also a carbohydrate, but it is not used by the human body as a source of fuel. However, it aids in digestion and helps to slow down the rise in blood sugar from other carbohydrates. Fibre also binds some fats in the intestines and lowers LDL (bad) cholesterol.

Did you know ?

Fibre: We need 25-30 grams of fibre per day; most of us get less than 15 grams.

In recent years, low-carb diets like the Atkins diet and 'keto-diet' have given all "Carbs" a bad reputation. Low carb diets are often hard to sustain as they are often unsatisfying; also, due to being low in fibre, they are constipating. If the result of a lower carb diet is to eliminate poor quality carbs such as processed food, fast food and food high in sugar, then that can be a healthy move. It is really just important to choose good quality carbohydrates.

A WORD TO PEOPLE WITH DIABETES

This book is not specifically written for people with diabetes, but they can benefit from the advice about eating a diet of REAL FOOD. It is very important for people with diabetes to have a low GI diet, as the slower the rise in blood sugar, the better they are able to match their exercise and medication to handle this rise. The impact of minor differences in GI between foods is more important for people with diabetes. For example, cherries have a lower GI than watermelon. Both are REAL FOODS, but someone with diabetes may notice a higher rise in blood sugar after eating the watermelon. Of course, either of these would be better than a commercially produced fruit drink!

Protein – The “package” it comes in is important

Some of the protein we take in is used for fuel, but much of it is used as building blocks for muscles, enzymes and the immune system. Protein that we eat is either “complete” or “incomplete.” Complete proteins, found in animal products, contain all the “building blocks” or amino acids we require. Incomplete proteins found in vegetables, grains, seeds and nuts, have some of the essential amino acids missing. Vegans must ensure that they obtain all the essential building blocks by eating a variety of plant proteins.

Most people in North America get adequate protein, and the issue is the “package” that the protein comes in. Many protein-rich foods also contain fat. A plant-based source of protein is generally healthier. For example, beef, salmon and lentils all contain protein, but the meat-based foods have more saturated fat. Some lower saturated fat sources of animal protein include bison, fish, chicken, rabbit and grass-fed beef.

The Skinny on Fats

Fats are a source of energy and are used to build important body elements such as hormones. Though Canadians eat less fat now than 40 years ago, we are more obese. So the “low fat” craze has not helped our general health. What is important is not just the *amount* of fat but the *type* of fat we eat. **Monounsaturated** and **polyunsaturated fats**, which generally come from plants, are healthy types. **Omega-3 fatty acids** are another kind of healthy polyunsaturated fat, found in foods like salmon, flaxseed, walnuts and beans.

Saturated fats are ones our bodies can make, so we don't need much of this type. They are found in meats, poultry, seafood and whole milk products, such as cheese and ice cream. They are thought to be less healthy, since they appear to be linked to heart disease. Nevertheless, the unhealthy association may just be due to the fact that people who have a diet high in saturated fats do not eat as many fruits and vegetables. So when decreasing your saturated fat intake, replace it with healthy vegetables and fruits.

A harmful type of fat is **trans fat**, which does appear to be linked with heart disease. These fats are usually man-made in industrial food processing and are found in convenience foods like cookies, chips, and fried foods. In British Columbia as of September 30, 2009, trans fats made from processing of food are regulated and must appear on food labels. (www.restricttrans-fat.ca). To limit trans fats, look for it on labels and avoid packages and fast foods.

Nutrition Facts			
Yogurt Cake			
Serving Size 1 SLICE (57g)			
Amount	% Daily Value		
Calories 250			
Fat 14 g		22 %	
Saturated 2.5 g		13 %	
+ Trans 0.5 g			
Cholesterol 55 mg		18 %	
Sodium 280 mg		12 %	
Carbohydrate 29 g		10 %	
Fibre 1 g		4 %	
Sugars 17 g			
Protein 4 g			
Vit A	0 %	Vit C	0 %
Calcium	4 %	Iron	6 %

Cholesterol: The good, the bad and the ugly

Fats do not dissolve in blood and must be carried by other molecules. LDL cholesterol (bad cholesterol) is one of these, and it is associated with increased risk of heart disease. HDL (good cholesterol) is another helper, but it is linked with heart protection. The ratio of your good to bad cholesterol is important for health. Often this is an inherited ratio, but it can be improved by being at your ideal weight, eating plant-based fats, avoiding trans fats, and exercising. Some people who are at higher risk of heart disease, such as those with diabetes, need to “super lower” their LDL and often require medication in addition to these lifestyle measures.

MICRONUTRIENTS

In addition to the macronutrients discussed above, there are also elements we need in trace amounts called micronutrients, such as vitamins and minerals. If you eat REAL FOOD you will get most of these important extras. Deficiencies in these micronutrients can lead to diseases such as scurvy or thyroid deficiency. Many vitamins act as antioxidants and, if eaten from plants, are associated with a reduction in cardiovascular disease, some cancers and certain degenerative eye diseases. The darker in colour the plant or berry, the more likely that they are antioxidant rich. So choosing deep red, green, blue or orange foods will be good for you!

Plant based foods also contain micronutrients called phytochemicals, whose importance we are just now beginning to understand. For example, a diet high in lycopene from tomatoes has been shown to reduce prostate cancer; certain phytochemicals in the crucifer family (broccoli, cauliflower, kale) are thought to reduce cancer risk; lutein in plants like kale reduce cataract formation. These micronutrients are most likely to be present in high concentrations if foods are fresh and unprocessed.

Why not just take supplements?

The micronutrients in the food we eat are in a delicate balance. There are many interactions we don't yet understand. Some studies suggest that antioxidants are less effective when isolated from food and presented in tablet form. In one study vitamin E increased heart failure in people with diabetes and in another vitamin A increased cancer in smokers. A large recent study of randomized Omega 3's did not show any reduction in heart disease.

Soil and Micronutrients

Many studies have shown that the amount of micronutrients found in food depends directly on the soil in which they are grown. Sadly, the predominant food system in North America has created large deficiencies in the soil due to the heavy use of artificial fertilizers and pesticides. This means most of our plant foods are less nutritious than they once were.

Organic agriculture is based on the understanding that healthy, living soil is essential for healthy plants and healthy people. The best soil has the right balance of many lesser known but important micronutrients, earthworms and microorganisms, so the food crops will provide everything necessary for REAL HEALTH.

WHAT IS PROCESSED FOOD?

Processed food is any food that has been changed from its raw and natural state. On the one hand, some forms of food processing have helped to make the world's food supply more stable and have allowed for storage and transportation. For example, canning.

"Avoid food products containing ingredients that are:

- A) unfamiliar;
- B) unpronounceable;
- C) more than five in number; or
- D) that include high-fructose corn syrup."

Michael Pollan, *In Defense of Food*"

On the other hand, some types of processing have removed important parts of REAL FOOD such as fibre and micronutrients and added unhealthy fats, sugars and artificial ingredients such as flavors, flavor enhancers, binders, colors, fillers, preservatives and stabilizers.

“Pre-chewed food” and Glycemic Index

The body was designed to digest its own food, not have it “pre-chewed.” This is what we call foods that are industrially processed and have a high glycemic index (GI). The glycemic index is a number given to food that rates how fast it breaks down into glucose when it enters the body.

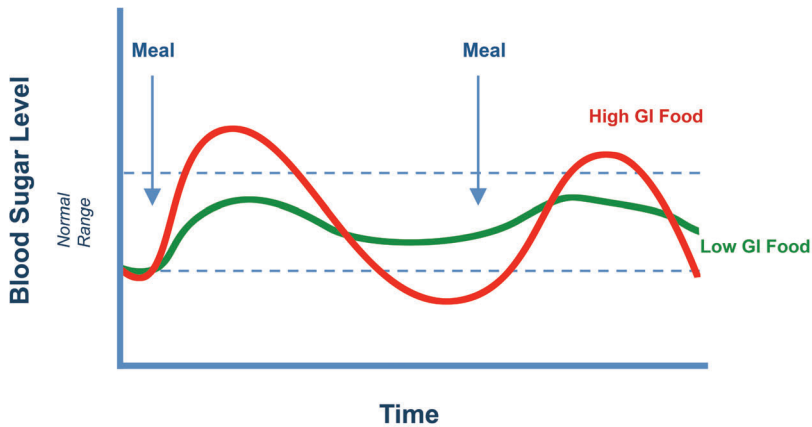
Foods with a high GI cause a rapid rise in blood sugar. (See Figure 1 below.) A sharp drop in blood sugar sometimes happens about two hours after eating a high glycemic food as the body tries to lower the blood sugar by adding in extra insulin. This leaves people hungry and reaching for another “quick fix” to raise their blood sugar again. The cycle then repeats itself. The glycemic index applies mostly to carbohydrates, since fat and protein naturally digest slowly.

To avoid swings in blood sugar, pick foods that are REAL and unprocessed and have a lower GI. You can also further slow digestion by adding a fat or protein to the snack, such as nuts or cheese. Eating foods that have a low GI can help many people lose weight and make their bodies more sensitive to their own insulin. This is particularly helpful to people with diabetes. Low GI diets also reduce the risk of heart disease and lower cholesterol.

Did You Know?

Many breads that say “multigrain” are just white bread in disguise with some “bits” thrown in and some molasses to turn it brown. It has the same GI as white bread. Read the ingredients and look for “whole grain including the germ”, or sprouted grain.

Figure 1: Glycemic Index



How to get started on low glycemic index eating:

Try exchanging high GI foods for low GI foods:

- Eat less “cereal in a box” and more whole grains like oats, barley, spelt
- Use breads with whole grains, stone-ground flour, and sprouted grains
- Enjoy all types of vegetables, lentils and beans
- Avoid “instant” foods like instant potatoes, minute rice, quick oatmeal
- Avoid processed foods

Packaging Doesn't Always Tell the Truth!

Be smart about reading food labels on packaging! Most REAL FOOD does not come in a box, so be wary of health claims made on packages. Most REAL FOOD is in its natural cover and can't advertise how good it is for you.

Words like “natural” and “organic” that appear on packaging are regulated and have a specific meaning. Many words like “healthy” or “nutritious” are not regulated—so beware!

HOW MUCH TO EAT: PORTION DISTORTION

Sometimes we eat well – just too much! A woman who was a young teen in the 1950's told us about how her family made ice cream from scratch. They made a piece about the size of a pound of butter and then split it into 10 servings! Compare that to the size of the average ice cream treat today!

The 2019 Canada Food Guide (<https://food-guide.canada.ca/en/>) has done away with serving sizes, as it was not terribly practical and rather hard to apply to daily eating.

Just visualize that with the average meal, vegetables and fruit should take up half a plate, carbohydrates a $\frac{1}{4}$ and protein $\frac{1}{4}$. (See photo below). Another idea that is emphasized in the 2019 Food Guide is that the drink of choice is water. Avoid sugary drinks like pop or even fruit juices.

HOW TO EAT: PUTTING IT ALL TOGETHER

Your plate should look like this for your average meal:



Fruits and Vegetables

As much as there is always the “miracle” fruit or vegetable of the day, all fruits and veggies are good. Those with a dark colour may have more antioxidants. But covering half your plate with *any* vegetables is a good start!

Grain or Starch

The key here is whole and unprocessed. Choose whole grain bread, whole grains, and root vegetables (e.g., potatoes, sweet potatoes)

Protein

Eat protein from a variety of sources, not only animal protein. Choose lower fat animal protein, and vegetable sources of protein such as lentils, tofu and dried beans.

“Eat Food. Not too much. Mostly plants.”

Michael Pollan, *In Defense of Food: An Eater's Manifesto*. 2008

EIGHT TOP TIPS for REAL HEALTH

1) Eat REAL FOOD

Eat REAL FOOD in its original “package” - mostly plants grown in healthy soil. Follow this book. Enough said.

2) Move your body

If there were a medicine that reduced the incidence of heart disease, cancer, depression and osteoporosis, it would be a top seller! Luckily there is - exercise!

Just as each generation gets further from REAL FOOD, each generation moves less. We drive more, work at sedentary jobs and sit in front of a screen for entertainment. Walking and running are the two most natural forms of movement. If you have a pedometer, a good number of steps to gradually build up to is 10,000 steps per day. Canada's Physical Activity Guide is a good place to start (see Further Reading in the Resources section).

3) Maintain your ideal weight

Weight affects many aspects of health. If you are overweight, not only is your risk of diabetes, heart disease and arthritis increased, but also your risk of many types of cancer. Your BMI (Body Mass Index) is a combination of your height and weight, and is a good indicator of whether you are overweight. The internet has many BMI calculators, or ask your physician or dietitian. While getting to your ideal weight is never easy, following Tips 1 and 2 will help!

4) Connect

There is strong evidence that people who have social contact and close relationships with others live longer and in better health. In terms of eating, sharing meals will help the person who under-eats to have broader, more complete meals; people who tend to over-eat will be less likely to do so with others around. So try to avoid eating alone. Share food and laughter with others!

5) Watch your daily habits

Good personal habits can play a big role in preventing cancer. Cigarettes cause chronic respiratory disease, heart disease, cancer and wrinkly skin. Yet people smoke because they are addicted to nicotine. If you are thinking of quitting – go to quitnow.ca /1-877- 455-2233 for free support sponsored by the BC cancer agency. Excess alcohol causes diseases of the liver and brain as well as some cancers. Keep alcohol to 1 (women) or 2 (men) drinks per day. Lessen your chance of skin cancer: *slip* on a shirt ; *slop* on sunscreen ; *slap* on a hat.

6) Handle stress in a healthy way

We all have stress in our lives. It is the way we handle it that affects our health. Going for a walk, meditation, yoga, mindfulness or talking to a friend will leave you in a healthier state than alcohol or anger.

7) Keep your brain fit

As our population ages, many people are concerned about dementia. All the steps that help your physical body such as not smoking, eating well and exercising, also help your brain. Studies have shown that keeping mentally active with the following activities can decrease dementia:

- playing an instrument
- doing crossword or number games
- adding numbers
- learning a new language
- playing bridge

Try to solve a puzzle each day!

8) Take Vitamin D

Although we said that supplements are not as good a way to get micro-nutrients as eating them in your food, vitamin D may be an exception. Unless you run around outside naked to absorb vitamin D from the sun, or you eat whale blubber as the fully clothed Inuit do, you may be vitamin D deficient. Some specialists in this area are suggesting that we take 1,000 IU per day, especially in the darker winter months.

Dairy



Gouda cheese



Holsteins on summer pasture



Jersey cow



goat being milked



heifers feeding

DAIRY

Milk from cows, goats, sheep, horses, water buffalo and camels has been consumed for thousands of years by both nomadic and agricultural societies.

There is some controversy surrounding liquid milk consumption. Milk is certainly one of the best sources of calcium and vitamin D. However, one of the concerns about consuming milk is that all mammals, once weaned, including humans, begin to lose some of the enzyme needed to digest the milk sugar, *lactose*. This loss is more complete and more common in those with certain ethnic backgrounds, such as Chinese and African. In addition, some people are allergic to a milk protein called *casein*. The good news is that the practice of fermenting or souring milk partially breaks down lactose and predigests casein so the end products such as yogurt, kefir, clabber and cheese are often well tolerated even by adults who cannot drink fresh milk.

Butter and cream contain little lactose or casein so can be better tolerated by those who are lactose intolerant. They also contain the fat necessary for fat-soluble vitamins A and D to be absorbed. Hard cheeses such as cheddar only contain about 5% of the lactose that milk does. (Processed cheese contains so many additives that it cannot be considered "real food".)

The other controversy around milk concerns the process of pasteurization. The sale of raw or unpasteurized milk in all parts of Canada has been prohibited since 1991 under the federal Food and Drug Regulations. This is because, although unpasteurized milk may be more nutritious than pasteurized, it can also contain harmful bacteria such as *Salmonella*, *Listeria*, *Campylobacter*, *Brucella* and *E. coli*. Moreover, milk is widely consumed by young children, who are at greater risk for complications from food borne illness. Dr. Howard Shapiro, an associate medical officer of health at Toronto Public Health, says "The risk in drinking unpasteurized milk is really well known and quite dramatic."

Cheese made from raw milk contains all its enzymes and may be more easily digested than cheeses made from pasteurized milk. Regulation requires that domestic and imported unpasteurized cheeses be aged for at least 60 days. Cheeses made from raw milk still carry some risk of contamination. Because of that risk, it's recommended that pregnant women, children, the elderly and anyone else with a compromised immune system avoid eating them.

Yogurt is produced using a culture of bacteria. The milk is heated to about 180° F to kill any undesirable bacteria and to change the milk proteins so that they set together rather than form curds. It is then cooled to about 110° F. The bacterial culture is added, and this temperature is maintained for 4 to 7 hours for fermentation. In general, the longer it ferments, the tangier it becomes.

Commercial yogurts popular in Canada unfortunately often have added sweeteners, gelatin, and artificial flavours. Making your own yogurt is not difficult to learn, saves packaging and is better for you. Each person can enjoy it his own way, either plain, with fruit or with a little homemade jam.

Homemade Yogurt

You will need:

- 1/3 cup good quality commercial plain yogurt with live bacterial culture; or 1/3 cup from previous batch if not more than a week old (or use starter packets)
- 1 quart pasteurized milk, preferably whole and non-homogenized
- a candy thermometer is helpful

Gently heat the milk in a heavy saucepan to 180° F (82° C).

Tiny bubbles just start to form around the edge; do not scald! Allow to cool to about 110° F (between 43° C and 48° C). This takes about half an hour. You can put a clean finger into the milk and not feel it burning. Remove a ladle full of the heated milk and mix well with the 1/3 cup yogurt “starter”, then return both to pot and combine well. Place in well washed glass or enamel or stainless steel container.

Cover and place where it can incubate at 110°-120° F (43° to 48° C) without moving it for several hours. If you don't have a yogurt maker, try one of the following:

- wrap an electric heating pad on low around it
- put it in an oven that was heated but turn off the heat and leave the light on
- set it in a pan of warm water and wrap all in a blanket.

Check after 4 hours to see if it has reached the desired consistency. It may take up to 7 hours, and just becomes thicker and tarter if you leave it longer. When done, stir and refrigerate. It firms up once it's chilled.

Cheese is an ancient food whose origins predate recorded history. Cheese-making was already a sophisticated industry by the time the Roman Empire came into being. One legend attributes the discovery of cheese to an Arab trader who stored milk in a container made from the stomach of an animal, which contains rennet. Hundreds of types of cheese exist. They can be categorized by length of aging, texture, fat content, method of making, kind of milk and region or country of origin.

Fresh cheese curds are rubbery in texture but a tasty, popular snack. As cheese ages, microbes and enzymes transform the texture and intensify flavour. Casein protein and milk fat are broken down and therefore cheese can be stored for long periods of time.

"D" Dutchmen Dairy

Chris and Nellie Dewitt began this dairy in Sicamous, B.C. in 1978. The Dairy continues to be owned and operated by the family and provides employment for 20 non-family members.

"We produce a full line of fluid and solid milk products, including a high quality sour cream, artisan cheese and ice cream. The small batch production technique is chosen to allow for finer attention to detail and ingredients. All milk products are processed from the cow to the store within 24 hours, the freshest possible!" In 2004, *The Vancouver Sun* reviewed D Dutchmen Dairy, saying it was "B.C.'s Best Ice Cream." D Dutchmen Dairy milk and milk products are distributed in the Okanagan to some independent stores and also by home delivery.

Contact: Jake Dewitt
1321 Maeir Road, Sicamous BC Phone: 250-836-4304
info@dutchmendairy.ca www.dutchmendairy.ca

Grass Root Dairies

This farm, formerly known as Gorts Gouda Cheese Farm, has been in the Salmon Arm area since 1982. Gary and Kathy Wikkerink and children bought the farm from the original owners Arie and Anneke Gort in 2007.

"We farm on 50th Street just west of Salmon Arm beside the Trans-Canada Highway. We are best known for our 100% grass fed dairy products. We milk about 100 cows and grow most of our own feed for them. All the milk gets processed in our own production plant. We sell bottled non homogenized milk, Bulgarian style yogurt, quark cheese and continue with our Dutch heritage making Gouda cheese. We are proud of the healthy choices we offer to our customers."

1470 50th Street SW, Salmon Arm BC
250-832-4274
grdairies@gmail.com www.grassrootdairies.com

Happy Days Dairies

This dairy was founded in 1993 in Salmon Arm. “From the beginning we specialized in goat milk and goat milk products because of its many advantages. It is very close to human’s milk, and therefore very easily digestible, and is less likely to cause any allergic reaction.

“The goat industry is a very small one, therefore less industrialized, which often increases consumer confidence, since there are no growth hormones available for goats.

“Our main product is whole goat milk, in bottles. You can find the Happy Days brand in most grocery stores.

“Our award winning Okanagan Goat Cheese has become a very popular item. This is a soft, unripened goat cheese with a very smooth texture and tangy flavour. One of our fastest growing items is our goat milk yogurt, plain, strawberry and vanilla. We add probiotic bacteria, which are very beneficial for the digestive tract. We also do other cheeses, such as feta, cheddar, mozzarella, all from goat milk.”

Contact: Donat Koller
691 Salmon River Rd, Salmon Arm, BC
250-832-0209
www.happydaysdairy.com
info@happydaysdairy.com

Triple Island Farm

The Tuijtel family has 142 acres on a beautiful spot between Lumby and Cherryville. “We make mild, medium and spiced Gouda cheese from the milk from our own cows that go out to pasture in summer. The milk is hormone- and antibiotic-free. We also make Edam and Swiss Emmental cheese. All our cheese is made from raw whole milk so it is very nutritious and flavourful, and can be digested by lactose intolerant people. We also have grass-fed hormone-free beef cows.”

They have a store on the farm but when they have enough cheese in stock, they sell at the Thursday Vernon Farmers’ market and the Kelowna Farmers’ market.

Contacts: Helma and Johan Tuijtel, and son Kees, the cheese maker
1519 Hwy 6, Cherryville, B.C.
250-547-6125
www.tripleislandfarm.com

The Village Cheese Company

Village Cheese has been making artisan cheeses using traditional recipes, natural ingredients and fresh Okanagan milk since 1998. The cheddars are generally lower in moisture than conventional cheddar, which means a firmer cheese with more flavour. Another benefit of the lower moisture is that the cheese molds less quickly. In fact, many customers mention that Village cheddars last longer than the higher moisture "grocery store" cheese.

"We manufacture cheddars of all ages, as well as Monterey cheeses, Gouda, Parmesan, butter cheese and Swiss cheese. We have created many unique cheeses such as maple cheddar, smoked wild salmon cheddar and horse radish cheese. Specialty cheeses such as raw cheese and organic cheese are also available at our store."

Dwight & Linda Johnson, owners, Norman Besner, cheese maker, Kelly Baird - General Manager
3475 Smith Drive, Armstrong, B.C.
250-546-8651 toll free: 888-633-8899
www.villagecheese.com
vcheese@villagecheese.com

Goat Cheese Salad Dressing

Happy Days Goat Dairy

1/2 roll Okanagan Goat Cheese
1/4 cup Happy Days goat milk yogurt
1 1/2 Tbsp balsamic vinegar
4 Tbsp olive oil
1 tsp freshly chopped thyme

In a mixer, blend goat cheese and yogurt until smooth.
Add vinegar, then slowly add olive oil.
Add salt and pepper to taste. Mix thyme into the dressing.

Use in almost any type of salad!

Harvest Gouda and Vegetable Chowder Grass Root Dairies

2 Tbsp butter
1 medium onion, chopped
2 cups cauliflower, chopped
2 cups broccoli, chopped
1 cup chopped carrots
3 - 4 cups chicken broth
2 cups non-homogenized milk
1/4 cup all purpose flour
1 & 1/2 cup shredded Gouda Medium
Salt and pepper to taste

Melt butter in large pot. Cook onions and stir over medium high heat until tender. Add cauliflower, broccoli, carrot and chicken broth. Bring to boil. Reduce heat, cover and simmer 10 minutes or until vegetables are tender.

Whisk milk into flour until smoothly combined; add to saucepan. Cook and stir over medium heat until mixture boils and thickens.

Remove pan from heat: add the Gouda Cheese and stir until cheese is melted. Season with salt and pepper.

Herbed Yogurt Dip

Grass Root Dairies

Makes about 2 cups

1 cup parsley leaves
1 cup basil leaves
1/2 cup chives
Grated zest of 1 lemon
Juice of 1 lemon
3/4 cup Quark (200 gms)
1 cup Bulgarian yogurt
3 Tbsp olive oil
Salt and pepper to taste.

Place herbs, lemon juice, zest, quark, yogurt and oil in food processor or blender; pulse until well blended. Add salt and pepper to taste. Cover and refrigerate for 30 minutes to allow flavours to blend. Serve chilled with your favourite raw veggies.



Fruit

saskatoons



sour cherries



ground cherries



plums



grapes



sea buckthorn berries



golden raspberries



strawberry



pears

FRUIT

Fruits are nature's gifts that satisfy the seemingly universal desire for sweet foods. They are full of carbohydrates, fibre and many micronutrients such as antioxidants that our bodies need.

Although fruits do tend to be high in sugar, the fibre helps regulate blood sugar if the whole fruit is eaten.

	Page
Apples.	28
Apricots	30
Blackberries	30
Blueberries	32
Cherries.	34
Currants and Lesser Known Berries. . . .	36
Black Currants.	36
Chokecherries & Pin Cherries.	39
Elderberries.	40
Gooseberries.	41
Ground Cherries	42
Haskaps	43
Huckleberries	44
Mulberries.	45
Saskatoons.	46
Sea Buckthorn Berries	47
Grapes	48
Melons.	50
Peaches (& Nectarines)	52
Pears.	54
Plums.	56
Raspberries.	58
Rhubarb	60
Strawberries	

Vegetables are the food of the earth; fruit seems more the food of the heavens. Sepal Felicivant

APPLES

Hanna Orchard Market & Garden Centre

From the beginning of history, apples have been associated with love, beauty, luck, health, comfort, pleasure, wisdom, temptation, and fertility. Over 40 varieties of apples are grown in this region. Some even had their beginning in the Okanagan Valley, e.g. the lovely Ambrosia apple, developed by the Mennels in Cawston, B.C.

Handling & Storage

- The ethylene gas emitted by apples acts as a ripening or maturing agent on other fruits, vegetables and flowers. Apples stored with potatoes cause them to sprout and shrivel, cause carrots to become bitter, asparagus to toughen, lettuce to develop brown spots, and cucumbers to yellow.
- Apples are best kept at a temperature between 0° C (32° F) and 4° C (40° F) and at a relative humidity of 80 to 90% (in the fridge, or in an insulated picnic cooler outdoors, out of direct sunlight, or in an unheated garage).
- Apples bruise very easily. Handle them gently!
- To prevent discolouration of peeled apples, place slices in a bowl of cold water containing lemon juice, ascorbic acid (1 teaspoon per gallon of water), or six 500 mg. Vitamin C tablets per gallon of water.
- To determine whether an apple variety will make a good pie, consider that a degree of tartness is important if the fruit is to stand up to the oven's heat and the recipe's sweetener; slices should keep their shape and not turn into sauce.

Did You Know?

Johnny Appleseed is well-known in popular American culture for his traveling song, "The Lord is Good to Me," still sung sometimes as a grace before meals.

Because apple blossoms require cross-pollination by another apple variety, apple trees grown from seed will not be identical to the parent. While they may share some of the characteristics of the parents, they will be something new, and often not better. The only way to guarantee that an apple tree is the desired variety, is by grafting it onto a suitable rootstock.

Sadly, as Michael Pollan states in *The Botany of Desire*, since Johnny was against grafting trees, many of his apples would not have been good for fresh eating and were only used for cider.

Serving Suggestions

- Add diced apples to fruit or green salads.
- Braise a chopped apple with red cabbage.
- Sliced apples and cheese are a favourite dessert in Europe.

Apple Scones

Hanna & Hanna Orchards

1 1/2 cup whole wheat flour	1/4 cup packed brown sugar
2 tsp baking powder	3/4 cup diced tart apple (e.g. Elstar,
1/2 tsp baking soda	Bramley or Boskoop)
1/2 tsp salt	1/3 cup milk
1/4 cup sugar	1/3 cup applesauce
1/2 cup butter	1 Tbsp apple cider vinegar

Preheat oven to 375°F. Mix flour, baking powder, baking soda, salt and sugars in a large bowl. Cut in the butter with a pasty blender until mixture resembles coarse crumbs. Add apple to the dry ingredients and mix in well. Stir milk and applesauce together in measuring cup and add to the dry ingredients, mixing until the dough holds together. Transfer the dough to an ungreased cookie sheet and shape into a 9" round. Cut into 8 wedges. Bake about 20-25 minutes until golden brown.

Apple Buckwheat Pancakes

Cayford Orchard

2/3 cup milk	2 tsp baking powder
2 Tbsp melted butter	1 - 2 Tbsp sugar
1 egg	1/2 tsp salt
1/2 cup buckwheat flour	1/2 cup quick oats
1 apple	1/2 tsp cinnamon

Beat the milk, butter and egg lightly. Stir in remaining ingredients, including the apple, peeled, cored, and diced. Lightly grease frying pan or griddle; cook & enjoy. Serves two. Easily doubled.

Baked apples

Pilgrims' Produce

Core 4 firm, tart apples and place in baking pan. Cut open in 6ths without cutting all the way to the bottom to create a cavity for the filling. Put a teaspoon of butter and a teaspoon of maple syrup into each apple. To each apple, add 1 Tbsp chopped walnuts and 1 Tbsp raisins, or more. In small bowl, combine 2 Tbsp maple syrup, 2 Tbsp white wine or water, 1/2 tsp spice (cinnamon, ginger, cardamon or cloves) and pour around the apples. Bake at 375° F until soft, about 35 minutes, basting often.

APRICOTS

Brymac Farms

Apricots are *drupe* fruits, meaning they are fleshy with a hard stone or seed in the middle. Very tasty when tree ripened! There are many apricot varieties available in the Okanagan Valley. The Tilton is one of the most flavourful apricots and is the leading variety for freezing, drying, and canning. Tilttons are a heart-shaped, hardy variety that are fairly large in size, yellow to orange skin with orange flesh. It is tender and juicy with a sweet-tart flavour.

The Skaha Apricot was developed at the Summerland Research Station. The fruit is smaller than the Tilton, but ripens earlier and is winter hardy. It is excellent for fresh eating as well as for freezing to use in baking or in tasty smoothies in the long winter months.

Handling & Storage

Store in an open plastic bag in the fridge for extra longevity, but eat at room temperature for full flavour. Wash gently before use, leaving skins on.

To freeze, simply cut them in half, remove the pit and place them in freezer bags.

Canning apricots is easy as the skin can be left on. Just pit them and use a syrup mixture 1:4, sugar or honey to water.

Apricots are easily dried in halves or quarters on a dehydrator for use as a snack or in granola in winter.

Did You Know?

Apricot kernels are used in some Chinese dishes. The raw kernels are toxic so are boiled briefly in water, then dried in a warm oven at least twenty minutes to make them safe for consumption.

In Iraq apricots are usually served with lamb and an apricot drink is consumed to end any period of fasting.

Serving Suggestions

- Apricots are a lovely addition to a chicken or green salad.
- They make great jam, compote or chutney.
- Chop and bake apricots in pound cake, bread or muffins.
- Delicious as a fruit pie, alone, using a peach pie recipe, or with sour cherries and nectarines. See ***Drupey Pie*** at allrecipes.com.

Fresh Apricot Pasta Salad

California Fresh Apricot Council

- | | |
|------------------------------|--------------------------------|
| 4 ounces corkscrew pasta | 1 red bell pepper, sliced |
| 6 fresh apricots, sliced | 1 Tbsp chopped fresh basil |
| 1 or 2 small zucchini, diced | 2 cups salad greens (optional) |

Cook pasta in usual manner; rinse in cold water, drain and let cool.
Combine pasta, apricots, zucchini, red pepper and basil in bowl.
Toss with apricot basil dressing and serve on a bed of salad greens.

Fresh Apricot Basil Salad Dressing

- 1 fresh ripe apricot, pitted
- 1 Tbsp white vinegar
- 1/2 Tbsp sugar
- 2 Tbsp vegetable or olive oil
- 1 Tbsp chopped fresh basil or 1 tsp dried basil

Combine pitted apricot, vinegar and sugar in blender. With blender running, slowly add oil until thick and smooth. Stir in basil.

Apricot and Squash Muffins

101 High Fiber Recipes

- | | |
|---|--|
| 3/4 cup cooked mashed winter squash, drained well | 2 Tbsp plain yogurt |
| 3/4 cup whole wheat flour | 2 Tbsp frozen apple concentrate, thawed |
| 3/4 cup unbleached flour | 1 egg |
| 2 Tbsp dark brown sugar | 1/2 cup milk |
| 2 tsp baking powder | 3 Tbsp safflower oil |
| 1/2 tsp each nutmeg and salt | 1/4 cup honey |
| 1/4 tsp each cinnamon and coriander | 1/4 cup diced apricots, fresh, or dried & plumped up |

Preheat oven to 400° F. Lightly grease 12 muffin cups or use a silicon muffin pan.

In large bowl, mix flours, sugar, baking powder, spices and salt.

In small bowl, combine yogurt, juice concentrate, mashed squash, egg, milk, oil and honey. Beat well.

Add apricots. Stir wet ingredients into dry until just barely blended.
Spoon batter into muffin cups; bake 20 minutes or until golden.
Cool on rack before removing.

BLACKBERRIES

Pilgrims' Produce

The blackberry is an aggregate fruit composed of many smaller fruits called *drupelets*. It belongs to the *Rubus* genus along with raspberries, which have thorns on the vines, hence the common group name "brambles". Loganberries are a hybrid produced by crossing blackberries with raspberries. The berries are larger and darker than a blackberry. The loganberry's main use was as a parent for further hybrids: the Tayberry (loganberry x raspberry) and Boysenberry (loganberry x raspberry x blackberry),

Blackberries are red and hard when immature but become deep purple and shiny when ripe. In the middle of the cluster is a greenish-white core that extends to almost the bottom of the berry. Blackberries can be easily confused with raspberries, but all raspberries have a hollow center. Even among berries, blackberries are very high in anti-oxidants, fibre, vitamins A and C, and minerals. A very healthy addition to everyone's diet!

Did You Know?

Old Meadows Farm

Picking blackberries from thorny plants can be an excruciating experience! Fishing waders, bee keeping suits, orchard spray suits and welding outfits have all been used to keep from being scratched! Thankfully, thornless varieties have been developed!

When picking blackberries, do a taste test to make sure you aren't picking firm, unripe berries, which will be very bitter. If you plan to make jelly from blackberries, a few unripe ones are actually preferable, as the unripe ones contain more pectin.

Handling & Storage

Greenstone Farm

- Washing the berries should be done with great care. Put them into a colander in a large bowl filled with water. Swirl gently, then lift the colander out to drain.
- Freeze the berries on a cookie tray and bag them in freezer bags to eat in winter. To eat, just let thaw for 5 minutes.

Serving Suggestions

- Freeze 2 cups berries in bags to use later with apples in fruit crisps.
- In a glass dish, alternate fresh blackberries in layers with yogurt or whipped cream.
- Put 1/2 cup blackberries into pancake or muffin recipes.

Red & Black Fruit Salad

Pilgrims' Produce

- 1/4 cup honey
- 1/4 cup water
- 1/3 cup apple or orange juice
- 1 Tbsp coarsely grated orange or lemon rind
- 1/2 cup black currants, topped and tailed
- 1 1/2 cups saskatoons or blueberries
- 1 1/2 cups blackberries or dark raspberries
- 1 1/2 cups strawberries or sweet cherries, pitted
- 1/2 cup red currants, stemmed

In saucepan, combine honey, water, juice, rind. Bring to boil over medium-high heat, stirring to dissolve honey. Reduce heat to medium and simmer 3 minutes. Add black currants and saskatoons (if using) to pan; poach for only 2 minutes. Remove to large serving bowl with a slotted spoon. Let syrup cool.

Add remaining fruit to bowl. Pour syrup over all and toss gently. Cover and refrigerate. Serve with vanilla yogurt.

Fruit Pizza Pie

modified from the Interior Provincial Exhibition, 1993

Crust: In blender, combine until fine:

- 1 and 1/4 cup granola
- 1/4 cup bran or wheat germ
- Add 2 Tbsp melted butter

Press into 12" pizza pan or flan. Bake in preheated 350° F oven 7 minutes.

Filling: In blender, combine:

- 2 cups cottage cheese
- 2 eggs
- 1 Tbsp unbleached flour
- 2 tsp vanilla
- 1/4 cup sugar
- Dash each of salt and nutmeg

Spread filling on crust. Bake 18-20 minutes until set. Cool thoroughly.

Top with 2 or 3 cups fresh fruit. Cover the "pizza" with colourful rings of red, yellow, and blue/black fruits such as strawberries or raspberries, peaches or nectarines, and blackberries or saskatoons.

Dissolve in saucepan: 2 Tbsp cornstarch in 1 and 1/3 cup orange juice. Add 1 Tbsp fresh lemon juice and 3 Tbsp sugar. Cook, stirring, until thick. Cool 5 - 10 minutes, then pour over fruit. Chill well before serving.
This is both lovely and delicious!

BLUEBERRIES

The popular and delicious blueberry is native to North America, and was an early staple of Canadian and American First Nations people. Smaller species (known as low bush blueberries) are synonymous with “wild” blueberries, while taller, high bush blueberries produce larger berries. Both types can be cultivated commercially.

A characteristic dusty film, called “bloom” is produced by cells near the surface to form a natural waterproofing, which prevents the blueberry’s delicate skin from cracking. Besides being deliciously sweet, blueberries are good for you, being high in antioxidants, fibre, and vitamins C and K.

Handling & Storage

- Blueberries can be kept a week in the fridge but wash them just before using.
- Store in the refrigerator in containers or between paper towels, wrapped in plastic.
- For longer storage, freeze blueberries on a cookie sheet in a single layer. When frozen, store in small freezer bags.
- There is no need to thaw frozen blueberries before using in baking. They should be added at the last minute to avoid bleeding into other ingredients and turning everything purple!

Did You Know?

Some researchers claim blueberries can slow the aging process and loss of brain function.

British Columbia is the largest producer of blueberries in Canada, and the second top producing area in the world.

Serving Suggestions

- Blueberries are an excellent addition to your cereals and to fruit salads.
- They are good in muffins, pancakes, crisps and cobblers.
- Make a blueberry sauce by heating berries slowly to a boil, then adding a little sugar and stirring until thick. Add a squirt of lemon juice and serve warm over waffles or cold over cheesecake or yogurt.

Smoothies!

Blueberry Hill

Start your day with a delicious, healthy blender drink! Combine blueberries, banana, and yogurt with strawberries or raspberries, peaches or apricots. May use fresh, frozen or canned fruit. Dilute with water for the right consistency.

Blueberry, Saskatoon/ Haskap Oat Muffins Pilgrims' Produce

Combine 1 cup rolled or quick oats in small bowl with 1 cup buttermilk or sour milk (1 Tbsp lemon juice in a cup of milk). Let stand 10 minutes.

In medium bowl combine:

1 cup whole wheat flour	<i>To oat mixture, add</i>
1 tsp baking powder	1 egg, beaten
1 tsp baking soda	1/4 cup melted butter or saf-
1/2 cup lightly packed brown sugar.	flower or coconut oil.

Add oat mixture all at once to dry ingredients. Stir just to moisten.

Gently fold in one cup blueberries or saskatoons or haskaps.

Fill 12 greased muffin cups or use silicon muffin cups.

Bake in preheated 400° F oven for 20 minutes or until top springs back when touched. Cool at least 5 minutes before removing from pan.

Blueberry Raspberry Jam

Simply in Season

4 cups fresh blueberries and 4 cups fresh raspberries

Pick over to remove stems and soft berries. Rinse in colander.

Combine with berries in heavy soup pot:

2 Tbsp lemon juice

2 Tbsp water

1.75 oz. package pectin

Place over high heat and bring to a hard boil (continues boiling when stirred), stirring often.

Add 5 cups sugar and stir constantly until mixture returns to a boil. Then boil for exactly 1 minute. Ladle the hot jam into hot, sterile jars to within 1/4 inch of top.

Seal with sterilized lids and process 10 minutes in boiling water bath.

Yields 4 half-pints.



CHERRIES

Cherries have pleased the palates of food lovers for centuries. Sweet cherries are usually eaten raw as a delicious snack or dessert fruit. Their ruby-red colour and wonderful taste won cherries a place on the tables of Roman conquerors, Greek citizens and Chinese noblemen. Cherries were brought to the New World with the early settlers in the 1600s.

This delicate tree fruit with its heavenly spring blossoms requires specific growing conditions including warm days and cool nights. Only twenty countries in the world have the right conditions for growing commercial cherries so we are blessed to be living in the Okanagan Valley!

Our modern variety of cherries began when a group of nurserymen made their way across the Oregon Trail in the mid-1800's to discover the perfect climate for growing cherries. The well known Bing cherry was named after the Manchurian foreman and friend of the first growers. Today many varieties have been developed for the Okanagan, each with their unique, delicious flavour such as Skeenas, Vans, Sweethearts, Lamberts, Royal Annes, and many more.

Both sweet and tart cherries are rich in antioxidants and vitamin C.

Handling & Storage

- To ensure freshness, look for cherries with green stems. They do not ripen after being picked.
- Cherries should be stored in the fridge; serve either cold or at room temperature.
- Stem, pit and freeze cherries for cherry cheesecake and fruit crisps.
- Dried cherries are a delicious winter snack and can be used like raisins. Select firm, ripe, sweet cherries. If you have a cherry pitter, cherries can be dried whole. Otherwise, wash, cut in half, and remove stems and pits. Place cherries, skin side down, in single layers on dehydrator trays. Dry cherries at 140° F for 6 to 12 hours, being careful not to over-dry; cherries should be leathery and slightly sticky when properly dried. To store, place in small plastic bags, seal and keep in dark, dry, cool place or even the freezer.

Serving Suggestions

- For a tasty appetizer, alternately thread pitted fresh cherries and cubes of fontina or Havarti cheese onto toothpicks.
- For a quick, tasty dessert: brush a thin pizza crust with oil. Bake until golden. Spread with cream cheese and top with pitted cherries and sliced peaches. Sprinkle with brown sugar.

- When making jam, sweet cherries are better combined with white or red currant juice because they lack acidity.
- Sour cherries have an excellent flavour when cooked and are perfect for pies and other desserts.
- Top waffles and pancakes with cherries and yogurt.

Did You Know?

- Sour cherries are a source of melatonin, which helps you get a good night's sleep.
- Cherries have been shown to reduce the pain of gout.
- There are about 7,000 cherries on the average tree.

The Best Cherry Recipe

Sproule & Sons Farm

After rinsing and air-drying your biggest cherries, freeze them (with stem and pit) on a cookie sheet. Once frozen, put in glass jars or zip-lock bags. When ready, melt a good quality chocolate, dip each frozen cherry and put on a piece of wax paper. Must be eaten frozen....delicious!

Cherry Buckle

Serves 10-12

Gambells' Farm

1/2 cup butter
3/4 cup sugar
2 eggs
1 cup unbleached flour
1 cup whole wheat flour

3 tsp baking powder
1/2 tsp salt
2/3 cup milk
4 cups pitted Van cherries (or saskatoon, peaches or apricots)

Topping
2/3 cup flour
2/3 cup sugar

1 tsp cinnamon
1/3 cup butter

Pit 4 cups sweet cherries and set aside. Cream butter, sugar and eggs. Stir in flours, baking powder and salt. Add milk and mix until blended. Spread in greased 8" x 12" dish and lay fruit on top. Mix topping together until crumbly. Scatter over fruit.

Bake in 350° F oven for 40 to 50 minutes until golden. Serve warm with whipped cream or yogurt.



Photo: Kathryn Zietsma

CURRANTS & LESSER KNOWN BERRIES

Black currants

Black currants are small purplish-black berries that grow on small shrubs. These should not be confused with the “currants” you purchase for fruitcake. Those are dried black Corinth grapes, another species altogether!

Red and white currants are close cousins to black currants but more delicate in texture and sweeter to the taste. Black currants are easier to pick and handle because of their thicker skin.

Did You Know?

Black currants are nutritional powerhouses! One cup has three times the amount of vitamin C as an orange. They also have anti-inflammatory and anti-oxidant benefits.

During World War II, citrus fruits became hard to obtain in Britain so the British government encouraged citizens to grow black currants. Production escalated, and almost the entire crop was made into black currant juice or cordial, and given free to all school-children. It has remained popular in the UK to this day. Throughout Europe Ribena is a favourite fruit juice made from black currants.

Serving Suggestions

- Black currants are popular in juice, jam, jelly and ice cream.
- For a sweet-tart accent, add black currants to a fruit salad or a summer pudding. For colour and flavour, add red currants to chilled beverages.
- Braise red currants with red cabbage, yellow or red onion, cumin seeds, vinegar, salt, apple juice and dry red wine; serve with lamb.
- If making jam, black currants require overnight soaking and more water than other fruits to soften the tough skins.

Black Currant Crisp

Ravenstoft Farm

3 cups black currants (or substitute an apple for part of the currants)
2 - 3 Tbsp sugar

Topping: 1 cup unbleached flour and 1/2 cup whole wheat flour
1/3 cup butter
1/3 cup brown sugar and 1/2 tsp cinnamon

Preheat the oven to 350° F.

Place cleaned black currants in baking dish and sprinkle on the sugar. In a bowl rub the butter into flours until it resembles fine bread crumbs. Stir in the brown sugar and cinnamon. Spread the crumble topping over the black currants and bake for 30 to 40 minutes.

Chokecherries & Pin Cherries

Pilgrims' Produce

The **Choke Cherry** (*Prunus virginiana*) is a species of bird cherry native to North America. Cultivated varieties have improved taste and production. Chokecherries are very high in antioxidant pigment compounds, like anthocyanins. The chokecherry fruit can be used to make a tasty jam, jelly, or syrup, but the bitter nature of the fruit means you need considerable sugar to sweeten the preserves.

Chokecherry is toxic to horses, especially after the leaves have wilted.

The **Pin Cherry** is a species in the genus *Prunus* found from Newfoundland to British Columbia. The Pin Cherry may grow 15-50 ft tall. Its berries are very small, round, and bright red.

Pin Cherry is an important food source for many animals, from moose to birds and butterflies. Recent interest in commercial production of pin cherry fruit has emerged due to its lovely colour and unique flavour.

Serving Suggestions

- Though sour, these berries make delightful jams, jellies, syrup, wine, muffins, cakes and ice cream.
- They can be frozen, dried, or canned. The fruit should be pitted or cooked and strained before freezing or canning.

Did You Know?

Pin Cherries are also known as Fire Cherries because they often emerge and dominate burned-over areas, due to their "seed banks" in the soil, which may be viable for 100 years.

Pin cherry stones and leaves contain some cyanide, but the flesh of the berry is not harmful.

Elderberries

Pilgrims' Produce

Elderberry trees or bushes are found in this region, and cultivated varieties are a lovely addition to the garden. Their small, dark berries grow in clusters, prized for their rich purplish-black colour. They typically grow quite large and full, with tight bunches of tiny white flowers in late spring, followed by clusters of berries in late summer. The berries are a favourite of wildlife, especially birds. They are very high in vitamin C.

Both the flowers and the berries have multiple uses. While the berries are used for jam, jellies, juice and pies, the flowers are used to produce elderflower syrup for pancakes, cordial, and even can be deep-fried as elderflower fritters! However, the leaves, twigs, branches, roots and the seeds of some varieties contain a cyanide-producing chemical which is toxic. Unripe berries also contain some of the toxin so it's best not to eat them raw.

Did You Know?

In folklore, the Elder Tree was supposed to ward off evil and give protection from witches. The most powerful wand in the fictional world of Harry Potter is a wand made of an elder wood known as the "Elder Wand!"

First Nations people used the crushed leaves, bark and stems as an insect repellent.



- Because elderberries are quite tart and have a very seedy pulp, they are cooked before eating. Straining to remove seeds is recommended, both for taste and texture, and because of the cyanide-producing chemical that may be present in seeds.
- Ripe berries make a delicious juice, pies, jam, jellies, wines.
- Elderberries pair well with strawberries and apples in cooked dishes.

Gooseberries

Gooseberries and currants belong to the same genus, but are different species. When they are crossed, they produce the *Jostaberry*. Gooseberries are not related to the Cape Gooseberry. (See *Ground Cherries*).

Gooseberries come in all sorts of textures, colours, sizes and flavours. They may be satin-smooth to fuzzy and spiny, green, pinkish or deep purple. The sweetest ones are usually pinkish or purplish.

Handling & Storage

- To store, place unwashed gooseberries in a single layer between paper towels on a tray; refrigerate only a few days.
- These berries freeze well. Pack in boxes with headspace or open-freeze on a tray before putting in freezer bags.

Serving Suggestions

- Gooseberries are best known for their use in Gooseberry Fool, an English dessert made with puréed fruit and whipped cream.
- Always do a taste test before adding sweeteners here as its sweetness is variable, and its flavour can be destroyed with too much sugar.
- Poached gooseberries go well with meat entrées.
- Because of the high pectin content, gooseberry sauces naturally thicken. Spoon sauce over gingerbread; drizzle with fresh cream.
- If a tart taste is desired, serve whole gooseberries as a garnish for smoked meats.
- Gooseberries are perfect for canning in syrup and are great in jam and chutneys.

Black Currant or Gooseberry Fool

Ravenstoft Farm

3 cups black currants (or gooseberries)
2 Tbsp water
1/2 cup sugar
1 cup whipping cream (or more)
White of one egg

Rinse the currants and strip the berries from their stems. Place in a pan with the water and simmer gently for 6 to 8 minutes until the juices run and the fruit is soft. Allow to cool slightly, then blend to a purée. Add the egg white to the cream and whisk in a large bowl until thick. Fold the black currant purée gently through the cream. Pour into a serving dish and chill for several hours before serving. Also nice as a filling for a layer cake.

Ground Cherries and Cape Gooseberries

Patrick Steiner

These little packets of sweet summertime goodness are one of the latest foodie discoveries in Canada. In fact, they are just about the most tropical-flavoured thing we can grow north of the 49th parallel. Ground cherries (*Physalis pruinosa*) are not cherries at all, but members of the solonaceae family that also includes tomatoes, peppers and potatoes. The plants grow about 12"-18" high and 2' in diameter. The sprawling bushes are covered in little hanging lanterns, husked pods with cherry-tomato sized fruits inside. The husk itself is not edible.

When the fruit is ripe it drops to the soil and you harvest it off the ground, hence the name. Open the husk and enjoy the complex, sweet flavour of ground cherries, usually from mid-July through until frost kills the plant. Some people liken the flavour to strawberries, kiwi or pineapple, but it is unique unto itself. The ground cherry ripens well in our relatively northern climate, producing abundant amounts of fruit throughout the summer. We start them 8-10 weeks before last frost and plant them outside once the days have warmed and frost-danger has passed.

The *Physalis* genus includes some other well-known plants with husked fruits such as tomatillo, Japanese lanterns, shoofly, and cape gooseberry.

Cape Gooseberries (*Physalis peruviana*) grow as a self-supporting upright bush, much like a pepper plant, with a central stalk and branching canopy. It grows about 3' high and 2' diameter. As with ground cherries, it will produce little hanging baskets of husked fruits. They tend to cling to the branches more than ground cherries and you harvest them by plucking them off the branches once the fruit inside has sized up and turned a pumpkin-orange colour. Husks will have turned from green to papery-brown.

The size of the fruits is considerably larger than ground cherry, but the plant will produce less of them, and they mature about a month later, near the end of August. They require full sun and more heat than the ground cherry - after all, they were originally a Peruvian plant! The extra effort is worth it, however, as the taste of cape gooseberry is the more intense of the two.

Serving Suggestions:

Just eat them out-of-hand with friends. Or mix with green salads. Or use as a dessert topping on ice cream or cake.

Haskaps

Pilgrims' Produce

Haskap berry, *Lonicera caerulea*, is also called the honeyberry, blue-berried honeysuckle or sweetberry honeysuckle. It is native throughout the cool temperate Northern hemisphere in countries such as Canada, Japan, Russia, and Poland. Haskap is a deciduous shrub growing to 1.5–2 m tall with yellowish-white flowers and slightly waxy leaves. The fruit is an edible blue berry somewhat rectangular in shape, about 1 cm in diameter. They can be shaped like cylinders, spheres, hearts, surf boards or tear drops! Some berries are smooth but some are lumpy. They have many tiny seeds inside like tomato seeds that are not noticeable when chewed.

Haskap berries are harvested in late spring or early summer, some as early as two weeks before strawberries. They are as nutritious as blueberries but are sour until both the inner and outer layers are dark blue. The University of Saskatchewan (fruit.usask.ca) has done years of research to develop the best varieties for flavour and production. They are usually tasty to eat out of hand, just a bit more tart than a blueberry. Some varieties have been developed for machine harvesting on a large scale, primarily for export to Japan.

Huckleberries

Huckleberries are similar in appearance and taste to blueberries, growing on low to medium sized bushes. Their colour varies from dark red to purple and blue and are a favourite of grizzly bears. Huckleberries have 10 tiny hard seeds in each berry that provide a nice crunchy texture.

- As with other berries, freeze in a single layer and then bag, or store in the refrigerator just above freezing.

Did You Know?

As huckleberries are small, dark and rather insignificant, the word became a synonym for something humble or minor. Later, it came to mean somebody inconsequential. Mark Twain borrowed these ideas to name his famous character, Huckleberry Finn. His idea was to establish that he was a boy “of lower extraction or degree” than Tom Sawyer.

Mulberries

Mulberries are soft, delicate, multiple fruits 2-3 cm. long. They come in black, red, and white varieties. The black mulberry, native to Asia, is wonderfully sweet and flavourful and does well in gardens here. Its primary importance historically has been the fact that it is the preferred food of the silkworm, which is used to produce silk.

The coloured mulberry fruits are important sources of anthocyanins, which are pigments used as natural food colouring and fabric dyeing, and look very promising in terms of numerous health benefits.

The raw fruit and green parts of the plant contain a white sap that is mildly intoxicating.

Did You Know?

King James I imported many mulberry trees to England in the 1600s for silk production, but only produced enough silk for one dress (for the Queen, of course!) before they were abandoned due to competition from Asia. Some trees remained; Buckingham Palace now stands where a mulberry orchard once stood.

Serving Suggestions

- Mulberries go particularly well with pears in a fruit compote.
- Slightly unripe fruits are best for pies.
- Black mulberries are delicious eaten out of hand but can also be eaten as a dried fruit.

Saskatoons

Pilgrims' Produce

Here in British Columbia, Saskatoons are common in dry woods and open hillsides on well-drained soils. Other names for it include the Serviceberry or Juneberry. Cultivated varieties that are irrigated have larger berries and taste juicier than the wild ones. Saskatoons are very hardy plants that can survive winter temperatures of -50° C and have a lifespan of 30 to 50 years.

The fruit is a small purple berry with a delicious, sweet/tart taste. Briefly cooking saskatoons seems to intensify their wonderful flavour. While very similar in nutrition to antioxidant-rich blueberries, saskatoons are even higher in some vitamins and minerals.

Handling & Storage

- Ripe saskatoons are vulnerable to deterioration, so they should be refrigerated immediately. Place them in clean shallow trays that have openings to allow heat to escape and cool air to enter. To prevent crushing, the depth of fruit in the container should not exceed 6". Stored like this, they will keep for two weeks.
- Unless the fruit is to be frozen or processed immediately, washing is not recommended. To freeze, simply check them over and store in plastic bags in the freezer.

Serving Suggestions

- Use in place of blueberries in any recipe.
- Adding some saskatoons to any fruit crisp makes an unforgettably good dessert! Tastes like almonds!
- Saskatoon berries can be used in pies, jam (they have lots of pectin), wine, cider and beer.
- Make a syrup for pancakes or yogurt by gently simmering saskatoons with a little sugar and a tablespoon of water.

Did You Know?

The city of Saskatoon, Saskatchewan, is named after this berry.

Saskatoon berries are uniquely Canadian, not being grown in any other country. The majority of commercial orchards are in Alberta, Saskatchewan and Manitoba.

The fruits have long been eaten by Canada's aboriginal peoples, as *pemmican*, a preparation of dried meat flavoured and preserved with saskatoon berries.

Summer Pudding

K. Froggett, Globe & Mail

Saskatoons, currants, blackberries, raspberries, and blueberries are excellent choices in combination for this recipe. Strawberries tend to get too soft, so aren't the best choice.

About 1 & 1/2 pounds (5+ cups) of mixed ripe berries, rinsed, drained
1/2 cup sugar (more or less to taste)

1 Tbsp fresh lemon juice

6 to 9 thin slices good quality bread, not too heavy. Best without crusts.

Toss the firmer berries (black currants, saskatoons, blueberries) with the sugar and lemon juice, then place in a suitable pan. Bring to a simmer. Add the softer fruit (raspberries, red currants) and continue cooking until the juices start to run. Don't overcook. Remove from the heat.

Line a 1.5 litre glass or china bowl with the bread, overlapping slightly and pressing the edges of the slices together. Pour in the fruit. Cover the top with more bread to completely enclose. Press down using the flat of your hand; juice should start to seep up through the bread.

Place the filled bowl on a large plate. Then place a smaller plate on top, small enough to allow it to sink within the bowl. Place a weight of 3 pounds on top of the small plate and leave in the fridge overnight.

The next day there will be likely be juice on the large plate or in the bowl on top of the small plate. Reserve this juice. Remove the weight and plate, run a knife around the bowl. Turn the pudding out onto a serving dish, pour the excess juice on top and serve with cream or vanilla yogurt.

Sea Buckthorn Berries

Ravenstoft Farm

Sea buckthorn is a hardy, deciduous shrub bearing bright yellow to orange fruit, used as food and medicine for centuries in China, Mongolia and Tibet. It was introduced to Canada 50 years ago because it is drought tolerant, grows from -40° to $+40^{\circ}$ C, and fixes nitrogen in the soil. Its high levels of protein, vitamin C, flavonoids and antioxidants make it a standout both nutritionally and medicinally.

Judy Stockdale writes:

This fruit is a high acid fruit and, like citrus fruits, doesn't do well cooked in pies or other desserts. However, it is wonderful as a juice. The berries freeze well, and I juice them with a worm gear type juicer throughout the winter.

In addition to sea buckthorn, I also grow black currants, purple juice grapes and elderberries, and steam juice them all. I freeze the juice in ice cube trays, then store them in the freezer in zip locked bags, ready to be used daily. We call it our 'Jolt,' and it meant that following the 100 mile diet was a breeze. No worries about not getting adequate Vitamin C!

Did You Know?

Sea buckthorn is planted extensively in China for the purposes of preventing soil erosion, as it withstands severe weather and grows huge root systems in poor soil.

The leaves of this plant are used for tea, and the oils in the seed, juice and pulp residue are high in unsaturated healthy fats.

Promising research is underway to determine the medicinal effects of sea buckthorn juice and seed oil (in cancer therapy, cardiovascular disease, gastric ulcers, liver function, and burn treatment).

GRAPES

There are over 5000 varieties of grapes, including crimson, black, dark blue, yellow, green and pink. "White" grapes are actually green in colour. Botanically, they are all actually large berries, and grow in clusters ranging from 6 to 300!

Because wild yeast often occurs on the skin of grapes, picked grapes may ferment naturally, which led to the invention of wine. Over 95% of the grapes grown in B.C. are for wine. Some grape juice production is used for canning fruit "with no added sugar" because of its natural sweetness. Certain varieties are dried to produce raisins and currants.

Seedless grapes are the most popular for eating fresh. Since grapevines are vegetatively propagated by cuttings, the lack of seeds is not a problem for reproduction. However, most 'seedless' grapes have vestigial seeds that may be very tiny or quite large.

The Summerland Research Centre developed the Sovereign Coronation grape by crossing native North American varieties Patricia and Himrod. Other good Okanagan varieties are Glenora (blue), Vanessa (reddish), Einset (pink) and Interlaken (green).

Grapes are good sources of Vitamins C and K, as well as certain antioxidants, especially in the skin of red and purple grapes. The seeds can be a source of grape seed oil, a very healthy oil full of vitamin E and polyunsaturated fats.

Serving Suggestions

- Store grapes unwashed in a perforated plastic bag in the refrigerator.
- Green grapes pair well with soft cheeses for a refreshing appetizer.
- Grapes can be eaten out of hand, in fruit salads, as part of cheese trays, as toppings for tarts or cheesecake, or made into jelly or jam.
- Grapes make a tasty and attractive garnish if they are dipped in beaten egg whites and granulated sugar, and then chilled until set.

Tappen Valley Growers say:

We are always eating on the run and like things simple. Grapes that have been rinsed, de-stemmed and frozen in bags make great winter snacks as they do not turn mushy when thawed like some berries do. I always throw a handful under my hot porridge in the morning..

Did You Know?

It takes about 2 1/2 pounds of grapes to produce a bottle of wine.

Grapes consist of about 80% of water; raisins (dried grapes), 15%.

MELONS

The name “melon” sometimes refers to all the fleshy vine-growing fruits, including cucumbers, gourds, squashes and pumpkins. All have large yellow or white flowers that are unisexual, with male and female flowers being separate. This article will just deal with the melons we consider fruit. Classifying them is quite a challenge, due in part to the vast number of varieties, but also because they are “promiscuous” and will breed with each other to form hybrids. They are often characterized as either having netted skin or smooth skin (rind). However, some smooth rind melons have bumps and ridges, so melons may be grouped into three classes: netted, non-netted smooth, and non-netted rough.

The flesh of melons varies from red to shades of orange to green and white. The netted varieties (such as muskmelon/cantaloupe) tend to be more nutritious and have more intense flavour than the non-netted varieties (such as honeydew).

Melons have no starch reserves, so they do not ripen much after picking. They should be left on the vine until they detach naturally. When they are ripe, there is a good clean break between the melon and the stem. Leaving a melon at room temperature for a few days will allow the flesh to become softer but only a few varieties actually ripen further.

Muskmelons (*Cucumis melo 'reticulatus'*) are commonly called cantaloupes here. However, no true cantaloupes are actually grown commercially in North America, only muskmelons. Cantaloupes (*Cucumis melo 'cantaloupensis'*) are a rough warty fruit grown in France, while muskmelons have the characteristic netting on the rind.

Honey dew are a popular melon with a smooth skin and crisp, pale green flesh.

Charentais (shar-en-TAY) melons have either a smooth or slightly netted gray-green rind with slight, dark green furrows. A scrumptious dessert melon, its juicy orange flesh offers a complex, intense sweet flavour and a rich, flowery aroma.

Did You Know?

When Moses led the Israelites out of Egypt, they complained about no longer having melons to eat (or cucumbers, leeks and garlic). The melons grown in Egypt at that time were only the size of our oranges today.

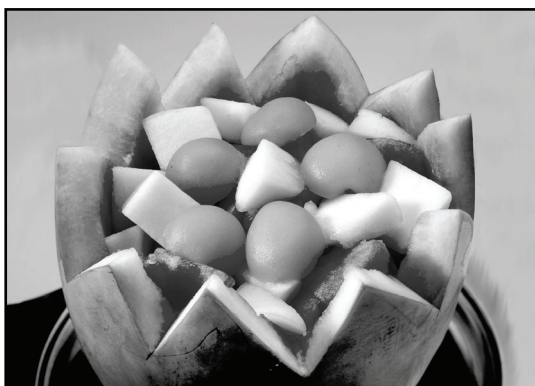
Watermelons were held in such high esteem in Egypt that they were often placed in the tombs of kings.

Handling & Storage

- Be sure to wash the outside of melons thoroughly before cutting, as soil on the rind can be carried from the knife into the flesh.
- Most melons should be served at room temperature to enjoy the full flavour. Watermelons are the exception; they taste best very cold.

Serving Suggestions

- Eat watermelon with feta cheese as they do in Egypt and Israel. Add a little sliced red onion and finely chopped mint or basil, if you wish.
- For a delicious August breakfast, cube two colours of melon, sprinkle with granola and top with plain or vanilla yogurt.
- The sweet juiciness of melons makes them delicious with salty, spicy things. Serve melon slices draped in prosciutto or thinly sliced ham.
- For a Mexican flavour, sprinkle melon with lime juice and chili powder.
- In Asian countries, watermelon seeds are roasted and seasoned and eaten as a snack food.
- The apparently “inedible” watermelon rind can be marinated, pickled, or candied.
- For a delicious dessert and beautiful presentation, cut a melon in half, remove contents with a melon baller, and fill the shell with cubes and balls from a variety of fruits (see photo).



Rosemary-Infused Watermelon Lemonade *allrecipes.com*

2 cups water
3/4 cup white sugar
1 sprig rosemary, leaves
stripped and chopped

2 cups lemon juice
12 cups cubed, seeded watermelon
8 cups ice cubes

Bring the water and sugar to a boil in a small saucepan over high heat. Stir in the rosemary, and set aside to steep for 1 hour.

Place half of the lemon juice and half of the watermelon in a blender. Strain the rosemary syrup through a mesh strainer into the blender. Cover and purée until smooth. Strain into a pitcher, then purée the remaining lemon juice and watermelon and combine. Chill. Stir the lemonade before serving over ice.

PEACHES

Brymac Farm

Probably the most popular of the soft fruits, peaches are abundant in the Okanagan from late July until early September. There are many varieties, ranging from “cling stone” to “semi-free” and “free-stone” varieties. While the earlier season cling stone and semi-free stone varieties have more flavour, the later season free-stones are far easier to process as the fruit just falls away from the pit if picked close to ripeness.

Two popular peach varieties are the Red Havens and Fair Havens. The Reds are a semi-free stone peach, fairly large in size, with very flavourful orangey red flesh. The Fair Havens are a traditional, free-stone peach. They are lighter in skin and flesh colour and must be handled gently to avoid bruising.

Handling & Storage

- Leave peaches for a day or two post picking before processing in order for the skin and pit to be removed easily.
- Blanching (short soaking in boiling water) is a technique used to remove the skin; however, blanching is not necessary if the peaches are free-stone and ripe. Skins then come off easily with a knife.
- Peaches may be stored in the fridge to prolong freshness.
- For smoothies in the winter, peel and quarter peaches and place them in freezer bags in the freezer.
- For delicious snacks, dry peach and nectarine slices in a dehydrator.

Nectarines

- Most flavourful at room temperature, this juicy fruit offers a succulent sweet taste that is pure heaven. No need to peel.
- Touch, not skin colour, is the sign of a ripe nectarine. Gently squeeze the fruit. When fruit gives in to a little pressure, it is ready to eat.
- To speed up ripening, place fruit in a paper bag.
- Nectarine chunks are delicious in fruit salads.
- Add them to flavour ice cream, yogurt, pies, quick breads, tarts and cakes.
- Use as a healthy topping for cereal, pancakes, or waffles.

Did You Know?

The lovely nectarine is one of the oldest of all fruits and is believed to be native to China. The nectarine is a genetic variant of the common peach and is not a cross between a peach and a plum, as some believe.

If a peach is left on the tree too long, it will become stringy.

Fruit Smoothie

Simply in Season

Purée 2 cups fruit such as peaches, nectarines, berries, melon in a blender.

Add: 1 1/2 cups plain yogurt and 1 cup milk and 2 - 4 Tbsp honey or sugar, to taste. Blend until smooth. Very refreshing!

Peach Salsa (mild version) Leila Ward and Pilgrims' Produce
Wonderful with garden burgers or meat dishes.

8 cups skinned, chopped peaches	1 Tbsp cumin
2 cups chopped sweet onion	1 tsp salt
6 cloves garlic, minced	1/2 cup vinegar
3 jalapeño peppers	1 cup chopped fresh cilantro
1 cup sweet peppers, mixed colours	1 cup sugar
	1 Tbsp lemon juice

Mix in large heavy pot and boil it down to reduce the liquid. Fill sterilized jars within 1/4 inch of top; add lids; process 10 minutes in boiling water bath. Makes 4 pints.

Heavenly Baked Peaches

recipes.sparkpeople.com

1 15 oz. can peach halves, drained, or 3-4 fresh peaches, halved
2 Tbsp flour
2 Tbsp brown sugar
1/2 tsp cinnamon
3 Tbsp oats

Preheat oven to 375° F.

Mix together flour, brown sugar, oats and cinnamon.

Mix with peaches in a small baking dish. Bake 30 minutes.

Steve's Chicken Peach Salad

bigoven.com

2 whole chicken breasts, cooked, cubed	1 stalk celery, chopped
2 medium peaches, sliced	1/2 cup pecans or wal-
5 Tbsp poppy seed dressing (bottled)	nuts, chopped
1 head Butter lettuce	8 cherry tomatoes

Mix cooked chicken breast, peaches, pecans, celery with poppy seed dressing. Refrigerate.

When ready to serve, arrange salad on bed of Butter lettuce. Garnish with nuts and cherry tomatoes.

PEARS

McCoubrey Farms

The exact origin of the “gift of the gods”, as Homer described pears, is uncertain. European pears likely originated in the Middle East, while Asian pears were mentioned in Chinese literature as early as 5000 BC.

There are over 2500 varieties of pears around the world, the most common commercial varieties in British Columbia being Bartlett, Bosc and d’Anjou. Some consumers have a low opinion of pears, stemming from lack of success in the proper ripening of the fruit. Pears are best picked green and ripened off the tree, to avoid a woody, coarse texture developing in the fruit.

Pears come in a variety of colours – yellow, green, brown, red, or a combination. The flesh is white, juicy and sweet when ripe, and contains distinctive “stone cells” that give pears their characteristic gritty feel.

Healthy antioxidants in pears increase as the pear ripens, so eating very ripe pears is best for health reasons as well as taste. Ripening is usually indicated by a colour change. One way to test for ripeness is to pull on the stem. If it comes out with little pressure, the pear is likely ripe; if it resists coming out, it’s not ready!

Did You Know?

The wood from pear trees is prized for the manufacture of high quality woodwind instruments.

Handling & Storage

- Cut pears will oxidize and turn brownish quickly, as apples do, so squeezing some orange, lemon or lime juice on them will prevent this.
- Bartlett and Bosc pears can be ripened within 2 weeks of harvest by storing them at room temperature in a paper bag, to maintain relatively high humidity while allowing excess moisture to escape. The storage life of both varieties can be extended by up to 2 months at temperatures of 0° – 2° C. They will still require a week or two at room temperature when brought out of cold storage.
- D’Anjou pears are best kept in cold storage for a minimum of 6-8 weeks before bringing them out to ripen at room temperature, again using the paper bag to prevent shriveling as they ripen. With adequate cold storage, d’Anjou pears can be stored for 4-5 months, emerging in late winter to be eaten fresh, or paired with cheese or chocolate.

Delicious Pear Cream

Country Kitchen Collection

Combine in blender: 1 cup cashews or blanched almonds, 1/4 tsp salt, 1 tsp vanilla, 1 Tbsp honey. Drain a quart of canned pears. Add juice and blend. Slowly add pears until thick. Chill and serve on cereal, cobblers or fruit salads.

Pear Milk Shake Serves 2.

bigoven.com

- 1 cup plain yogurt, drained
- 2 Bartlett pears, peeled and cut in chunks
- 4 tsp maple syrup
- 1/2 tsp almond extract
- 1/2 cup milk

Place the pears, almond extract, and maple syrup in a double boiler. Cover and cook for 8 minutes, or until the pear is very tender. Refrigerate until well chilled. Place the milk, the pear mixture, and the yogurt in a blender. Process until smooth.

Bosc and Cabbage Salad Serves 4.

cdkitchen.com

- | | |
|---|-----------------------------|
| 2 cups finely shredded green cabbage | 1/4 cup olive oil |
| 1/2 cup carrot, finely shredded | 2 Tbsp lemon juice |
| 1/2 cup green or yellow pepper, julienned | 1 Tbsp sugar |
| 2 Tbsp sweet onion, thinly sliced | 1/4 tsp salt |
| | 2 Bosc ripe pears (divided) |

Combine cabbage, carrot, peppers and onion; toss. Combine oil, lemon juice, sugar and salt; mix until sugar dissolves. Pour over vegetables; mix well. Cover and refrigerate at least 2 to 4 hours. Core and dice 1 pear, add to cabbage mixture and toss. Serve on 4 plates. Quarter and core remaining pear. Slice each quarter 4 times; fan slices to garnish the salads.



A humble grower is dwarfed by the quality of the pears.

PLUMS

Maw's Orchard and Pilgrims' Produce

Plum fruit tastes sweet and tart; the skin may be particularly tart. Dried plums are also known as prunes as if 'prune' signified merely a dried plum; however, prunes are a distinct type of plum, and may have predated the fruits that we know commonly as plums. Prunes contain several anti-oxidants and are often used to help regulate the functioning of the digestive system.

Plums come in a wide variety of colours and sizes. Mixed hybrids are descendants of plums from more than fifteen different wild species. About 20 varieties are grown commercially in Canada, mainly Japanese and European. Deliciously tender and juicy, they are just plum good!

The **Italian Prune Plum** is a sweet Freestone, an attractive purple colour that offers a sweet, delicious green-amber flesh. This is the most common in our region and the most versatile as it can be eaten fresh or dried, frozen, poached or baked.

Elephant Heart Plums are so named because they are heart-shaped with mottled dark skin, and the rich, firm flesh is blood red and very juicy! It offers an extremely sweet flavour. These plums are clingstone fruits. Because of their delicate skin, they are commonly found at farmers' markets rather than supermarkets.

Damson plums are a small plum variety that has an acidic skin. Because of their tart flavour, they make particularly excellent jellies and jams.

Other tasty Okanagan plums include Early Golden, Santa Rosa, and Black Amber.

Did You Know?

The **Greengage** plum from England is known as the reine-claude in France. It was named after the famously fat Queen Claude who was fond of plums. The legend says it was named for her because the plum reminded her courtiers of her royal backside, deeply cleft from stem to stern.

Japanese varieties actually originated in China and were introduced into Japan some 300 years ago and later brought to the United States.

Handling & Storage

- To store plums, keep at room temperature until ripe.
- Refrigerate ripe fruit to preserve sweetness and quality.
- Italian plums dry well; cut in halves or quarters, and place on a dehydrator.

Serving Suggestions

- Add to fruit salads or chicken salads.
- Flavour enhancers include cinnamon, cardamom and nutmeg.
- To stew plums: mix 1/3 cup sugar with 2/3 cup water, 1 Tbsp fresh lemon juice & 1 cinnamon stick. Boil. Add 1-2 lb fresh ripe plums, cut in half, pits removed. Boil 3 minutes; chill. Serve for breakfast or dessert.

Plum Kuchen

Serves 10-12

Maw's Orchard

1/4 cup softened butter	1 tsp grated lemon peel
3/4 cup sugar	2 cups sliced fresh plums
2 eggs	1/2 cup packed brown sugar
1 cup whole wheat flour	1 tsp cinnamon
1 tsp baking powder	1 tsp almond flavouring (<i>optional</i>)
1/4 cup milk	Almonds (<i>optional</i>)

In a mixing bowl cream sugar, butter & beat in eggs. Combine flour and baking powder; add to creamed mixture alternately with milk. Add lemon peel. Pour into greased 10 inch spring form pan. Arrange plums on top, overlapping slices. Gently press into batter. Sprinkle with brown sugar and cinnamon. Sprinkle almond flavouring and almonds on top if desired for something different. Bake at 350° F for 40-50 minutes.

You can substitute fresh pears or apples instead of plums.

Fruit Platz

Serves 8-10.

Simply in Season

A traditional Russian Mennonite dessert.

Combine:

1 cup unbleached flour, 1/2 cup whole wheat pastry flour, 2 tsp baking powder, and 1/4 tsp salt.

Add 1/2 cup butter or oil and mix until crumbly. Add 1/2 cup milk. Mix with fork until a ball of soft dough forms. Press into 9 x 13 inch pan.

Prepare 4 cups assorted fruits, cut into large chunks: plums, sweet cherries, peaches, apricots, nectarines, gooseberries, blueberries, raspberries. Mix with 1/2 cup sugar or more, depending on the sweetness of the fruit.

Combine topping:

3/4 cup brown sugar
3/4 cup wholewheat or spelt flour
1 Tbsp butter
1 tsp cinnamon (optional) and/or 1/2 tsp nutmeg (optional)

Spread over fruit. Bake in preheated oven at 375° F for 35-45 minutes. Best served the day made. May use frozen fruits if well drained.

RASPBERRIES

Pilgrims' Produce

Raspberries are in the family of Brambles, along with blackberries, boysenberries and mulberries. They are soft and somewhat tart, with intensely flavoured juice. They come in many colours -- red, black, purple and gold. The distinguishing difference between the raspberry and the blackberry in the *Rubus* genus is the hollow core that is created in the raspberry when separated from the plant.

Raspberries are extremely high in nutrients, especially antioxidants. Data reported in the Archives of Ophthalmology in 2004 indicate that eating 3 or more servings of fruit per day may lower your risk of age-related macular degeneration, the primary cause of vision loss in older adults, by 36%. So eat those delicious berries!

Did You Know?

In Yorkshire, England, raspberry vinegar was once served with Yorkshire pudding, before the meat.

An individual raspberry is made up of around 100 drupelets, each consisting of a juicy pulp and a single central seed.

To produce large berries and a plentiful crop, raspberries must be pollinated by insects.

The golden raspberry is both eye-catching and delicious. It has a milder flavour than the red raspberry. It offers a creamy flavour that some describe as a blend of banana, apricot and raspberry.

It is said that this golden variety, often an orange colour and sometimes called the "salmon" berry, is so named because Native Americans loved to eat it with salmon roe.

The **black raspberry** offers a rich sweet taste. Quite firm and not overly juicy, its texture is somewhat thicker compared to the red raspberry. Being more acidic, it is especially excellent for cooking.

Handling & Storage

- Do not wash raspberries until just before serving, if at all. If needed, rinse gently in a colander and drain on paper towels.
- Because of their high liquid content and thin membranes, raspberries are fragile and very perishable. Use as soon as possible for optimum flavour and texture.
- To store, place in a single layer between paper towels on a tray; refrigerate.
- To freeze: place berries in a single layer on a tray; freeze. Place frozen berries in plastic bags or covered containers; keep frozen. They taste as good as fresh if you eat them just as they've barely thawed!

Serving Suggestions

- Toss raspberries into mixed green salads for great flavour and colour.
- Serve with plain or vanilla yogurt, drizzle with a little melted chocolate.
- Add puréed fruit to white vinegar and drizzle over fruit, vegetables or salad greens.
- Use for a succulent filling for tarts, mixed berry pies or cobblers.

Raspberry Juice

Eagle Rock Berry Farm

Place 10 pounds raspberries in large steamer and steam at least 40 minutes. Makes about 2 litres concentrate. Bottle or freeze. Serve diluted 3 parts water to 1 part raspberry concentrate and add sugar to taste.

Fresh Raspberry Cake

Eagle Rock Berry Farm

Mix well:

- 1/2 cup butter
- 1 cup sugar
- 2 eggs
- 1/2 tsp vanilla

Separately combine:

- 1 cup whole wheat flour
- 1 cup unbleached flour
- 1 tsp baking soda
- 1 1/2 tsp. baking powder
- 1/4 tsp salt

Mix dry and liquid ingredients. Then add 1 cup either sour cream or yogurt. Gently fold in 1 cup fresh raspberries. Batter will be thick.

Spread in greased 7" x 11" or 9" x 9" pyrex dish. Bake at 350° F for 35 to 40 minutes.

Delicious served warm as is or topped with more fresh raspberries and whipped cream for a festive occasion.

Fresh Raspberry Coulis

foodnetwork.ca Pilgrims' Produce

A great sauce over poached pears

- 2 pints (4 cups) raspberries, fresh or frozen
- 1/2 cup sugar (or to taste)
- 2 Tbsp fresh lemon juice
- 1 tsp grated lemon rind

In the bowl of a food processor, place raspberries, sugar, lemon juice and rind. Blend until puréed.

Place a fine-meshed strainer over a bowl. Pour the berry mixture through the strainer to remove the seeds, pressing down with a spoon to force the fruit and juices through.

Transfer to a non-reactive container, cover, and refrigerate until ready to serve. The purée will keep well for several days.

RHUBARB

Since ancient times, rhubarb has been prized for its unique tart taste. Technically a vegetable in the buckwheat family, it is usually considered a fruit, since it is used in the same way as fruits – in jams, sauces, tarts and pies. Only the stalks may be eaten, as the leaves contain high levels of oxalic acid in concentrations that can damage the kidneys. Rhubarb stalks vary in colour from red to green.

When rhubarb was available only from China, the expense of transportation made the cost prohibitive to medieval Europeans – in fact, rhubarb was more expensive than opium, cinnamon or saffron! Originally used for its perceived medicinal value (e.g. as a laxative), various uses for different parts of the rhubarb plant continue to be proclaimed: for cleaning pots and pans, as a hair dye, or an insecticide!

Rhubarb is a perennial that is easy to grow in Canada, as it needs cold winter temperatures (below 4° C) to break dormancy and stimulate spring growth.

Handling & Storage

- To store, place stalks in plastic bag; refrigerate. Use within 4 days for optimum quality.
- Rhubarb freezes well: simply cut clean stalks into 1/2" pieces, pack in airtight containers and place in freezer.

Serving Suggestions

- The simplest way to prepare rhubarb is to cut the stalks in one-inch pieces or smaller; let 4 cups sit 15 minutes in a heavy non-aluminum pot with 1/2 cup honey. Then heat slowly over low heat just to boiling point. Add dash of cinnamon, cover, and let cool.
- Serve as a sassy sauce for meats and poultry.
- If rhubarb is mixed with other fruits, less sweetener is required. Strawberries, apples and pears make tasty stew-mates.
- Add raisins, ground ginger or cinnamon.
- Make delicious pies and jams with rhubarb alone or in combination with other fruits such as raspberries.

Did You Know?

Although rhubarb leaves are poisonous, it is safe to put them into your compost, where the toxic oxalic acid in the leaves deteriorates quickly, so the acid level of the compost balances out.

The colour of rhubarb is not always a good indication of sweetness. People generally prefer bright red stalks because they are beautiful and often are sweeter; however, taste varies with the variety and the growing conditions.

Rhubarb Crunch

Fieldstone Organics

Crumb mixture: Mix together:

- 2/3 cup spelt flour
- 1 1/3 cups spelt flakes
- 1 tsp cinnamon
- 1/2 cup brown sugar

Cut in 1/2 cup butter until mixture resembles coarse bread crumbs.

Put 1/2 mixture over bottom of greased 9 x 9" pan.

Filling: Mix together:

- 1 egg
- 1 cup sour cream
- 1 cup sugar
- 3 Tbsp cornstarch
- 1/2 tsp cinnamon

Blend well. Add 3 cups rhubarb, cut in 1/2 inch pieces.

Spread this filling over crumbs and sprinkle with remaining crumbs.

Bake at 325° F about 55 to 60 minutes. Serve with cream or ice cream.

Rhubarb Surprise

modified from dnagardens.com

First Layer:

- 1/2 cup butter
- 2 cups flour (half can be whole wheat)
- 2 Tbsp sugar

Press into 9" x 13" pan.

Bake 10 minutes at 350° F.

2nd Layer:

- 5 cups finely chopped rhubarb
- 5 egg yolks
- 1 1/2 cups sugar
- 4 Tbsp flour
- 1 cup of milk or cream

Mix together and pour over baked crust.

Bake at 350° F for 40-50 minutes.

3rd Layer:

- 5 egg whites
- 1/2 cup sugar; 2 tsp vanilla
- Finely chopped walnuts or hazelnuts

Beat egg whites & sugar. Add vanilla.

Put on top of rhubarb custard. Sprinkle with finely chopped nuts. Bake at 350° F until light brown, 12 to 15 minutes.



STRAWBERRIES

Golden Ears Farm

Strawberries are a wonderful source of vitamin C and antioxidants. The word “strawberry” doesn’t refer to the straw mulch sometimes put around the plants. Instead, it comes from the word “to strew” or “to spread” in reference to its growth habit of sending out tendril-like runners.

At Golden Ears Farm we have been growing berries for over 40 years. Workers come and camp out late spring to early summer, waking early to pick the berries before the sun warms the fruit. Sometimes the ugliest strawberries are the most flavourful, like the Shuksan variety.

Strawberries are best when picked ripe and not over-watered. Imported berries are picked before their flavour reached their peak, so stock up on local berries in season! When ripe and grown well, strawberries are an amazing fruit that will make you obsessed with preserving the bounty to savour all winter long.

Did You Know?

Madame Tallien, a woman in the court of Napoleon, would add up to 22 pounds of strawberries to her bath because of the perceived effects of strawberry juice on the skin.

Some country dwellers in Bavaria still practice the spring ritual of tying a small basket of wild strawberries to the horns of their cattle, in the belief that elves favoured the fruit, and would grant them healthy calves and a good milk yield.

Handling & Storage

- Refrigerate your berries when you bring them home; try to eat or process them within two days.
- Always wash before removing the hull, as nutrient loss occurs if done in reverse.
- Freeze your berries by placing them washed, hulled, patted dry, on a cookie sheet. When frozen, put into zip bags and keep up to one year.

Serving Suggestions

- Eat strawberries fresh, add to salads and smoothies; freeze, jam, or can them.
- Layer sliced strawberries and whole blueberries with yogurt in a wine glass to make a parfait dessert. Sprinkle granola on top.
- Mix chopped strawberries with cinnamon, lemon juice and maple syrup and serve as a topping for waffles and pancakes.

- Blend strawberries with a little bit of orange juice; strain out seeds. Use as a refreshing coulis sauce that goes well with almost anything!
- Add strawberries to breakfast shakes to give them a more vibrant taste and texture.

Strawberry Sun Preserves

Golden Ears Farm

Harnessing the power of the sun makes this recipe 'beyond special'.

Other fruit may be substituted.

- 4 cups fresh strawberries, washed, hulled, sliced
- 1 cup mild flavoured honey

Combine the fruit and honey in a pot. Bring to a boil, stirring constantly. Pour mixture into shallow (not aluminum) trays, about 1" thick. Secure plastic wrap over the top, but leave a corner open about 2" for ventilation. Pans can also be wrapped in cheese-cloth. Place in full sun and stir every 6 hours. Watch for rain! When the jam is thick enough, place in jars and refrigerate.

If you don't have long, hot, sunny days, you can use an oven. Follow the instructions until you pour into pans. Instead of covering them, leave the pans open and place in an oven on "warm". It takes 12-24 hours for the consistency you want.

Macerated Strawberries with Honey, Balsamic Gastrique & Mint

This sauce makes a wonderful topping to any cake or ice cream. The balsamic gastrique is an Italian digestive aid, relieving heartburn. It can become a great salad dressing by leaving out the mint and honey and instead adding olive oil and salt.

Golden Ears Farm

Balsamic Gastrique

Mix equal parts balsamic vinegar and sugar. Simmer together until the syrup coats the back of a spoon. If too thick, add a bit of water. Put in a container for later use; it doesn't need to be refrigerated.

It's great for quick salad dressings, drizzling on top of pizza or focaccia and added to tomato sauce.

Macerated Strawberries

- 1 quart fresh strawberries, washed, hulled
- 2 Tbsp balsamic gastrique (see above)
- 1/4 cup mint leaves, stemmed, sliced thinly (stack the leaves on top of each other and roll like a cigar, then slice thinly)
- 2 Tbsp local honey

Combine all ingredients in a bowl and mash together with a potato masher or fork. Let sit and macerate for at least 10 minutes.

Grains, Legumes, Nuts & Seeds



spelt crop



oat flakes



barley



rye



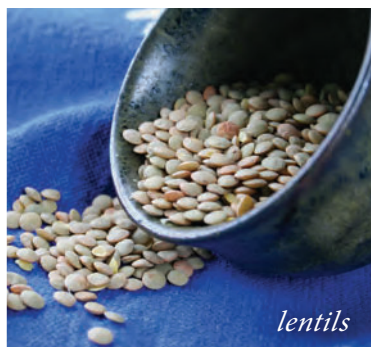
walnuts



sunflower



buckwheat



lentils

Grains, Legumes, Nuts and Seeds

This section includes foods that have size, texture and nutrition in common but the classification is somewhat arbitrary. Grains are actually seeds, and nuts are seeds as well--though sometimes fruits! And legumes, which include peas and beans (see Vegetables), also include lentils, which are seeds!

Legumes are included here rather than under Vegetables because they need soaking and cooking similar to grains, and they are much higher in protein than most other plants. Dried beans are a very healthy protein choice but are not discussed in this book only because we are not aware of any local growers.

All grains, legumes, nuts and seeds contain healthy oils and provide excellent non-animal sources of omega-3 fatty acids. They are also good sources of healthy carbohydrates, protein, fibre, vitamins and minerals.

	Page
Grains & Legumes.	66
Local Grains	67
Sprouting.	72
Nuts & Seeds.	74
Chestnuts	75
Flaxseeds	76
Hazelnuts	77
Sunflower Seeds.	79
Walnuts.	81

Bread deals with living things, with giving life, with growth, with the seed, the grain that nurtures. It is not coincidence that we say bread is the staff of life.

Lionel Poilane

GRAINS and LEGUMES

Fieldstone Organics fieldstoneorganics.ca

Grains and legumes are wonderful sources of essential fatty acids, protein, enzymes, minerals, fibre and antioxidants. Most whole grains have a protective outer layer called the hull. When this outer layer is removed, the nutritional value remains intact. Grinding and flaking, however, exposes grain kernel oils to the air so nutritional deterioration begins. When grains are milled into white flour or pastry flour, the outer layer of bran and germ are removed, significantly reducing the grain's nutritional value. Refined grains such as white flour or part whole wheat contain only the endosperm, resulting in 25% to 90% fewer nutrients.

For some grains, such as oats, even dehulling starts nutritional deterioration if not used within six months. Spelt, however, is an exception and can be kept dehulled for years.

The Heart and Stroke Foundation states that eating more foods with whole grains has been shown to help decrease cholesterol levels, blood pressure and blood clotting. Higher intakes may also improve blood sugar control and lower the risk of diabetes and heart disease. Enjoying plenty of whole grain foods further promotes a healthy weight.

Canadian laws do not require the whole grain to be used in products labeled "whole wheat". To be sure you are getting the whole grain, look for the wording "*whole grain whole wheat flour including the germ.*"

Important Storage Tip: During the 1800s, it was discovered that if the bran and germ of the grain was milled away, the resulting flour wouldn't spoil. Whole grains contain fats, enzymes, minerals and antioxidants that our bodies need, but these cause spoilage at room temperature. *So keep whole grains in a cool place and keep all whole grain flours in the fridge or freezer and use as soon as possi-*

Cooking Tips

Whole grains and whole-grain flours will produce heavier dishes but they are much more nutritious than processed foods. If whole grains are new to you, begin by substituting half of the white flour in your recipe with whole grains or flours and soon you will enjoy the flavour and texture.

Cooking instructions vary between grains and desired consistency. In general, whole grains need to be rinsed and then cooked one hour. Use twice the amount of water to grain for a firm texture; up to three times water to grain for a softer result. In general, try to keep your heat low since heat does destroy nutrients.

To Soak or Not to Soak?

Traditionally, grains were soaked before cooking to neutralize the phytates, which were believed to bind up the grain's iron so it wasn't absorbed by the body. Current research shows that phytates are valuable antioxidants and that soaking is unnecessary since North Americans can get adequate iron from other sources. To decrease the cooking time, we recommend soaking for all the chewy grains (hulled barley, brown rice, whole oats, whole wheat, rye, and kamut) but not for quinoa, millet or buckwheat. Soak large grains two or more hours; brown rice, half an hour before cooking.

When cooking large amounts of grain, baking is an excellent method, but cooking grains on the stovetop until the water is absorbed works well too. Because grains vary from batch to batch, always check your grain for doneness when the liquid has been absorbed. If it is too firm, just add some hot water and put it back on low. When done, take the pot off the heat and let it steam, covered, for about 10 minutes.

Local Grains

Fieldstone Organics

The North Okanagan/Shuswap region of British Columbia specializes in ancient grains such as Einkorn, Emmer, Khorasan and Spelt; however, wheats like Hard Red Spring & Durum, Rye and Barley also grow well here. Flax and Buckwheat as well as Lentils (Green, Black, French Green) offer exceptional crop rotation options in addition to providing locally grown food.

Barley has the lowest glycemic index of any grain, making it a great alternative for people with diabetes because of its slow burning energy. (Fieldstone Organics hulls local organic barley, which is usually hard to find.) Barley can be added to winter soups or stew. It can also be part of a flaked breakfast as long as it is rinsed with water and dried prior to flaking. *Pearled* barley has had one third of the grain removed, thus is less nutritious

Buckwheat is not related to wheat or any grain. It's related to rhubarb and sorrel! It is best to first toast it (firming the kernel and increasing its nutty flavour), then rinse quickly and cook in water. Over-cooking will yield a polenta-type consistency. Pre-toasted buckwheat can be purchased in stores as kasha.

Oats contain more soluble fibre than other grains, helping to lower cholesterol. It can be eaten raw or cooked in cereals or baking.

Rye contains a kind of carbohydrate that satisfies hunger and keeps bread soft and fresh longer. This makes rye kernels a great choice for chilled salads, and can be substituted into any whole grain recipe.

Spelt is a high-protein wheat with low gluten content, but is not gluten free.

Triticale is a cross between wheat and rye. It is high in protein.

Wheat: Hard red spring wheat (HRSW), is the baker's choice for whole grain and sprouted wheat breads, known for its consistent quality. **Common white wheat** is primarily used for cakes and cookies due to its light texture and lower gluten content.

Green lentils are low in fat, and are good sources of protein, starch, iron, calcium, minerals and have 31% fibre. *Health* magazine has selected lentils as one of the five healthiest foods. Lentils are often mixed with grains such as rice, which results in a complete protein dish. They are one of the best vegetable sources of iron.

Whole grains can be purchased locally from

Fieldstone Organics on Schubert Road in Spallumcheen

- *Nature's Fare Market Stores* in the region
- *Roger's Mill Store* on Larkin X Rd near Armstrong
- *Shuswap Health Food Store* in Salmon Arm
- *Askews Foods*

If the grain's origin is not marked, ask the vendor. For example, organic flax is grown and sold locally but is also commonly imported from China.

Serving Suggestions

- Housewives in India add a little minced ginger and a few fresh spinach leaves to their lentils to make them creamy.
- For a very nutritious breakfast, flake 2 Tbsp golden flax combined with about 1/3 cup freshly flaked oat kernels. Eat raw. Top with Saskatoon berries and organic yogurt or milk. For a softer cereal, cover the mixture with warm water and let stand for 5 minutes before adding fruit and dairy.
- Fresh flaked organic flax can be used in place of wheat germ.

Breakfast Porridge for 2

modified, Nourishing Traditions

For best assimilation, soak porridge grains overnight.

In a bowl, combine 1 cup rolled or cracked oats, spelt or rye with 1 cup warm water plus 2 Tbsp yogurt, whey or buttermilk. Let sit 7 to 24 hours. In the morning bring one cup water to boil in saucepan with 1/2 tsp sea salt. Add soaked oats, reduce heat immediately, cover and cook over low heat. Meanwhile, (optional) grind 1 Tbsp flax seeds in mini grinder. Remove porridge from heat, stir in flax and let stand a few minutes. Serve with cream or butter and a little honey or maple syrup.

Spelt and Roasted Squash Salad

Fieldstone Organics

2 cups dried spelt kernels	1/4 cup cider vinegar
Kosher salt and black pepper	1 Tbsp maple syrup
3 pounds winter squash, peeled, cut into 1/2-inch cubes	1/2 tsp Dijon mustard
2 Tbsp plus 1/4 cup organic canola oil, divided	1/2 cup dried cranberries
1 shallot, minced	1/2 cup roasted, salted pump- kin seeds or toasted pine nuts
	1 tsp dried thyme

Preheat oven to 375° F. In a medium saucepan, combine spelt, a pinch of salt and 5-6 cups of water. Bring to a boil, then reduce heat to medium-low and simmer, uncovered, for 50 minutes to 1 hour, until spelt is tender but still a little chewy. Drain in a colander; set aside.

Meanwhile, place cubed squash on a sheet pan (cover with parchment paper for easier cleanup). Drizzle with 2 Tbsp of oil and sprinkle with salt and pepper. Using your hands or a spatula, toss squash to evenly coat it with oil. Place in oven and cook 50 minutes.

Remove squash from heat, sprinkle with minced shallot and use a spatula to combine and to turn squash pieces over. Cook an additional 15 minutes in oven, until squash is soft and starting to brown. Do not allow squash to get crispy. Remove from oven; cool on pan 10 minutes. In a small bowl, combine cider vinegar, maple syrup and Dijon mustard. Whisking constantly, drizzle in remaining 1/4 cup oil.

In a large bowl, combine cooked spelt, roasted squash, dried cranberries, pumpkin seeds and thyme. Drizzle with vinaigrette; combine well. Season to taste. Serve slightly warm, at room temperature, or chilled. This can be stored in the refrigerator for up to 2 days.

Simple Spelt Bread (2 handmade loaves)

Quail's Farm

Mix: 9 1/4 cups spelt flour
3 1/2 cups water
2 1/2 tsp Celtic sea salt (3 1/4 tsp, if using regular sea salt)
1 Tbsp dry yeast

Knead about 15 minutes or until elastic. Cover with damp towel or piece of plastic and let dough rise until 1 and 1/2 times bigger. Punch down and let rise again as above. Form 2 loaves and place in greased bread pans. Let rise until about 1/2 inch above pans. Bake in preheated 350° F oven about 45 minutes or until nicely brown. Remove from pans while hot and let cool on a rack.

For bread machine: Use a scant 2 cups water, 4 1/2 cups flour, 1 1/2 tsp sea salt and 1/2 Tbsp bread machine yeast.

Goat Cheese Spelt Biscuits

Fieldstone Organics

1&1/4 cups organic all-purpose flour	1/2 tsp salt
3/4 cup organic spelt flour	1/2 cup cold butter, cubed
1 Tbsp baking powder	3/4 cup milk
1 tsp sugar	3/4 cup crumbled goat or cow feta cheese

In large bowl, whisk together flours, baking powder, sugar and salt. Using pastry blender or 2 knives, cut in butter until crumbly. Pour all but 1 Tbsp of the milk over top; sprinkle with goat cheese. Stir with fork to form soft, ragged dough.

On lightly floured surface and with floured hands, knead dough gently to come together. Pat or roll out to 1/2 inch thickness. Using floured 2 & 1/2 inch round cutter, cut out biscuits, pressing scraps for final biscuit. Place on parchment-lined or flour-dusted baking tray.

Brush tops with remaining milk. Bake at 400° F oven until golden, 18 - 20 minutes. Transfer to cooling rack. Makes about 15 tasty biscuits.

Whole Grain, Arugula, Vegetable Salad Pilgrims' Produce

1/3 cup hulled barley	1 cup diced tomato or halved cherry tomatoes
1/3 cup rye berries or spelt kernels	1/2 cup thinly sliced red onion
1/3 cup wheat berries (bulgur)	1 cup chopped arugula
1 tsp salt	Optional: yellow summer squash, diced, sautéed lightly
1 cup diced cucumber or yellow sweet pepper	1 cup crumbled feta cheese

Dressing:

1/4 cup cider vinegar	1/2 cup olive oil
1/4 cup minced dill	Salt and pepper
4 cloves garlic, minced	

Bring 3 cups of water to a boil. Add the whole grains and salt. Bring the water back to a boil, then reduce heat and cook, stirring occasionally, until tender, 45-60 minutes. Drain, transfer to a bowl, and set aside.

Meanwhile, make the dressing: Whisk together the vinegar, dill, and garlic. While whisking, drizzle in the oil to make a smooth dressing. Season to taste with salt and pepper.

Chop the vegetables and add with feta cheese to the room temperature grains. Toss the salad with the dressing and serve. *Serves 4.*

Garden Burgers

Modified from *What's Cooking America*

Lentils and hazelnuts make an excellent garden burger. Freeze extras.

2 cups dry lentils	2 eggs
1 medium onion, finely chopped	1 cup finely chopped, roasted hazelnuts or walnuts
1 cup whole grain bread crumbs	1/2 teaspoon dried thyme, crushed
1 Tbsp chopped fresh parsley	1 teaspoon dried basil, crushed
	1 & 1/2 teaspoon salt
	Pepper to taste

Cook lentils 25 minutes in 5 cups water with 2 bay leaves; drain; cool.

Combine all ingredients. Using a 1/4 or 1/3 cup measure, make burger-sized patties, flattening a little in the pan. If too moist, dredge lightly with flour before cooking. Makes 14 to 20 patties, depending on the size.

Spray a large frying pan or griddle with vegetable oil and heat to medium-high. Cook patties a few at a time, flipping when brown. For best results, wipe out frying pan and add new oil for each new batch. Remove from heat and drain on paper towels.

Serve in buns with a salad.

Creamy Lentil Dip

Fieldstone Organics

1/2 cup dried lentils	2 to 3 tablespoons dry white wine
2 to 3 cups fresh filtered or spring water	1/2 cup low-fat sour cream
1 & 1/2 cup vegetable broth	1/4 cup minced celery
	1/4 cup minced sweet red bell pepper

Make lentil purée first:

Rinse lentils, then soak in filtered water overnight. Drain and discard water. In medium saucepan combine lentils and broth. Bring to a boil over medium heat. Cover, reduce heat to low and cook 25 to 30 minutes, until very tender. Drain lentils and refrigerate remaining broth for another use. Using blender, purée half the lentils with the wine. Add remaining lentils and continue to purée until a smooth, thick paste forms. If too thick, add a little extra wine. Refrigerate until ready to use.

To make dip: Use one cup lentil purée. Reserve remaining purée for another time. Mix sour cream, celery and bell pepper to purée. Refrigerate until ready to use. Serve with tortilla chips or pita bread strips.

Lentil Pilaf

Cliffe Farms

1 cup green lentils	2 stalks celery or zucchini, diced
2 cups vegetable stock	4 green onions, thinly sliced
3 bay leaves	1 cup canned chopped tomatoes & juice
2 Tbsp organic canola oil	1 Tbsp lemon juice
1/2 red pepper, finely chopped	Salt and pepper to taste
1 carrot, thinly sliced	

Rinse lentils well and cook with vegetable stock and bay leaves until tender (*al dente*; don't allow lentils to become mushy). Drain and rinse; discard bay leaves and return to sauce pan. Sauté the vegetables in oil 3-5 minutes until tender crisp. Add sautéed vegetables and tomatoes to the cooked lentils. Stir in lemon juice, season to taste and heat through.

Sprouting

Afke Zonderland

Sprouting is a quick, easy, inexpensive way to have a steady supply of fresh greens throughout the year. Sprouts are full of vitamins, minerals and protein in its most digestible form. The living enzymes in sprouts facilitate easy digestion and provide maximum absorption.

- **Equipment needed:** a wide mouth mason jar, a wire mesh (window screening) cut to fit into a canning jar ring, and seeds of your choice.
- **Soaking:** Put seeds in a jar and cover mouth with mesh. Rinse seeds or grains several times. Fill jar half full with spring water. See chart for soaking times.
- **Draining:** Rinse seeds after the seed specific soaking time and drain off the water. Let the seeds rest and tilt the jar at an angle in the sink or on a dish rack, making sure the seeds can breathe.
- **Rinsing:** Rinse and drain twice a day for 3 to 5 days. Use lukewarm water and be sure that the sprouts are continually drained. Lack of oxygen and a puddle of water in the bottom of the jar will lead to molding. Rinsing is to make sure that the sprouts are kept moist.
- Stack the sprouting jars at an angle in the second sink (or a wash basin with a slanted rack on the counter) and drape a towel over them during the daytime for the first two days.
- Uncover the sprouts a day or two before you are ready to harvest them so that they can manufacture chlorophyll and look healthy. This is a good time to place the sprouts in a large bowl filled with water. Swoosh the sprouts around with your hands and skim off the hulls that drift to the top. Discard unsprouted seeds to prevent early spoilage. Thoroughly drain washed sprouts and place in a glass jar in the fridge.

Grains need quite a long soaking time, but sprout very quickly and taste the sweetest when the tails are no longer than the mother grain. Sunflower sprouts are full alive after a 4 hour soaking and a day of sprouting; they become bitter if left to grow longer than 1/8 inch.

Rinse all 2 x per day:

Type of Seed	Amount per Quart Jar	Soaking Time (hours)
Buckwheat	1 cup	8 - 12
groats	2 Tbsp	6
Clover seeds	1 cup	12
Chick peas	3/4 cup	8 - 12
Lentils	1/2 cup	12
Mung beans	3 Tbsp	6
Mustard seeds	1 1/2 cup	8 - 12
Oat groats	2 cups	8
Peas	1 1/2 cups	8
Pumpkin seeds	1/3 cup	4 - 8
Quinoa	3 Tbsp	4 - 8
Radish seeds	1 cup	12
Rye berries	2 cups	4 - 6
Sesame seeds	3/4 cup	8
Soybeans	1 1/2 cups	4 - 8
Sunflower seeds	1 cup	2 - 6
Wheat berries		

Sprouted Sunflower Seed Pâté

Afke Zonderland

3 cups sunflower seeds, soaked 4 hours, sprouted 1 day
1 cup almonds, soaked 8 hours
1/2 cup lemon juice
Celtic sea salt or tamari to taste.
2 cloves garlic (or more)

Amounts of nuts and seeds given for recipes are always 'before soaking'.

Put all ingredients in food processor and blend. This is your basic pâté, which freezes well. Add vegetables of your choice to create a variety of delicious sandwich fillings, or a dip for crackers or vegetable sticks.

Sundried tomatoes and fresh basil are great. Process and blend until you have the required consistency. You can also add red pepper, onion, or cauliflower. Create different flavours with curry powder, coriander, cayenne pepper or add olives or ground flax seeds.

The pâté continues to develop flavour and keeps for about a week.
Yield: 6 cups.

NUTS & SEEDS

Nuts are technically seeds, but most of us don't think of them as one and the same. For our purposes, nuts are the larger, denser, edible seeds; seeds are the smaller ones that require considerably more work to eat in their natural state.

Because the seeds of reproduction must be protected, grains, legumes, and edible seeds have toxins and other defense mechanisms to dissuade animals from consuming them. The toxins in edible seeds are in lower quantities, but can trouble sensitive stomachs. To avoid this, you should soak and/or roast your seeds.

Commercial roasting operations use high temperatures. The Weston Price Foundation recommends dehydrating seeds at ultra-low temperatures (no more than 160° F). Some sources recommend buying raw seeds and soaking them before roasting/dehydrating them. That way, you'll eliminate any toxins present while also avoiding heat oxidation. In any case, soaked, dried seeds and nuts actually taste better than raw!

To sum up, seeds are good in moderation. Except for flax seeds, their balance of omega-3 fats to 6's isn't the best. But they are a good snack if mixed with some nuts, a little bittersweet dark chocolate, and some dried fruit for your next excursion.

Also known as pepitas, **pumpkin and squash seeds** are big players in Mexican cuisine and make excellent snacks. Their slightly sweet flavour goes well with a light dusting of sea salt, and roasting enhances their nuttiness. To avoid oxidizing their polyunsaturated fats, gather your seeds directly from the pumpkins or squash and roast them yourself, keeping the heat 'low and slow'.

All **nuts**, properly prepared, are very nutritious foods. As *Nourishing Traditions* explains, nuts are easier to digest and their nutrients are more readily available if they are first soaked in salt water overnight, then dried in a dehydrator or an oven on its lowest setting.

Only seeds and nuts that grow in our region of British Columbia are featured in this book, but many others (sesame seeds, almonds, pecans, cashews, etc.) are also good choices for snacks or baking.

Chestnuts

Chestnuts are the hard-shelled fruit of the chestnut tree, a relative of the oak and beech. They should not be confused with horse chestnuts, which are unrelated and not edible. Nor are they related to water chestnuts. The starchy cream-colored, rich, crisp flesh of the chestnut offers a gentle sweetness that is irresistible.

The actual nut is contained in a spiny (very sharp) covering called a burr, which may contain 1-7 nuts, depending on the variety. Like popcorn, a chestnut is a closed shell with moisture trapped inside. When heated, the moisture can forcefully pop the nut open. When cooking chestnuts, you must always slit the shell first to allow the steam pressure to escape. Otherwise the nut will burst with a small explosion!

Handling & Storage

Because of their high water content, chestnuts react as fresh fruits, not as nuts. The chestnut also has a high carbohydrate content - more like a potato than most common (high fat) nuts. So they should be kept cool at all times, stored in the refrigerator in a plastic bag.



Serving Suggestions

- The fruit can be peeled and eaten raw, but it is somewhat astringent. Usually chestnuts are cooked, and have the consistency of potatoes when boiled or roasted.
- Make a small slit on the side of each nut with a paring knife. Place nuts in a single layer on a cookie sheet and roast at 400° F about 1/2 hour. Shake pan occasionally. Sample before taking out, as chestnuts vary.
- If you will use the nuts chopped or puréed, there is no need to "cut the X". A more efficient method in the home kitchen is to cut each nut in half using a large, heavy knife. Place the halves in a pan of boiling water and cook for 8 minutes. Remove from the pan and place in a container of ice water with ice cubes. This chills them immediately and helps release the hull and pellicle (skin) from the nut. Now remove the hull with a small paring knife and peel off the pellicle.
- Chestnuts can be used to stuff vegetables and poultry.
- Their tasty crunch is a lovely addition to salads.
- Dried, ground chestnuts make a flour that can be used in bread making, as a cereal substitute, coffee substitute, or a thickener in soups.

- Preserved in syrup, sugar and spices, chestnuts make a tasty "sweetmeat".
- See some great recipes at www.chestnutsonline.com/recipes.htm

Flaxseeds

The warm, earthy and subtly nutty flavour of flaxseeds combined with an abundance of omega-3 fatty acids makes these seeds an increasingly popular addition to the diets of many a health conscious consumer. Research indicates flax seeds have strong potential for lowering cholesterol and guarding against certain cancers.

Flaxseeds are slightly larger than sesame seeds and have a hard shell that is smooth and shiny. Their colour ranges from deep amber to reddish brown depending upon the variety. The nutritional value of brown and golden flaxseeds is similar. While whole flaxseeds feature a soft crunch, they usually pass right through the body unless they are ground. Flaxseed sprouts have a slightly spicy flavour.

Handling & Storage

- Whole flaxseeds should be stored in an airtight container in a dark, dry, cool place, where they will keep fresh for several months.
- Grind flaxseeds in a coffee or seed grinder just before using in order to enhance digestibility and therefore their nutritional value.
- Once flaxseeds are ground, they must be kept in a tightly sealed container in the fridge or freezer to prevent them from becoming rancid. Just grind a small amount at a time.
- Flaxseed oil is especially perishable and should be purchased in opaque bottles that have been kept refrigerated.

Did You Know?

In parts of medieval Europe, chestnuts were used as substitutes for flour and cereal grains. It was the original ingredient for polenta.

Roman soldiers were given chestnut porridge before entering battle.

Did You Know?

Fibres extracted from the flax plant are used to make linen fabrics such as damask, lace, and sheeting. Coarser fibres are made into twine and rope.

Flaxseed oil is a good source of omega 3 fatty acids which we need for good health, but it must not be heated.

Oil extracted from flax seeds is known as linseed oil when used in hair gel, skin lotions, paints and solvents.

Serving Suggestions

- If adding ground flaxseeds to a cooked cereal or grain dish, do so at the end of cooking since the soluble fibre in the flaxseeds can thicken liquids if left too long.
- Vegans take note: one tablespoon of ground flax seeds and three tablespoons of water may serve as a replacement for one egg in baking - binding the other ingredients together.
- Sprinkle ground flaxseeds onto your hot or cold cereal, or add to your breakfast shake.
- Add flaxseeds to your homemade muffin, cookie or bread recipes.
- To give cooked vegetables a nuttier flavour, sprinkle on ground flaxseeds.
- Add a tablespoon of flaxseed oil to smoothies.

Hazelnuts

Greenstone Farm

Anyone who has enjoyed “pralines & cream” ice cream, or the chocolate-nut spread called *Nutella*, or chocolate truffles, has enjoyed hazelnuts. Hazelnuts are the fruit of the hazel tree. A filbert is a species of hazelnut, and the terms can be used interchangeably. Hazelnuts are roughly spherical or oval nuts with a hard outer shell, approximately an inch in diameter.

During the 20th century, breeding projects were aimed at producing northern hardy trees. J.U. Gellatly of Kelowna, B.C. was one of the breeders who crossed European bush hazels and tree filberts with native hazels. Hazelnuts are cultivated in several locations in British Columbia, but wild hazelnuts, much smaller, grow throughout most of the province.

Hazelnuts have been ranked as one of the most nutritious nuts because they supply significant amounts of protein and fibre, vitamin E, B vitamins, iron, zinc, calcium, magnesium, manganese and potassium. Their fats, phytochemicals and folate help to reduce risk factors for cancer and heart disease.

- Hazelnut oil is highly prized for its delicate flavour.
- Hazelnut flour or meal can be used for baked items.
- Hazelnut ‘butter’ is a nutritious spread for crackers, toast, or bagels.
- Toasted hazelnuts make good toppers for baked goods.

Handling & Storage

Hazelnuts can be sealed in plastic containers or bags, both in the shell or shelled. They can be stored in the refrigerator for one year, in the freezer for two years. After storage, allow nuts to warm up without opening the container before using.

Did You Know?

Turkey is the main producer of hazelnuts in the world, but the nuts they produce have small kernels. The main area of production in North America is Oregon.

The name “filbert” is probably from St. Philbert’s feast day, which occurred in England during late August when the nuts were harvested.

A manuscript found in China from the year 2838 B.C. listed the hazelnut among the five sacred nourishments God bestowed on human beings.

About 1800 years ago, a Greek physician, Dioscorides, made an ointment from burnt hazelnut shells and suet and smeared it on balding heads in the hope that hair would reappear.

Serving Suggestions

- Hazelnuts are delicious eaten right out of the shell. They have a sweet taste and a creamy texture. But they really shine when they are roasted. The flavour then turns smoky and robust and the texture is crisp and crunchy.
- When making pesto, substitute toasted hazelnuts for pine nuts or walnuts.
- Roasted hazelnuts are especially tasty when used in desserts with berries and chocolate. They seem to have a special affinity for raspberries, but do try cobblers of pear, cherry and blackberry with a hazelnut cover.
- Try a green salad with pears and hazelnuts or with spinach and beets.

Dessert Balls *(A raw food snack)*

Greenstone Farm

Process 1 cup hazelnuts or walnuts in blender. Add to blender: 3 fresh dates (if dried, soak in water first to plump up), 3 dried apricots, and 2 tsp carob powder. Roll into balls and coat with sesame seeds, carob powder, or fine coconut. Makes 10 to 12 small balls. They keep well in the fridge.

Roasted Hazelnuts *for snacks or baking* *Simply in Season*

Oven: Spread shelled hazelnuts in a single layer in a shallow pan and roast at 275° F until the skins crack, 20-30 minutes. To remove the skins, place warm nuts in a rough cloth and rub between your hands.

Stovetop hazels: Place shelled hazelnuts in a single layer in a heavy, dry skillet. Cook over medium heat, shaking frequently, until fragrant and lightly coloured, 4 minutes or less.

Green Salad with Autumn Fruit

Simply in Season

Toss together in a medium bowl:

1 or 2 pears or tart apples, thinly sliced

2 Tbsp lemon juice

Add 8 cups torn lettuce or mixed greens to fruit. Then add any of the following:

1/3 cup crumbled or shredded cheese (feta, Gouda, blue)

1/2 cup dried cranberries

1/2 cup hazelnuts or walnuts, chopped and toasted

Dress with favourite vinaigrette, or shake together in jar with a tight lid:

1/3 cup olive oil

1 Tbsp Dijon mustard

1 Tbsp lemon juice

1 Tbsp sugar

1/2 tsp salt and 1/4 tsp pepper, or to taste

Sunflower Seeds

Looking for a health-promoting snack? Enjoy a handful of mild, nutty sunflower seeds with their firm but tender texture to take care of your hunger and get a wealth of nutrition at the same time. They are a good source of vitamin E and B1 as well as many minerals including selenium.

Sunflower seeds are the gift of the beautiful sunflower, which has rays of bright yellow petals emanating from its seed-studded centre. Their taste is oftentimes compared to sunchokes, a member of the same family. If the husk is solid black, the seeds are best used for oil or birdseed. The black and white striped husks are the ones usually eaten by humans. Only the inner kernel is edible.

Handling & Storage

- If you want to remove the shells from sunflower seeds, there are easier ways than by hand or with your teeth! The quickest way is to grind them in a seed mill or electric mixer (pulse on and off for a few seconds) and then place them briefly in cold water, where the shells will float to the top and can be skimmed off with a slotted spoon.
- Since sunflower seeds have a high fat content and are prone to rancidity, it is best to store them in an airtight container in the refrigerator or freezer.

Did You Know?

Native Americans not only used sunflower seeds as a food and an oil source, but also used the flowers, roots and stems for medicinal purposes. They also used the petals as a yellow dye pigment.

Sunflower oil is often processed into margarine.

Serving Suggestions

- Add sunflower seeds to your tuna, chicken or turkey salads.
- Garnish mixed green salads with toasted sunflower seeds.
- Add sunflower seeds to scrambled eggs for a unique taste and texture.
- Use finely ground sunflower seeds to dust your meats in place of flour.
- Sprinkle sunflower seeds onto hot and cold cereals.
- The seeds can also be sprouted and eaten in salads.

Sunflower Seed Pâté

Shelly Chvala

1 cup sunflower seeds, ground	2 Tbsp soy sauce
1/2 cup kamut or amaranth flour	1 1/4 cups water
1/2 cup nutritional yeast	3 cloves garlic, minced
2 tsp dried parsley	1 cup onions, finely chopped
1 tsp each dried basil & thyme	1 cup grated potato, unpeeled
1/2 tsp dried sage	1/3 cup extra virgin olive oil
1 tsp sea salt	

Preheat oven to 350° F. Lightly grease a 9 inch pie plate. In a bowl, mix ground seeds with dry seasonings. In small bowl, blend water, garlic & soy sauce. Add with onions to dry ingredients. Mix well. Rinse finely grated potato with water to remove excess starch & squeeze dry. Stir into mixture with oil. Scoop mixture into pie plate and bake 45 minutes, until nicely browned. Let cool 2 hours then chill thoroughly. Store in fridge or freezer. *A wonderful pâté for crackers or a spread for sandwiches.*

Serves 8

Walnuts

Cedarstein Farm

Walnuts belong to many different species in the genus *Juglans*, large deciduous trees. They are sources of edible nuts, and also hardwood after they have matured for 30-50 years. The most common species grown for nuts, *Juglans regia*, originated in Persia (now Iran). It is now widely cultivated world wide. Walnut trees produce quite well in the Okanagan but are sometimes affected by too short a growing season. The nuts ripen in October and fall from the trees out of their green skin, revealing their brown woody shell. They need to be thoroughly dried after being collected.

Walnuts are an excellent source of omega-3 fatty acids, a healthy fat that is good for cardiovascular health.

Serving Suggestions

- The nuts can be eaten raw, added to salads, or used in baking.
- Try mixing crushed walnuts into plain yogurt with a little maple syrup.
- Add toasted walnuts to sautéed vegetables.
- Make zucchini walnut bread, carrot walnut muffins or apple walnut pancakes.
- Add walnuts to your favourite poultry stuffing, or include in homemade granola.
- To preserve the healthy oils, roast nuts gently in a 170° F oven for 15-20 minutes.

Handling & Storage

- Due to their high fat content, walnuts are extremely perishable.
- Shelled walnuts should be stored in an airtight container and placed in the refrigerator, where they will keep for six months, or in the freezer, where they will last for one year.
- Unshelled walnuts should be stored in the fridge or a cool, dry, dark place where they will stay fresh for six months.

Did You Know?

The Latin name for walnut comes from “Jupiter’s acorn” meaning a nut fit for a god.

Walnut trees release a substance called juglone that inhibits the growth of other plants. It is therefore difficult to grow other plants in close proximity to walnut trees.

Walnuts are a favourite food of squirrels, mice, and beavers. So don’t wait too long to harvest them, or your furry neighbours will beat you to it!

Walnut Maple Cookies

Cedarstein Farm

2 1/2 cups ground walnuts	1/3 cup carob or chocolate chips
2/3 cup whole wheat flour	
1/2 tsp salt	1/2 cup maple syrup
1/3 cup ground flax seed	2 tsp pure vanilla

Mix all together and drop by spoonful on cookie sheet; flatten a little and bake 10 -15 minutes at 350° F until golden. Be careful not to burn them.

Swiss Walnut Torte

Cedarstein Farm

For pastry:

2 1/2 cups flour (1 cup can be whole wheat)	1 egg
7/8 cup sugar	Dash salt
	3/4 cup butter

Mix with your hands and knead into a ball; let sit in the fridge for 30 min.

For filling:

2 Tbsp butter
1 1/2 cup sugar (can be reduced if you like)
2 cups coarsely chopped walnuts
1 cup cream

Melt the butter; while stirring, add the sugar. Keep heating and stirring until golden. Add the walnuts and cream and bring to a boil twice (bring it to a boil, take it off the heat to stop bubbling then put it back on and bring it back to bubbling once more). Let cool down.

Now take the pastry dough and roll 2/3 of it on a floured surface, then put into a spring form pan to cover the sides and bottom. Pour in the filling. Roll the last 1/3 of dough on floured surface and cover the filling with it, pressing down on the sides to close it. You can brush it with egg yolk if you like. Poke a few holes with a fork. Bake at 350° F for 30-40 minutes. Let cool and then take out of pan. It is best to leave it for a few days in a tin or tinfoil. *Make this to celebrate the walnut harvest with some guests!*

Maple Walnut Scones

Simply in Season

2 cups whole wheat flour	1 tsp salt
1 cup unbleached flour	2/3 cup chilled butter
1 cup walnuts, finely chopped	1 cup milk
4 tsp baking powder	1/2 cup maple syrup.

Combine flours, walnuts, baking powder, salt. Cut in butter. Stir in milk and maple syrup. Work into a soft dough; kneading about 5 times. Roll out 1/2 inch thick about a 7-inch round. Cut into 12 wedges and place on a greased baking sheet. Bake in preheated 425° F oven until golden, about 17-20 minutes. Serve immediately.

Meat, Eggs & Fish

eggs from free-range hens



feeding the chickens



pregnant ewes



frozen salmon in Vernon!



bison



turkey



Highland cow and calf

MEAT, EGGS & FISH

This section in the book includes foods from animal sources that are excellent sources of protein. By definition, proteins are molecules made up of strings of amino acids, which are made of nitrogen, carbon, hydrogen and oxygen. There are 22 different amino acids, and human bodies can manufacture only 14 of these. The eight we cannot synthesize are called “essential amino acids” since they must be obtained from our food. Amino acids are needed to build and repair our enzymes, hormones, muscles and tendons.

Animal protein is “complete” in the sense that it contains all eight essential amino acids. Therefore it’s an easy way to fulfill all our protein needs. There is no value to eating additional protein to “bulk up” or build more muscle. Protein deficiency is virtually unknown in Canada. In fact, overconsumption of protein can lead to calcium loss from the bones and an increased risk of osteoporosis, as well as put a strain on the kidneys. Therefore, filling only 1/4 of your plate with a protein source is a good guideline (see Eating for Real Health).

What meat you eat should be from animals raised humanely and in the way it was intended; you may pay more but you won’t overeat, and you’ll help your own health as well as the environment.

	Page
Beef	86
Bison	88
Chicken	90
Eggs	92
Lamb	94
Rabbit	96
Salmon & Trout	97
Turkey	98

You don't have to cook fancy or complicated masterpieces - just good food from fresh ingredients. Julia Child

Grass-fed BEEF

Vale Farms

For those of you who would like to add healthy protein into your diet, here are some thoughts on organic 100% grass-fed beef.

Yes, every calf spends some of its life on a pasture. But as soon as it gets weaned from the mother, it typically heads into a feedlot. An organically raised calf will then eat organic grain, will not be given any hormones, nor will it come in contact with pesticides. However, the 100% **grass-fed** calf will spend all of its life outdoors, eat organic hay in the winter and live on organic pastures right up to the end of its life.

Grass-fed meat is higher in omega-3s (essential fatty acids), and vitamins A & E; and it has a significantly lower presence of the *E. coli* O157:H7 strain.

The cow's manure becomes an intricate part of an organic farm, but does not accumulate to pollute water ways. Cows utilize marginal range and grasslands, and no high fuel input genetically-modified corn production is required.

Oh, and the taste! It is very flavourful, leaner than grain-finished meat and has a denser texture.

Most of the carbon footprint with conventional beef comes from growing the grain to feed them. Read TIME's article which argues that grass-fed beef may actually be carbon neutral. www.time.com/time/magazine/article/0,9171,1953692,00.html

Cooking Tips

- **For grass-fed meat:** turn down the heat; high temperatures can cook the fat and moisture out of grass-fed meats quickly and make them tough. Turning down your cooking temperature will keep your meats moist and flavourful.
- **For all meats**, not just grass-fed: learn when to use dry heat cooking methods (like a BBQ) and when to use moist-heat methods (braising or slow cooking). With the right cooking method, any meat can be turned into a mouth watering dish!



Photo: Kathryn Zietsma

Serving Suggestions

- Sauté thin slices of steak with onions, garlic, fresh basil, lemongrass and chili peppers for a southeast Asian inspired meal.
- Skewer cubes of beef with your favorite vegetables, brush with a little olive oil and grill.
- Serve thinly sliced cooked tenderloin on toasted whole wheat French bread, and enjoy these open faced sandwiches topped with roasted peppers and onions.
- Coat steaks with crushed peppercorns before cooking to create the classic dish, steak *au poivre*.

Flambeau Roast

The Grassfed Gourmet Vale Farms

Here's a delicious way to enjoy some of the otherwise tougher cuts of beef. This recipe calls for significantly less liquid than a traditional pot roast, so the resulting broth is rich and flavourful. Serves 4 to 6

2 tsp coarse salt
1 tsp freshly ground black pepper
2 1/2 to 3 lbs roast (cross-rib, rib or sirloin tip)
2 Tbsp olive oil
1 onion, coarsely chopped
2 cloves garlic, coarsely chopped
1 shallot, finely chopped
1/2 to 2/3 cup good brandy
Fresh herb bouquet of thyme, rosemary, and a bay leaf (or 1 dried bay leaf and 1 tsp of each dried thyme and rosemary)

Did You Know?

Domestication of cattle occurred around 8000 BC, and some of the earliest cave drawings show the ancestors of today's cattle being hunted.

The hamburger made its debut at the St. Louis World's Fair in 1904. Café owner F. Davis of Athens, Texas, described his early burger as a classic, greasy burger served on just-out-of-the-oven slices of bread and garnished with mayonnaise, sliced onion and pickles.

Heat oven to 225° F. Rub the salt and pepper into the roast. Heat oil in a dutch oven, and brown the roast on all sides. When browning is almost complete, add the onion, garlic, and chopped shallot. Continue cooking until the onions are translucent.

Remove the roast from the heat. Add the brandy, and immediately light the roast with a match. Allow the fire to burn out on its own, then add the herbs.

Cover; place back on medium heat until the meat begins to sizzle. Roast the meat, covered, in the oven, until tender (2-3 hours). Slice. Spoon sauce over meat when serving.

BISON

The Canadian Bison Association

Bison is a healthy, flavourful meat. It is lower in calories, cholesterol and fat than other red meats. "Omega 3 fats are critical for good health. Bison meat mirrors these high ratios and as a result is the most beneficial of commercially available meats." (Ray Audette, author of *Neanderthin*.)

The North American Buffalo belongs to the same family as domestic cattle; it is not a true buffalo but a relative of the European Bison or Wisent and the Canadian Woods Bison, *not* the Cape Buffalo or Water Buffalo. Because our history books called them buffalo, both terms are acceptable today.

Handling & Storage

- Bison should be stored in the coldest part of your fridge.
- If you will not be cooking the meat within 3-5 days, freeze it.
- Never keep ground meat (without freezing) for more than two days.

Cooking Tips

- Because it has less fat, bison will cook more quickly than other red meats. On average, it takes a third less time to cook than other red meats. Use lower cooking temperatures because bison is extra-lean. Because of its intense, rich flavour, you may be satisfied with slightly smaller portions and need fewer seasonings.
- Bison steaks taste great when cooked to medium. Cook steaks in a sauce to be tender and juicy. Do not overcook.
- Pre-formed patties dry quickly when grilling. The thicker the bison patty, the juicier it will be. Bison burger is foolproof when added to recipes such as chili or meat loaf. There will be very little shrinkage.

Did You Know?

In 1800 there were an estimated 60 million bison in North America; by 1899 there were less than 1000 left.

The Americanization of ancient dietary laws took a giant leap recently when a firm in South Dakota added buffalo meat to the kosher menu. They called buffalo "the first new meat for Jews in 5,763 years."

The American Heart Association has included bison as a lean meat option in their *Eating Plan for Healthy Americans*. They stated that buffalo meat is "very low in fat, saturated fat, cholesterol and sodium."

Serving Suggestions

- Use in any recipe calling for beef but it may cook more quickly .
- Bison makes a rich, robust stew, or a hearty stir-fry.
- For bison burgers, since bison has a sweeter, richer flavour than beef, use strong cheeses such as provolone, gouda, or extra sharp cheddar.

Warm Bison & Spinach Salad

2 Tbsp olive oil	1 Tbsp wine vinegar
1 lb. boneless top sirloin bison steak	2 tsp Dijon mustard
1 1/2 cups sliced red onion	1/4 tsp sugar
2 cloves garlic, minced	6 cups lightly packed, torn, fresh spinach
1/2 tsp dried rosemary	

In nonstick skillet, heat half the oil over medium heat. Sprinkle both sides of steak with pinch of salt and pepper; cook about 4 minutes per side for medium. Remove to plate; tent with foil and let stand 5 minutes.

Add onion, garlic, rosemary and 1/4 tsp. salt to pan; cook over medium heat, stirring occasionally, 4 minutes or until onion is softened.

Meanwhile, in a serving bowl, whisk together remaining oil, vinegar, mustard and sugar. Add onion mixture and spinach; toss to coat. Arrange thin slices of steak over top. Serves four.

Basic Bison Chili

2 cups dry kidney beans, soaked overnight in 1 quart of water	1 28 oz. can diced plum tomatoes
1 Tbsp. canola oil	1 14 oz. can tomato sauce
1 cup chopped onion	1 small can tomato paste
1 small green pepper	2 or 3 Tbsp chili powder
1/2 cup diced celery	1 bay leaf and 1 tsp oregano
1 lb. ground bison	1/2 tsp each salt and basil
2 tsp minced garlic clove	1 jalapeño pepper, finely chopped

Pour off soaking water from beans (to reduce flatulence) and add water to an inch above the beans. Bring to boil; reduce heat and cook until beans are tender-firm, 30-40 minutes. Drain & set aside.

Meanwhile, put oil in large pot. Over medium-high heat, sauté onion, green pepper and celery 3 minutes, until onion begins to soften. Add bison. Stir and cook until bison is completely brown. Stir in remaining ingredients until mixture boils, then reduce to simmer. Cook 30 minutes, stirring. Add cooked beans and cook 15 minutes or until tender. Remove bay leaf. Flavour improves if refrigerated overnight & reheated.

CHICKEN

“Compared to conventional chickens, pastured whole chickens have significantly higher levels of Vitamin A, fewer calories, fewer calories from fat, higher omega-3 fatty acids, lower cholesterol, lower sodium, and a more ideal omega-3 to omega-6 fatty acid balance.”

Andrea Gunner, Rosebank Farms

Chicken meat is a good source of protein, amino acids, niacin, vitamin B6, iron, and zinc. In addition, chicken meat is lower in fat than many sources of protein, with only 2.1 grams of fat in a 100 gram (3 1/2 ounce) serving of roasted chicken breast, skin removed.

Contrary to popular belief, in Canada, chickens raised for meat (known as “broilers”) are not raised in battery cages and subjected to the living conditions of most egg-producing chickens (known as “layers”). Broilers are always free to run in the barn, albeit often in minimal space per bird at full size. They do not have their beaks trimmed. Likewise, it has been illegal to supply growth hormones or steroids to Canadian poultry since the 1960's. The belief that chickens are fed hormones is a very common misconception, which is completely erroneous in Canada.

There are a number of cage-free alternatives in Canada poultry. The most common terms are free-run, free-range, and pastured:

Free-run: chickens that are kept indoors in large barns. All broilers in Canada live in at least this condition.

Free-range: chickens that have some access to the outside, depending on the weather.

Pastured poultry are raised in a variety of situations, such as moveable pens, that allow them to move about freely with a choice of forage and have a choice of shelter and protection from predators. Fresh forage can make up 15-20% of their diet.

The term “**organic**” chicken or eggs refers to the chicken's food source, which does not contain chemicals or additives. It does not necessarily define the conditions under which the bird lives. However, usually organic chickens are raised more humanely than non-organic.

Serving Suggestions

- Pieces of grilled chicken added to a romaine salad are a great way to add some protein to a fresh summer salad.

- Chopped pieces of cooked chicken mixed with veggies and salsa and wrapped in a tortilla makes a simple lunch. Or stuff pita pockets with a similar mixture.
- Bake chicken in a mixture of honey, prepared mustard, curry powder and salt for a delicious, simple-to-prepare meal.
- Chicken salad can be prepared numerous ways and can be served for lunch or dinner. Try combining the cooked chicken with fresh lemon juice and olive oil, and mix in garden peas, leeks, almonds or raisins.
- For a quick meal with an Asian flair, sauté chopped chicken breast with your favourite vegetables. Add tamari, sesame seeds, ginger, garlic and/or the seasonings of your choice.
- Add pieces of diced chicken breast to white bean chili.

Chicken Piccata for Two

Rosebank Farms

Our family's favourite dish, especially when served with orzo mixed with garlic butter and parsley. Quick, easy and delicious! Easily doubled.

One large skinless, boneless chicken breast (3/4 lb), halved lengthwise
1 Tbsp unsalted butter
1 Tbsp vegetable oil
2 Tbsp unbleached flour

Salt and pepper to taste
2 Tbsp dry white wine (optional)
4 lemon slices
1 Tbsp drained bottled capers

Halve the chicken pieces horizontally with a sharp knife and flatten them slightly between sheets of wax paper. Dredge lightly in seasoned flour and set aside.

In a large heavy skillet heat 1 tablespoon of the butter and the oil over moderately high heat until the foam subsides; lower the heat to moderate and then cook the chicken pieces, for 3-4 minutes on one side. Turn the pieces over and place two slices of lemon on top of each piece and cook an additional 3-4 minutes or until they are cooked through. Add the white wine (if using) and the capers (essential). Bring the pan to a boil for 1 minute and then adjust seasoning to taste.



EGGS

Eggs have provided mankind with high-quality protein and fat-soluble vitamins for millennia so it is good to see health practitioners are again encouraging moderate consumption of eggs. Eggs provide high quality protein, in fact, all the essential amino acids required by the human body. Many cultures recognize that eggs are a brain food and encourage pregnant and nursing mothers to eat them frequently. Eggs are an excellent source of vitamins B, A and D as well as providing good fatty acids which play a vital role in the development of the nervous system.

Unfortunately, some eggs found in supermarkets are from battery-raised, grain-fed chickens. (See CHICKEN, page 90). It is worth paying more for eggs from hens allowed to graze on green pasture and bugs, or fed flax or fish meal, because then the eggs have nearly equal amounts of omega-6 and omega-3 fatty acids, a favourable balance for the body. Eggs from hens in crowded conditions have far more omega-6's, which are over-supplied in the typical Canadian diet. Also, important long unsaturated fatty acids necessary for brain development are in pastured chickens but almost absent from most commercial eggs.

Handling & Storage

- Improperly handled eggs can be a source of dangerous *Salmonella* bacteria.
- If eggs are kept refrigerated at all times, they are fine up to a month.
- Raw eggs should not be consumed by those with any condition that impairs the immune system (e.g., cancer, diabetes, the very young or the elderly.) If eggs are to be used raw, they should be washed and wiped with a mild bleach solution before cracking.
- Pickled eggs will keep for a year or more without refrigeration.
- The green ring that forms around the yolk of eggs is due to cooking too long. Rapid cooling after cooking helps prevent this.

Did You Know?

'Nog' is an English word for strong ale. Eggnog was originally a hot drink made with sweetened milk and ale.

The colour of the eggs a chicken lays depends on the breed. Generally speaking, a chicken with red earlobes will produce brown eggs; a chicken with white earlobes will produce white eggs!

To determine whether an egg is hard-cooked, spin it. If it spins smoothly and rapidly, it is hard-cooked. If it wobbles and spins slowly, it is raw.

Serving Suggestions

- Eggs are one of the most versatile cooking ingredients. Plan at least one meatless dinner per week with eggs: a quiche, frittata or omelet.
- Eggs can be eaten soft-boiled, hard-boiled, fried, scrambled, poached or pickled. They can even be microwaved, but not in the shell! (Remove from shell and pierce egg yolk before microwaving.)
- Egg whites can be whipped to a frothy aerated consistency, and used in desserts such as meringues and mousse.
- Egg yolks are an important emulsifier and thickener in baking.
- Many of the healthiest, hearty cooking greens taste delicious when combined with eggs.
- Add hard-cooked eggs, sliced or chopped, to almost any salad for a good lunch.
- When making an omelette, always add any leftover veggies you have on hand, such as chopped tomatoes, peppers, onions, zucchini, etc.

Greens Quiche

CSA recipe from *Celebrate Yukon Food*

Crust: Combine 1 cup flour and 1/2 tsp salt.

Add 1/4 cup oil and 2 Tbsp milk. Mix with fork and press into pie plate.

Filling: Wash about 10 cups cooking greens (chard, kale, turnip tops, spinach). Steam until wilted. Drain well, squeeze out water, and chop. Sauté 1 small onion, chopped.

In large bowl, beat 3 free-range eggs and stir in 1 cup yogurt, 1/2 cup powdered milk and 1/4 tsp salt. Stir in wilted greens and onions. Pour into unbaked crust. Sprinkle with 1/2 cup grated cheese and bake in pre-heated 375° F oven 25 minutes, or until firm.

Dutch Apple or Peach Pancake

Heathglenn Farms

This recipe is easily halved. (Use the same amount of almond extract.)

2 Tbsp butter
6 beaten eggs
2 cups milk
1/4 cup sugar
1 cup flour

1/8 tsp almond extract
1/4 tsp salt
2-3 apples sliced thinly
3 Tbsp sugar
1/2 tsp cinnamon

- Use two deep dish pie plates - put 1 Tbsp butter in each and put in oven to melt.
- Combine eggs, milk, flour, 1/4 cup sugar, almond extract. Beat smooth. Pour into hot pie pans. Arrange apples into mixture.
- Mix 3 Tbsp sugar with cinnamon and sprinkle over all.
- Bake at 350° F for 25 minutes or until puffed and golden brown. Let stand a few minutes and cut into wedges.
- Serve as a dessert or even a brunch dish.

LAMB

Hartwood North Farms

Lamb and mutton are the meat of domestic sheep. The term 'hogget' refers to a 1 year old lamb which has not yet been bred. Its red meat is an excellent source of protein (has all 8 essential amino acids), zinc, selenium and B vitamins. If you have a choice, always opt for an organic or pasture fed lamb. Lamb raised on grass produces meat that is tender, fine grained, lean, has a more delicate flavour and contains more omega-3 fatty acids than conventionally raised lamb.

In general, the darker the colour of the meat, the older the animal. The most tender lamb is 3 to 4 months old; however, it lacks the flavour of 6 to 12 month old lambs which have been grazing on grass.

Handling & Storage

- Store lamb immediately in the coldest part of the fridge. Ground lamb and stew meat should be used within 2 days; lamb chops and roasts, 3 to 5 days.
- Lamb is usually aged for 2 days prior to freezing.
- Lamb freezes well and keeps its flavour and tenderness for at least 4 months. Always cover the meat with airtight freezer wrap to prevent freezer burn.

Did You Know?

Lamb's liver is eaten in many countries and, along with the lungs and heart, is a major ingredient in the traditional Scottish dish of *haggis*. Lamb testicles, also known as *lamb's fries*, is another delicacy.

Lamb's liver is popular in the UK, traditionally used in the pub grub staple of liver with onions and bacon.

Serving Suggestions

- Loin or rib chops require less cooking than shoulder chops. They can be cooked plain (just salt and pepper) or with this simple recipe: Marinate meat for 2 hours in olive oil, salt, pepper, fresh garlic, dry mustard, balsamic vinegar, lemon juice and rosemary, then broil on cooking dish for 15 minutes each side.
- Shoulder Chops: as above, but bake at 350° F for 1 hour or more.
- Rack: (approx. 8 rib chops, bones cut, in one piece as a roast) - great on a barbecue. Depending on whether you want rare or well done, allow 40 minutes to 1 hour in a 350° - 400° F oven.
- Roast: as above, but at 325° F for approximately 1/2 hour per pound.

Homemade Mint Sauce

Hartwood North Farms

Mix together: 3 Tbsp water, 1 1/2 Tbsp sugar, 1/2 cup finely chopped fresh mint leaves, 1/2 cup malt (or strong) vinegar. Let sit for 1/2 hour and serve.

Lamb and Pumpkin Couscous

Ravenstoft Farm

1/2 cup chick-peas soaked overnight
1 1/2 lb lean lamb, cut into bite-sized pieces (about 2 cups)
2 spanish onions, sliced
Pinch of saffron
1 tsp ginger
1/2 tsp turmeric
1/2 tsp salt

1 tsp black pepper
1 lb carrots
1 1/2 lb pumpkin or squash
2/3 cup raisins
2 cups couscous
Fresh parsley for garnish

Drain the chick-peas and cook in boiling water for 1 to 1½ hours, until tender. Place in cold water and remove the skins by rubbing with your fingers. Discard the skins and drain. (Or use 1 cup canned chickpeas.) Place the lamb, onions, saffron, ginger, turmeric, salt, pepper and 5 cups of water in a large saucepan. Slowly bring to a boil, then simmer for about 1 hour until tender.

Peel the carrots and cut into 2 1/2 inch pieces. Cut the pumpkin or winter squash into 1 inch pieces.

Stir the carrots, pumpkin and raisins into the meat mixture; cover the pan and simmer for a further 30 to 35 minutes, until the vegetables and meat are completely tender. Add chickpeas towards the end. Prepare the couscous according to instructions. Spoon on to a large warm serving plate and ladle the stew on top. Garnish with parsley and serve.

Harira

Vale Farms (allrecipes.com)

1 pound cubed lamb meat
1 teaspoon ground turmeric
1 1/2 teaspoons ground black pepper
1 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/4 teaspoon ground cayenne pepper
2 tablespoons butter
3/4 cup chopped celery
1 onion, chopped

1 red onion, chopped
1/2 cup chopped fresh cilantro
1 - 29 ounce can diced tomatoes
7 cups water
3/4 cup green lentils
1 -15 ounce can chick peas, drained
4 ounces vermicelli pasta
2 eggs, beaten
1 lemon, juiced

Place the lamb, seasonings, butter, celery, onion, and cilantro into a large soup pot over a low heat. Stir frequently for 5 minutes. Pour tomatoes (reserve juice) into the mixture and let simmer for 15 minutes.

Pour tomato juice, 7 cups water, and the lentils into the pot. Bring the mixture to a boil, then reduce the heat to simmer. Let soup simmer, covered, for 2 hours.

About 10 minutes before serving, turn the heat to medium-high, place chickpeas and noodles into the soup; let cook about 10 minutes, until noodles are *al dente*. Stir in lemon juice and eggs, and cook 1 minute.

RABBIT

Faulkner Rabbit Farm & North Okanagan

Game Meats / Valley Wide Meats

Why eat rabbit?

- Rabbit has fewer calories per pound than poultry and red meats.
- It has the highest percentage of high quality protein when compared to other meats.
- Cholesterol levels in rabbit, and its amount of saturated fats, are much lower than conventional beef, pork, chicken or turkey.
- The US Department of Agriculture declared that rabbit meat is the most nutritious meat known to man.
- It is used for special diets for some heart disease patients or people needing a low sodium diet.
- Rabbit has high phosphorus and potassium levels but low sodium levels.
- Rabbit meat can be used in any way chicken can as it is a mild flavoured, white meat. Secret: do not overcook.

Did You Know?

The practice of breeding and raising rabbits for meat is called cuniculture.

Domesticated rabbit tastes like chicken; both are blank palettes upon which any desired flavours can be layered.

Rabbits have the best meat-to-bone ratio of any meat-producing animals except turkeys.

The future for rabbit-meat production is promising because rabbits consume a high forage diet and do not compete with humans for food. Furthermore, on alfalfa, a doe (female rabbit) can produce almost 5 times as much meat per body weight as a beef cow.

Rabbit Curry

Ravenstoft Farms

Bake a whole rabbit, skinned & cleaned, at 350° F for 2 hours.

Let cool, then take the meat off the bones.

Soften a chopped onion and 1/2 cup chopped celery in 2 Tbsp oil.

Add 2 Tbsp curry powder and 2 Tbsp flour.

Stir in the onion mixture, then add the juice from the cooked rabbit. Let this thicken. Add the rabbit meat and any vegetable you wish (peas, kale, mushrooms, spinach). Serve on brown rice or baked potato.

SALMON & TROUT

Salmon and trout are members of the same family of fish, *Salmonidae*. Because commercial fishing is not available in the Okanagan, you may have to take up fishing yourself! Frozen fish is at some of our markets.

The Okanagan River sockeye salmon population is one of the two remaining populations of sockeye in the Columbia River Basin. Chinook, coho, chum and steelhead once were found in the Okanagan Basin, but today they are either extinct or in very low numbers.

Fish found in the Okanagan include:

- **Trout** – the Kamloops Rainbow trout is known for its fighting ability and acrobatic leaps. Brook, bull and cut-throat trout are also plentiful.
- **Salmon** – the Adams River is home to the world's largest sockeye run.
- **Steelhead** - these elusive, hard-fighting fish make their home in the region's lakes.
- **Bass** – several lakes are well known for producing large bass.
- **Kokanee** - these landlocked sock-eye salmon are found in some lakes.

Did You Know?

Salmon are considered *anadromous*, meaning that they are born in fresh water, migrate to the ocean where they spend 1-5 years, but return to fresh water to reproduce. Trout, on the other hand, remain in fresh water for their lifespan.

Fatty fish such as salmon and trout are rich in heart-healthy omega-3 fatty acids. They are also an excellent source of Vitamin D, protein, selenium and B vitamins.

Handling & Storage

- Store fresh fish in the refrigerator, and eat within 1-2 days.
- Frozen fish double-wrapped is good for up to 4 months.

Serving Suggestions

- Quick broil salmon or other fish and top with a honey mustard sauce.
- Create a tasty salad with left-over fish, greens and vegetables.
- Marinate salmon in a little maple syrup and bake.
- For a tasty twist on scrambled eggs, combine eggs with lox (smoked salmon) and onions, a classic NY delicatessen breakfast favorite.
- Serve seared or broiled fish over whole wheat pasta. Top with a sauce made with olive oil, dill weed, lemon peel, scallions and black pepper.
- For a healthy appetizer, serve smoked salmon on a platter with onions, capers, lemon wedges and mini rye bread slices.

TURKEY

Deerfoot Farms

The modern domesticated turkey is a large bird descended from the wild turkey, *Meleagris gallopavo*. It is a traditional highlight of certain holiday meals in Canada.

As with chicken, turkeys may be raised under various cage-free alternatives (see CHICKEN). Pasture raised turkey should be cooked at a lower heat than 350° F. Around 250° F seems optimal.

One of the biggest turkey myths is that a chemical found in turkey, tryptophan, causes post-meal sleepiness. Although tryptophan is a precursor to serotonin, a compound formed in the brain that plays a role in sleep and relaxation, it is available in such small amounts in turkey that it would not cause significant sleepiness. The reasons for the drowsy feeling are more likely the large amount of carbohydrates consumed as well as the energy the body requires to work through the excess calories in a typical holiday meal!

Did You Know?

The name given to a group of turkeys is a *rafter*.

While large domesticated turkeys generally cannot fly, smaller heritage varieties do.

Handling & Storage

- Turkey should be stored in the coldest section of your refrigerator.
- When defrosting a frozen turkey, do so in the refrigerator. Put the turkey on a plate to collect any drippings.
- Be very careful when handling raw turkey to ensure that it does not come in contact with other foods, especially those that will be served uncooked. Wash the cutting board, utensils and your hands very well with hot soapy water after handling the turkey.
- If you buy a whole turkey with giblets, remove the giblets and store them in another container and rewrap the turkey.
- Always store cooked turkey meat separately from stuffing or gravy.

Serving Suggestions

- Use turkey instead of ground beef in chili, burgers and meat loaf.
- On a bed of romaine lettuce, serve diced turkey, cooked cubed sweet potatoes, cranberries and walnuts tossed with a light vinaigrette.
- Mix cold turkey cubes with celery, leeks, dried apricots and almonds.
- Turkey burritos: place cooked turkey pieces on a corn tortilla, sprinkle with shredded cheese, diced tomatoes and onions. Broil for a few minutes until hot.

Roasted Turkey Sauce

Ferris Creek Farm

Cut a large turkey into parts. Season with poultry seasoning and sea salt. Roast at 300° F until tender.

De-bone entire bird. (Save the bones and skin for soup stock.) Cut all the meat into bite size pieces. Put it back into the juice in the roasting pan. Add lots of water, about 3 times the amount of the combined juice and meat, and salt to taste. Add approximately one heaping teaspoon each of thyme and rosemary. Simmer for 15-20 minutes. Thicken - I use rice flour, which never lumps.

Serve as a sauce over just about anything! Freeze in appropriate size portions. Meat will not freezer burn in liquid.

Turkey Vegetable Casserole modified, IPE Healthy Taste of B.C.

1 cup cooked rice or spelt kernels	3 cloves of garlic, minced
1/2 cup coarsely chopped parsley, divided	1 1/2 cups carrots, sliced
1 Tbsp butter	1 1/2 cups chopped celery
1 onion, chopped	3 cups mushrooms, sliced
	3 cups cooked turkey chunks
2 Tbsp butter	1 tsp dried tarragon
1/4 cup flour	1/2 tsp salt and pepper
2 1/2 cups milk	1/4 tsp dried thyme

Herb Cream Sauce

Topping

1/2 cup fresh whole wheat bread crumbs

1/4 cup chopped fresh parsley

Toss cooked rice/spelt with 2 Tbsp of the parsley. Put in lightly greased 13 x 9 inch pyrex dish.

In large non-stick skillet, melt butter over low heat; cook onion, garlic, carrots, celery, 5 minutes. Add mushrooms and remaining parsley. Cook, stirring, another 5 minutes or until soft. Stir in turkey.

Sauce: Melt butter over medium low heat; whisk in flour and cook, stirring, 1 minute. Gradually add milk, whisking, about 2 minutes, until bubbling and thick. Add seasonings. Stir sauce into turkey vegetable mixture; spoon over rice or spelt.

Topping: Combine crumbs and parsley and sprinkle over casserole. Bake in preheated 325° F oven 50 minutes or heated through. Serves 6.

Sweeteners



honeycomb



pure honey



uncapping the honey



collecting sap to make maple syrup



bee boxes

HONEY

Wild Mountain Honey Farm

Honey is a natural, unrefined sweetener produced by bees from the nectar of flowers. It is made up of 2 simple sugars, fructose and dextrose, as well as trace amounts of many minerals, vitamins, digestive enzymes and amino acids. This combination makes honey a healthy and energizing elixir. Breads and cakes stay moist and fresh longer when baked with honey.

Look for unpasteurized honey in the markets, as it hasn't been heated, so the valuable digestive enzymes destroyed by heating are preserved. Ironically, pasteurization temperatures are not high enough to inactivate bacterial spores, which can cause botulism in infants. Therefore, infants (less than one year of age) should never be fed honey, whether pasteurized or not.

Handling & Storage

- Keep honey in a cool area away from direct sunlight in a tightly closed container. It can be stored indefinitely. Honey found in the tombs of Egyptian pharaohs has been found to be edible by archaeologists.
- It is not necessary to refrigerate honey, and it is much easier to handle if not refrigerated.
- Honey may become cloudy or crystalized. This is not an indication of deterioration. Simply warm the honey gently and it will become clear again.

Substitution Tips

You can substitute honey for granulated sugar in recipes for baked goods by following these tips:

- Substitute honey for up to half the sugar. With experimentation, honey can be substituted for all the sugar in some recipes.

Did You Know?

A honeybee in its life time only produces an average of 1-2 teaspoons of honey.

Worker honey bees are female, and do all the work. Male honey bees (drones) have no stinger and do no work... their sole purpose in life is to mate.

The term "honeymoon" is derived from the Babylonians who declared mead, a honey-flavoured wine, the official wedding drink, stipulating that the bride's parents be required to keep the groom supplied with the drink for the month following the wedding.

A colony of bees consists of 20,000 - 60,000 honeybees and one queen.

- Reduce the amount of liquid in the recipe by 1/4 cup for each cup of honey used.
- Add 1/2 teaspoon baking soda for each cup of honey used.
- Reduce oven temperature by 25° F to prevent over browning.
- Coat the measuring cup with vegetable oil before pouring honey into the measuring cup, for easy removal.

1/4 cup honey
2 Tbsp soy sauce
2 tsp lemon juice

1/2 tsp garlic powder
3/4 tsp ginger

Ginger Chicken Basting Sauce

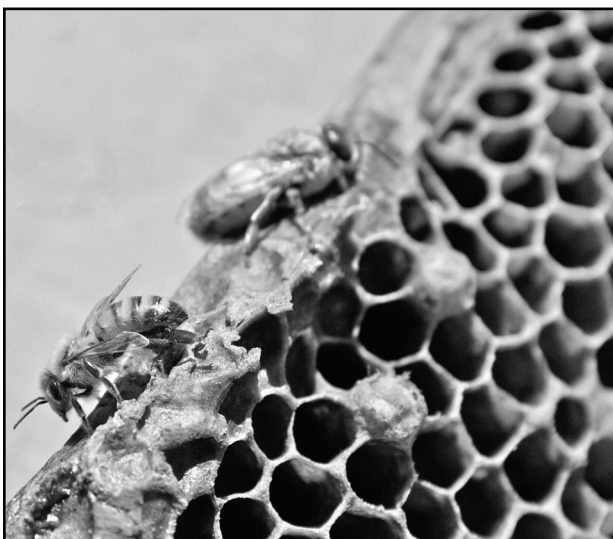
Wild Mountain Honey Farm

Pour over pieces of chicken or whole roasted chicken for the last 30 minutes of cooking and baste every 10 minutes. It's delicious and makes a beautiful golden glaze.

Raspberry Jam au Naturelle

6 cups raspberries, closely packed
4 cups honey, warmed

Pick raspberries clean, place in a large saucepan and mash. Bring to a full rolling boil for 2 minutes. Add warmed honey, bring again to a full boil for 1 minute. Remove from heat and beat with an electric beater for 4 minutes at medium speed. Pour into hot sterilized jars. Process in a hot water bath 10 minutes.



MAPLE SYRUP

The Maple Man

Maple syrup is a sweetener made from the sap of various species of maple trees in Eastern Canada and the US. Québec produces most of the world's supply. The Algonquin First Nations people learned how to make maple syrup and maple sugar long before Europeans arrived. They taught the European immigrants how to collect and process the sap in the 17th century, and maple syrup became a staple of Canadian kitchens by the 18th century.

La Grande Coulée is a 2000-tree maple syrup operation owned and operated by René Turmel (known as The Maple Man), who lives in Kelowna 6 months of the year. During early spring months in Québec, traditional techniques are used to make his high quality maple syrup. The sap flows from the trees when the temperature is about +8° C during the day, and -8° C at night. Sap is collected for about 4-7 weeks from the maple trees in buckets, and the sap is carried to the sugar shack by horse. Then, following ancestral methods, the sap is slowly brought to a boil over a maple wood fire and heated for 3-4 hours. This work has a natural rhythm since no industrial machinery nor any high-technology tools are used in the transformation of the sap. His syrup is a 100% natural, organic product, with no added preservatives.

Handling & Storage

- Unopened containers of maple syrup can be stored in a cool dry place.
- Once opened, maple syrup should be kept in the refrigerator.
- Maple syrup can be frozen, although it should be defrosted before use since it is very viscous and hard to pour when frozen.
- If any mold appears in the syrup, even if just on the surface, you should throw away the entire container since it may be contaminated.
- To use maple syrup in place of a cup of sugar in baking, use 3/4 cup, but decrease the total amount of liquid in the recipe by about 3 tablespoons for each cup of syrup you use.

Did You Know?

Maple syrup contains good amounts of the minerals zinc and manganese. Just a tablespoon contains 33% of your daily manganese requirement.

Antioxidant activity of pure maple syrup is similar to that of strawberry and orange juices.

Serving Suggestions

- Used in place of table sugar as a sweetener, maple syrup gives tea and coffee a unique taste.
- Pour some maple syrup on oatmeal topped with walnuts and raisins.

- Add maple syrup and cinnamon to puréed cooked sweet potatoes.
- Use as a marinade for grilled salmon by mixing with an equal amount of orange juice, plus a bit of fresh ginger.
- Try carrots glazed with maple syrup, butter and a pinch of dry mustard.
- Bake acorn squash halves with 2 tablespoons maple syrup, salt and pepper in each cavity.
- Grill a selection of vegetables (or roast in 350° F oven) mixed with a 2:1 mixture of maple syrup and olive oil, plus herbs (e.g., basil, lavender, marjoram, oregano, rosemary, sage, thyme) and salt & pepper to taste. Before serving, baste with a few drops of balsamic vinegar.
- If you want a sweet treat, try spreading peanut butter on a piece of whole wheat toast, top with sliced bananas and then drizzle maple syrup on top.

Maple Syrup Salad Dressing

The Maple Man

Salt, pepper to taste
 1/2 tsp Dijon mustard
 4 tsp cider vinegar
 2 Tbsp maple syrup
 3 Tbsp oil

Mix salt, pepper and mustard. Add vinegar and stir well to dissolve salt. Mix oil and maple syrup with vinegar mixture. Keep dressing in refrigerator until ready to serve.

Serve with a salad made with any of the following: fresh young spinach, mixed baby greens, walnuts, sliced red onions, sweet red or yellow peppers, tart dried cherries, or tart apples.

Maple Parsnip Soup

Simply in Season

3 Tbsp butter (or butter & olive oil)	1/2 cup evaporated milk
1 lb parsnips, chopped	1/3 cup maple syrup
2 medium onions, chopped	2 Tbsp Dijon mustard (or more for a spicier taste)
2 cloves garlic, minced	Salt to taste
6 cups chicken or vegetable broth	3/4 cup pine or other nuts
1/4 tsp nutmeg	

Melt butter in heavy bottomed soup pot until beginning to brown. Add parsnips, onions and garlic, and sauté until onions are translucent but not brown. Add broth and nutmeg, and simmer until parsnips are soft, about 40 minutes.

Add milk and remove from heat. Pour into blender and purée until velvety smooth. Stir in maple syrup, mustard and salt. Serve garnished with pine nuts.

Vegetables

claytonia



red and golden beets



carrots



Aren't they pretty? The lettuces that is!



radishes



squash



sunchokes



shelling peas



asparagus



celeriac

VEGETABLES

The term “vegetable” is not a scientific term, but usually means any plant whose seeds, roots, tubers, bulbs, stems, leaves or flowers are edible by humans. Savoury foods that are technically fruits are commonly considered to be vegetables, such as the tomato.

In addition to carbohydrates and fibre, vegetables provide a wealth of *micronutrients*, such as vitamins, minerals, phytochemicals and antioxidants that work together in amazing (and little understood) ways to make our bodies function well. Eating substantial amounts of a wide variety of vegetables is the only way to ensure we meet all our nutritional requirements.

Arugula.	110	Herbs	150
Asparagus.	112	Kale.	152
Beans (Fresh).	114	Kohlrabi.	154
Beets.	116	Leeks	156
Bok Choy	118	Lettuce	158
Broccoli.	120	Onions	160
Cabbage.	122	Parsnips	162
Carrots	124	Peas	164
Cauliflower	126	Peppers	166
Celeriac.	128	Potatoes	168
Celery.	129	Pumpkin	170
Chard	130	Radishes.	172
Corn	132	Rutabaga	174
Cucumbers	134	Spinach.	176
Edamame.	136	Squash, Summer	178
Edible Flowers	137	Squash, Winter.	179
Eggplant	138	Sunchokes	182
Fennel	140	Tomatillos	184
Garlic	142	Tomatoes	185
Greens, Cooking.	144	Turnips	188
Greens, Salad.	146	Zucchini	189
Hakurei.	148		

Did you ever stop to taste a carrot? You can't taste the beauty and energy of the earth in a Twinkie. Astrid Alauda

ARUGULA (a - ROO - gu - la) Pilgrims' Produce

Arugula (also called Rocket) belongs to the mustard family but is more peppery or nutty than spicy. It looks a bit like oak-leaf lettuce and is primarily used as a salad green. It's delicious and mild when grown in cool weather but may become hot and bitter if allowed to mature in the heat of summer. Its pretty cream-colored flowers are also tasty in salads.

Arugula is one of the most nutritious of the salad greens. It is a cruciferous, cancer-fighting vegetable, contains more calcium than kale or spinach, and is high in beta-carotene and vitamin C.

Handling & Storage

- When arugula is sold in bunches with roots still attached, wrap a wet paper towel around the roots and place in a loose plastic bag in the vegetable crisper of your fridge. If sold as loose leaves in a small bag, store in fridge and use within 3 days.
- When ready to use, pinch off any long, thin stems, rinse leaves well in clean water, and spin dry in salad spinner.

Did You Know?

The Greeks called arugula *Hesperus* ("vesper-flower" or the evening star) because when it flowers, it gives off a scent in the evening but not in the daytime.

Arugula grows wild in Europe and was popular throughout Europe during the Middle Ages. Then its popularity waned until today, when it is considered a "new discovery" in the West.

Serving Suggestions

- In France arugula has long been popular as a fresh green salad, served half and half with butter lettuce and a mild vinaigrette.
- Mix arugula with baby lettuces and mustard greens of different colours and textures and serve with a citrus or raspberry dressing.
- Use arugula as an herb to perk up any dish, especially potato salad and pastas.
- Use in place of lettuce in any bland sandwich or wrap. Tastes great with tuna, cucumber or cream cheese.
- Use in place of basil when making pesto.
- Use in place of chard or spinach in a crustless quiche with eggs.
- Serve as a hot side dish or as a base for baked fish or chicken: Sauté minced garlic in olive oil over low heat. Add a little dried fruit (raisins or diced apricots) and the arugula. Cover and cook over medium heat until tender, 3 minutes. Add a pinch of salt and serve.

Arugula Walnut Salad

Pilgrims' Produce

- 3 Tbsp olive oil
- 2 Tbsp wine vinegar or 2 Tbsp fresh orange juice, if available
- 3 cups loosely packed young spinach leaves
- 2 cups loosely packed young arugula leaves
- 1/2 cup shelled walnuts, toasted
- 1/4 cup goat cheese, crumbled
- Freshly cracked pepper

Optional additions:

- 1/2 cup thinly sliced fresh mushrooms
- 2 Tbsp minced red onion
- 1/2 sweet yellow or red pepper, chopped

Whisk together the olive oil and vinegar. Pour dressing into the bottom of a salad bowl. Add in the salad ingredients. Toss to combine and coat with dressing. Serves 4 to 5.

Potato Salad with Arugula

Greens! Glorious Greens!

Serves 6 to 8. Great for picnics or barbecues.

- 2 pounds small new potatoes, white or yellow flesh
- 1/2 cup very thinly sliced red onion
- 2 large but firm tomatoes, cut in thin wedges, or cherry tomatoes
- 1 cup chopped arugula, washed, any tough stems removed

Dressing:

- 3 Tbsp white wine vinegar
- 6 Tbsp extra virgin olive oil
- 1/2 tsp dry mustard, salt and freshly ground pepper to taste.

Scrub potatoes well. Steam until tender when pierced with the tip of a sharp knife, 10-15 minutes. Cool potatoes slightly under running water to allow easy handling. Cut into 1 inch chunks. When potatoes are room temperature, add red onion, tomatoes and arugula. Toss gently.

In a small jar, combine dressing ingredients. Pour over vegetables and toss gently. Taste and adjust seasonings.

Arugula, Cheese and Tomato Quesadillas

Greens! Glorious Greens!

For 5 quesadillas you'll need 10 whole wheat flour tortillas, 2 cups washed arugula, 2 cups shredded cheese, 1 cup chopped tomatoes, 1/2 cup chopped mild onion, 1 small can mild green chilies, chopped, optional 1/2 cup chopped red pepper, 1 tsp chili powder and 1 tsp cumin.

Combine filling ingredients and place about 1/2 cup between two tortillas. Bake in preheated 375° F oven until crisp, or warm tortillas in lightly oiled frying pan, then slice into 6 wedges and serve.

ASPARAGUS

Armstrong Asparagus Farm

The fleshy green spears of asparagus are a welcome harbinger of spring, being one of the first vegetables to appear. A member of the lily family, asparagus is a perennial that may be productive for 20 years with good care. The season lasts only about 6 weeks, beginning late April. After harvesting, the spears are left to grow into ferns that can reach heights of 6 or more feet. The ferns feed the plant for the next season.

Purple and white asparagus have recently appeared in the market. White asparagus, popular in Europe, is the same variety as green, but it is covered with soil while growing to avoid the sun's rays, so lacks healthy chlorophyll. Purple asparagus is somewhat sweeter or fruitier flavoured than the green. The colour indicates the presence of anthocyanins that provide healthy antioxidants.

Asparagus is high in folate, vitamin C and antioxidants, and also is a source of vegetable protein.

Handling & Storage

- For best flavour, eat asparagus as soon after purchase as possible.
- Can be stored in the refrigerator crisper for a week in a plastic bag.
- Avoid cooking asparagus in iron pots as the tannins in the asparagus can react with the iron and cause the stalks to become discoloured.

How to Freeze

- Some sources say to blanch first but it isn't really necessary.
- Rinse asparagus, pat dry, and spread out on cookie sheet; freeze.
- Once frozen, transfer the individual spears into a freezer bag.
- The key is to keep it frozen until it hits boiling water or a hot stir-fry pan and be careful not to overcook.

Serving Suggestions

- Serve fresh asparagus raw with a dip.
- A dash of sesame oil brings out its flavour after steaming.
- Roast asparagus along with other vegetables such as pattypan squash, Portobello mushrooms, and small beets.
- Lightly steamed asparagus served with a light lemon vinaigrette makes a delightfully refreshing salad.
- Toss freshly cooked pasta with asparagus, olive oil and your favourite pasta spices, such as thyme, tarragon and rosemary.
- Chopped asparagus makes a flavourful, colourful addition to omelets.
- Sauté asparagus with garlic, shiitake mushrooms and tofu or chicken.

Did You Know?

Under ideal conditions, an asparagus spear can grow 10" in 24 hours!

The strong and characteristic smell that appears in the urine after eating asparagus is now regarded as a universal human characteristic. However, only a quarter of the population can smell the chemical!

Fresh Baked Asparagus

Azure Skies

1 to 1 1/2 pounds fresh asparagus
Salt and pepper,
3 tablespoons butter
Fresh lemon juice

Preheat oven to 300° F. Rinse asparagus. Place spears in one or two layers in a baking pan. Sprinkle with salt and pepper, and dot with butter. Cover with foil and bake approximately 25 minutes. Squeeze fresh lemon juice over asparagus before serving. Makes 6 servings.

Asparagus Stir-Fry

Armstrong Asparagus Farm

1 or 2 strips of bacon, cut into 1" pieces
1/2 Tbsp butter or coconut oil
1 lb asparagus, cut in 1" pieces
1 clove garlic, minced
2 or 3 Tbsp Braggs Liquid (non fermented soya sauce)
1/4 cup Asiago cheese, shredded

Cook bacon pieces and set aside (drain fat).
Melt butter or coconut oil. Add asparagus pieces, garlic and Braggs.
Cook till tender and bright green, 2-3 minutes.
Sprinkle with cheese and serve.

Grilled Asparagus

Armstrong Asparagus Farm

Coat spears with olive oil and sprinkle with your favourite seasoning.
Place directly on the grill, turning frequently till brown and crunchy, 15 to 20 minutes. Large fat ones are best for this!

BEANS (Fresh)

Golden Ears Farm

The vegetable bean was first bred in Central America about two hundred years ago. Varieties for use as green beans, selected for the succulence and flavour of their pods, are the ones usually grown in the garden, and many varieties exist. They range from thin 'French filet' types to wide 'romano' types and more common types in between. All are low in calories but high in nutrients.

Handling & Storage

- Fresh beans are best eaten the day they were picked. After a day or two, they begin losing moisture and become floppy.
- Most varieties grown now do not have a "string" to be removed; simply snip off the stem end.
- Blanch (immerse briefly in boiling water) green beans when you bring them home. Reserve some for your meals; freeze the rest.

Serving Suggestions

- Fresh beans, blanched and sliced, are great in salads.
- Cut 1 pound beans into 1" pieces and cook in small amount of water until crisp-tender, 5 minutes. Drain. Sauté 1/4 cup minced onion and 1 clove garlic; add to beans with 2 Tbsp minced fresh basil.
- Steam 1 pound beans. Sauté 2 cloves garlic, minced, and 1/4 cup slivered almonds in 2 Tbsp olive oil. Combine with beans. Season with salt, pepper, and 2 Tbsp Parmesan cheese.
- Steam green and yellow beans together for a beautiful side dish. For a tasty salad, add red kidney beans, minced red pepper and a vinaigrette.
- To freeze beans, blanch whole or cut green beans in boiling water for 2 minutes or until bright green. Shock in an ice bath to stop cooking. Remove stem ends and lay out on cookie trays to freeze. Once frozen, store in zip bags.

Green Bean and Tomato Salad

Golden Ears Farm

1 lb green beans, blanched, stemmed
1 pint cherry tomatoes, rinsed
2 Tbsp minced sweet onion or shallot
2 Tbsp red wine vinegar
Salt and freshly cracked pepper to taste
12 basil leaves "chiffonade": rolled into a cigar shape and sliced thinly

Combine all ingredients. Let sit for 5 or 10 minutes before serving.

Spicy Sesame Yard-Long Beans

Golden Ears Farm

Any green bean can be used, but yard long beans keep their fantastic texture better.

- 2 lbs yard long beans, stemmed and cut to 2" lengths
- 3 Tbsp sesame oil
- 1 clove minced garlic
- Coarse sea salt to taste
- 1 tsp hot pepper flakes (omit if you don't like it spicy)
- 3 Tbsp toasted sesame seeds

Heat a cast-iron skillet or wok on high.

Add sesame oil, pepper flakes, beans, and salt.

Sauté on high until the beans are bright green. Add the garlic. Adjust heat and salt.

Garnish with sesame seeds and serve sizzling.

Green Bean Salad

More-with-Less Cookbook

- 3 cups cooked green beans cut in one inch pieces
- 3 hard-cooked eggs, chopped
- 1 small onion, diced
- 1 large dill pickle, chopped

Combine the above ingredients in salad bowl and pour over:

1 Tbsp vinegar mixed with 1/2 tsp salt and 1/2 cup mayonnaise

Stir gently and chill before serving.

Did You Know?

The term "haricot vert" is French for green bean; however, the phrase now refers to very young, tender green beans.

Snap beans are immature kidney beans.

The attractive yellow or wax bean has a subtler flavour than the common green bean.

Purple beans or "Jack's Magic Beans" turn green when cooked due to a chemical change involving its healthy vitamins.

BEETS

Greencroft Gardens

Red beets are an extremely healthy root vegetable. Like other vegetables that are deeply coloured, they are high in antioxidants. A diet rich in these types of vegetables has been shown to be heart healthy and may aid in the prevention of some cancers.

Different varieties of beets are now available at local markets. Lovely golden beets don't "bleed" like red ones and are sweeter and milder in flavour. An Italian heirloom variety, Chiogga or Striped Beets (or Candy-cane), have attractive circles of red and white inside.

Handling & Storage

- Don't throw away the green leafy tops as they are very nutritious and can be cooked like spinach.
- Cut beet greens off, an inch from the root, and store separately in the fridge. Use the greens within 3 days; large roots can keep for weeks.
- Don't peel beets before cooking. Scrub and boil until they can be pierced by a sharp knife; slip the skins off when cool.
- Use a large pot so the steam doesn't stain your stove top red!

Serving Suggestions

- Grate finely a raw, unpeeled, young beet as a beautiful topping to your green salads.
- Beets go well with roasted chicken, duck and pork.
- Garlic, shallots and onions pair well with beets.
- Enjoy hot beets with drizzled butter, fresh herbs or seasonings such as cloves, nutmeg, cinnamon, ground ginger, lemon or orange zest and salt and pepper.
- Roasting intensifies the earthy flavour of beets and easy to slip off their skins.
- For an attractive presentation, cook red, gold and striped beets separately but serve them together.
- Cold cooked beets, sliced, make a delicious salad with feta or goat cheese, walnuts or hazelnuts, and a little arugula or green onions.

Did You Know?

Don't panic when you see red in your urine after eating beets! It's just the colour from the red beets.

Beets have the highest natural sugar content of any vegetable.

Beet Salad

Greencroft Gardens

2 bunches beets	1 tsp prepared horseradish
2 Tbsp water	1/4 tsp ground cloves
1/4 cup white vinegar	1/2 tsp salt
2 Tbsp caraway seeds	1/4 tsp ground black pepper
1 tsp white sugar	5 Tbsp vegetable oil
2 Tbsp minced onion	

Wash beets and trim off greens. Bring a medium pot of water to a boil; add beets and cook, covered, until beets are tender. Remove from heat, drain; when cool slip off skins and slice.

In a large bowl, whisk together the remaining ingredients. Add beets and toss to coat. Let stand for several hours, stirring occasionally. Serve at room temperature or chill.

Citrus-Ginger Roasted Beets and Carrots

4 beets, peeled and sliced	2 Tbsp red wine vinegar
3 large carrots, peeled and quartered	1 Tbsp honey
1 Tbsp olive oil	1 tsp ground ginger
1 tsp sea salt	1/2 tsp soy sauce
1/3 cup fresh pink grapefruit juice	1 Tbsp olive oil
1/4 cup fresh lemon juice	

Preheat oven to 400° F.

Set aside 1/2 cup each of the beets and carrots for the dressing. Place the remaining beets and carrots in a 9"x13" inch baking dish, drizzle with 1 Tbsp olive oil, sprinkle with sea salt, and toss to coat. Cover the dish with aluminum foil.

Bake the vegetables in the preheated oven for 15 minutes.

Meanwhile, place the reserved beets and carrots in a blender. Add the juices, vinegar, honey, ginger, soy sauce, and remaining tablespoon olive oil. Blend until smooth. After the vegetables have roasted for 15 minutes, stir in the citrus sauce, then re-cover, and continue cooking until the vegetables are tender, about 45 minutes more.

BOK CHOY

Bok choy's popularity is due to its light sweet flavour, crisp texture and excellent nutritional value. Also known as Chinese cabbage, pak choi, or snow cabbage, bok choy is a leafy vegetable related to the cabbage family. Its white stalks resemble celery without the stringiness, while the dark green, crinkly leaves of the most common variety is similar to Romaine lettuce.

There are about 20 common varieties. Baby bok choy is smaller, and the entire plant is pale green. Choy sum (the "heart" of bok choy) is a small yellowish version with flowers, and tastes slightly mustardy.

Did You Know?

Bok choy has been cultivated in China since the 5th century AD. Although widely cultivated now in North America, it remains firmly associated with Chinese cuisine.

Because dried bok choy is a favoured ingredient in Chinese soups, long-stemmed bok choy is hung on clotheslines to dry in small villages throughout China.

Handling & Storing

- Store unwashed in paper towels or perforated plastic bag in the fridge.
- Wash well before cooking to remove sandy grit trapped in the stems.
- With full-sized bok choy, separate the leaves from the stalks, as the thick stalks require a longer cooking time.

Serving Suggestions

Jong's Vegetable Garden

- Bok Choy can be steamed, stir-fried, sautéed or chopped and used in soups and stews.
- Use raw in mixed green salads.
- When stir-frying, the basic method is to stir-fry the bok choy for a minute, sprinkle with a bit of salt, then add a small amount of water or chicken broth, cover, and simmer for 2 minutes. Adjust the seasonings, adding a pinch of sugar during cooking, or stir in sesame oil at the end. Be sure not to overcook the bok choy; stalks should be tender and the leaves just wilted.
- Make cabbage rolls using bok choy leaves and Asian seasonings.

Chinese Beef Stir Fry

Jong's Vegetable Garden

1/2 lb top round or sirloin steak, cut into 1/2" x 2" slices

Marinate beef for 30 minutes in 1 Tbsp soya sauce, 1 1/2 tsp wine, 1 tsp cornstarch.

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|--|--|
| 1 medium carrot, peeled and sliced thin | 1 ginger root, sliced and minced (quantity is up to you) |
| 1 1/2 cups broccoli or cauliflower, trimmed, cut into bite size chunks | 1 garlic clove, minced |
| 1 1/2 cups trimmed snow peas | 1 Tbsp oyster sauce |
| 1 1/2 cups baby bok choy cut into bite size pieces | 3/4 cup soup stock or water |
| Garlic scapes (if in season) or celery cut into 1 & 1/2" pieces | 1/2 tsp sugar |
| 3 Tbsp olive oil, divided | 1 & 1/2 tsp cornstarch dissolved in a little water |

Heat wok to high with 2 Tbsp oil. Add ginger and garlic, stirring 15 seconds. Add beef and stir fry for 1-2 minutes; remove and set aside.

Heat wok over high heat with remaining 1 Tbsp oil. Add broccoli, bok choy, carrots, snow peas and garlic scapes, stirring for 20-25 seconds. Add oyster sauce, sugar and soup stock or water. Cover and cook over medium heat for 2-3 minutes.

Add beef to vegetables, mix well and thicken with cornstarch solution. Heat through. Serve with rice.

Stir-fry Baby Bok Choy

chinesefood.about.com

- 4 bunches baby bok choy (1 per person)
- 1 1/2 Tbsp vegetable oil for stir-frying
- 2 slices ginger
- 2 Tbsp soy sauce
- 1 tsp sugar, or to taste
- 1/4 tsp salt, or to taste
- 1/4 cup water
- A few drops sesame oil

Wash the baby bok choy and drain. Separate the stalks and leaves. Cut the stalks diagonally and cut the leaves across.

Heat wok and add oil. When hot, add ginger and stir-fry briefly, about 30 seconds, until the ginger is aromatic. Add the bok choy stalks, then the leaves. Stir in soy sauce, sugar, salt; stir fry on high heat 1 minute.

Add the water, cover the wok and simmer for about 2 minutes. Stir in the sesame oil and serve. Serves 4.

BROCCOLI

Stepney Hills Farm

Broccoli evolved from a wild cabbage plant in Europe. Broccoli has long been considered a uniquely valuable food among Italians but had not become widely known in Canada until the 1920s.

Broccoli is high in vitamins C, K, and A, as well as dietary fibre and potent anti-cancer nutrients. Broccoli consumption has been shown to be beneficial in the prevention of heart disease and prostate cancer. The benefits of broccoli are greatly reduced if boiled more than ten minutes.

Three commonly grown types of broccoli are the "calabrese" type with large green heads and thick stalks; the sprouting broccoli with more heads and many thin stalks harvested early in spring in temperate climates; and the spiky Romanesco "broccoli" (technically a cauliflower). Broccoli and cauliflower are closely related and fully cross compatible. Because broccoli is so closely related to other cruciferous vegetables, hybrids such as broccoflor and broccolini are now seen in farmers' markets.

Handling & Storage

- Store broccoli unwashed in the refrigerator, either uncovered or in an open plastic bag. Use within a week.
- All parts of the broccoli plant above the ground can be eaten – the heads, stems, and leaves. Break or cut the head into florets. Tender side shoots can be left whole. Thick stems should be sliced thinly so they will cook in the same time as the heads. Only if very thick should stems be peeled. Leaves can be tossed into a green salad or steamed briefly like spinach.
- Broccoli should be cut and left to rest for 5 minutes before cooking or eating to allow enzymes released from the cut cells to activate some of the nutrients.

Serving Suggestions

- Broccoli can be steamed, stir-fried, baked or microwaved. Don't overcook, or it will lose its bright green colour, its delicious flavour, and its nutrients.

Did You Know?

Broccoli gained instant notoriety when American President George H.W. Bush remarked in 1990 that he hadn't liked broccoli since his mother made him eat it as a child, and now that he was President, he wasn't going to eat it any more! The Broccoli Growers of America responded vigorously, comedians made up broccoli jokes and food editors featured it.

When broccoli and tomatoes are eaten together, their prostate cancer fighting properties have an additive effect.

- Serve raw in vegetable trays with a tangy dip or in salads.
- Puréed broccoli freezes well for use in soups or stews.
- Cheese is a natural accompaniment to broccoli, in the form of sauce or dips. In addition to the complementary flavour, cheddar cheese provides a beautiful visual contrasting colour.

Broccoli with Garlic

Stepney Hills Farm

2 lbs broccoli, cut into bite-sized pieces	2 tsp lemon juice
1-2 Tbsp olive oil	1/4 cup chopped red onion
1-2 Tbsp butter	2 cloves garlic, chopped finely
	Salt and pepper to taste

Steam broccoli until just tender.

Combine remaining ingredients in a small saucepan and sauté briefly. Toss in broccoli and season to taste. Serves 4.

Broccoli Salad

Stepney Hills Farm

- 3 cups raw broccoli, cut into bite-sized pieces
- 1 small red onion, finely chopped
- 1/4 cup sunflower seeds
- 1/2 cup ranch style dressing*
- 1/2 cup crisp crumbled bacon (optional)

Trim broccoli and cut head into bite-sized florets. Chop stem as well. Add red onion, sunflower seeds, and bacon. Toss with dressing.

Another variation of this salad is to replace the bacon with feta cheese and a few raisins.

Other great combinations are broccoli/cauliflower, chopped peppers, celery, finely sliced carrots.

**Optional dressing:* Combine 3/4 cup plain yogurt with 1 Tbsp sugar and 1 Tbsp apple cider vinegar. Let sit awhile to blend flavours. Or use an Italian vinaigrette. Have fun trying various combinations!



Photo: Kathryn Zietsma

CABBAGE

Wild Flight Farm

Cabbage is a very versatile vegetable and comes in many different forms. Chinese or “Napa” cabbage is the first cabbage of spring, tender and delicious as a salad. Later in the season, green and red summer cabbages become available along with the crinkly-leaved savoy. Late fall brings the winter cabbages which are firmer in texture and can be stored for many months.

Cabbage is the “mother” of the cruciferous vegetables, *crux* meaning cross in Latin, because they have four-petaled flowers in the shape of a cross. This includes broccoli, kale, cauliflower, and kohlrabi. A certain component in this family helps stimulate enzymes that guard against the development of cancers.

Handling & Storage

- Avoid buying precut cabbage because the loss of vitamin C is significant.
- For salads, use a heavy chef’s knife (stainless steel) and shred it as thinly as possible.

Serving Suggestions

- Cabbage is good for salads, soups, casseroles and roasting.
- Good in salads with apples or pears and crunchy nuts.
- A favourite simple winter dish is to slice cabbage thinly, toss with some finely chopped onion or garlic and a drizzle of olive oil, then roast in a hot oven until tender, stirring occasionally. Before serving, sprinkle with a little balsamic vinegar and some toasted sesame seeds.
- Sauté shredded cabbage with a little shredded carrot and chopped green onions. When thoroughly softened, add a couple of tablespoons Parmesan or feta cheese and some chopped fresh parsley. Heat briefly and serve.

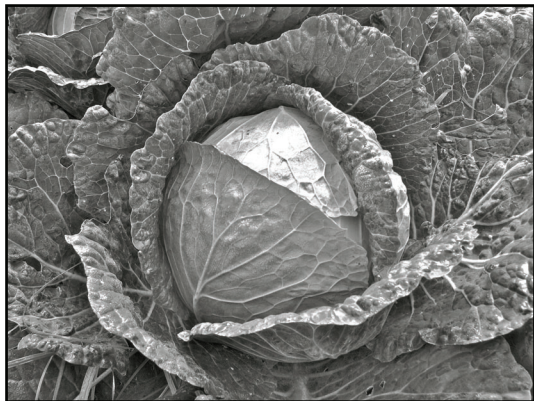


Photo: Wild Flight Farm

Cabbage Soup

Cayford Orchard

- 2/3 cup sliced carrots
- 1/2 cup diced onion
- 2 garlic cloves, minced
- 3 cups broth (vegetable, beef or chicken)
- 1 1/2 cups diced cabbage

- 1 Tbsp tomato paste
- 1/2 tsp basil
- 1/4 tsp oregano
- 1/4 tsp salt or to taste
- 1/2 cup green beans
- 1/2 cup diced zucchini

Optional: Instead of beans and zucchini, use 1 cup each tomatoes and diced beets.

In large pot sauté carrots, onion, garlic until softened.

Add cabbage, tomato paste and seasonings and bring to a boil. Simmer 30 minutes. Add beans and zucchini and cook another 15 minutes.

A tasty soup, and easy to double and freeze. Serves 4.

Did You Know?

Red cabbage gets its colour from pigment molecules called anthocyanins, which also cause leaves to turn red in the fall.

Fusion Coleslaw *"Food to Live By," submitted by Wild Flight Farm*

- | | |
|---------------------------------------|---|
| 2 cups shredded red cabbage | 1 Tbsp sugar |
| 2 cups shredded green or Napa cabbage | 1 Tbsp finely grated ginger |
| 2 large carrots, grated | 1/2 tsp Asian chili garlic sauce, or to taste |
| 1/2 cup thinly sliced green onions | 1/2 cup roasted peanuts |
| 1 jalapeño pepper, cut into slivers | 1/2 cup raisins |
| 3 Tbsp toasted sesame oil | 2 Tbsp toasted sesame seeds |
| 3 Tbsp unseasoned rice vinegar | |

Place the shredded cabbage, carrots, green onion and jalapeño in a large bowl. Stir to combine.

Place the sesame oil, vinegar, sugar, chili sauce and ginger in a glass jar and seal the lid tightly. Shake the jar vigorously to combine. Season to taste.

Pour the dressing over the cabbage mixture and toss to combine. Add the peanuts and raisins and toss again.

Refrigerate, covered, for 2 to 4 hours. Serve chilled, garnished with sesame seeds.

CARROTS

Zelaney Farms & Westwold Carrot Company

Carrots were cultivated in the Middle East and Asia thousands of years ago. There are many different varieties of carrots, each with their own unique characteristics. Carrots grow in a host of colours: orange, white, yellow, red or purple.

Carrots are an excellent source of beta-carotene, which is converted to vitamin A in the body. The deeper the colour, the more beta-carotene is present.

Handling & Storage

- To preserve the freshness of carrots, minimize moisture loss by removing any greens still attached when purchased, as they draw moisture from the carrot. Then store in a perforated plastic bag.
- Keep carrots away from potatoes and apples, which release ethylene gas, as it will draw out the sugars of the carrots, turning them bitter.
- It is not necessary to peel all carrots. If the carrots are fresh (summer and fall) the skin will be relatively thin, and full of nutrients. However, it is generally recommended to peel carrots that have been stored (winter and spring) as the skin will have lost moisture and be thicker.

Did You Know?

Carrots should be eaten both raw and cooked. Cooking reduces their vitamin C but actually increases the beta-carotene available for the body!

Cooking carrots increases the GI index.

Serving Suggestions

- Lightly steam carrot coins or sticks, 5-8 minutes. Do not overcook or they will lose some flavour and nutrients.
- Fresh carrot greens can be chopped into a green salad or soup, or dried and used like parsley.
- Toss chunks of carrots into soups, stews, casseroles or stir-fries.
- Substitute cooked carrots for pumpkin in pie and cake recipes.
- Make a simple salad with grated carrots, lots of finely chopped parsley and a minced garlic clove. Make a dressing with 4 Tbsp olive oil and 3 Tbsp fresh lemon juice; season to taste with salt and pepper.

Roasted Carrots

Westwold Carrot Company

Take a selection of different coloured carrots, wash, don't peel, trim tops and a bit of the bottoms, toss in zesty Italian dressing and roast in a hot oven until tender, stirring occasionally so they don't stick to the pan.

Carrot-Ginger Soup

Serves 4.

Zelaney Farm

1/2 medium butternut squash	2-inch piece of ginger, peeled and sliced
2 Tbsp olive oil	5 cups water
1 onion, diced	Salt and pepper to taste
1 1/2 lbs carrots, chopped	3/4 cup cream
3 cloves garlic, peeled and crushed	

Preheat oven to 350° F. Scoop seeds out of squash and place cut-side down on a greased baking sheet. Bake for 30 – 40 minutes (until soft). Allow to cool; scoop squash flesh out of skin and set aside.

Heat olive oil in a large saucepan, over medium heat. Add chopped onion and garlic; stir until onion is translucent. Add water, squash, carrots and ginger. Cook at least 30 minutes – until carrots and ginger are tender. Purée mixture in the blender. Return soup to pan and heat through. Add cream and season with salt and pepper. Add boiling water if necessary to thin a little. Garnish with chopped green onions or croutons.

Carrot Soup

Westwold Carrot Company

2 Tbsp butter or olive oil	1 onion, chopped
4 or 5 orange carrots (for an attractive colour)	Garlic to taste
1/2 cup cooked rice	6 cups seasoned chicken or vegetable stock
1 cup milk	

Sauté carrots, onion and garlic in oil or butter. When tender, add stock and cooked rice; simmer awhile then run through the blender. Add milk slowly and reheat. If soup is too thin, add more cooked rice. To fancy it up, add basil and cream or fresh dill and sour cream.

No Guilt Muffins

Pilgrims' Produce modified 'Company Muffins' from *Simply in Season*

Combine in large bowl:

1 cup whole wheat flour
1 cup rolled oats
1 Tbsp cinnamon
2 1/2 tsp baking soda
1 tsp baking powder
1/2 tsp salt

Add and stir to coat:

2 apples, cored and shredded
1 1/2 cups finely grated carrots
1 cup chopped walnuts, or flax seed meal
1/2 cup raisins

In a separate bowl mix together:

2 eggs, slightly beaten	1/4 cup oil
1/2 cup milk	1/2 cup liquid honey

Make a well in the dry mixture and pour in the wet ingredients. Stir just until moistened. Fill 16 to 18 muffin cups. Bake in oven at 350° F for about 24 minutes. Cool 5 minutes on rack before removing.

CAULIFLOWER

Cauliflower is a member of the cabbage family with a large, usually white head, made up of many florets that are actually undeveloped flower buds. To keep the head white, the leaves must be tied or bent over it for some time before harvesting, or sunlight will cause it to discolour. Cauliflower is actually the same species as broccoli, brussels sprouts, collard greens and kale, though all are different cultivars.

In recent years, cauliflower has been developed in other colours: purple (with more anthocyanin antioxidants than white); orange (sometimes called “cheddar” – with more vitamin A than white); and green (sometimes called “broccoflor” – a cross between cauliflower and broccoli.) Green cauliflower also comes in a very strange-looking variety called “Romanesco,” which is spiky and an example of fractals in nature.

Handling & Storage

- Cauliflower should be stored unwashed in the refrigerator in a perforated plastic bag.
- To be sure no field pests are lurking inside, soak head upside down in cold, salted water. Remove tough outer leaves, rinse, trim off blemishes and core the head. It can be cooked as a head or cut into florets.
- For long term storage, cauliflower can be frozen. Blanch florets for 2 minutes, rinse in cold water, drain and pack into air-tight containers. Best used in soups and stews as it won't be firm anymore.

Serving Suggestions

- Cauliflower can be steamed, roasted, stir-fried or eaten raw with a dip. The outer green leaves of the cauliflower can be cooked much like collard greens.
- Steam cauliflower 15 minutes for a whole head or 5-10 minutes for florets. Cook until tender but not soft. If overdone, cauli may have a stronger odor and go mushy.
- Cauliflower is excellent in curry dishes.
- Top cauliflower with a lemon butter sauce and sprinkle with grated cheese.
- Use cauliflower purée as a creamy soup base or soup thickener.

Did You Know?

Mark Twain once said that a cauliflower is nothing more than “a cabbage with a college education!” – possibly referring to its convoluted structure that resembles the human brain.

Sprinkling a little lemon juice on the cut cauliflower before cooking further increases the action of certain enzymes, and enhances its nutritional qualities.

Cauliflower Pie

Serves 4 to 6.

Madison CSA cookbook

3 medium potatoes	1 cup chopped onion
2 Tbsp minced onion	2 or 3 cloves garlic, minced
Salt & pepper	1 Tbsp chopped, fresh basil
1 large cauliflower	1 egg
2 Tbsp butter	4-6 ounces grated cheddar cheese

Heat oven to 375° F. Boil potatoes just 10 minutes; drain and let cool. Shred or mash them and mix in 2 Tbsp minced onion and seasoning. Press into buttered 9 inch pie pan; bake 30 minutes.

Separate cauliflower into florets. Steam just 10 minutes; remove half the florets and set aside. Steam the rest another 5-10 minutes, then mash them in a bowl.

Heat butter in skillet; add onions and garlic and sauté until tender. Mix in basil, mashed cauliflower and salt and pepper. Sauté another minute. Remove from heat. Stir in egg. Spread this mixture on the crust. Sprinkle cheese on top. Distribute the partially cooked florets on top and bake 30 minutes. *Variation: Make this with broccoli instead of cauliflower.*

Vegetable Pizza

Pilgrims' Produce

If using your own pizza crust recipe, use raw vegetables; if using a ready-made crust, steam the vegetables a few minutes first.

Simple Pizza Crust recipe: Combine 1 heaping tablespoon active dry yeast with 1 1/4 cups warm water. Let sit until yeast dissolves. Add in 2 cups unbleached flour, 1 cup whole wheat or spelt flour and 1 tsp salt.

Knead about 8 minutes until smooth and elastic. Let rise, covered, until doubled, about 55 minutes. Roll or press dough onto greased pan.

Topping:

- 1/2 cup pesto
- 1 1/2 cups diced fresh tomatoes
- 3-4 cups other diced fresh, mixed vegetables such as cauliflower, broccoli, peppers, mushrooms, thinly sliced onions, zucchini
- 1 1/2 cups mozzarella cheese, shredded
- 1/4 cup Parmesan cheese, grated

Spread pesto on crust. (If pesto is unavailable, just mix at least 1/4 cup chopped fresh herbs such as basil, oregano, parsley, and a little olive oil with the vegetables.) Arrange vegetables and sprinkle cheeses over all. For unbaked crust and raw vegetables, bake in preheated 400° F oven 15 minutes. Using a crust from market and lightly steamed vegetables, bake in preheated 450° F oven 8 to 10 minutes.

CELERIAC (Celery Root)

Roots & Greens

Celeriac, a member of the celery family, is a healthy root vegetable that originated in the Mediterranean region of Asia. The roots are harvested late in the fall and the greens trimmed off for storage. Celeriac keeps well if stored cold and prevented from drying out, so it can be used in place of celery all winter.

Handling & Storage

- Don't wash celeriac before storing. Place it in a fridge crisper or in a plastic bag; it will keep weeks. It can store for months in a root cellar.
- Celeriac may be dried and ground to make an excellent seasoning.
- The greens of the celeriac can be used for flavoring soups but they are tough so remove the stems before serving.

Did You Know?

The hollow stalk of the upper plant is sometimes cut into drinking straw lengths, rinsed, and used in servings of tomato based drinks like Bloody Mary cocktails. The tomato juice is lightly flavoured with celery as it passes through the stalk.

Serving Suggestions

- When ready to use, soak the root in warm water to loosen dirt in the crevices, then scrub thoroughly with a stiff vegetable brush. Often the exterior is tough, so peel.
- To prevent darkening, toss celeriac chunks into cold water with a little lemon juice.
- Raw celeriac can be cut into sticks and served with a dip or grated raw in salads with carrots, walnuts, and cabbage.
- Peeled, cubed and boiled with potatoes, celeriac enhances the flavour of mashed potatoes.
- Celeriac is a staple for winter stew or soup because of its rich flavour.
- It can be sliced, steamed briefly, breaded and fried like a Schnitzel.

Cooked Celeriac Salad

Roots & Greens

Cook the whole root unpeeled until tender. Peel and cube. Add finely chopped onions and a dressing made with equal amounts of vinegar and oil, seasoned with salt, pepper and a little dry mustard. Add parsley or chives, if available. Can be eaten warm, at room temperature or chilled.

Celeriac and Beet Salad

Madison CSA Cookbook

Boil or bake 2 medium beets and 1 medium celeriac until tender. When cool, peel and cut into matchsticks. Toss with a dressing of 1/3 cup olive oil, the juice of 2 lemons, salt and pepper. Chill.

CELERY

This refreshingly crisp and crunchy vegetable is a staple in salads. All the parts of this versatile plant can be eaten but some varieties are grown for the stalks and others are grown for the root (celeriac). The leaves can be used as an herb and the seeds can be used as a seasoning, either whole or ground, mixed with salt (then known as celery salt). Celery salt can also be made as an extract from the root.

Celery stalks, along with onions and bell peppers, are the “holy trinity” of Creole and Cajun cuisine. Celery, onions and carrots form a common soup base in French cuisine. Celery is often cited in weight-loss diets as a low calorie source of dietary fibre. Although celery is mostly fibre and water, it does have good nutritional value.

Handling & Storage

- Refrigerate celery as soon as possible or it will go limp. Wrap in a damp towel or place in a plastic bag and store in the crisper. Usually keeps for two weeks.
- Celery leaves can be dried with a dehydrator and used for soups all winter.
- To freeze celery for later use in cooking, chop it and freeze in a thin layer on a cookie sheet, then bag it for the freezer. Best used in soups and stews because pieces will be soft.

Did You Know?

It is a myth that it takes more calories to chew and digest celery than it contains!

Homer mentioned celery in both *The Iliad* and *The Odyssey*.

Celery leaves were first made into wreaths for heads of the winners of the Isthmian Games in ancient Greece.

Serving Suggestions

- Children love celery sticks filled with peanut butter or cream cheese.
- Celery is a “must have” ingredient for traditional poultry stuffing.
- Stir-fry celery cut on the diagonal with carrot sticks and chopped onions, about 5 minutes. Add a little soy sauce and toasted, sliced almonds; heat through.
- A quick salad: Combine half inch celery pieces with feta cheese, black olives, tuna chunks and a lemon vinaigrette with fresh basil or mint.
- Mix with apples and walnuts and mayonnaise or yogurt for a Waldorf salad.

CHARD

Chard is a leafy green vegetable commonly known as Swiss Chard, Silverbeet, Spinach Beet, and Perpetual Spinach. It has fan-like, crinkled, shiny green, ribbed leaves, and stalks that come in many different colours, from pure white to yellow, orange, and red, depending on the variety. Surprisingly, it is the same species as the common beet, though only the leaves and stems are eaten, while beets are grown mostly for their root. Chard leaves taste something like spinach with a hint of beet. Like most dark green leafy greens, chard is high in vitamins A, C, K, and many minerals, including iron, calcium, potassium, magnesium and manganese.

Handling and Storage

- To store, place unwashed chard in the refrigerator in a plastic bag. It will keep fresh for several days.
- If you have large batches of chard, you can blanch the leaves and freeze them. Wash chard carefully before using, as the crinkled leaves may hide sand and grit.

Serving Suggestions

- Both the stalk and the leaves are edible, though younger stems are more tender. Cut leaves in ribbon-like strips and steam 4 to 5 minutes. Cut stems diagonally in one-inch chunks and steam 6 to 8 minutes.
- Chard can be eaten as a separate vegetable or paired with leeks or onions.
- The thinly sliced stems can liven up stir-fries, soups and stews.
- Complementary herbs and spices include sweet basil, nutmeg, oregano and garlic.
- Use chard leaves in any cooked dishes that call for spinach such as vegetarian lasagna.
- Wrap chard leaves around your favourite vegetable and grain salad and roll into a neat little package. Bake in a medium-heat oven and enjoy this nutrient-superstar alternative to stuffed cabbage.
- Toss penne pasta with olive oil, lemon juice, garlic, and cooked chard.
- Add zest to omelets and frittatas by adding some steamed chard.

Did You Know?

Swiss chard isn't native to Switzerland, but the Swiss botanist Koch determined the scientific name of this plant in the 19th century. Since then, its name has honoured his homeland.

The actual homeland of Chard is the Mediterranean area, and Aristotle wrote about it in the 4th century BC.

Simplest Swiss Chard Pie

- 8 to 12 cups chard leaves, washed and roughly chopped
- 1/2 large onion, chopped
- 2 - 3 eggs, lightly beaten; salt and pepper
- 1 cup grated cheese

Sauté the onion in oil or butter. When softened, add chard (or spinach) leaves and sauté until they become limp. Place in 9 or 10 inch pie plate. Add eggs and mix into chard mixture. Sprinkle with cheese. Bake 20 minutes at 350° F or until cheese bubbles. Serves 4 to 5.

Chard Cheese Bake

Simply in Season

Chop up to 1 pound Swiss chard or spinach. Steam and drain thoroughly, squeezing out moisture, or use raw leaves, chopped finely. Combine with greens:

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| 4 eggs, beaten | 1 slice whole grain bread, cubed |
| 1 scant cup milk | 1/2 cup green onions, sliced |
| 1 cup Swiss or cheddar cheese, shredded | 1/4 cup Parmesan cheese, grated |
| | Salt, pepper, dill or basil, to taste |

Combine with greens. Pour into greased, low 2 L baking dish or pieplate. Bake in preheated oven at 375° F until set, about 30 minutes. Let rest 10 minutes before serving. *Serves 3 to 4.*

Sautéed Chard and Salmon

Greens! Glorious Greens!

Skin 1 pound salmon fillet and cut into 6 to 8 pieces. Place on plate and sprinkle with freshly ground pepper. Squeeze on the juice of 1/2 lemon, drizzle with 1 teaspoon tamari and 1 tsp toasted dark sesame oil. Turn pieces to coat all surfaces. Set aside while you prepare the greens:

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|------------------------------|---|
| 1 pound organic Swiss chard | 1 med. onion sliced into thin crescents |
| 4 tsp extra virgin olive oil | 2 garlic cloves, thinly sliced |

Wash the chard and strip leaves from stalks. Slice stalks crosswise into 1/4 " pieces. Chop leaves coarsely and set aside, separate from stalks. In large skillet, heat 2 tsp oil over medium heat. Add onion and sauté 5 to 7 minutes, until soft and translucent. Add garlic and cook 1 minute. Stir in chard stems and 2 or 3 Tbsp water. Cover and cook 2 minutes. Stir greens into onion mixture, cover and cook 3-5 minutes, stirring frequently. When ready, greens should be tender but still bright green. Sprinkle with a pinch of salt, stir. Remove to platter.

In a skillet, heat the remaining 2 tsp oil over medium-high heat. Add salmon pieces in a single layer and cook 2 minutes a side; do not over-cook. Pour any extra juices from the plate onto cooking salmon. When done, place on top of greens and serve. Serves 3 or 4.

CORN

Golden Ears Farm

The big, colourful ears of corn we love were domesticated more than seven thousand years ago in Mexico from a grass called teosinte. Corn is the world's third largest food crop (after rice and wheat) but sweet corn makes up only a small portion of corn grown. Most is "field corn", used for cattle fodder, junk food, industrial compounds, and biofuels. In scientific and agricultural contexts, the word "maize" is typically used, to avoid confusion with an older meaning for "corn," which included all cereal grains.

Corn kernels are typically yellow, but some varieties are white, bicolour (white and yellow) red, blue or purple!

Sweet corn has been bred and hybridized considerably in the past sixty years. These varieties cannot be grown from saved seed. Our farm is one that's working towards growing open pollinated sweet corn varieties.

Corn is actually a grain, not a vegetable, and forms a complete protein when eaten with legumes. It is high in dietary fibre, magnesium, phosphorus, thiamin and vitamin C.

Handling & Storage

- *Choosing cobs:* without peeling back the husk, wrap your palm around the tip and feel it. If pointy, the corn is immature. If the tip is rounded, the corn is ready.
- Sweet corn is best eaten the day it was picked. Find a farmer who picks his corn daily and stick by his side! Don't shuck corn until you're ready to cook it. After a few days, the sugars in sweet corn begin returning to starch so it loses its flavour.
- To store, wrap unhusked corn in damp paper towels; place in a plastic bag for a maximum of two days.
- To preserve the natural juices, blanch whole cobs for at least a minute, then cut the kernels off and transfer to zip bags; *or*
- Remove the outer husk until only the inner husk remains. Cut off ends leaving the inner husk still connected to the cob, place in zip bags and freeze. Drop in boiling water to heat. Don't keep unblanched corn in the freezer over three months.

Did You Know?

In 1492 Christopher Columbus's crew first saw the gorgeous fields of maize, or corn, growing on the island which today is the Dominican Republic and Haiti. Long before this, however, various types of corn had flourished from Chile to Canada. To the Inca, Maya, and Aztec civilizations, corn was their main food.

Corn, beans and squash were regarded as the "Three Sisters" by Native American Indians.

Serving Suggestions

Summer wouldn't be complete without some corn on the cob. Steam, boil or grill the cobs and serve with butter and salt.

- If eating corn the day it was picked, and picked at its peak of perfection, just boil it two minutes and you won't need butter and salt!
- Dip cobs in the husk in water, then grill it on the barbecue.
- Add corn kernels to soup or chili.
- Sauté cooked corn with green chilies and onions as a wonderful hot side dish.
- Mix kernels into finely chopped, cooked kale; sauté briefly with minced garlic and sweet red peppers, chopped. Season to taste.
- Flavourful companions for corn include tomatoes, cilantro, basil, onions, black beans and toasted, ground cumin seeds.
- Add corn kernels and diced tomatoes to guacamole.

On average, an ear of corn has 16 rows and approximately 800 kernels!

Indigenous Americans had learned to soak corn in alkali-water (lime) to release the niacin, but this cultural tradition did not accompany corn to other cultures. Tragedy often resulted in cultures whose main energy source was corn, due to epidemic pellagra, caused by a niacin deficiency. The development of high lysine corn and the promotion of a more balanced diet have eliminated this problem.

Amazing Raw Corn Salad

Golden Ears Farm

A friend and I made this salad on a busy summer night; it blew our taste buds away! Proportions are up to you. This salad will turn out great no matter what!

Shred: beets, onions, kale; add corn (remove corn from the cob by sliding your knife down just before you hit the hard cob.) Add raw sunflower seeds, raw sesame seeds.

Dressing: Lots of minced garlic and ginger added to 1 part honey, 2 parts soy, and 3 parts neutral cooking oil. Whisk until combined. Salt to taste.



CUCUMBERS

Cucumbers belong to the squash family along with melons, zucchini and pumpkin. Varieties of cucumber are grown either to be eaten fresh or to be pickled. Those to be eaten fresh, often called slicing cucumbers, are commonly waxed to preserve moisture, so they must be peeled before eating. Pickling cucumbers are never waxed, nor are any cucumbers sold at farmers' markets.

Pickling cukes tend to be shorter, thicker, and have bumpy skin. The gherkin is the smallest size of pickling cucumber. To pickle cucumbers, they are soaked in a brine or brine-and-vinegar solution, and various spices such as dill and garlic are added. Pickling removes much of the nutrient content, especially the Vitamin C.

English cucumbers are a slicing variety that can grow up to 2 feet in length, are nearly seedless, and have a delicate skin that is very edible. They are often shrink-wrapped in plastic to keep them from drying out, and so the skin may be eaten.

The unique lemon cucumber is so called because it looks (doesn't taste) like a smooth lemon. It is eaten when ripe (unlike green cucumbers) and has a mild taste that is sweeter and less acidic than slicing cucumbers.

Handling & Storage

- To store cucumbers, refrigerate in a plastic bag in the crisper section.
- Cucumbers become limp and mushy if frozen.
- With unwaxed cucumbers from the farmers' market or garden, wash, then taste the skin to determine bitterness, to decide whether to peel.

Serving Suggestions

- Cucumbers are normally served raw, in salads or sandwiches. They may be dressed with a mixture of mayonnaise and cream or served with a dip.
- Use half-inch thick cucumber slices as petite serving "dishes" for chopped vegetable salads.
- Mix diced cucumbers with sugar snap peas and mint leaves and toss with a rice wine vinaigrette.

Did You Know?

We eat cucumbers in the unripe, green stage. If they are allowed to fully ripen, they become yellow, bitter and sour.

Cucumbers are thought to have originated in India. They were brought to the new world by Christopher Columbus in 1492.

- For refreshing, cold gazpacho soup that takes five minutes to make, simply purée cucumbers, tomatoes, green peppers and onions, then add salt and pepper to taste.
- Add diced cucumber to tuna or chicken salad recipes.

Refreshing Cucumber Salad

- | | |
|--|----------------------------------|
| 1 large cucumber, thinly sliced | 2 Tbsp extra virgin olive oil or |
| 2 Tbsp finely cut fresh, feathery dill | organic canola oil |
| 2 Tbsp sour cream | 1 tsp salt (or less) |
| 1 Tbsp vinegar | Dash pepper |

Combine all and chill before serving.

Tzatziki (dza-DZEE-kee)

This Greek dip improves if made at least 2 hours before it's needed.

- 1 small English cucumber (if using a slicing cucumber, peel and scrape out seeds)
- 1 Tbsp fresh dill (some versions use mint instead)
- 2 cloves garlic
- 1 Tbsp fresh lemon juice
- 1 cup plain thick Greek yogurt (or strain other kinds of yogurt to reduce liquid)
- 1/2 cup sour cream (optional)

Finely chop or grate the washed cucumber and squeeze out the juice by hand. (Or sprinkle with salt and let it drain 2 hours in a colander in the sink.) Discard juice.

Finely chop the dill and garlic. Mix into the cucumber.

Add lemon juice, yogurt and sour cream. Chill thoroughly. The longer the tzatziki is refrigerated, the more intense the garlic taste becomes.

Tzatziki stores well for several days in the fridge. If excess liquid accumulates, pour it off.



EDAMAME (ed-a-MA-mee)

Edamame (which means 'beans on a branch' in Japanese) are fresh baby soybeans, still in the pod. Like other beans, the large edible seeds grow in pods, which in this case are not generally considered edible. The whole pods are typically boiled and salted. The beans are then removed from the pods with the fingers and eaten as a snack, either hot or cold. They have a delicious, slightly nutty, sweet flavour.

The soybean is a legume, so contains more protein than other types of vegetables. Edamame are also good sources of fibre, omega-3 and omega-6 fatty acids, and numerous vitamins and minerals. An abundance of research attests to the health benefits of soybeans, too numerous to list here. It's definitely healthy!

Handling & Storage

- Fresh edamame should be stored in the refrigerator in a loose bag and eaten within a few days.
- Edamame are much easier to shell after cooking. Add the soybean pods to salted water and boil for approximately 7 to 10 minutes. Drain and rinse in cold water.

Serving Suggestions

- Delicious as a snack when boiled, shelled and salted!
- Add edamame (shelled) to vegetable stews and soups.
- Use edamame as one of the beans in any bean salad recipe.
- Roast the shelled edamame in oil in the oven for 12-15 minutes and then add to a salad or main dish.

Did You Know?

Soybeans have been cultivated in China for over 3000 years, but they have only recently become widely known in Western countries.

Soybeans are one of the crops that former tobacco farmers are changing to.



EDIBLE FLOWERS

Many flowers, if grown organically, add flavour and interest to meals. Find out which parts are poisonous rather than experimenting! The following are recommended by *Simply in Season*: violets, marigolds, nasturtiums, chamomile, borage, chervil, chrysanthemums, clover, day lilies, roses, hyacinths, gladiolas, hollyhocks, impatiens, lilacs, calendula and pansies. Also edible are the blossoms of chives, garlic, and all squash and peas if grown without pesticides and chemical fertilizers. Check out http://flowerscanada.org/content/en/edible_flowers.htm

Handling & Storage

- Rinse flowers, remove stems, place between paper towels to dry. Refrigerate until needed but use within a day.
- Be sure to remove the bitter white base of rose petals before eating.

Serving Suggestions

- Tea (e.g., hibiscus) can be made with a tablespoon of petals per cup boiling water. Steep at least ten minutes.
- Stir chopped petals into softened butter or cream cheese for a colourful spread.
- Large squash blossoms can be lightly sautéed or dipped in batter and fried.
- Try a salad mostly of flowers, mixed with some salad greens and a light vinaigrette.
- Use edible flowers as garnishes.
- Freeze blossoms in ice cubes and add to herbal ice tea or punch.
- Chrysanthemum petal tips complement ginger in meat dishes.
- Day lily buds can be frozen for later use in Oriental soups or stir-fries.

Did You Know?

Broccoli and artichokes are actually flower buds.

Roses and rosehips are loaded with vitamin C.

The pollen in many flowers is rich in vitamins and minerals.

Nasturtium flowers are delightfully spicy!

Cheese Rarebit with Mustard Flowers *Madison CSA Cookbook*

4 thick slices whole wheat bread	1 cup grated aged cheddar
2 Tbsp butter	cheese
1 Tbsp whole grain mustard	Mustard or tansy flowers

Heat broiler or toaster oven. Lightly toast bread on both sides, then, while still hot, butter each slice and spread with mustard. Sprinkle cheese and flowers over mustard. Toast in broiler until cheese bubbles. Serve at once.

EGGPLANT

Roots & Greens Farm

Eggplant is a vegetable prized for its beauty and its unique taste and texture. Eggplants belong to the "nightshade" family and grow much like tomatoes, hanging from the vines. The most common variety has glossy, deep purple skin, while the flesh is cream coloured and spongy in consistency. Other varieties are lavender coloured, jade green, orange or white.

Eggplants were first cultivated in China in the 5th century B.C.

Handling &Storage

- Ideally, eggplants should be stored at 10° C (50° F), wrapped in plastic. They dislike both cold and hot temperatures so use within a few days.
- To skin or not to skin; that is up to you! If the eggplant is young and fresh, the thin skin adds colour and pleasant texture, so there is no need to peel it.
- Raw eggplant can have a somewhat bitter taste but, when cooked, develops a rich, complex flavour. Salting and then rinsing its slices can remove much of the bitterness, though this is often not necessary with modern varieties.
- Because eggplant readily absorbs oil, slices should be well breaded before frying.

Did You Know?

The name eggplant refers to the fact that the fruits of some European cultivars were white and resembled goose eggs.

Eggplant is botanically a fruit but prepared like a vegetable.

Eggplants are known as aubergine in the UK.

Serving Suggestions

- Enhance eggplant's somewhat bland presence with garlic, peppers, onions, tomatoes, sesame oil and olive oil.
- Layer slices with other vegetables and seasonings to make a healthy vegetable medley.
- For homemade babaganoush, purée roasted eggplant with garlic, tahini, lemon juice and olive oil. Use it as a dip for vegetables or as a sandwich filling.
- Mix cubed, baked eggplant with grilled peppers, lentils, onions, garlic and a balsamic vinaigrette.
- Stuff miniature Japanese eggplants with a mixture of feta cheese, pine nuts and roasted peppers.
- Add eggplant to an Indian curry stir-fry.

Stuffed Eggplants

Roots & Greens

- 6 eggplants
- 2 Tbsp. olive oil, divided
- 1 lb. lean ground beef
- 2 onions
- 3 tomatoes
- Salt and pepper to taste

Peel the eggplant, remove stems, and slice in half lengthwise. Scoop out the softer inner flesh and discard. Heat 1 Tbsp. olive oil and fry the eggplant halves on both sides. Set in a greased casserole dish. Chop the onions and sauté in the other 1 Tbsp. olive oil until lightly browned. Skin the tomatoes, if desired, chop and add to onions with the ground beef. Add salt and pepper and cook for about 10 minutes. Fill the eggplants with the mixture, add a cup of water to the pan, and bake, covered, at 350° F for about 30 minutes.

Summer Garden Ratatouille

Simply in Season

Sauté in olive oil 5 minutes:

- 1 large sweet onion, chopped
- 4 cloves garlic, minced.

Add:

- 1 medium eggplant, diced (about 2 cups)
- 2 Tbsp fresh basil, chopped (or 2 tsp dried)
- 1 Tbsp fresh rosemary, chopped (or 1 tsp dried)
- 1 tsp salt

Cover and cook over medium heat, stirring occasionally until eggplant is soft, 15 minutes.

Add and simmer until soft, about 10 minutes:

- 2 cups summer squash (zucchini is traditional)
- 1 or 2 sweet peppers, any colour, cut in strips
- 2 cups chopped tomatoes

Serve on pasta with grated cheese



Photo: Kathryn Zietsma

FENNEL

Fennel is a highly flavourful and aromatic herb with many culinary and medicinal uses, and is one of the main ingredients of the liqueur, absinthe. While the plant looks similar to dill, and is often confused with it, fennel is a taller plant with shinier leaves. The best way to distinguish between them is the taste test, as fennel leaves have a distinct licorice flavour. Fennel is closely related to carrots, parsley, dill and coriander. The texture of its stalks is similar to that of celery.

The fennel plant is edible from bottom to top. The bulbous root and stalks can be eaten as a vegetable. The foliage and seeds are also edible, with a sweet licorice flavour. The plant should be harvested before flowers appear, as this indicates the vegetable is past maturity.

Handling & Storage

- Fennel does not store well, and loses its characteristic flavour quickly.
- Store in the coldest part of the refrigerator in a plastic bag, but use within 4-5 days.
- Freezing fennel seems to destroy much of its characteristic flavour.
- Dried fennel seeds can be stored in an airtight container for about 6 months.

Serving Suggestions

- Chop stems and add to salads.
- The root may be eaten raw or cooked. Chopped leaves can be added to salads, soups, or served with fish.
- Fennel seeds may be used in pickling, tomato sauce, or sausages.
- Branches of young plants make a pretty garnish.
- Mixing some fennel seeds and sharp cheddar in the crust of an apple pie gives an old standby an extraordinarily tasty twist.
- Sautéed fennel and onions make a wonderful side dish.
- Combine sliced fennel with avocados and oranges for a great salad.
- Braised fennel is a wonderful complement to scallops.
- Add sliced fennel to sandwiches in addition to the traditional toppings of lettuce and tomato.
- Top thinly sliced fennel with plain yogurt and mint leaves.
- Fennel is a match made in heaven when served with salmon.

Did You Know?

Fennel is often confused with anise, which has a similar taste, but is an entirely unrelated plant.

The fennel plant is indigenous to the Mediterranean region, where it was cultivated by the early Romans and Greeks to season meats, fish and sauces.

The Romans used to hang fennel over doorways to fend off witches and evil spirits.

Corn Salad (Mache) with Goat Cheese & Fennel-Mustard Vinaigrette Dressing

Wild Flight Farm *from foodandwine.com*

- 1 tsp fennel seeds
- 2 Tbsp rice vinegar
- 1 tsp lemon juice
- 1 Tbsp Dijon mustard
- 1 garlic clove, minced
- 6 Tbsp extra-virgin olive oil
- Salt and freshly ground pepper
- 10 ounces corn salad or other baby greens (16 loosely packed cups)
- 1/2 pound fresh goat cheese

In a small skillet, toast the fennel seeds over moderately high heat until fragrant. Transfer the seeds to a spice grinder and let cool completely; grind to a powder.

In a large bowl, whisk the ground fennel with the vinegar, lemon juice, mustard and garlic. Whisk in the oil; season with salt and pepper. Add the greens and toss gently. Scatter the goat cheese on top and serve.



Photo: Scott Burton

GARLIC

Rocky Ridge Farm & Maggadean Garlic Farm

Garlic, “the sovereign extract of the earth” (G. *Coquiot*), has been grown for thousands of years and is used both as a seasoning and for its health benefits. Individual garlic cloves, separated from the bulb, are planted in the fall and harvested in July or August. Hard neck varieties produce a seed head or garlic *scape* which, removed from the plant when young and tender, provides a delicious early garlic treat. Removing the scape encourages more growth, creating a bigger bulb at harvest time. Soft neck varieties have no scape and are perfect for braiding.

Garlic is a natural antibiotic with antifungal properties. Many believe it helps to control blood pressure, and attribute other health benefits to it, especially when eaten raw. Try a clove a day with peanut butter!

Handling & Storage

- Store garlic in a cool dry place, not in the fridge. A mesh bag allows good air circulation. A head of garlic stores well in a clay garlic keeper on the counter. Cured garlic will store 6 to 8 months.
- Garlic can be easily peeled by pressing a clove with the broad side of a large knife until the skin splits; then it can be pulled off.
- Chop, mince or press?? This is a personal choice. A garlic press tends to be wasteful and fussy, leaving the chore of cleaning the press as well. With chopped garlic, there will be more of that garlic zing!
- Have a designated wooden chopping board for your garlic and use a sharp knife.
- Add your garlic to cooked dishes at the end of the cooking process to maximize its flavour, texture and health benefits.

Serving Suggestions

- Garlic is a wonderful seasoning, a great help for those on a low sodium diet.
- Marinate pressed garlic in olive oil and use in dressings and marinades.
- Purée fresh garlic, cooked chick peas, tahini, olive oil and lemon juice to make a quick and easy hummus dip.
- Sauté steamed spinach with garlic and fresh lemon juice.
- Purée roasted garlic, cooked potatoes and olive oil together to make delicious garlic mashed potatoes. Season to taste.

Did You Know?

True garlic (*Allium sativum*) has two sub-species, softneck (*sativum*) and hardneck (*ophioscorodon*). Soft-neck has two varieties, Silverskin and Artichoke. Garlic in our supermarkets is usually Silverskin from China or California.

Roasted Garlic

Skye Farm

Take a large whole bulb of garlic and slice the top off in such a way as to cut the tops of all the cloves. Sprinkle a little olive oil on the cut sides, then add some herbs such as oregano, thyme, rosemary or basil. Place the top back on the bulb and wrap in tin foil. Roast on the barbecue (not too hot) or in the oven at 375° F for 20 to 30 minutes or until soft. To serve, place on a small plate. Diners squeeze deliciously smooth garlic paste from each clove onto crackers, toast, bread or into a hearty soup.

Carrot Garlic Soup

Rocky Ridge Farm

1 whole bulb of garlic
1 Tbsp olive oil
1 medium onion, chopped
1/2 tsp each salt and pepper
5 cups vegetable stock

3 cups chopped carrots
1 large potato, peeled and
chopped
Up to 1 cup shredded fresh
basil, or 1 Tbsp dried

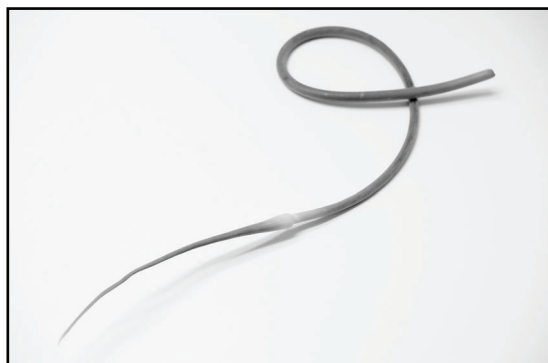
Separate, peel and chop garlic cloves. In a large saucepan, heat oil over medium heat; sauté garlic & onion with salt and pepper until onion is softened. Add stock, carrots, potato and water. Bring to a boil. Reduce heat and simmer until vegetables are tender, about 20 minutes. Purée soup until smooth. Stir in basil.

Garlic Scape Salad Dressing

Rocky Ridge Farm

3 garlic scapes
1/4 cup white wine vinegar
1/2 cup olive oil
Salt and pepper, to taste

Remove seed head and any tough ends from scapes. Chop scapes into small pieces. Put scapes and vinegar in a blender and blend until scapes are puréed. Add olive oil and seasoning. Blend. Store in the refrigerator.



Garlic scape

GREENS, Cooking

Notch Hill Organics

Although intentions are good, the array of greens at the farmers' markets can be somewhat intimidating. (See our articles *ARUGULA*, *BEETS*, *CHARD*, *KALE*, *SPINACH*, and *TURNIPS* for more information.)

Baby greens in salad mixes add to the sweet, nutty, hot or even bitter flavours that many of us enjoy. However, once these greens reach full size, they are best eaten cooked.

ARUGULA's taste becomes milder when cooked.

MIZUNA is considered a Japanese mustard green but actually originated in China. It has a mild sweet taste and is a beautiful addition to salads when young because of its dark green serrated leaves and feathery appearance. When more mature, the fibre in the stem becomes more noticeable so they are best chopped before cooking.

BEET tops and TURNIP greens can be sautéed in olive oil with garlic or onions. Add a splash of lemon juice before serving.

MUSTARD GREENS come in many shapes and sizes. They are generally hot and spicy when raw but lose their heat when cooked.

TATSOI is a very dark green, paddle-shaped leaf with pale stalks that grow in concentric circles like rose petals. When young it's delicious in raw salads but it's also wonderful in a stir-fry as you would use bok choy. For a stunning presentation, stir fry it without cutting the leaf from the stalk. Add a little sesame oil, ginger, garlic, and shrimp.

Powerhouse!

Dark green leafy vegetables pack a powerful nutritional punch you can not replicate by taking nutritional supplements. This is because greens contain not only nutrients known to be important in maintaining good health, but also a lengthy list of micro-nutrients called phytochemicals thought to protect against cancer and other diseases. They are a good source of fibre and essential minerals, especially iron, calcium, magnesium, and folic acid.

Key Cooking Tips *Greens Glorious Greens!* and Pilgrims' Produce

One of the biggest surprises in cooking leafy greens is how lousy some can taste when steamed. (Mild greens such as spinach, chard and beet greens, can be steamed--or wilted in a skillet.) The authors found that for the more assertively flavoured greens such as kale, collards, mustard

greens, broccoli rabe, and turnip greens, the best way to maintain nutrients and colour *and* dilute bitter acids is to shallow blanch them in already-boiling water. Boil 2 cups of water in a large skillet with a tight-fitting lid. Add chopped greens (up to a pound) and cook, covered, until the greens are tender, from 3 to 9 minutes, depending on the type of green. Cooking greens “fast and furiously” like this preserves nutrients, colour (they don’t turn grey!) and taste.

Drink whatever cooking water remains, for the broth captures nutrients lost in the cooking. But the greens will be enjoyed by more members of the family!

Serving Suggestions

Notch Hill Organics

Some greens can be interchanged in your recipes. For example, beet greens, collards, chard, kale and mustard greens all make delicious wraps for your favourite “cabbage roll” recipe. Try substituting other greens for spinach in your lasagna but remember that some need longer to cook and should be chopped smaller. The stems of chard are delicious and tender but others take far longer to cook and should be put to one side for soups and stews or pre-cooked separately.

If you find the flavour of greens too strong for your liking, try these ideas to cut the intensity:

- Add lightly cooked, chopped greens to mashed potatoes.
- After cooking, add freshly ground pepper, put in a casserole dish, top with fresh tomatoes and grated cheese, and bake at 350° F until the cheese is melted.

Potato & Greens Soup

Pilgrims’ Produce

Shallow blanch 1 large bunch of kale or mixed cooking greens, stalks discarded, leaves chopped. Set aside.

1 Tbsp butter

1 large onion, chopped

2 cloves garlic, minced

2 large or 3 medium potatoes, diced (peeled, if necessary)

1/2 cup chopped celeriac or celery, if desired

2 cups hot water or broth plus a little milk.

Melt butter in heavy soup pot. Add onion and sauté until golden. Add garlic and sauté another minute. Add remaining ingredients and bring to boil. Reduce heat and simmer until potatoes are soft. Add greens.

If you like a chunky soup, purée just half the potatoes and greens. If you prefer a smooth soup, purée everything. Return to soup pot but don’t keep cooking. When nearly ready to serve, add 2 cups broth or water with 1/2 tsp salt and pepper to taste. Add milk to reach preferred consistency; heat gently just until hot.

GREENS, Salad

Highland Farm

Cultivated lettuce (See *LETTUCE*) originated in the Mediterranean basin in ancient times, making lettuce one of the oldest known vegetables. But lettuce is only one of many leaves used today in a variety of mixed green salads. Many other plants, often related to the cabbage family, are grown with leaf lettuce varieties to create more interesting, nutritious and delicious salads. Flavourful leafy greens such as arugula, mustard lettuces (cabbage family), spinach, kale, tatsoi and mizuna (Japanese or Chinese mustard greens), red chard, shingiku (edible chrysanthemum) and radicchio all perk up a lettuce salad.

While lettuces alone have some nutritional value, the addition of mixed greens significantly boosts the calcium and vitamins A, C, and K. Dark green leafy greens also share the cancer fighting properties of broccoli. (See *ARUGULA, CHARD, KALE, SPINACH.*)

Corn salad (also known as mâche) and **claytonia** (“miner’s lettuce”) are specialty winter salads that Wild Flight Farms grow in unheated tunnels from October to April. These amazing plants can withstand temperatures of -20° C, then come back to life as soon as the sun shines and the soil thaws. Best enjoyed as salad greens, with only a light dressing so as not to overpower their delicate flavour and texture.

Wild Greens

4 Elements Farm

Many plants that grow naturally in the garden are a great source of vitamins and minerals. We often pull out dandelion, chick weed, portulaca/purslane, burdock and nettles to make room for cultivated vegetables, when these “weeds” are highly edible and can be even more nutritious than what we plant in their place.

Handling & Storage

- Salad greens can be stored without washing for up to 5 days in a plastic bag in the refrigerator crisper.
- Or you can rinse them with cool water, spin to dry and leave in the salad spinner in the fridge.

Serving Suggestions

The possibilities are limitless! Combine various salad greens, then add a few other items according to your personal preferences; consider fresh berries, slices of sunchokes, sweet peppers, cherry tomatoes, cucumbers, ground cherries, green onions or thin half-moon slices of sweet onion, toasted sunflower seeds or walnuts, and cheese cubes or bits of feta. Enjoy a different salad every day!

Raspberry Dressing: *for about 6 cups torn greens* Highland Farm

1/2 cup raspberries	1/4 cup vinegar
1/4 cup plain yogurt	1 clove garlic
1 tsp lemon juice	1 tsp sugar
1 tsp thyme	1/2 cup croutons

Crush the raspberries and garlic, add vinegar, yogurt, lemon juice, sugar, thyme. Mix well, chill, pour over mixed salad greens, toss with croutons.

Market Fresh Basil Vinaigrette

Maureen Clement

A rich, creamy but healthy dressing for fresh green salads, but also delicious on a pasta or potato salad. For potato salad, pour the dressing on the warm potatoes so they absorb the flavour of the dressing; cool.

The best way to make this vinaigrette is to put the ingredients into a 1 litre canning jar, and blend with a handheld blender. Store in the jar in the fridge.

1 cup oil (Olive oil is sometimes too strong. Try 3/4 organic canola and 1/4 olive oil.)	1 or 2 cloves of pressed garlic
1/4 cup vinegar (Preferably 1/8 cup balsamic and 1/8 cup white vinegar. For a lighter flavour substitute 1/8 cup fresh lemon juice for either vinegar.)	1/2 cup nutritional yeast flakes
1/4 cup water	1 tsp grainy mustard
	1 Tbsp tahini
	1/4 to 1/2 cup maple syrup
	1/2 cup fresh parsley
	1 cup fresh basil (or 2 basil cubes; See HERBS for recipe, with or without Parmesan cheese)

Put all of above in the jar and hand blend until smooth.

Corn Salad, Pear & Avocado Salad with Sesame Rice Wine Dressing

Wild Flight Farm from metro.ca

5 Tbsp sesame oil	1 tsp Dijon mustard
2 Tbsp rice wine vinegar	Salt and pepper to taste.
1 tsp fresh chopped ginger	

Vinaigrette:

Salad:

- 4 cups of corn salad (mâche) or other salad greens
- 2 pears, quartered, cored and cut into thin slices
- 1 avocado, cut into 1 inch cubes
- 1 small purple onion, or scallions, cut in half lengthwise and grilled

In a small bowl, blend the vinaigrette ingredients together thoroughly. In a large bowl, toss the greens with half the dressing. In a smaller bowl, toss the pears, avocado and onion with the remaining dressing. Arrange the Corn Salad on plates, top with the pear, avocado and onion mixture.

HAKUREI (hak - er - ay)

Sometimes known as the salad turnip, Japanese turnip, or kabu, this pure white turnip is known for its excellent flavour and crunchy crisp texture. It produces uniform globe-shaped roots with snow-white skin. There is no neck, as the green tops emerge directly from the ball, which is often about the size of a golf ball. Even tennis-ball size hakurei are usually tender and sweet.

The flavour of hakurei can vary depending on the variety and growing conditions, from mild and sweet to strong or spicy. The stronger flavoured varieties can be braised or roasted, and do well in soups, stews and casseroles, including curries. The milder ones, popular in our region, are refreshing in salads or just eaten out of hand.

The root contains amino acids, glucose and vitamin C, and the leaves are rich in vitamins C, A, B1 and B2.

Handling & Storage

- Separate the greens from their roots before storing in the vegetable crisper of your fridge. Use the greens within a day or two.
- The roots should be stored in a container or plastic bag. Unlike rutabagas, which can be stored for long periods of time, hakurei should be stored only 3-5 days in the refrigerator.

Serving Suggestions

- Hakurei can be used any way that radishes are used. The name “salad turnip” indicates they are good in fresh salads or on raw veggie plates to serve with a dip,
- Small hakurei can be pickled.
- The roots can be stir-fried, or grilled with other vegetables on shish kebabs.
- They can be roasted with snap peas and garlic scapes.
- Hakurei turnips work very well in curries.
- The nutritious greens can be used anywhere that you would use spinach or Swiss chard. They are usually mild enough to eat fresh in a salad or lightly sautéed together with the sliced roots. Try adding just a splash of sesame oil.

Sautéed Hakurei Turnips & Chard *CulinarySchoolRockies.com*

- 1 bunch hakurei turnips with greens
- 1 lb greens such as chard or mizuna
- 3 tsp oil, divided
- 1/2 cup apple juice, white wine or water
- 1/2 tsp salt
- 1/4 tsp black pepper

Cut the greens from the hakurei. Wash and tear all the greens into large pieces; remove stems. Cut the hakurei into bite sized pieces.

Heat 1 teaspoon of oil in a pan over medium-high heat. Sauté the hakurei briefly, stirring occasionally until they are crispy outside and tender inside. Season with salt and pepper and remove to a warm plate. In the same pan, heat the remaining oil over medium heat. Add the washed and wet greens, and add to pan in batches. Stir and mix as they wilt.

Add the wine or apple juice and cook until it is mostly evaporated. Plate the greens (serves 6) and arrange the warm hakurei on top.



Photo: Kathryn Zietsma

HERBS

Culinary use of the term "herb" typically distinguishes between *herbs*, from the leafy green parts of a plant, and *spices*, from other parts of the plant, including seeds, berries, bark, root and fruit. Culinary herbs are distinguished from vegetables in that, like spices, they are used in small amounts and provide flavour rather than substance to food.

Many gardeners dry herbs from their garden, so they'll be able to enjoy their own herbs for a few months longer. Dried herbs are usually stronger flavoured than fresh, so use approximately 1/3 as much dried as fresh. To preserve herbs with a high water content, like basil, chives, lemon balm, mint and tarragon, fresh freezing is a better option. The herbs will become limp in the process, but their flavour will be intact. Frozen herbs will keep their flavour for several months and can be used in the same proportion as fresh herbs.

Basil leaves are commonly used fresh in tomato-based recipes and Italian cooking. Always add basil at the last moment, as it quickly loses its flavour when cooked. Basil is best preserved by freezing, as drying causes it to lose much of its flavour. Basil is the main ingredient in pesto, a wonderful Italian herb sauce made with basil, olive oil and pine nuts.

Chives are a member of the onion family. The leaves are shredded or chopped to add a mild onion-like flavour, as well as colour, to potatoes, fish and soups. They can be stored after dry-freezing, without blanching.

Cilantro is also known as **coriander**. Cilantro leaves are most commonly used in salads, salsa, and Asian recipes. Unfortunately, it loses its flavour when dried or frozen, and spoils quickly when fresh.

Dill leaves (called dill weed to differentiate from dill seed) are used fresh or dried in many dishes to flavour fish, vegetables, and soups. It is a key ingredient for dill pickles. Freeze-drying maintains more flavour than simply drying.

Lavender (culinary) flowers have a sweet floral flavour with citrus overtones. They can be used for both sweet and savory dishes or made into tea. Desserts such as crème brûlée can be flavoured with lavender and main courses like lamb are enhanced with the flower. Potency of flavour increases with drying, so be cautious in the use of this herb. Leaves can be used to substitute for rosemary in most recipes.

Lovage leaves are used to season south European dishes, or used for tea. Its unique flavour, which is a combination of strong celery flavour with a hint of anise, lends a wonderful flavour to soups, stews, salads, meat, potato and tomato dishes. You can use it much like you would cel-

ery or parsley, but with a lighter hand since it has a much stronger flavour. Freezing the leaves preserves flavour better than drying.

Marjoram is related to oregano, and is sometimes called Sweet Marjoram because oregano is known as marjoram in some countries. It works well with all kinds of tomato-based dishes, meats, fish, soups, salad dressings, pasta, egg and cheese dishes. Marjoram has a particular affinity for legumes and is delicious in bean, split pea or lentil soups. Freezing fresh leaves preserves the flavour better than drying.

Mint is actually a whole family of plants that includes basil, marjoram, oregano and many other herbs. The *Mentha* genus includes about 25 species of what we normally consider to be mint. Mint leaves are used in teas, beverages, jellies, syrups, candies, and ice creams. Mint is a traditional accompaniment to lamb in many cultures. Freezing mint is usually more successful than drying.

Parsley is unfortunately best known as a garnish that ends up uneaten on the plate! But its fresh flavour and colour enhance many dishes including potatoes, rice, fish, chicken, lamb, or vegetable stews. It is a key ingredient in the Middle Eastern salad, tabouli. It freezes well for storage, but can also be dried.

Rosemary is a perennial herb with evergreen needle-like leaves. The leaves and flowers can be used in sweet or savoury dishes. It is a traditional accompaniment for lamb, when a marinade can be made by blending rosemary, garlic and lemon juice. It can be used fresh or dried.

Sage is a member of the mint family with grayish-green leaves that have a slightly sweet yet peppery flavour. It goes well with turkey and with fatty meats (as a marinade) or for flavouring cheese dishes. It is also used with onions to flavour sausages, white meat, or vegetable soups. Freezing sage leaves will intensify their flavour, while drying them tends to decrease flavour.

Thyme is an herb that is often used to flavour meats, soups and stews, and which has a particular affinity for lamb, eggs, and tomato dishes. It is slow to release its flavour, so is usually added early in the cooking process. Thyme can be used fresh or dried, and keeps its flavour better than many herbs when dried.

Quick Basil Pesto Cubes

Hartwood North Farms

Gather 2 cups of fresh basil leaves, chop finely with large knife and put into blender. Add: 2 large cloves of garlic, 3/4 cup olive oil, 3/4 cup Parmesan cheese. Blend on purée setting until smooth. Spoon into ice cube trays and freeze. Later, empty cubes into container or bags and freeze. Great to add to sauces, soups, stews, dips or salad dressing.

KALE

Wild Flight Farm

Kale is a nutritional powerhouse, and has recently risen from obscurity to being much sought-after at local markets. This dark, leafy green is a member of the cabbage family. It contains the highest amount of beta-carotene of any green vegetable, is an excellent source of vitamins K, A and C, and a good source of iron and calcium. Even when cooked, kale has more than twice as much of the antioxidant lutein as cooked spinach, which itself is significantly higher in lutein than other veggies. Studies show that spinach and kale are protective against cataracts.

There are many different varieties of kale, but the most commonly grown in our area is curly kale, with its deeply curled, robust, frost-hardy leaves. Not quite as common, but also popular are Dinosaur kale, which has blistered, strap-like leaves, and Red Russian kale, which has finely toothed leaves and reddish stems.

Handling & Storage

- Kale should be placed unwashed in a plastic bag and stored in the refrigerator crisper.
- Kale should be eaten within one or two days after purchase since the longer it is stored, the more bitter its flavour becomes.
- Kale freezes well and actually tastes sweeter after a frost.

Serving Suggestions

- Kale has traditionally been used in cooking, as it can be somewhat bitter when raw. The easiest way to prepare kale is to strip the leaves from their stems, rinse well, and immerse in boiling water for just a few minutes, until the colour changes to bright green. Then the leaves can be finely chopped and used in stir fry, soups or pasta sauce, layered in a lasagna or used as a pizza topping.
- Red Russian kale is often used in salads due to its more tender texture. Any kale can be used raw in salads if chopped finely and massaged with your hands and a little olive oil. Let sit at least 1/2 hour before adding in other ingredients such as corn niblets or red peppers.
- Sauté chopped kale with fresh garlic and sprinkle with lemon juice, salt and olive oil before serving.

Did You Know?

In Ireland, kale is mixed with mashed potatoes to make the traditional dish *colcannon*. It is popular on Halloween, when it is sometimes served with sausages.

During World War II the cultivation of kale in the U.K. was encouraged by the *Dig for Victory* campaign because of its important nutrients.

- Braise chopped kale and apples. Before serving, sprinkle with balsamic vinegar and walnuts.
- Combine chopped kale, pine nuts or toasted sunflower seeds and feta cheese with whole grain pasta; drizzle with olive oil.

Dried Kale

modified from *My Raw Recipe Collection*

- 2 large bunches of kale, stems removed, chopped
- 1 Tbsp fresh lemon juice
- 1 tsp sea salt
- 1 Tbsp minced garlic or 1 tsp garlic powder
- 3 Tbsp olive oil

Mix all ingredients very well with your hands to be sure the kale is well coated. Place on parchment paper on trays and dehydrate until very crisp, about 7 - 8 hours at 105° F. Stores well and is a great addition to winter pizzas, salads and vegetable side dishes. Tastes good as a snack!

Portuguese Kale Soup (Caldo Verde) *Food to Live By - Wild Flight*

- | | |
|---|--|
| 1/4 cup olive oil | 1 bunch curly kale |
| 1 large yellow onion, diced | 1 can diced tomatoes with their juice |
| 1 large carrot, diced | 1 can white beans, such as cannellini, drained |
| 4 cloves garlic, minced | 1/2 pound smoked sausage such as chorizo or kielbasa |
| 8 cups chicken or vegetable stock | Salt and freshly ground black pepper to taste |
| 2 cups diced Yukon Gold potatoes, cut into 1/2 inch cubes | |
| 1 tsp <i>herbes de provence</i> or dried thyme | |

Heat the olive oil in a large, heavy pot over medium low heat. Add the onion and carrots and cook until vegetables soften, 5 to 10 minutes. Add garlic and cook, stirring, until fragrant.

Add the stock, potatoes, herbs and bring to a boil over high heat. Reduce heat to low and simmer gently until potatoes are partially cooked, about 15 minutes.

Rinse kale and remove and discard stems. Chop into bite sized pieces. Add kale, tomatoes, beans and sausage and cook until potatoes and kale are tender, 5 to 10 minutes. If soup is too thick, thin it with more stock or water. Season with salt and pepper to taste and serve hot.

★See our article *GREENS, Cooking* for more ideas.

KOHLRABI

This is a member of the cabbage family, known in some places as the German turnip, and is the same species as broccoli, cauliflower and kale. It has a bulbous, almost spherical shape that looks like a root vegetable, but which, in fact, is the swollen stem, with leaves coming off the top and sides. It comes in green-skinned and purple-skinned varieties, but both have a creamy white flesh inside. The taste is similar to that of broccoli stems with a touch of radish, but is milder, sweeter, and with a greater ratio of flesh to skin. Small kohlrabi are the sweetest; bulbs much larger than a tennis ball are not as tasty and may have woody or pithy flesh.

Kohlrabi is an excellent source of vitamin C and potassium. It contains vitamin B6, folic acid, magnesium and copper. Kohlrabi leaves are rich in vitamin A.

Handling & Storage

- To store, wrap stems and leaves separately in plastic; refrigerate in crisper.
- For optimum flavour and texture, use within one week. The leaves will only keep for a day or two.
- Freezing is not recommended as it negatively affects the colour and consistency of the vegetable.

Serving Suggestions

- Kohlrabi can be eaten raw or cooked.
Young kohlrabi can be as crisp and juicy as an apple, though much less sweet. They can be used raw in salads, or peeled, sliced, diced or julienned for meat and vegetable salads or slaws.
- Serve like radishes on raw vegetable platters or with dips.
- The peeled stem, cut into slices or cubes, can be mixed with other vegetables like potatoes and stewed with onion, garlic and tomato.
- The whole vegetable can be steamed or boiled, which will take 20-30 minutes, depending on size. After cooking, peel the skin and serve with butter, salt & pepper or cheese sauce.
- The leaves of kohlrabi can be cooked as you would cook spinach or chard.
- You can also shred kohlrabi and add to coleslaws.

Did You Know?

Kohlrabi has been described as looking like an organic, pale green Sputnik!

Kohlrabi is one of the most common vegetables eaten in Kashmir, with a typical family eating it 4-5 times each week.

Baked Kohlrabi with Garlic and Parmesan Cheese

Good 'n' Plenty Produce

- 4 Kohlrabi (peeled and sliced in 1/4" slices)
- 1 Tbsp olive oil
- 1 clove garlic, crushed
- Salt and pepper to taste
- 1/3 cup grated parmesan cheese

In large bowl combine olive oil, garlic, salt and pepper. Add kohlrabi and toss to coat. Spread the kohlrabi in an even layer on a baking sheet and bake at 450° F for 15-20 minutes until browned. After kohlrabi is browned evenly, sprinkle parmesan cheese on top and bake for another 5 minutes until cheese browns.

Kohl-slaw for 6

Asparagus to Zucchini

- | | |
|---------------------------------------|-------------------------------|
| 6 medium kohlrabi, peeled and grated | 1/2 cup currants or raisins |
| 1 cup finely shredded cabbage | 1 Tbsp olive oil |
| 1 small red onion, diced | 3-4 Tbsp apple cider or juice |
| 1 Red Delicious apple, cored & sliced | |

Combine first 5 ingredients in large bowl. Gently toss in oil and cider. Cover and refrigerate a few hours to blend flavours. Toss before serving.

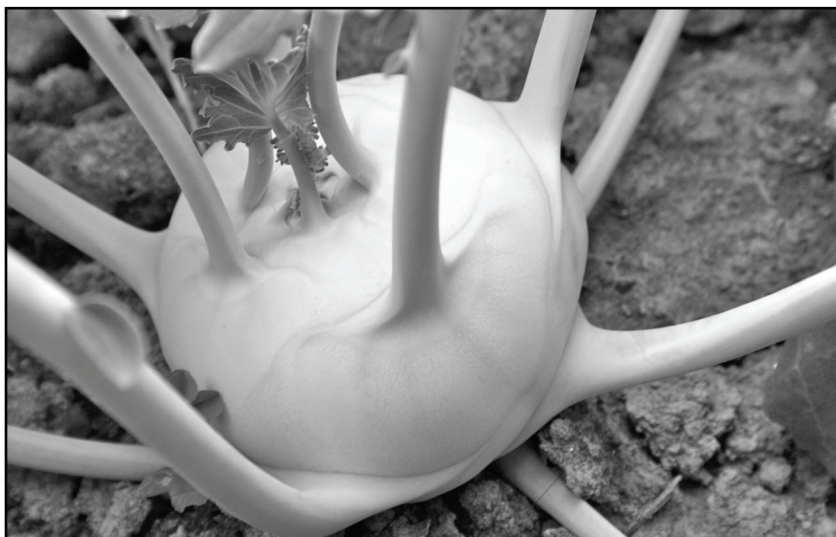


Photo: Kathryn Zietsma

LEEKS

Looking like giant green onions, leeks are related to onions and garlic, but have a more delicate and sweeter flavour. Wild leeks (often known as “ramps”) are smaller than cultivated leeks, and have a stronger, more intense flavour. The edible part of the leek is the white and light green parts of the stem. The dark green parts farther up the stem tend to be woody and have less flavour.

While commonly used for flavouring in soups and stews, leeks are eaten as a vegetable in their own right in parts of Europe. Leeks are an ingredient in cock-a-leekie soup (a traditional Scottish soup with chicken) and vichyssoise (leek & potato soup). In Spain (Catalonia), leeks are grilled whole on a wood fire and served with a spicy mayonnaise.

Handling & Storage

- Leeks can be stored unwashed in the refrigerator in a bag for a week or two. They may be frozen after blanching for 2 minutes, though they lose some of their desirable taste and texture.
- For longer term storage in the fall, leeks can be buried in moist sand and kept in a cool (not freezing) location for months.
- To clean: use the white and the pale green part and discard the tough green top. Cut leek in half lengthwise and thoroughly wash under tap water to remove the grit.

Serving Suggestions

- Leeks can be eaten raw, chopped into salads similar to green onions.
- As a simple side dish, steam or boil leeks, whole or in chunks, 10 minutes. Season with salt and pepper and add butter or cheese.
- Substitute for onions in casseroles, stews, soups and stir-fries.
- Sauté leeks with mushrooms or fennel. Serve with lemon and thyme.
- Braised leeks sprinkled with mustard seeds make a wonderful side dish for fish, poultry or steak.
- Add sliced leeks to your favourite omelet, quiche or frittata recipe.

Did You Know?

The leek is one of the national symbols of Wales. Legend has it that a Welsh King ordered his soldiers to wear the leek on their helmets to identify themselves in a battle against the Saxons.

Vichyssoise soup was invented by an American chef at the Waldorf Astoria in New York City. He named it after his home town of Vichy, France, but the soup is little known in France.

Vegetable Leek Medley

Nourishing Traditions

- 2 medium leeks
- 2 small or medium zucchini
- 2 large carrots
- 1 red sweet pepper
- 4 Tbsp butter
- sea salt and pepper

The secret of this attractive dish is proper preparation. The vegetables should be cut into small, uniform pieces.

Clean the leeks and slice crosswise in 1/4 inch intervals; set aside.

Cut ends off zucchini and remove inner pulp. (Use for soup, if desired.)

Don't peel. Cut into julienne or matchsticks and set aside.

Peel or scrub carrots and cut into julienne or matchstick pieces.

Seed the pepper and cut into thin 1 inch strips.

Sauté the carrots and leeks in butter. When just tender, add the sweet pepper and cook 1 minute. Finally, add the zucchini and sauté another minute. Season to taste.

Vichyssoise or Leek Potato Soup

Joy of Cooking

This leek soup may be served hot or very cold. (Yes, the last "s" is pronounced!)

- | | |
|----------------------|--|
| 3 medium leeks | 2 cups cucumbers, peeled, seeded & diced |
| 1 medium onion | Salt and white pepper to taste |
| 2 Tbsp butter | 1-2 cups cream (optional) |
| 4 medium potatoes | Chives, chopped |
| 4 cups chicken stock | |

Mince white part of leeks, and the onion. Sauté in butter. Peel and slice potatoes; add to the mixture. Add chicken stock and simmer, covered, for 15 minutes. Cool. Add cucumbers and purée in blender. Chill well. You may add the cream, but you will probably like the result just as well without it. Hot or cold, sprinkle chives on top.



LETTUCE

Christopher Columbus brought lettuce to the new world and it was grown in back yard gardens across the land. As the shipping industry took off with refrigerated containers in the early 20th century, commercial sales of this basic salad ingredient spread across North America.

When we hear the word “lettuce,” many of us think of the ubiquitous colourless, flavourless Iceberg lettuce. But there are many colourful and nutritious varieties of lettuce heads that are delicious in salads. In addition to the Crisphead type of lettuce that includes Iceberg, lettuce comes in three broad groups:

Romaine or Cos Lettuce forms tall dark green heads with a firm rib down the centre of each leaf. It tolerates summer heat better than most lettuce. This is the type of lettuce usually used in Caesar salads.

Butter Lettuce, which includes the varieties Boston, Bibb, and Buttercrunch, features tender large leaves that form a loosely arranged rosette that is easily separated from the stem. They have a sweet buttery flavour and a soft texture.

Leaf Lettuce features broad, curly leaf varieties such as oakleaf, green-leaf and redleaf. The darker the leaf lettuce, the more the vitamin A and folate. They all offer a delicate taste and a mildly crispy texture.

In recent years we’ve seen the introduction of salad mixes or mesclun. Mesclun is a French term for a mixture of seedling or baby lettuces, herbs and other greens. See *GREENS*, *Salad* for many other greens.

Handling & Storage

Different methods should be used when storing different kinds of lettuce. Romaine should be washed and dried to remove excess moisture before storing in the refrigerator (salad spinners are great for drying salad greens), while Butter lettuce is better left unwashed until ready to use. These should either be stored in a plastic bag or wrapped in a damp cloth and stored in the refrigerator crisper.

Romaine lettuce will keep for five to seven days, Boston for two to three days. All types of lettuce should be stored away from ethylene-producing fruits, such as apples, bananas and pears, since those fruits will cause the lettuce leaves to brown.

Most lettuces are best torn by hand but romaine and radicchio are best cut with a knife.

Serving Suggestions

- Give sandwiches extra crunch and nutrients by including lettuce.
- For a salad bowl full of flavour and nutrition, toss together a mix of lettuces, red cabbage, raw cauliflower and broccoli, carrots, microgreens, tomatoes, olives, cucumber, scallions and fresh sprouts. Drizzle with yogurt dressing.
- Delicate Bibb lettuce and baby greens are best with mild vinaigrettes. Avoid heavy dressings as the leaves become limp.
- When it comes to salads, the only limitation is your imagination. Be creative: use different types of lettuce and add your favourite foods. Whether you use vegetables, fruits, seeds, nuts, whole grains, whole wheat croutons, soy products, meats or cheeses, almost every food goes well with lettuce.

Did You Know?

Most species of lettuce contain a substance that is a mild sedative. Both the ancient Romans and Egyptians took advantage of this by eating lettuce at the end of a meal to induce sleep.

Did you know you can cook lettuce? Add the tough, outer leaves and ribs to various soups, such as potato soup. Stir-fried lettuce is a common dish in Chinese cuisine. Romaine can go on the grill or be stir-fried, flavoured with sesame oil, tamari, rice wine, and garlic.

★ For an interactive lunch that is both unusual and fun, arrange nuts, thinly sliced vegetables, chicken and/or baked tofu and romaine lettuce leaves on a large plate. Everyone then has the chance to make a breadless sandwich wrap in their own lettuce pockets by placing their favourite fillings in a lettuce leaf.

Basic Balsamic Vinaigrette

1 shallot or 1 large garlic clove
2 Tbsp balsamic vinegar
1 Tbsp lemon juice
1-2 tsp Dijon mustard
1 tsp maple syrup

Greens! Glorious Greens!

1/2 cup extra virgin olive oil
1/4 tsp salt, or to taste
Freshly ground black pepper
3 drops hot sauce, optional

Peel shallot or garlic in blender or food processor. Mince. Add remaining ingredients except hot sauce and process until emulsified. Taste, then add drop by drop. Mix with salad just before serving. Store extra dressing in fridge.

ONIONS

"Life is like an onion; you peel it off one layer at a time and sometimes you weep." (Carl Sandburg)

The onion was cultivated by the ancient Egyptians as a food as far back as 3000 B.C. Native peoples in North America used wild onions long before European settlers arrived. The purple and white onions tend to be sweeter and milder, while the tan skinned storage onion is the most pungent. It has always been associated with numerous health benefits.

Scallions are also known as green onions. Shallots are a relative of the onion that grow in cloves, like garlic, but has a mild onion-like flavour. To further confuse things, shallots are called scallions in some countries!

WHY TEARS?

The volatile oils that give onions their flavour contain organic molecules known as amino acid sulfoxides. Peeling, cutting or crushing an onion's tissue releases enzymes which convert these molecules to sulfenic acids. The sulfenic acids, in turn, rearrange to form a chemical that triggers the tears. Got that??

Handling & Storage

Curly Willow Farm

- For long term storage of bulb onions, place in a cool, dry, ventilated place, never on concrete.
- Store cut onion in the fridge in an air-tight container.
- Grandmother says that if you put a slice of bread in your mouth while cutting up onions, you won't cry. Other sources say to avoid tears, chew gum while chopping onions; cut them under running water; chill them thoroughly in the fridge before cutting, or wear protective glasses.

Did You Know?

Apples, potatoes and onions all taste the same if you eat them with your nose plugged.

The Ancient Egyptians worshipped the onion, believing that its spherical shape and concentric rings symbolized eternal life.

In the Middle Ages, onions were so important that people would pay their rent with onions.

Recent evidence has shown that dogs and cats should not be given onions in any form, due to toxicity during digestion.

Serving Suggestions

- Add minced raw onions to all kinds of salads and homemade breads. Sautéed onions can be added to almost any vegetable dish.
- The longer an onion is cooked, the milder it becomes.
- Long baking or oven roasting onions brings out their sweetness and caramelizes the natural sugars.
- Combine chopped onions, tomatoes, avocado and jalapeño for an all-in-one guacamole salsa dip.
- To perk up plain rice, sprinkle on some green onions and sesame seeds.
- Enjoy a classic Italian salad: sliced onions, tomatoes and mozzarella cheese, drizzled with olive oil.

Lebanese Tabouli Salad

Curly Willow Farm

Soak 1 cup bulgur (wheat berries) in one cup cold water until soft.
Add:

4 bunches parsley, finely chopped	Fresh mint, chopped, or dried,
1 pound or more tomatoes, chopped	to taste
2 bunches green onions, chopped	1/2 cup lemon juice
1 medium sized mild onion, chopped	1/2 cup olive oil
	Salt and pepper to taste

This salad will keep for three days.

Roasted Root Vegetables

Earth to Table

An easy and colourful winter dish. Roasting brings out the flavour and sweetness of these vegetables. Be sure they are cut to same thickness and size. Serves 4 as a main dish, 6 as a side.

1 1/2 lbs celeriac peeled and cut into 1/2 inch pieces	1/2 lb carrots (2-3 large) cut into 1/2 inch pieces
1 lb parsnips (about 3) peeled and cut into 1/2 inch pieces	4 oz sunchokes (about 6) halved
1 lb (about 4) small turnips, cut into 1/2 inch pieces	1/4 cup canola oil
1 lb red onions (about 2 medium) cut in wedges	1/4 cup minced fresh thyme
	Salt and freshly cracked black pepper

Preheat oven to 375° F. Line a large rimmed baking sheet with parchment paper.

In a large bowl, combine the vegetables. Add oil and toss to coat. Spread vegetables in a single layer on baking sheet. Roast, turning occasionally, until softened and slightly caramelized, about 30 minutes. Sprinkle with thyme, salt and pepper to taste.

PARSNIPS

From Asparagus to Zucchini

Parsnips grew wild over much of Europe since ancient times and were very popular in medieval days. Until the potato came to the New World, parsnips and turnips were commonly consumed.

Parsnips are related to parsley and carrots and may well be the sweetest of all root vegetables. Due to a very long growing season, local parsnips are not available until late fall. Their sweet taste even increases after exposure to frost as the starch is transformed into sugar.

Handling & Storage

- Trim off parsnip greens and refrigerate the roots unwashed in a plastic bag.
- When ready to use, scrub with a stiff brush under running water to remove soil, then peeling isn't necessary.
- For long term storage over winter, bury parsnips in moist sand and keep in a very cool but not freezing location. A good root cellar is ideal. Just don't keep apples or pears near your root vegetables!
- Parsnips can be briefly blanched and frozen. Parsnip purée for winter soups also freezes well.

Serving Suggestions

- A great snack for kids: Slice parsnips lengthwise into sticks. Bake at 350° F until soft yet still firm. Brush on a little melted butter with cinnamon and serve warm.
- Boil, steam or sauté uniform sizes of parsnips until tender but not mushy. Serve plain or topped with butter, salt or pepper and chopped parsley.
- Parsnips are delicious roasted in the oven or grilled.
- Substitute grated parsnip in a potato pancake recipe.

Did You Know?

In medieval days, sugary varieties of parsnips were commonly fermented into wine.

Although not as high in Vitamin A as carrots, they do have more fibre and are higher in minerals.

Baked Parsnip Fries

The City Gardener's Cookbook

Heat oven to 400° F. Cut 6 medium parsnips into French fry style sticks. Brush lightly with 2 Tbsp oil and bake on cookie sheets. Turn when brown. Continue cooking until crispy on outside and soft on inside, 30 to 45 minutes. Sprinkle with salt to taste.

Celeriac and Parsnip Stew

From Asparagus to Zucchini

1 lb celeriac
1/2 lb parsnips
2 leeks
1 onion
3 stalks celery
2-3 Tbsp butter

1 Tbsp flour
1 cup chicken stock
3 sprigs parsley
Bay leaf
1/2 tsp thyme
Salt & freshly ground pepper

Peel and chop celeriac into 1/2 to 1 inch cubes; drop into water with lemon juice added. Peel parsnips and chop into same sized pieces. Clean leeks well; chop white and light green parts.

Chop onion and celery.

Melt butter in large skillet; add leeks, onion and celery. Sauté until golden but not browned. Mix in flour; stir 2 minutes.

Drain and add celeriac and parsnips to skillet along with stock, parsley, bay leaf, thyme and 1/2 tsp salt. Stir, cover, and cook 10 to 15 minutes over medium-low heat, stirring frequently, until tender.

Before serving, remove parsley and bay leaf and season to taste.

Cream of Parsnip Soup

Pilgrims' Produce

If you don't think you like parsnips, give this soup a try!



1 onion, chopped
1 stalk celery, chopped
2 Tbsp oil
1 lb parsnips, scrubbed & sliced
4 cups vegetable broth
1/2 cup whole milk or light cream
1/2 tsp curry powder
Juice & grated peel of one orange

In medium saucepan, sauté the onion and celery in the oil. Add the parsnips and broth. Cover and bring to boil. Lower heat; simmer 10-15 minutes, until parsnips are soft. Cool slightly.

Put into blender and purée in batches until smooth. Return to pot and add the milk and curry. Heat through. Add orange peel and juice. Taste. Season with salt and pepper or ginger powder.

PEAS

Green peas fresh from the garden have an exceptionally fresh, sweet, juicy taste. Most children adore opening fresh pods and eating the sweet tasting raw peas inside.

Common green peas may be known as garden peas, English peas or shelling peas. Only the peas, not the pods, are edible. In contrast, snap peas (often called sugar snap peas) and snow peas can be eaten in their entirety, pod and all, either raw or cooked. The French call them “mange-tout” meaning “eat all.”

Snow peas have a flat pod that is somewhat transparent. Snap peas differ from snow peas in that their pod is round, not flat. However, they are sometimes eaten while the pod is still young, before the peas have fully developed inside. To test the quality of snap peas, snap one open and see whether it is crisp.

Pea tendrils are the edible young leaves and shoots of a pea plant. They may contain curly vines and flowering buds. They have a delicious, robust flavour that tastes like a cross between sweet peas and spinach.

Handling & Storage

- Fresh peas from the market are best the day of purchase.
- Refrigerate peas in the pod as quickly as possible to preserve their sugar content, so it doesn't turn into starch.
- Unwashed, unshelled, bagged peas stored in the crisper of the refrigerator will keep a few days.
- Fresh peas freeze extremely well. Shell and blanch them for one or two minutes and then freeze, either on cookie sheets or in small freezer bags. Snow peas and snap peas don't take well to freezing.

Serving Suggestions

- Fresh peas of all varieties are a great food to pack in a lunch box.
- If you cook peas, be sure not to overcook them. Steam or blanch but only cook them until they turn brilliant bright green, then remove from the heat. Drizzled with a little butter, they are a delicious side dish.
- An easy dish for picnics is to combine cooked, chilled peas with cubed cheese; blend in just enough mayonnaise or yogurt to moisten; add thinly sliced green onions and fresh herbs; season to taste with salt and pepper.
- Mix green peas with chicken, diced onions and almonds to make a delicious and colourful salad.
- Peas love the flavours of fresh mint, dill or basil and lemon zest.

- Snow peas and snap peas are perfect for stir-fries and Oriental dishes. Serve as a vegetable by themselves, enhanced with garlic, ginger or hot peppers. Or pair with shrimp, pork or chicken.
- Stir-fry with red bell pepper strips, sliced shiitake mushrooms, or julienned carrots.

Amazing Garden Salad

Fleury Farm

Mix together:

Handful sugar snap peas, chopped	2 handfuls cherry tomatoes, cut in half
2 beets, raw, julienne cut	5 leaves of kale, shredded finely
4 - 6 carrots, grated or julienne	1 pepper, red or green, diced
6 or so green onions, chopped	Seeds or nuts, e.g., walnuts and sunflower seeds
2 handfuls of small broccoli shoots	

Dressing:

2-4 cloves garlic, minced
15 nice big basil leaves, shredded
olive oil - enough to coat
1/2 cup feta cheese, optional
3 - 4 Tbsp rice vinegar

Mix together... allow time to mellow and blend. Enjoy under a tree after a hard day in the garden!

Snow Pea, Mushroom and Spinach Salad

From Asparagus to Zucchini

Dressing:

1/4 cup olive oil, 1/4 cup other vegetable oil, 1/4 cup tarragon vinegar, 1 tsp minced fresh tarragon, if available, and 1/2 tsp Dijon mustard.

Whisk together in small bowl. Add salt and pepper to taste. Let stand at room temperature several hours.

1 1/4 lbs snow peas, strings re- moved, if desired	1/2 lb fresh mushrooms, sliced
1 bunch spinach, stemmed, torn	4 large radishes, thinly sliced

Bring large pot of salted water to boil. Add snow peas and cook 45 seconds. Drain, run peas under cold water and drain again. Combine vegetables in large bowl. Can be chilled up to 4 hours. At serving time, toss with enough dressing to lightly coat. Serve.

PEPPERS

Thurston Organics

Peppers, *Capiscum* species, are native to the Americas and a member of the nightshade family, *Solanaceae*. Dried peppers have been found in Incan tombs! Hot peppers have played a predominant role in Central and South American and Asian cooking, while the sweet bell peppers, now so popular here, have only been widely cultivated recently.

Bell peppers can be green or coloured red, yellow, orange or purple and offer a crisp texture and mildly sweet taste. Hot peppers, also known generally as chili peppers, offer a range of heat from the milder, jalapeño pepper to the extremely spicy, 'Diablo' pepper. Paprika is a spice made from various dried *Capiscum* species. Field grown peppers are harvested from August-September, although greenhouse-grown varieties are available year-round.

Peppers can be eaten raw or cooked, making a colourful and tasty addition to many recipes. Peppers are rich in vitamins A,C and E, powerful antioxidants. Peppers also contain vitamin B6 and folic acid, factors in reducing the risk of cardiovascular disease.

Handling & Storage

- Choose peppers with clean, firm skins and green stems.
- Unwashed fruit will store in the vegetable compartment of the fridge for up to a week. Wash before use.
- Be careful when preparing hot peppers of any kind. Wear rubber gloves while handling them. Do *not* touch eyes, nose or mouth! Wash hands thoroughly when finished.
- Peppers are very easy to freeze. Wash, dry, seed, cut in quarters and place in freezer bags. No need to blanch. They will be soft when thawed but are just fine all winter long in your stir-fries, grain salads, pizzas and other dishes.

Did You Know?

Eating green bell peppers causes discomfort to some people because they are *green*, meaning immature. Left on the vine another 3 or 4 weeks, they will turn into beautiful red, orange and yellow sweet peppers!

Aztec emperor Montezuma drank 50 golden goblets of hot chocolate every day, flavoured with chili peppers.

Serving Suggestions

- Sweet peppers are a great addition to a fresh salad or eaten with a dip.
- Sautéed peppers add colour and flavour to a stir-fry.
- Bell peppers can be baked whole and stuffed as in the recipe below.
- Peppers can be preserved, pickled or marinated for season-long use.
- Hot peppers can be dried and preserved for future use in spicy dishes.

Sensational Summer Salsa

Thurston Organics

5 lbs tomatoes	1 can tomato paste
3-6 hot chili peppers	3/4 cup vinegar
1 large green bell pepper	1 Tbsp pickling spice
4 jalapeño peppers	2 Tbsp sugar
1 medium red bell pepper	3 Tbsp paprika
1 large sweet onion	Fresh cilantro
3 cloves of garlic	

Chop tomatoes and boil in heavy pot to reduce liquid to half of its original volume. Prick hot chili peppers with a fork and add to reduced tomatoes. Chop onion, garlic, bell peppers and jalapeño peppers with a food processor and add to tomato mixture. Add spices and vinegar.

Bring to a boil, stirring occasionally and simmer until desired consistency is reached.

Pour into hot canning jars, adding cilantro to the top of each jar. Seal with hot lids and process for 20 minutes in a boiling, hot water bath.

Yields approximately 9 - 250 ml jars of salsa to enjoy all winter-long!

Stuffed Peppers

Davison Orchards

1 lb lean ground beef	1 tsp Worcestershire sauce
3 cups cooked rice	1 tsp salt
2 medium onions	1/2 tsp pepper
1 cup tomato sauce or canned tomatoes	8 large, bell, green peppers
1/2 tsp chili pepper	Grated cheddar cheese

Brown ground beef and drain off excess fat. Add chopped onion and continue cooking until onions are transparent. Remove from heat and add remaining ingredients except cheese.

While meat is cooking, wash green peppers and remove tops, seeds and membranes. Stuff inside with rice and meat mixture. Place in glass casserole dish and microwave for 20 minutes. Add grated cheese to top of peppers for the last 2-3 minutes.

I like to make large batches of the stuffing mix ahead and freeze. This makes for a simple supper, nice enough to serve your summer guests!

POTATOES

Sweet Life Farm

Whether it is mashed, baked or made into French fries, many people often think of the potato as a comfort food. The potato's many nutritional advantages include a carbohydrate to protein ratio sufficient to sustain life, significant amounts of vitamins C and B complex, useful amounts of calcium, iron, phosphorous and potassium, and low sodium content.

The potato's carbohydrate is mostly starch, which is a healthier source of calories than the sugars and fats so prevalent in modern diets. Contrary to popular belief, the potato's carbohydrate is not fattening; it is the fat added in frying (chips and French fries) or in the form of butter and gravy that add the calories.

Three major types of potatoes are grown and sold in North America:

- Russet varieties (named for their brown, rough skin). These are mealy or floury, dry tubers developed for baking.
- Moist-fleshed, white-skinned, and white-fleshed potatoes for boiling and frying.
- Red-skinned waxy-fleshed 'new' potatoes preferred for roasting and boiling, noted more for its texture and sweeter flavour when 'new'.

In recent years, yellow-fleshed European types have been gaining favour in Canada. We have found them to be excellent general purpose potatoes. The fact that potatoes with darker coloured flesh have higher nutritional value may be a factor.

In recent years, the favourite potato at markets has become Seglinde, a German yellow-fleshed 'butter' variety known for its high density (won't melt down when boiled), moist/smooth-flesh, sweet nutty flavour and versatility. Originally prized for German potato salad, Seglinde is superior in pot roasts, casserole, soup or stew, and roasted.

The Russian Blue, a variety with blueish-purple skin and flesh, is a very nutritious variety. It is best mashed or used in a salad after roasting. Children find it "cool"!

Did You Know?

In the 18th century, potatoes were given out as a dessert. They were served in a napkin, salted and hot.

During the Alaskan Klondike gold rush, (1897-1898) potatoes were so valued for their vitamin C content that miners traded gold for potatoes.

One pound of potato chips costs 200 times more than one pound of potatoes.

AC Peregrine, a red-skinned/white fleshed variety is a particularly creamy variety. The skin is firm when the potato is new to allow for easier preparation. Fresh new red potatoes - are you hungry yet?

Yellow fingerling potatoes called Russian Banana are popular with some customers.

Handling & Storage

- Since new potatoes are harvested before they are fully mature, their skins are super thin so they are much more susceptible to damage. Store in the fridge and eat within 5 days.
- The ideal way to store potatoes is in a dark, dry place between 45°F to 50°F, as higher temperatures, even room temperature, will cause the potatoes to sprout and dehydrate prematurely.
- Potatoes should not normally be stored in the refrigerator, as their starch content will turn to sugar giving them an undesirable taste. In addition, do not store potatoes near onions, as the gases that they each emit will cause the degradation of one another. Wherever you store them, they should be kept in a burlap or paper bag.
- Mature potatoes stored properly can keep up to 3-4 months. Check on the potatoes frequently, removing any that have sprouted or shriveled.
- Cooked potatoes will keep in the refrigerator for several days.
- Potatoes do not freeze well.

Serving Suggestions

- Most people seem to prefer boiling for convenience, roasting for flavour, and baking (including barbecuing) for the russet. We have consistently been told by award-winning chefs that roasting potatoes presents the richest, fullest flavour potatoes have to offer.
- Purée roasted garlic, cooked potatoes and olive oil together to make delicious garlic mashed potatoes. Season to taste.
- Potatoes are a featured ingredient in the classic dish, Salad Niçoise, which pairs new potatoes with chunks of tuna fish and steamed green beans, dressed lightly with oil and vinegar.
- Toss steamed, diced potatoes with olive oil and fresh herbs.

Easy Grilled Mixed Vegetables

Hartwood North Farms

Cut any or all of the following vegetables into bite sized pieces and spread onto a lightly oiled baking tray: potatoes, carrots, beets, parsnips. Add sliced red onion and approximately 1 sliced garlic clove per cup of vegetables. Drizzle with olive oil, sprinkle with salt and pepper to taste, mix well. Bake at 350° F for 45 minutes or until tender, mixing at least once during baking. Sprinkle lightly with Parmesan cheese 10 minutes before removing from oven.

PUMPKINS

Pumpkins are members of the squash family. Confusion may occur if speaking to people from the UK or Australia, as they use the term “pumpkin” to include all winter squashes, including what North Americans call a pumpkin. While pumpkins in North America are usually purchased for decorations at Halloween and fall festivals, they are a tasty and nutritious vegetable. Typically orange or yellow, they also come in green, white, red, blue and gray – even striped! They range in size from tiny (6 ounces) to the giant variety grown for competitions, the record for which is around 1700 pounds!

Pumpkins are very versatile in their uses for cooking, as the flesh, seeds, and even the flowers and leaves can be eaten.

Handling & Storage

- To store pumpkins, keep in a cool dry area up to one month, or refrigerate for up to 3 months. For extended storage, wash pumpkins in a bleach and water solution to disinfect skin and to prevent mold. Dry well. Wipe any mold off with vegetable oil.
- Pumpkin can be frozen or canned.
- Pumpkin seeds should be stored in an airtight container in the refrigerator. They lose their peak freshness after one to two months.

Serving Suggestions

- Pumpkin pie is a favourite dessert at Thanksgiving, but most people purchase canned pumpkin rather than making their own purée. Small “Sugar Pie Pumpkins” make excellent pie and the flesh isn’t as stringy as the varieties commonly used for Halloween carving.
- Ripe pumpkin flesh can be cooked like any squash: steamed, boiled, baked or roasted. Cut into chunks; simmer 20 to 40 minutes until tender; drain. When cool, remove skin, mash and season.
- Pumpkin breads, cookies, muffins, puddings and soup are all good.

Did You Know?

At one time, pumpkins were recommended for the removal of freckles and curing snake bites.

99% of pumpkins sold in the United States are for the purposes of decoration.

Pumpkins originated in the Americas, where they were highly prized by First Nations peoples. They were introduced to the rest of the world when European explorers returned from their voyages.

- Pumpkin seeds, known as *pepitas*, are often roasted, salted, and eaten as a snack. Seeds may be soaked in salt water prior to roasting. Roast them on a cookie sheet at a low oven temperature; stir often and watch carefully so they don't burn.
- Shelled pumpkin seeds may be used as a substitute for pine nuts in recipes or sprinkled on top of mixed green salads.
- For a tasty salad dressing, grind cooked pumpkin seeds with fresh garlic, parsley and cilantro, then mix with olive oil and lemon juice.
- Add chopped pumpkin seeds to your hot or cold cereal, and to oatmeal raisin cookie or granola recipes.
- The next time you make burgers, whether it be from vegetables, turkey or beef, add some ground pumpkin seeds.
- Small pumpkins that are still green (immature) can be eaten the same way as zucchini.
- In China, pumpkin leaves are cooked into soups.

Pumpkin Sheet Cake

Davison Orchards

2 cups cooked pumpkin or winter squash	2 cups flour (may use whole wheat)
2 cups sugar	2 tsp baking soda
1 cup vegetable oil	1 tsp pumpkin pie spice
4 eggs, lightly beaten	1/2 tsp cinnamon
1 tsp vanilla	1/2 tsp salt

In a mixing bowl, beat pumpkin, sugar and oil. Add eggs and mix well. Combine flour, baking soda and spices. Pour into a greased 15x10X1 inch cookie sheet. Bake at 350° F for 25 minutes or until cake tests done. Cool.

Good as it is but sprinkle with icing sugar and nuts, if desired, or spread with a cream cheese icing for a special occasion.



RADISHES

Radishes are an edible root vegetable related to the mustard and turnip families. They come in an incredible number of varieties of different shapes, sizes and colours from white to pink, red, purple and even black. Look for many interesting varieties at the farmers' markets.

Don't confuse horseradish with radishes –a completely separate species.

The most common radish in Canada is small and round, with a red skin and white flesh. It has a crisp and peppery flavour that makes it a favourite in salads. It contains some vitamin C and minerals; surprisingly, the leaves are more nutritious than the roots!

Daikon or Chinese radishes look like large white parsnips, with a smooth skin. They are juicy and crisp, with a mild flavour. They have even more vitamin C than common radishes.

Watermelon or Asian Redmeat radishes have a very pale green skin (sometimes with pink overtones), and pink-red flesh, much like an actual watermelon. They range from tennis ball to softball size. The flesh is crisp with a mild, almost sweet flavour. Only available in the fall and winter. Because of their thick skin, they store for weeks if kept cold, but the skin needs to be peeled.

Handling & Storage

- Remove the greens before storing radishes in the refrigerator in a sealed container in order to maintain high humidity. If you plan to use the greens, wrap in a damp towel in the crisper and use in a day.
- Much of the "bite" in the taste is in the skin, so don't peel them.

Serving Suggestions

- In addition to adding radish slices to salads, they can also be used as attractive garnishes, or served raw on vegetable platters with dip.
- Their flavour is enhanced with chervil, chives and parsley.
- Try a radish, spinach and cheese sandwich on fresh sourdough bread.
- Radish seeds can be grown in a sprouter, and eaten the way you would eat other sprouts.

Did You Know?

In ancient Egypt, radishes were grown primarily for radish oil before they acquired the olive.

Daikon radishes can grow to 50 pounds.

Radishes were so highly valued in ancient Greece that gold replicas were made.

- Radishes can also be braised and served with meat entrées, or chopped into soups or stews. They can be stir-fried, grilled, baked, boiled or broiled.
- Radish tops can be eaten raw in salads, if young, or cooked into soups.

Spring Radish Spread

From Asparagus to Zucchini

- 1 8 ounce package cream cheese, softened
- 2 Tbsp chives or green onion tops
- 1-2 tsp fresh dill, chopped
- 1/4 tsp salt
- 1 cup finely chopped red radishes

Mix all ingredients in medium bowl. Cover and refrigerate 1 or 2 hours to blend flavours. Serve on fresh wholegrain bread or crackers.

Chinese Radishes

Jong's Vegetable Garden

There are many kinds of Oriental radishes. They can be grouped by usage, shape or colour (pure white, rose pink, dark red and green radishes). The variety best known is the long and tapered white radish commonly called *daikon*. Not only is the root eaten, but the leaves also are rich in vitamin C, beta-carotene, calcium, and iron. Daikon contains active enzymes that aid digestion, particularly of starchy food.

Handling & Storage

- Select those that feel heavy and have lustrous skin and fresh leaves.
- Salting as in making sauerkraut can preserve daikon.

Serving Suggestions

- To prepare daikon, peel skin and cut in the style your recipe suggests.
- Daikon is an extremely versatile vegetable that can be eaten raw in salads or cut into strips for relish trays. It also can be stir-fried, grilled, baked, boiled or broiled, used in soups and simmered dishes.



Daikon radishes

Photo: Jong's Vegetable Garden

RUTABAGA

Rutabagas are a root vegetable that originated in the 18th century from a cross between a cabbage and a turnip. Confusion in terminology abounds, as rutabagas are sometimes referred to as yellow turnips, Swedish turnips, “Swedes,” or, in parts of the UK and Canada, simply as “turnips.” However, they are very different from the original turnip used in the cross, which may be known as just turnip, or as white turnip. (See *TURNIP*) Rutabagas are larger and firmer than turnips, have a stronger, sweeter, peppery flavour, and have a purple to beige, waxy skin. Unlike turnips, they have a neck between the root and the greens. Their flesh is yellow, and contains more beta carotene than their white, more watery, turnip cousins. They are more nutritious than turnips, with higher levels of vitamin C, potassium and manganese.

Handling & Storing

- To store, cut off greens and place in a plastic bag. Refrigerate in crisper. Refrigerated, rutabagas will keep two to three weeks. At room temperature, they will keep well for about one week.
- Rutabagas in stores are often coated with wax to protect their integrity and to maintain freshness, so they should always be peeled before using. They spoil more quickly at room temperature if waxed. Better to buy fresh, local ones at the farmers’ market, whenever possible!

Serving Suggestions

- Although rutabagas can be eaten raw, large ones may be strongly flavoured. Blanch them in boiling water for about five minutes before cooking to reduce their assertive taste. However, characteristic of cruciferous vegetables, the rutabaga's flavour may become stronger if overcooked.
- Rutabagas may be boiled, steamed, baked, braised or stir-fried.
- Their versatility and rather sweet zesty flavour make rutabagas a tasty addition to stews, soups, salads, or mixed vegetable dishes.
- Rutabagas’ bold taste is especially complementary to strong-flavoured foods, such as highly spiced dishes, duck, ham, or pork.
- Rutabagas may be mashed alone or with carrots or potatoes; top with chives or scallions.
- Treated like sweet potatoes, rutabagas may be glazed or sweetened with honey or brown sugar.
- Sweet spices, such as cloves and ground ginger, marry well with this vegetable. Also try basil, black pepper, and dill.
- Grated rutabagas provide an attractive, bicolored coleslaw.

Did You Know?

Most of the rutabagas eaten in the U.S. come from Canada.

The quality and flavour of rutabagas is improved if they are fully matured and even exposed to frost before harvesting, as its starch changes to sugar, reducing strong or bitter flavours. This conversion occurs when rutabagas are held at temperatures of 0° - 5° C and may occur in the field or in storage.

Pear and Rutabaga Soup from Mustard's Grill—Napa Valley Cookbook

“People rave about this soup. Make sure the pears are ripe and the rutabagas fresh. If you prefer a chunky soup, dice the vegetables neatly and leave out the blending step.”

2 Tbsp extra virgin olive oil	1 cup white wine or pressed apple juice
1 small onion, diced	6 cups vegetable stock or chicken stock
1 Tbsp minced garlic	1/2 to 1 teaspoon salt, depending on saltiness of the stock
2 celery stalks, diced, or 1/2 cup diced celeriac	1/4 to 1/2 teaspoon freshly ground pepper
1 large carrot, diced	1/2 cup heavy whipping cream (optional)
1 pound rutabagas, diced	Minced fresh chives, for garnish (optional)
1/2 pound pears, (2 or 3) peeled, cored and chopped	
1 Tbsp minced fresh thyme	
1 bay leaf	
1 whole clove	
1/8 teaspoon ground cinnamon	

Heat the oil in a large saucepan over medium high heat. Add the onion and garlic, and cook, stirring occasionally, about 6 minutes, until soft. Add celery, carrot, rutabagas, pears, thyme, bay leaf, clove and cinnamon, and cook, stirring occasionally, for 10 minutes, or until vegetables are tender and fragrant. Add the wine or juice, bring to a boil, and boil until almost all the liquid has cooked away. Blend. Add the stock and return the soup to a boil. Taste and season with the salt and pepper. Add cream and chives.



SPINACH

Spinach is a leafy green plant with edible leaves. It has an extremely high nutritional value, being full of antioxidants and many vitamins and minerals. Besides vitamins A, K and C, it is high in folic acid, and in fact that vitamin was first purified from spinach. There are three types of spinach, based on the appearance of the leaf: savoy spinach, with crinkly, curly leaves; flat spinach, with flat, smooth leaves; and semi-savoy, a hybrid with slightly crinkly leaves. Savoy is hardest to clean, while flat is the easiest, and so is the one most often used raw, in salads.

Handling & Storage

Fresh spinach can be stored unwashed in the refrigerator for about a week, but rapidly loses much of its nutritional value. For longer storage, it can be lightly steamed, cooled and frozen, and kept up to 8 months.

Spinach should always be washed carefully before eating, since the leaves tend to collect sand, and pesticides are often used on commercial spinach.

Do not cook or store spinach in aluminum or silver pots, as the acid may discolour the metal.

Did You Know?

After the "Popeye" comic strip was launched in 1931, spinach consumption went up by thirty-three percent in the United States.

Because spinach contains oxalic acid that may limit the absorption of its iron, always eat spinach with a food which is an iron absorption enhancer: meat, fish or poultry, or any fruits high in Vitamin C such as citrus fruits or strawberries.

In 1533, Catherine de Medici, Queen of France, so fancied spinach that she insisted it be served at every meal. That's why dishes made with spinach are known as "Florentine" because Catherine came from Florence, Italy.

Serving Suggestions

- Raw spinach has a mild, sweet taste that is refreshing in salads. Its taste becomes more acidic and robust when it is cooked. Spinach can be steamed, quick boiled, sautéed, creamed, or added to soups.
- Raw or steamed, it's delicious with cheese, eggs, and/or pasta.
- Add layers of lightly steamed spinach to your lasagna recipe.
- Toss steamed spinach with pressed garlic, fresh lemon juice and olive oil, then sprinkle with a little Parmesan cheese.
- Pine nuts are a great addition to cooked spinach.

Strawberry Spinach Salad

Azure Skies

- 2 bunches of spinach
- 10 fresh strawberries, sliced
- 1/2 cup sliced almonds, toasted
- 1/4 cup sliced red onion, optional

Combine and drizzle with poppy seed dressing:

- 1/2 cup vanilla yogurt
- 3 Tbsp fresh lemon juice
- 2 Tbsp honey
- 1/4 tsp poppy seeds

Stir well.

Spinach Pie

Joan Burton

Crust:

- 1/4 cup oil or melted butter
- 1 1/2 cup fine whole wheat or spelt bread crumbs
- 2 Tbsp Parmesan cheese

Mix and put 3/4 of it into a 9" pie plate.

Filling:

- | | |
|---|----------------------------------|
| 10 oz fresh spinach (or thawed & well squeezed) | 2 Tbsp flour |
| 2 green onions, chopped | 1 or 2 eggs, lightly beaten |
| 2 Tbsp feta cheese | 1 Tbsp fresh dill or 1 tsp dried |
| 2 cups low fat cottage cheese | 1/4 tsp black pepper |

Combine and pour into pie shell; sprinkle remaining crumbs on top.

Bake at 375° F about 35 minutes, or until centre is set. Let stand 10 minutes before serving. Serve warm or cold.

Spinach Pesto

Greens! Glorious Greens!

An exciting twist to regular pesto. Delicious as a topping for baked fish or pasta.

- | | |
|--|--|
| 2 garlic cloves, peeled | 1/4 cup pine nuts |
| 2 cups fresh spinach leaves, washed, dried, packed | 3 Tbsp fresh lemon juice |
| 1/2 cup fresh basil leaves, packed | Either 1 tsp light miso or 2 Tbsp grated Parmesan cheese |
| 1/2 cup parsley leaves, packed | Sea salt and freshly ground black pepper to taste |
| 1/3 cup extra virgin olive oil | |

Chop garlic in food processor. Add spinach, basil and parsley and chop. With motor running, add olive oil and nuts. Add lemon juice and process again. If pesto seems dry, add another tablespoon oil or lemon juice. Add miso or Parmesan, if using, and season to taste.

SQUASH, Summer Bellmann Specialty Produce

Summer squash is a subset of squashes that are harvested when immature, when the rind is still tender and edible. The main types known in our region are pattypan (scallop), yellow crook neck, yellow summer squash (a type of vegetable marrow) and zucchini. (See *ZUCCHINI*.)

Handling & Storage

- Stored in a perforated plastic bag in the refrigerator, they should keep for a week.
- To prepare, just rinse, and trim ends. No need to peel.

Serving Suggestions

- Summer squash can be served raw as part of a vegetable platter with dips or in salads.
- They can be grilled, broiled, steamed, stir-fried, deep-fried, boiled, baked, or stuffed.
- Because of its mild flavour, summer squash can be added to main-dish recipes or pasta sauce to add texture and colour.
- Use herbs and spices to enhance the flavour of mild summer squash. Dill, pepper, basil, marjoram, chives, and mint are especially good.
- Summer squash is delicious cooked with garlic, onions, and tomatoes.

Baby Squash Salad

Bellmann Specialty Produce

6 - 8 grapes
1 tsp balsamic vinegar
20 – 30 baby squash (pattypan, tiny
crooked neck or zucchini)
1/4 cup pine nuts

Olive oil
Pinch dried dill weed
Parsley
Spinach leaves

Place grapes and balsamic vinegar into blender. Process until grapes are obliterated; strain through a sieve into a bowl.

Blanch baby squash for approximately 2 minutes and drain.

Toast pine nuts in hot skillet with a little oil. Be careful that they don't burn; salt lightly. Quickly brown the blanched baby squash and salt them as well.

Whisk some oil and a pinch of dry dill weed into the reserved grape-vinegar mixture.

Arrange some spinach and parsley leaves on small plates. Top with baby squash and pine nuts. Dress with the grape/balsamic vinaigrette.

SQUASH, Winter

Winter squash are members of the *Curcubita* genus, related to melons and cucumbers. They differ from summer squash in that they are not eaten until they are fully mature, when the skin has hardened into a tough rind. While each type varies in shape, colour, size and flavour, they all share some common characteristics. Their shells are hard and difficult to pierce. Their flesh is mildly sweet in flavour and finely grained in texture. Additionally, all have seed-containing hollow inner cavities.

All winter squash are hearty and warming winter vegetables. The flesh of winter squash varies from yellow to deep orange and is drier, more fibrous and much sweeter than summer squash. When cooked it becomes delightfully tender. The thick, tough skin of the winter squash is usually inedible. The rich yellow/orange colour of their flesh reflects an abundance of health-promoting antioxidants.

Some of the best known varieties of winter squash found in the Okanagan are:

Acorn squash: This squash has a unique flavour that is a combination of sweet, nutty and peppery. It is commonly dark green with pale yellow-orange flesh, but also comes in golden, white and multicoloured varieties.

Butternut squash: Shaped like a large pear, this squash has cream-coloured skin, deep orange-coloured flesh and a sweet flavour. Easy to peel. Favourite for soup.

Buttercup: These medium sized, round squash come in green and orange, and are one of the sweetest of the squash.

Delicata: Technically a summer squash due to its thin skin. Shaped like a large cream-coloured cucumber with vertical green stripes, its taste resembles a sweet potato.

Kabocha: Its deep yellow/orange coloured flesh has a taste similar to yams, so it is richer, sweeter and creamier than other varieties of winter squash.

Red Kuri squash looks like a shiny smooth pumpkin. It has a sweet nutty flavour that is reminiscent of chestnuts.

Spaghetti: Its yellowish flesh separates, when cooked, into long, thin, translucent strings that actually resemble spaghetti noodles.

Sweet Dumplings: With the same colouring as a Delicata, this round squash is ivory with green stripes, and very sweet.

Did You Know?

Winter squash were once such an important part of the diet of the First Nations peoples that they buried squash along with the dead to provide them nourishment on their final journey.

Squash originated in Central America, and were introduced to Europe by Christopher Columbus.

Handling & Storage

- Depending upon the variety, winter squash can be kept for one to six months in a cool dark place. The ideal temperature for storing winter squash is between 50° - 60°F (about 10° - 15°C). It is actually best to minimize refrigeration time, as refrigerating for longer than 2 weeks will cause the squash to deteriorate quickly.
- Removing the hard rind of winter squash is easier after cooking, so you can bake a whole squash in the oven, after piercing it near the stem to allow steam to escape. After baking for an hour at 350° F (174° C), you can cut it in half, scoop out the seeds, and peel. Alternatively, you can microwave it 2 minutes to soften the shell to cut it in half, scoop out the seeds, and then bake. Or peel, remove seeds, cube and steam.
- The best way to freeze winter squash is to peel, then cut it into pieces of suitable size, blanch one minute, chill in water bath, then bag for freezer. But cooked, mashed squash also freezes well.

Serving Suggestions

- The cooked flesh can be mashed and served with butter, seasoned with cinnamon or nutmeg and a little maple syrup or brown sugar.
- Season steamed cubes with olive oil, tamari, ginger and pepitas.
- Slices or cubes of squash are delicious roasted with olive oil.
- Add cubes of winter squash to your favourite vegetable soup or stew recipe. Cardamom, anise seed, thyme, mace, sage, cumin, ginger, turmeric, paprika, tarragon, allspice and savoury all complement the sweet goodness of winter squash. Squash also goes well with onions, tomatoes and eggplant.

Chilean Black Eyed Peas and Winter Squash

mann's Bell-

1 lb black eyed peas, soaked	1/2 tsp cumin seeds
2 lb winter squash, peeled & cubed	1/2 tsp coriander seeds
2 onions, chopped	3 bay leaves
4 - 6 garlic cloves, minced	1/2 tsp black peppercorns
1 Tbsp dried oregano	1/2 sm chili pepper, minced
1 Tbsp paprika	2 large tomatoes, chopped
1 tsp chili powder	Salt to taste

Bring black eyed peas to a boil for 1 minute, turn off heat and let soak for 1 hour. Drain and rinse peas, cover with water and simmer for 20 minutes. Add cubed winter squash (try adding some rutabaga, turnip, parsnip), onion, garlic, all spices (except salt) and simmer for another 30-45 minutes until all is tender. Add salt to taste at end. This is a good cook ahead meal.

Golden Squash Soup

Davison Orchards

I put this in my crock pot in the morning before work and by lunch I have a wonderful, nutritious soup ready to eat. Tamra

1 large butternut squash	1 tsp dried thyme
2 cups chicken broth	Milk (optional)
1 large onion	Season with salt, pepper
2 Tbsp butter	Garnish with parsley and Parmesan cheese

Wash large butternut squash and pierce outer skin a few times with a knife. Microwave whole squash for 2 minutes. Peel squash and cut into large pieces, 1 1/2 – 2" square; place in crock pot.

Sauté one large chopped onion in 2 Tbsp butter. When onions are transparent, add to crock pot with 2 cups of chicken broth. Add thyme.

Turn crock pot on high for 3 hours or low 6 - 8 hours. When squash is tender, purée with an immersion blender (or mash with potato masher) and add milk to desired consistency. Serve with fresh parsley and Parmesan cheese sprinkled on top.

Spaghetti Squash

Stepney Hills Farm

The spaghetti squash is an oblong seed-bearing variety of winter squash. Its colour can range from ivory, yellow or orange to green with white streaks! Its flesh is yellow; orange or white for the latter variety. Its centre contains many large squash seeds. When raw, the flesh is solid and similar to other raw squash; when cooked, the flesh falls away from the fruit in ribbons or strands like spaghetti.

Spaghetti squash can be baked, boiled, steamed, or microwaved. It can be served with or without sauce, as a substitute for pasta. The seeds can be roasted, similar to pumpkin seeds.

Cheesy Spaghetti Squash

Stepney Hills Farm

3 lb spaghetti squash	1/3 cup chopped parsley
1/4 cup parmesan cheese	2 tomatoes, diced
1/2 cup mozzarella cheese	

Pierce squash several times with a knife or fork to allow steam to escape. Bake at 350° F for 40 minutes or until soft. Let cool for 5 minutes. Cut squash in half lengthwise and remove seeds. Using a fork, shred inside of squash like noodles into a bowl. Reserve one squash shell. Toss squash "meat" with the cheeses, parsley and tomatoes. Spoon back into the shell and reheat in the oven for 15 minutes or until heated through and the cheese melts. Enjoy! Serves 6.

Try different types of cheeses or herbs to change up the flavours.

SUNCHOKES (Jerusalem Artichokes)

Notch Hill Organics

These strange-looking tubers, native to North America, are neither artichokes nor from Jerusalem, and have recently been renamed Sunchoke (sometimes Sunroot) to avoid this confusion. The plant looks like a small sunflower but the edible portion is the root, or tuber, which looks somewhat like ginger roots. They are not ready to harvest until October and can also be dug when the frost leaves the ground in early spring. They can be pale gold to deep red.

When cooked, sunchokes have a distinctly nutty flavour. Added to a stir fry, they are reminiscent of water chestnuts and are a taste highlight in roasted vegetables. Sunchokes are very rich in inulin (see next page), a carbohydrate linked with good intestinal health. However, its health benefits come at a price; the sunchoke can cause “wind.”

Handling & Storage

- Store raw sunchokes in the vegetable crisper, wrapped in paper towels to absorb moisture, and sealed in a plastic bag for up to a week.
- When making a cream or clear broth soup, use a stainless steel pan and dip the sunchokes in lemon juice to prevent the pan turning grey.
- Peeling is difficult due to the knobby protuberances, and is not necessary, since the peel is perfectly edible. Scrub just before using.
- Cooked sunchokes may turn grey with storage, due to their high iron content, so adding a pinch of cream of tartar, lemon juice or vinegar to the cooking liquid (at the end) will prevent this.

Serving Suggestions

- The sunchoke can be eaten raw like a carrot, as a dipping vegetable or grated in salad. The cut flesh will darken with exposure to air, so if they are being served raw, they should be rinsed with water containing some lemon juice.
- Cut sunchokes into thick slices, drop into boiling, salted water and cook just until barely tender. Toss with olive oil, salt and pepper.
- Mashed sunchokes can be used as a thickener for soups and stews. They also do well in desserts with cinnamon, nutmeg and cloves.
- In savoury dishes, they do well with onion.

★ Sunchokes can be used in many recipes that call for potatoes. However, they cook faster than potatoes, and can turn to mush in a matter of minutes if not monitored carefully. They can also be substituted in recipes calling for parsnips or turnips.

Science lesson anyone? Unlike potatoes, which contain starch, sunchoke store energy in a chemical called inulin (not to be confused with insulin.) Inulin can be used in processed foods to replace sugar, flour or fat, but contains fewer calories. Inulin increases calcium absorption and promotes the growth of intestinal bacteria. For this latter reason, inulin is sometimes considered a *prebiotic*. (This characteristic can also cause flatulence, so sunchoke should be introduced to the diet in small amounts.) Because it does not raise triglycerides and has minimal impact on blood sugar, inulin is considered helpful to people trying to regulate their blood sugar.

Sunchoke & Butternut Squash Mash Notch Hill Organics

This can be used cold as a dip or hot as a soup or sauce. Delicious over a baked potato, topped with your favourite cheese, and broiled.

2 lb butternut squash
1 lb sunchoke, scrubbed
1/4 lb butter
3 Tbsp milk
1 tsp orange zest
1/2 tsp salt
1/8 tsp black pepper
Orange slices to garnish

Heat the oven to 375° F. Bake sunchoke and halved, seeded squash until soft (about 45 min). Scoop out squash, chop sunchoke, and mash or blend with the rest of the ingredients.

Did You Know?

High levels of fructose (a simple sugar) in the tubers make sunchoke a potential source for ethanol production in Canada.

When the sunchoke reached Europe in the 1600s, thanks to Samuel de Champlain, it was known as the "Canada" or "French" potato.

Sautéed Sunchoke with Sunflower Seeds mariquita.com

1 1/2 lb sunchoke, sliced into 1/4 inch rounds
2 Tbsp sunflower seed oil or grapeseed oil
Salt and pepper to taste
3 Tbsp sunflower seeds, toasted
2 Tbsp fresh parsley, chopped
1 tsp thyme, dried

Sauté the sunchoke in the oil in a large skillet over high heat until lightly browned and tender but still a bit crisp. Taste them as they cook; they may be done in 5 minutes or need 10. Season to taste with salt and pepper; add the sunflower seeds, parsley, and thyme, and toss well. Serves 4-6.

TOMATILLOS *(tom-a-TEE-oh)*

This little fruit is not a variety of tomato, even though it is referred to as “green tomato” in Mexico, where it is a staple of Mexican cuisine. They are best known for their central role in a delicious green sauce, *salsa verde*. They are an inch or two in diameter, and are encased in a papery covering, which is why they are sometimes called “Chinese lantern plants,” or “Husk tomatoes.” Having a unique gelatinous texture, the flesh has a zesty, sweet and spicy flavour with a citric edge.

Handling & Storage

- To store, keep husks on and place in a paper-lined basket or dish. Can be left at room temperature up to two weeks; refrigerate for longer storage or husk and freeze raw.

Serving Sug-

- Tomatillos’ zippy essential for mak- and other “south-
- Chop raw for sal- gazpacho, or use cold soups. Raw sandwiches.



Photo: Kathryn Zietsma

- Puréed or chopped, they make a delicious, tart dressing.
- Onions, cilantro, chili peppers and garlic enhance their flavour.
- Tomatillo sauces liven up potatoes, chicken enchiladas, tacos and cheese dishes.
- For a convenient sauce-making ingredient, husk, wash and stem fruit; simmer in water, enough to cover, until just softened. Cool in the liquid; freeze in the cooking liquid in one-cup containers. Use both liquid and fruit; do not drain.

gestions

flavour is absolutely ing authentic salsas western” dishes. ads, guacamole, as a garnish for slivers enhance

Strawberry Tomatillo Crisp

Madison CSA Cookbook

Filling: Combine in saucepan:

4 cups husked, coarsely chopped tomatillos, 1/2 tsp salt and about 1 cup sugar, adding slowly until it tastes like a nice tart apple. Cook 10-15 minutes. Combine 1 Tbsp cornstarch with 3 Tbsp water and stir into tomatillos until mixture thickens; remove from heat and cool. Put filling in 6 individual baking dishes and top with fresh, ripe, sliced strawberries.

Topping: Mix with fingers: 1/4 cup unsalted butter, 1/2 cup whole wheat flour, 3/4 cup brown sugar, 1/2 cup chopped, toasted nuts, 1 tsp cinnamon and 1/2 tsp nutmeg. Sprinkle over fruit and bake at 375° F until golden, 5 - 10 minutes. Serve with ice cream.

TOMATOES

Pilgrims' Produce

Tomatoes are an excellent source of fibre and vitamin C but also contain B vitamins, magnesium, calcium and phosphorous. Cooked tomatoes have been proven to retain the benefits of lycopene, an excellent defense against disease.

Heritage or heirloom tomatoes are those that have good old-fashioned flavour, have been around at least 50 years and can reproduce from seed, in contrast to the many newer hybrid tomatoes. The return of these valuable heirlooms helps maintain the genetic diversity of today's crops. Varying in size, shape, colour and taste, heirloom tomatoes are rarely as uniform as common tomatoes. Many bruise readily because of their thin skin but have excellent flavours.

Handling & Storage

Tappen Valley Growers

- Tomatoes taste best if never refrigerated. Store in a cool, dark place. Green garden tomatoes picked before frost can be ripened indoors, in single layers on paper and stored in a cool dark place (not in the sun!) Check often for softness or mold.
- Tomatoes can be rinsed, cored, bagged and frozen. They make a wonderful addition to sauces, salsas, soups and stews and have much more flavour than "winter" tomatoes from the south. The skins of frozen tomatoes come off easily when partially thawed.
- Tomato skins tend to toughen when cooking, so if your recipe says to peel them, just dip the raw tomato in boiling water for 15-30 seconds and then remove to cold water, after which the skins slip off easily.

Did You Know?

Ever since 1944 the town of Bunol, Spain has an annual festival called "Tomatina." People have a huge food fight and throw tomatoes at each other!

Raw tomatoes have more vitamin C than cooked tomatoes but cooked tomatoes have more lycopene than raw! Lycopene may prevent cancer.

In Germany, consumers have nick-named the standard supermarket-type of flavourless, artificially-ripened tomatoes "Wasserbomben" (water bombs.)

Serving Suggestion

Sunshine Farm

The easiest, most delicious way to eat fresh tomatoes is to toss several colourful varieties of chopped heirloom/heritage tomatoes together, add some basil leaves, drizzle with olive oil and balsamic vinegar, and top with fresh goat cheese or feta. Amazing flavour, really fresh, and fast.

Autumn Round-up Sauce

Arlo's Honey Farm

This recipe is easy and flexible according to what you have and the size of your pan! You can leave out the peppers or add some hot peppers if you like it hot.

6 pounds Roma tomatoes (the meatier tomatoes but any will do)
2 red bell peppers
2 green bell peppers
6 cloves of garlic, crushed (or more)
2 large onions
Basil, oregano, rosemary, thyme, salt & pepper, to taste

Clean and slice vegetables.

In a large roasting pan, layer vegetables with seasonings.

Place in a slow oven, 300° F, uncovered, and roast until vegetables are soft. At this point you can cool and purée or leave chunky or do half and half. Freeze in serving size containers. Use as a vegetable sauce for rice or pasta or combine with meat for a heartier meal. Also makes a nice sauce for baking chicken or pork chops.

Roasted Roma Tomatoes

Davison Orchards

This is so versatile; I make several batches at a time and freeze for the winter.

15-20 Roma tomatoes
2 Tbsp olive oil
3 Tbsp chopped fresh basil or oregano (only 1 Tbsp, if dried)
2 cloves garlic, minced
2 medium onions, chopped
Salt and pepper to taste

Wash and quarter Roma tomatoes. Toss with olive oil, salt, pepper, garlic, onions and fresh herbs. Transfer to a greased, shallow glass dish and bake at 350° F for 2 – 2 1/2 hours. Stir occasionally. Most of the liquid should have evaporated, leaving you with intensely flavoured, roasted Romas. Use as follows:

- Use an Immersion blender to purée this for a wonderful tomato sauce.
- Drain and use as bruschetta on toasted bread topped with cheese.
- To make *Savoury Tomatoes* as a side dish, top with buttered bread crumbs and parmesan cheese and bake until golden brown – so good!

Heirloom Tomato & Fresh Herb Pasta Sauce Brymac Farms

The art of making pasta sauce was taught to me on a trip to Italy in the early 90s. I marveled at the use of the fresh ingredients and the powerful taste that resulted. Until then I'd been a starving university student who just used canned products! This recipe is just a guideline; use your judgment as to quantities as you cook it up. We can this sauce to use all winter long – it's like a ray of summer every time we open a jar!

3 cloves of garlic
Splash of olive oil
4 cups freshly chopped heirloom tomatoes (we love Striped German)
2 cups chopped mixed vegetables: peppers, summer squash, egg-plant
2 tablespoons of capers (This is an essential ingredient!)
1 cup fresh herbs: basil, oregano, thyme and parsley
Sea salt and freshly ground pepper to taste

In a large pan, heat the oil over medium heat and add the garlic; sauté briefly but do not burn. Add the tomatoes and let simmer about 10 minutes. Drain off some of the water at this point or leave the juice to simmer down on its own. Add in your vegetables and simmer another 20 minutes. Add the herbs last; season to taste with salt and pepper.

Option: for a meat sauce, brown ground meat and combine at the end.

Serve over any type of pasta. Or add beans, chili powder, carrots and celery to make it a chili. Makes great left-overs, which can be frozen.

Perfect Canned Tomato Juice Pear-a-dise Grove

Cut fully ripe tomatoes into quarters and remove any hard cores. Blend tomatoes well. Put 3 or 4 blendersful into a big, heavy pot and stir on medium high heat, making sure they don't stick. Briefly blend again, then run through a juicer to remove all seeds and peels. Put back in pot and bring to boiling point in order to prepare for canning. Put 1 tsp salt in each jar and fill with hot juice. Attach rings and lids and can.

Fresh Tomato Salsa From Asparagus to Zucchini

1 small onion	1 small serrano or jalapeño pepper, minced
1/2 green pepper	1 Tbsp honey
Small bunch cilantro	Salt to taste
3 minced garlic cloves	2 lbs fresh tomatoes, peeled

Process ingredients except tomatoes until blended. Add in tomatoes and pulse briefly. Ready to eat! Does not freeze well.

TURNIPS

The turnip is a root vegetable grown for its bulbous root, as well as its edible greens. Not to be confused with Rutabaga (See *RUTABAGA*) or Japanese white salad turnips (See *HAKUREI*), this vegetable is a light to vivid purple that fades to bright-white near the bottom end, with little or no neck. Most turnips are white-fleshed. Small, tender varieties are grown for human food, while larger varieties are grown for livestock.

Handling & Storage

- To store, place unwashed turnips in a plastic bag; refrigerate up to one week.
- For long term storage, cubes of turnips can be blanched for 2-3 minutes and then frozen, or else frozen after cooking.

Serving Suggestions

- For a delicious side dish, cut about two pounds of peeled turnips into small pieces, and simmer over low heat until tender. Sprinkle with salt and white pepper, serve with roasted meat. For a tasty variation, add a chopped apple and a tablespoon of sugar during cooking.
- Traditionally turnips have been paired with pork and duck, but this vegetable goes well with veal and seafood as well. Turnip flavour enhancers include lemon juice, vinegar, curry, chives, oregano, marjoram and thyme. Or make a parsnip, potato and turnip gratin.
- Turnip greens are a good source of vitamins A and C. Serve blanched or sautéed turnip greens seasoned with some tamari, lemon juice and cayenne pepper, or serve with sweet potatoes alongside your favourite grain. You can serve cooked turnip greens with beans and rice, or use in addition to spinach when making vegetarian lasagna.

Roasted Winter Vegetables

Simply in Season

6-8 cups potatoes, sweet potatoes, carrots, turnips, parsnips, rutabagas, beets, winter squash, all peeled and cut in 1-inch cubes or in slices 1/2 inch thick.

2 Tbsp oil

1 Tbsp dried or 3 Tbsp fresh herbs such as rosemary, thyme, parsley, oregano

Toss ingredients together. Spread in a single layer on greased baking pans. Roast in a preheated oven at 425° F until tender, 30-45 minutes, stirring occasionally. Season with salt and pepper.

ZUCCHINI

The zucchini is a small summer squash. Most zucchini in our region are dark green and the shape of a cucumber, but look also for the bright yellow ones at the farmers' markets. Their skin is thinner than the green and some people find them sweeter. Zucchini are generally picked when they are about 8 inches long, but mature zucchini can grow to 3 feet in length. Very small zucchini are a tender addition to salads. Large ones are fine for grating into baking; however, very large ones become fibrous and are not appetizing to eat. Bigger is not better here!

Handling & Storage

- To store, refrigerate in a plastic bag. Use promptly for optimum quality.
- You can mince zucchini in the food processor and freeze it. This can later be used to add to soups, pasta sauces, lasagna, chili, or meat loaves, breads and muffins, but should be drained and squeezed to remove excess moisture.

Did You Know?

Zucchini grows so abundantly in the home garden that gardeners sometimes have more than they need, spawning many zucchini jokes. For example, "*Don't leave your car unlocked in August or someone will leave a zucchini on the seat!*"

The world's largest zucchini on record was 69.5 inches long, and weighed 65 pounds, grown in Plymouth, UK.

Serving Suggestions

- Zucchini can be eaten raw or cooked. When raw, they can be used in salads like cucumber, or eaten on a veggie plate with dip.
- Zucchini can be braised, stir-fried, steamed, microwaved, stuffed, sautéed, puréed, fried or deep-fried. Serve zucchini hot or cold. Sliced in half lengthways, zucchini - green or yellow - can be barbecued until tender crisp, and topped with basil pesto.
- The flesh can be grated and made into zucchini bread or pancakes.

Veggie Pancakes

Pilgrims' Produce

A quick supper easily varied by different herbs and toppings.

4 cups coarsely grated fresh yellow or
green zucchini
4 eggs
1 medium onion, grated

2 cups grated cheese
1 cup whole wheat flour
Salt, pepper, herbs to
taste

Mix well and fry like patties, about 1/4 cup at a time, on medium hot grid-dle until brown. Flip to finish cooking. Top with tomato sauce or salsa.

Resources



Vernon Farmers' Market



spelt kernels, heritage beets, lentil pilaf



new potatoes, roasted asparagus, bison with red currant sauce



dill potatoes, stir-fry of rainbow carrots, snowpeas, and broccoli, grilled salmon

SHOPPING at the FARMERS' MARKET

by Sarah Clark

Fresh air, fresh food, meeting old friends and making new ones-- a trip to the market is to be savoured, just like the products you will find there.

Here are some tips to make the most of your market experience:

Before you go

Cash – Rarely can vendors accept plastic but some markets have an ATM. Try to bring something smaller than \$20's.

Baskets and Bags – Please try to bring your own bags or basket. Some vendors sell re-usable bags.

Coolers – In the heat of summer, bring a cooler to keep your produce fresh until you get home.

At the market

Go Early if possible – Try to get to the market soon after opening to get the best selection.

Reconnaissance – Do a little walk around first. Check out different vendors; see what is available each day before purchasing. You usually will see something new!

Experiment – At farmers' markets you will often find fruit and vegetable varieties not available in stores. Try something new. Often the flavours are far superior to normal fare at the store.

Ask – Not sure what a cape gooseberry is? Can you eat salad turnip tops? Who better to ask than the person who grows it? Farmers love sharing their knowledge about what they grow.

Recipes – How do you prepare it? Vendors have good, simple, cooking tips for their foods.

Make a friend - a couple of trips to the market and you will soon start to recognize the different vendors. Say hello!

Go with a buddy – If time permits, take a friend or family member with you. Enjoy a smoothie or herbal tea and enjoy the music.

Have fun, meet the people who grow food "in your back yard" and celebrate the wonderful local products available in your area.

FINDING REAL FOOD in the NORTH OKANAGAN/ SHUSWAP

*The name Farmers' Market is reserved for those that make,
bake or grow everything that is sold.*

For updates: See website: www.bcfarmersmarket.org

All Organic Market

www.WildFlightFarm.ca,

Wednesdays, 2:30 - 5:00 p.m. year round, biweekly in winter

In front of the Uptown Askews, Salmon Arm

Contact: Louise & Hermann Bruns 250-838-7447

Armstrong Farmers' Market

Late April to late October (Winter market: Call Art Cayford 250-546-3411)

Saturdays 8 a.m. to noon (October: 9 to noon)

IPE Grounds 3371 Pleasant Valley Rd., Armstrong

Winter market: Odd Fellows Hall Saturdays 9 to 1 p.m.

Contact: Marni Miles 250-546-2164

Celista Hall Farmer's Market

July - September

Wednesdays 9 a.m. to 1 p.m.

Squilax-Anglemont Rd.

Contact: 250-955-2978

Chase Farm and Craft Market Market

May to October

Fridays 10 - 2 pm

305 Brooke Drive

Contact: market@chasefestival.ca

Cherryville Farmers' Market

May to early October

Saturdays 9 a.m. to 1 p.m.

Behind Frank's Store, 1187 Hwy 6, Cherryville

Contact: Lisa 250-306-9447

Enderby Open Air Public Market

Late April to late October Fridays 10 a.m. to 2 p.m.

Splatsin Community Centre

Contact: Jacquie Sharpe 250-838-0065

Kamloops Regional Farmers' Market

www.kamloopsfarmersmarket.com

Mid April to end of October

Wednesdays and Saturdays 8:30 a.m. to 12:30

Wed: 400 block Victoria Street, Kamloops

Sat: 200 block St. Paul Street & Stuart Wood schoolyard

Contact: Greg Unger 250-682-7975

Kelowna Farmers and Crafters Market www.kelownafarmersand-craftersmarket.com

Early April to end of October

Wednesdays and Saturdays 8 a.m. to 1 p.m.

Dilworth & Springfield Roads, Kelowna

Contact: 250-878-5029

Kelowna Farmers and Crafters Market - Winter Market

November to March

Saturdays 9 a.m. to 1 p.m.

Parkinson recreation Centre, Harvey Avenue, Kelowna

Kingfisher Farmers' Market

Last Wednesday of June to 1st Wed. of Sept. 11 a.m. to 1 p.m.

Community Hall, Mabel Lake, Enderby Road.

Contact: Barb 250-838-7312

Lake Country Farmers' Market

Early June to late September

Fridays 3 p.m. to 7 p.m.

Swalwell Park, 10090 Bottom Wood Lake Road, Winfield

Contact: Shayne: 250-826-7100 or lcmarketmanager@gmail.com

Lumby Public Market (produce, baking, and resale items)

Late April to late October

Saturdays 10 a.m. to 2 p.m.

Lumby Community Park Oval

Contact: 778-473-0013 or 250-549-0744

Revelstoke Farmers' and Craft Market

April - October Saturdays 8:30 a.m. to 1 p.m. MacKenzie Av & 1st Street

November to April: alternate Thursdays 2-5 p.m.

Revelstoke Community Centre

Contact: Tamaralea Jackson 250-837-9422 or rev_cowgirl@hotmail.com

Revelstoke Local Food Initiative Farmers' Market

Mackenzie between 1st and 2nd Street

May - October

Saturdays 8 a.m. to 1 p.m.

Contact: market@revelstokelocalfood.com www.revelstokelocalfood.com

Revelstoke Winter Market

Rec Centre

Every second Thursday noon to 5 p.m.

Contact 250-837-4956 or revywinter@gmail.com

Salmon Arm Community Market

May to October

Fridays 8 a.m. to 1 p.m.

5th Avenue and 5th St. SW

Contact: salmonarmcommunity_market@gmail.com

www.samarketwithheart.ca

Scotch Creek Farm and Craft Market Market

May long weekend to Labour Day

Sundays 9:30 a.m. to 1 p.m.

The Hub field parking lot, Squilox-Anglemont Hwy.

Contact: scotchcreekfarmersmarket@gmail.com or 250-679-2166

Sorrento Village Farmers' Market

Second Saturday of May to Thanksgiving

Saturdays 8 a.m. until noon

Sorrento Shoppers Plaza, TCH at Notch Hill Road, Sorrento

Contact: Vicki Squire 250-515-1265

Shuswap Farm and Craft Market

Late April to Mid October

Tuesdays and Fridays 8 a.m. to 12:30 p.m.

Piccadilly Place Mall, 10 St. SW, Salmon Arm

Contact: 250-804-3387

Vernon Farmers' Market

Late April through October

Mondays and Thursdays 8 a.m. to 1 p.m.

Behind Kal Tire Place, 3445 43 Ave.

Contact: Ingrid Baron 250-351-5188

Vernon Farmers' Winter Market

Inside the Kal Tire Centre 3445 43rd Ave.

Friday: 11 to 3 p.m. Nov.23 - March 22

Contact: Ingrid Baron vernonfarmersmarket.ca

MENU IDEAS

Spring

Breakfast

Plain yogurt with sliced local strawberries
Simple Spelt Bread (page 69), toasted, with poached egg
Strawberry Sun Preserves (page 61)

Lunch

Greens Quiche (page 93) or Chard Cheese Bake (page 131)
Sliced radishes, baby carrots and/or hakurei
Walnut Maple Cookie (page 82)

Dinner

Fresh Baked Asparagus (page 113)
Spring greens salad with Market Fresh Basil Vinaigrette (page 147)
Grilled salmon with maple syrup marinade (page 106, Serving Suggestions)
Steamed new potatoes, with chives and butter
Haskaps with vanilla yogurt

Summer

Breakfast

Vegetable Omelette (page 93, Serving Suggestions)
Rye Sourdough, toasted

Lunch

Garden Burgers (page 71) in buns
Sliced tomatoes with fresh basil or Fresh tomato Salsa (page 187)
Fresh cherries or peaches

Dinner

Spicy Sesame Yard-Long Beans (page 115)
Baked potato
Chicken Piccata (page 91)
Red & Black Fruit Salad (page 33)

Autumn

Breakfast

Apple Buckwheat Pancakes (page 29)

Plain yogurt, maple syrup, raspberries or blackberries

Lunch

Leek Potato Soup (page 157) or Pear and Rutabaga Soup (page 175)

Broccoli Salad (page 121) or Kohl-slaw (page 155)

Goat Cheese Spelt Biscuits (page 70)

Dinner

Green Salad with Autumn Fruit (page 79)

Lentil Pilaf (page 72) or Chilean Black Eyed Peas and Winter Squash
(page 180)

Fresh plums or Plum Kuchen (page 55)

Winter

Breakfast

Breakfast Porridge (page 68)

Blueberries or saskatoons from your freezer

Lunch

Sunchoke & Butternut Squash Mash (page 183)

Winter salad with claytonia, corn salad or kale (page 141,146,152)

Whole grain roll

Dinner

Citrus-Ginger Roasted Beets and Carrots (page 117)

Flambeau Roast (page 87)

Brown rice or roasted potatoes

Baked Apples (page 29)

ACKNOWLEDGEMENTS

Kathryn thanks Maureen for suggesting the idea for this book and Maureen thanks Kathryn for pushing to keep us going! We greatly appreciate our husbands' patience, support and encouragement.

Our book would not be in your hands without two amazing women who generously, joyfully, gave us their time and gifts:



Photographer Kathryn Zietsma tirelessly took amazing photos while working and living here at Pilgrims' Produce. She has a keen eye for beauty and her generous spirit was a steady encouragement. She and her husband Dan Saxton are now partners with Rob and Kathryn Hettler at Pilgrims' Produce.

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Alphabetical List of Recipes

Recipe	Page
Amazing Garden Salad	165
Amazing Raw Corn Salad	133
Apple Buckwheat Pancakes	29
Apple Scones	29
Apricot and Squash Muffins	31
Aruqula Walnut Salad	111
Aruqula, Cheese and Tomato Quesadillas	111
Asparagus Stir-Fry	113
Autumn Round-up Sauce	186
Baby Squash Salad	178
Baked Apples	29
Baked Kohlrabi with Garlic and Parmesan Cheese	155
Baked Parsnip Fries	162
Basic Balsamic Vinaigrette	159
Basic Bison Chili	89
Beet Salad	117
Black Currant Crisp	39
Black Currant or Gooseberry Fool	41
Blueberry or Saskatoon Oat Muffins	35
Blueberry Raspberry Jam	35
Bosc and Cabbage Salad	53
Breakfast Porridge	68
Broccoli Salad	121
Broccoli with Garlic	121
Cabbage Soup	123
Carrot Garlic Soup	143
Carrot-Ginger Soup	124
Carrot Soup	125
Cauliflower Pie	127
Celeriac and Beet Salad	128
Celeriac and Parsnip Stew	163
Chard Cheese Bake	131
Cheese Rarebit with Mustard Flowers	137
Cheesy Spaghetti Squash	180
Cherry Buckle	37
Chicken Piccata	91
Chilean Black Eyed Peas and Winter Squash	180
Chinese Beef Stir-Fry	119
Citrus-Ginger Roasted Beets and Carrots	117
Cooked Celeriac Salad	128
Corn Salad with Goat Cheese & Fennel-Mustard Vinaigrette Dressing	141

Corn Salad, Pear & Avocado Salad with Sesame Rice Wine Dressing	147
Cream of Parsnip Soup	163
Creamy Lentil Dip	71
Delicious Pear Cream	52
Dessert Balls	79
Dried Kale	153
Dutch Apple or Peach Pancake	93
Easy Grilled Mixed Vegetables	169
Flambeau Roast	87
Fresh Apricot Basil Salad Dressing	31
Fresh Apricot Pasta Salad	31
Fresh Baked Asparagus	113
Fresh Raspberry Cake	57
Fresh Raspberry Coulis	57
Fresh Tomato Salsa	187
Fruit Pizza Pie	33
Fruit Platz	55
Fruit Smoothie	51
Fusion Coleslaw	123
Garden Burgers	71
Garlic Scape Salad Dressing	143
Ginger Chicken Basting Sauce	104
Goat Cheese Salad Dressing	23
Goat Cheese Spelt Biscuits	70
Golden Squash Soup	181
Green Bean and Tomato Salad	114
Green Bean Salad	114
Green Salad with Autumn Fruit	79
Greens Quiche	93
Grilled Asparagus	113
Harira	94
Harvest Gouda and Vegetable Chowder	23
Heavenly Baked Peaches	51
Heirloom Tomato & Fresh Herb Pasta Sauce	189
Herbed Yogurt Dip	24
Homemade Mint Sauce	94
Homemade Yogurt	20
Kohl-slaw	155
Lamb and Pumpkin Couscous	94
Lebanese Tabouli Salad	161
Lentil Pilaf	72
Macerated Strawberries with Honey, Balsamic Gastrique	61
Maple Parsnip Soup	106
Maple Sriracha Salad Dressing	106

Maple Walnut Scones	82
Market Fresh Basil Vinaigrette	147
No Guilt Muffins	124
Peach Salsa	51
Pear and Rutabaga Soup	175
Pear Milk Shake	53
Perfect Canned Tomato Juice	187
Plum Kuchen	55
Portuguese Kale Soup	153
Potato & Greens Soup	145
Potato Salad with Arugula	111
Pumpkin Sheet Cake	171
Quick Basil Pesto Cubes	151
Rabbit Curry	96
Raspberry Dressing	147
Raspberry Jam <i>au Naturelle</i>	104
Raspberry Juice	57
Red & Black Fruit Salad	33
Refreshing Cucumber Salad	135
Rhubarb Crunch	59
Rhubarb Surprise	59
Roasted Carrots	124
Roasted Garlic	143
Roasted Hazelnuts	79
Roasted Roma Tomatoes	186
Roasted Root Vegetables	161
Roasted Turkey Sauce	97
Roasted Winter Vegetables	188
Rosemary-Infused Watermelon Lemonade	49
Sautéed Chard and Salmon	131
Sautéed Hakurei Turnips and Chard	148
Sautéed Sunchokes with Sunflower Seeds	183
Sensational Summer Salsa	167
Simple Spelt Bread	69
Simplest Swiss Chard Pie	131
Smoothies	34
Snow Pea, Mushroom and Spinach Salad	165
Spelt and Roasted Squash Salad	68
Spicy Sesame Yard-Long Beans	114
Spinach Pesto	177
Spinach Pie	177
Spring Radish Spread	173
Sprouted Sunflower Seed Pâté	73
Steve's Chicken Peach Salad	51

Stir-Fry Baby Bok Choy	119
Strawberry Spinach Salad	177
Strawberry Sun Preserves	61
Strawberry Tomatillo Crisp	184
Stuffed Eggplants	139
Stuffed Peppers	167
Summer Garden Ratatouille	139
Summer Pudding	45
Sunchoke & Butternut Squash Mash	183
Sunflower Seed Pâté	80
Swiss Walnut Torte	82
The Best Cherry Recipe	37
Turkey Vegetable Casserole	97
Tzatziki	135
Vegetable Leek Medley	157
Vegetable Pizza	127
Vegetable Pancakes	189
Vichyssoise or Leek Potato Soup	157
Walnut Maple Cookies	82
Warm Bison and Spinach Salad	89
Whole Grain, Arugula, Vegetable Salad	70

Apples, 28

Apple Buckwheat Pancakes, 29
Apple Scones, 29
Baked Apples, 29
Black Currant Crisp, 39
Blackberries SS, 32
Cabbage SS, 122
Celery SS, 129
Dutch Apple or Peach Pancake, 93
Elderberries SS, 40
Fennel SS, 140
Green Salad with Autumn Fruit, 79
Kale SS, 153
Kohl-slaw, 155
No Guilt Muffins, 125
Plum Kuchen, 55
Rhubarb SS, 58
Turnip SS, 188
Walnuts SS, 81

Apricots, 30

Apricot and Squash Muffins, 31
Arugula SS, 110
Cherry Buckle, 37
Dessert Balls, 79
Fresh Apricot Basil Salad Dressing, 31
Fresh Apricot Pasta Salad, 31
Fruit Platz, 55
Smoothies, 34
Turkey SS, 98

Arugula, 110, 144

Arugula, Cheese and Tomato Quesadillas, 111
Arugula Walnut Salad, 111
Potato Salad with Arugula, 111
Whole Grain, Arugula, Vegetable Salad, 70

Asparagus, 112

Asparagus Stir-Fry, 113
Freshly Baked Asparagus, 113
Grilled Asparagus, 113

Barley, 67

Whole Grain, Arugula, Vegetable Salad, 70

Basil, 150

Amazing Garden Salad, 165
Arugula SS, 110
Carrot Garlic Soup, 143
Hazelnuts SS, 78
Fresh Apricot Basil Salad Dressing, 31
Fresh Apricot Pasta Salad, 31
Green Bean and Tomato Salad, 114
Heirloom Tomato & Fresh Herb Pasta Sauce, 187

Herbed Yogurt Dip, 24
Market Fresh Basil Vinaigrette, 147
Quick Basil Pesto Cubes, 151
Roasted Roma Tomatoes, 186
Spinach Pesto, 177
Sprouted Sunflower Seed Pâté, 73
Tomato SS, 186
Vegetable Pizza, 127
Zucchini SS, 189

Beans (Dried), 65

Basic Bison Chili, 89
Beans SS, 114
Chicken SS, 91
Chilean Black Eyed Peas and Winter Squash, 180
Corn SS, 133
Garlic SS, 142
Harira, 95
Heirloom Tomato & Fresh Herb Pasta Sauce, 187

Lamb and Pumpkin Couscous, 95
Portuguese Kale Soup, 153

Beans (Fresh), 114

Cabbage Soup, 123
Green Bean and Tomato Salad, 114
Green Bean Salad, 115
Potatoes SS, 169
Spicy Sesame Yard-Long Beans, 115

Beef, 86

Bison SS, 89
Chinese Beef Stir-Fry, 119
Flambeau Roast, 87
Pumpkins SS, 171
Stuffed Eggplants, 139
Stuffed Peppers, 167
Turkey SS, 98

Beets, 116

Amazing Garden Salad, 165
Amazing Raw Corn Salad, 133
Asparagus SS, 113
Beet Salad, 117
Cabbage Soup, 123
Celeriac and Beet Salad, 128
Citrus-Ginger Roasted Beets and Carrots, 117
Easy Grilled Mixed Vegetables, 169
Greens, Cooking, 144
Hazelnut SS, 78
Roasted Winter Vegetables, 188

Bison, 88

Basic Bison Chili, 89
Warm Bison & Spinach Salad, 89

Black Currants, see Currants

Blackberries, 32

Hazelnuts SS, 78
Fruit Pizza Pie, 33
Fruit Smoothie, 51
Red and Black Fruit Salad, 33
Summer Pudding, 45

Blueberries, 34

Blueberry/ Saskatoon Oat Muffins, 35
Blueberry Raspberry Jam, 35
Fruit Platz, 55
Fruit Smoothie, 51
Huckleberries, SS, 43
Red and Black Fruit Salad, 33
Saskatoons SS, 44
Smoothies, 34
Strawberries SS, 60
Summer Pudding, 45

Bok Choy, 118

Chinese Beef Stir-Fry, 119
Greens, Cooking, 144
Stir-Fry Baby Bok Choy, 119

Broccoli, 120

Amazing Garden Salad, 165
Broccoli Salad, 121
Broccoli with Garlic, 121
Cauliflower Pie, 127
Chinese Beef Stir-Fry, 119
Harvest Gouda and Vegetable Chowder, 24
Vegetable Pizza, 127

Buckwheat, 67

Apple Buckwheat Pancakes, 29

Butterhead Lettuce, 158 *(See also Lettuce)***Cabbage, 122**

Black Currant SS, 38
Bok Choy SS, 118
Bosc and Cabbage Salad, 53
Cabbage Soup, 123
Celeriac SS, 128
Chard SS, 130
Greens, Cooking, SS, 145
Fusion Coleslaw, 123
Kohl-slaw, 155

Cape Gooseberries, 42**Carrots, 124**

Amazing Garden Salad, 165
Bosc and Cabbage Salad, 53
Broccoli Salad, 121
Cabbage SS, 128
Cabbage Soup, 123
Carrot Garlic Soup, 143
Carrot-Ginger Soup, 125

Carrot Soup, 125

Celeriac SS, 128

Celery SS, 129

Chinese Beef Stir-Fry, 119

Citrus-Ginger Roasted Beets and Carrots, 117

Easy Grilled Mixed Vegetables, 169

Fusion Coleslaw, 123

Heirloom Tomato & Fresh Herb Pasta Sauce, 187

Lamb and Pumpkin Couscous, 95

Lentil Pilaf, 72

Maple Syrup SS, 100

No Guilt Muffins, 125

Pear and Rutabaga Soup, 175

Pear SS, 165

Portuguese Kale Soup, 153

Roasted Carrots, 124

Roasted Root Vegetables, 161

Roasted Winter Vegetables, 188

Vegetable Leek Medley, 157

Turkey Vegetable Casserole, 99

Walnuts SS, 81

Cauliflower, 126

Broccoli Salad, 121

Cauliflower Pie, 127

Chinese Beef Stir-Fry, 119

Harvest Gouda and Vegetable Chowder, 24

Sprouted Sunflower Seed Pâté, 73

Vegetable Pizza, 127

Celeriac, 128

Celeriac and Beet Salad, 128

Celeriac and Parsnip Stew, 163

Cooked Celeriac Salad, 128

Potato & Greens Soup, 145

Roasted Root Vegetables, 161

Celery, 129

Basic Bison Chili, 89

Broccoli Salad, 121

Celeriac and Parsnip Stew, 163

Chinese Beef Stir-Fry, 119

Cream of Parsnip Soup, 163

Creamy Lentil Dip, 71

Harira, 95

Heirloom Tomato & Fresh Herb Pasta Sauce, 187

Lentil Pilaf, 72

Pear and Rutabaga Soup, 175

Potato & Greens Soup, 145

Rabbit Curry, 96

Steve's Chicken Peach Salad, 51

Turkey SS, 98

Turkey Vegetable Casserole, 99

Celery Root, see Celeriac

Chard, 130

Chard Cheese Bake, 131

Greens, Cooking, SS, 145

Greens Quiche, 93

Hakurei SS, 148

Kohlrabi SS, 154

Sautéed Chard and Salmon, 131

Sautéed Hakurei Turnips & Chard,
149

Simplest Swiss Chard Pie, 131

Cheese, 20

Amazing Garden Salad, 165

Arugula, Cheese and Tomato Que-
sadillas, 111

Arugula Walnut Salad, 111

Asparagus Stir-Fry, 113

Baked Kohlrabi with Garlic & Parme-
san Cheese, 155

Beans (Fresh) SS, 114

Bison SS, 89

Broccoli Salad, 121

Broccoli SS, 121

Cabbage SS, 122

Cauliflower Pie, 127

Cauliflower SS, 126

Celery SS, 129

Chard Cheese Bake, 131

Cheese Rarebit with Mustard Flowers,
137

Cheesy Spaghetti Squash, 181

Cherries SS, 36

Corn Salad with Goat Cheese & Fen-
nel-Mustard Vinaigrette, 141

Easy Grilled Mixed Vegetables, 169

Edible Flowers SS, 137

Eggplant SS, 138

Fennel SS, 140

Fruit Pizza Pie, 33

Goat Cheese Salad Dressing, 23

Goat Cheese Spelt Biscuits, 70

Golden Squash Soup, 181

Grapes SS, 47

Green Salad with Autumn Fruit, 79

Greens, Cooking, SS, 145

Greens Quiche, 93

Greens, Salad, SS, 146

Harvest Gouda and Vegetable Chow-
der, 24

Herbed Yogurt Dip, 24

Kale SS, 153

Kohlrabi SS, 154

Leeks SS, 156

Melons SS, 49

Onions SS, 160

Peas SS, 164

Radishes SS, 172

Roasted Roma Tomatoes, 186

Simplest Swiss Chard Pie, 131

Spinach Pesto, 177

Spinach Pie, 177

Spring Radish Spread, 173

Stuffed Peppers, 167

Tomatillos SS, 184

Tomato SS, 186

Turkey SS, 98

Vegetable Pizza, 127

Veggie Pancakes, 189

Whole Grain, Arugula, Vegetable Sal-
ad, 70

Cherries, 36

Cherry Buckle, 37

Hazelnuts SS, 78

Fruit Platz, 55

Red and Black Fruit Salad, 33

The Best Cherry Recipe, 37

Chestnuts, 75

Roasting chestnuts, Chestnuts SS, 75

Chicken, 90

Apricot SS, 30

Asparagus SS, 112

Beets SS, 116

Cucumbers SS, 135

Chicken Piccata for Two, 91

Ginger Chicken Basting Sauce, 104

Hazelnuts SS, 77

Peas SS, 164

Plums SS, 55

Steve's Chicken Peach Salad, 51

Sunflower Seeds SS, 80

Tomatillos SS, 184

Walnuts SS, 81

Chinese Radishes, 173

Chives, 150

Chokecherries, 39

Cilantro, 150

Harira, 95

Fresh Tomato Salsa, 187

Peach Salsa, 51

Tomatillos SS, 184

Claytonia, 146

Corn, 132

Amazing Raw Corn Salad, 133

Corn Salad, 146

Corn Salad, Pear & Avocado Salad
with Sesame Rice Wine Dressing,
147

Corn Salad with Goat Cheese & Fen-
nel-Mustard Vinaigrette, 141

Cucumbers, 134

Arugula SS, 110

Greens, Salad, SS, 146

Refreshing Cucumber Salad, 135

Whole Grain, Arugula, Vegetable Sal-
ad, 70

Tzatziki, 135

Currants, 38

Black Currant Crisp, 39

Black Currant Fool, 41

Kohl-slaw, 155

Red and Black Fruit Salad, 33

Summer Pudding, 45

Daikon, *see Radishes*

Dairy, 19 (*See also Cheese, Yogurt*)

Dill, 150

Refreshing Cucumber Salad, 135

Salmon SS, 97

Tzatziki, 135

Whole Grain, Arugula, Vegetable Sal-
ad, 70

Edamame, 136

Edible Flowers, 137

Cheese Rarebit with Mustard Flowers,
137

Eggplant, 138

Babaganoush, Eggplant SS, 138

Heirloom Tomato & Fresh Herb Pasta
Sauce, 187

Squash, Winter, SS,

Stuffed Eggplants, 139

Summer Garden Ratatouille, 139

Eggs, 92

Chard Cheese Bake, 131

Chard SS, 130

Dutch Apple or Peach Pancake, 93

Green Bean Salad, 115

Greens Quiche, 93

Leeks SS, 156

Salmon SS, 97

Spinach SS, 176

Sunflower Seeds SS, 80

Elderberries, 40

Fennel, 140

Corn Salad with Goat Cheese & Fen-
nel-Mustard Vinaigrette, 141

Leeks SS, 156

Fish, *see Salmon & Trout*

Flaxseed, 76

Breakfast Porridge, 68

Grains, SS, 68

No Guilt Muffins, 125

Sprouted Sunflower Seed Pâté, 73

Walnut Maple Cookies, 82

Garlic, 142

Amazing Garden Salad, 165

Amazing Raw Corn Salad, 133

Autumn Round-up Sauce, 186

Asparagus SS, 112

Asparagus Stir-Fry, 113

Babaganoush, Eggplant SS, 138

Baked Kohlrabi with Garlic and
Parmesan Cheese, 155

Basic Balsamic Vinaigrette, 159

Basic Bison Chili, 89

Beans (Fresh) SS, 114

Beets SS, 116

Broccoli with Garlic, 121

Cabbage Soup, 123

Carrot Garlic Soup, 143

Carrot-Ginger Soup, 125

Carrot Soup, 125

Cauliflower Pie, 127

Chilean Black Eyed Peas and Winter
Squash, 180

Chinese Beef Stir-Fry, 119

Easy Grilled Mixed Vegetables, 169

Eggplant SS, 138

Flambeau Roast, 87

Fresh Tomato Salsa, 187

Garlic Scape Salad Dressing, 143

Heirloom Tomato & Fresh Herb Pasta
Sauce, 187

Kale SS, 152

Kohlrabi SS, 154

Maple Parsnip Soup, 106

Market Fresh Basil Vinaigrette, 147

Peach Salsa, 51

Peas SS, 164

Portuguese Kale Soup, 153

Potato & Greens Soup, 145

Potatoes SS, 169

Quick Basil Pesto Cubes, 151

Raspberry Dressing, 147

Roasted Garlic, 143

Roasted Roma Tomatoes, 186

Pear and Rutabaga Soup, 175

Sautéed Chard and Salmon, 131

Sensational Summer Salsa, 167

Spinach Pesto, 177

Squash, Summer, SS, 178
Summer Garden Ratatouille, 139
Sprouted Sunflower Seed Pâté, 73
Sunflower Seed Pâté, 80
Tomatillos SS, 184
Turkey Vegetable Casserole, 99
Tzatziki, 135
Whole Grain, Arugula, Vegetable Salad, 70

Gooseberries, 41

Black Currant (or Gooseberry) Fool, 41
Fruit Platz, 55

Grains, 66 (*See also Barley, Buckwheat, Oats, Rye, Spelt, Wheat*)

Breakfast Porridge, 68
Creamy Lentil Dip, 71
Garden Burgers, 71
Goat Cheese Spelt Biscuits, 70
Lamb and Pumpkin Couscous, 95
Simple Spelt Bread, 69
Spelt & Roasted Squash Salad, 69
Whole Grain, Arugula, Vegetable Salad, 70

Grapes, 47

Baby Squash Salad, 178

Green Lentils, 68 (*See also Lentils*)

Greens, Cooking, 144 (*See also Arugula, Beets, Bok Choy, Chard, Hakurei, Kale, Spinach, Turnips*)

Cauliflower SS, 126
Greens Quiche, 93
Potato & Greens Soup, 145
Sautéed Hakurei Turnips & Chard, 149

Greens, Salad, 146 (*See also Arugula, Claytonia, Corn Salad, Lettuce, Mizuna, Mustard Greens*)

Apricot SS, 30
Arugula SS, 110
Beets SS, 116
Bok Choy SS, 118
Carrots SS, 124
Hazelnuts SS, 77
Corn Salad, Pear & Avocado Salad with Sesame Rice Wine Dressing, 147
Fennel SS, 140
Green Salad with Autumn Fruit, 79
Ground Cherries SS, 43
Edible Flowers SS, 137
Market Fresh Basil Vinaigrette, 147
Fresh Apricot Pasta Salad, 31

Pumpkins SS, 171
Raspberries SS, 57
Raspberry Dressing, 147
Salmon SS, 97
Sunflower Seeds, SS, 80
Turkey SS, 98
Walnuts SS, 81

Ground Cherries, 42

Hakurei, 148

Sautéed Hakurei & Chard, 149

Haskaps, 45

Hazelnuts, 77

Dessert Balls, 79
Garden Burgers, 70
Green Salad with Autumn Fruit, Roasted Hazelnuts, 79

Herbs, 150 (*See also Basil, Cilantro, Dill, Mint, Parsley, Rosemary, Thyme*)

Honey, 103

Amazing Raw Corn Salad, 133
Apricot and Squash Muffins, 31
Breakfast Porridge, 68
Chicken SS, 91
Citrus-Ginger Roasted Beets and Carrots, 117

Delicious Pear Cream, 52
Fresh Tomato Salsa, 187
Ginger Chicken Basting Sauce, 104
Macerated Strawberries with Honey, Balsamic Gastrique & Mint, 61
No Guilt Muffins, 125
Raspberry Jam *Au Naturelle*, 104
Red and Black Fruit Salad, 33
Rhubarb SS, 58
Rutabaga SS, 174
Salmon SS, 97

Strawberry Spinach Salad, 177

Strawberry Sun Preserves, 61

Huckleberries, 43

Japanese Salad Turnips, see Hakurei

Jerusalem Artichokes, see Sun-chokes

Kale, 152

Amazing Garden Salad, 165
Amazing Raw Corn Salad, 131
Corn SS, 131
Dried Kale, 153
Greens, Cooking, Key Cooking Tips, 144
Greens Quiche, 93
Portuguese Kale Soup, 153

Potato & Greens Soup, 145
 Rabbit Curry, 96
Kohlrabi, 154
 Baked Kohlrabi with Garlic and
 Parmesan Cheese, 155
 Kohl-slaw, 155
Lamb, 94
 Currants SS, 38
 Harira, 95
 Homemade Mint Sauce, 94
 Lamb and Pumpkin Couscous, 95
Lavender, 150
Leaf Lettuce, 158 (*See also Let-
 tuce*)
Leeks, 156
 Celeriac and Parsnip Stew, 163
 Chard SS, 130
 Chicken SS, 91
 Vegetable Leek Medley, 157
 Vichyssoise or Leek Potato Soup, 157
Legumes, 66 (*See also Beans
 (Dried), Peas, Lentils*)
Lentils, 68
 Creamy Lentil Dip, 71
 Eggplant SS, 138
 Garden Burgers, 70
 Grains, SS, 68
 Lentil Pilaf, 72
 Harira, 95
Lettuce, 158 (*See also Greens, Sal-
 ad*)
 Arugula SS, 110
 Basic Balsamic Vinaigrette, 159
 Chicken SS, 90
 Green Salad with Autumn Fruit, 79
 Steve's Chicken Peach Salad, 51
 Turkey SS, 98
Lovage, 150
Marjoram, 151
Maple Syrup, 105
 Baked Apples, 29
 Basic Balsamic Vinaigrette, 159
 Breakfast Porridge, 68
 Maple Parsnip Soup, 106
 Maple Syrup Salad Dressing, 106
 Maple Walnut Scones, 82
 Market Fresh Basil Vinaigrette, 147
 Pear Milk Shake, 53
 Salmon SS, 97
 Spelt and Roasted Squash Salad, 69
 Squash, Winter, SS, 180
 Walnut Maple Cookies, 82

Walnuts SS, 81
Melons, 48
 Fruit Smoothie, 51
 Rosemary-Infused Watermelon
 Lemonade, 49
Mint, 151
 Fennel SS, 140
 Lebanese Tabouli Salad, 161
 Homemade Mint Sauce, 94
 Macerated Strawberries with Honey,
 Balsamic Gastrique & Mint, 61
Miner's Lettuce, see Claytonia
Mizuna, 144
 Sautéed Hakurei Turnips & Chard,
 149
Mulberries, 44
Mushrooms
 Arugula Walnut Salad, 111
 Asparagus SS, 113
 Leeks SS, 156
 Peas SS, 165
 Rabbit Curry, 96
 Snow Pea, Mushroom and Spinach
 Salad, 165
 Turkey Vegetable Casserole, 99
 Vegetable Pizza, 127
Mustard Greens, 144
 Arugula SS, 110
 Greens, Cooking, 144
Nectarines, see Peaches
Nuts, 74 (*See also Chestnuts,
 Hazelnuts, Walnuts*)
Oats, 67
 Apple Buckwheat Pancakes, 29
 Blueberry or Saskatoon Oat Muffins,
 35
 Breakfast Porridge, 68
 Grains, SS, 68
 Heavenly Baked Peaches, 51
 No Guilt Muffins, 125
Onions, 159
 Amazing Garden Salad, 165
 Amazing Raw Corn Salad, 133
 Arugula, Cheese and Tomato Que-
 sadillas, 111
 Arugula Walnut Salad, 111
 Autumn Round-up Sauce, 186
 Basic Balsamic Vinaigrette, 159
 Basic Bison Chili, 89
 Beans (Fresh) SS, 116
 Beet Salad, 117

Black Currants SS, 38
 Bosc and Cabbage Salad, 53
 Broccoli Salad, 121
 Broccoli with Garlic, 121
 Cabbage SS, 122
 Cabbage Soup, 123
 Carrot Garlic Soup, 143
 Carrot-Ginger Soup, 125
 Carrot Soup, 125
 Cauliflower Pie, 127
 Celeriac and Parsnip Stew, 163
 Celery SS, 129
 Chard Cheese Bake, 131
 Chard SS, 130
 Chilean Black Eyed Peas and Winter Squash, 180
 Cooked Celeriac Salad, 128
 Corn Salad, Pear & Avocado Salad with Sesame Rice Wine Dressing, 147
 Corn SS, 133
 Cream of Parsnip Soup, 163
 Cucumber SS, 135
 Easy Grilled Mixed Vegetables, 169
 Eggplant SS, 138
 Eggs SS, 93
 Garden Burgers, 71
 Golden Squash Soup, 181
 Green Bean and Tomato Salad, 114
 Green Bean Salad, 115
 Greens Quiche, 93
 Greens, Salad, SS, 146
 Fennel SS, 140
 Flambeau Roast, 87
 Fresh Tomato Salsa, 187
 Fusion Coleslaw, 123
 Golden Squash Soup, Harira, 95
 Kohlrabi SS, 154
 Kohl-slaw, 155
 Lamb and Pumpkin Couscous, 95
 Lebanese Tabouli Salad, 160
 Leeks SS, 156
 Lentil Pilaf, 72
 Maple Parsnip Soup, 106
 Melons SS, 49
 Peach Salsa, 51
 Peas SS, 164
 Pear and Rutabaga Soup, 175
 Portuguese Kale Soup, 153
 Potato & Greens Soup, 145
 Potato Salad with Arugula, 111
 Rabbit Curry, 96
 Roasted Roma Tomatoes, 186
 Roasted Root Vegetables, 160
 Salmon SS, 97
 Sautéed Chard and Salmon, 131
 Sensational Summer Salsa, 167
 Simplest Swiss Chard Pie, 131
 Spinach Pie, 177
 Spelt and Roasted Squash Salad, 69
 Spring Radish Spread, 173
 Sprouted Sunflower Seed Pâté, 73
 Squash, Summer, SS, 168
 Squash, Winter, SS, 180
 Strawberry Spinach Salad, 177
 Stuffed Eggplants, 139
 Stuffed Peppers, 167
 Summer Garden Ratatouille, 139
 Sunchokes SS, 182
 Sunflower Seed Pâté, 80
 Tomatillos SS, 184
 Turkey SS, 98
 Turkey Vegetable Casserole, 99
 Vegetable Pizza, 127
 Veggie Pancakes, 189
 Vichyssoise or Leek Potato Soup, 157
 Warm Bison & Spinach Salad, 89
 Whole Grain, Arugula, Vegetable Salad, 70
Parsley, 151
 Baby Squash Salad, 178
 Celeriac and Parsnip Stew, 163
 Cheesy Spaghetti Squash, 181
 Chicken Piccata for Two, 91
 Herbed Garlic Dip, 24
 Lebanese Tabouli Salad, 161
 Market Fresh Basil Vinaigrette, 147
 Sautéed Sunchokes with Sunflower Seeds, 183
 Spinach Pesto, 177
 Turkey Vegetable Casserole, 99
Parsnips, 162
 Baked Parsnip Fries, 162
 Celeriac and Parsnip Stew, 163
 Chilean Black Eyed Peas and Winter Squash, 180
 Cream of Parsnip Soup, 163
 Easy Grilled Mixed Vegetables, 169
 Maple Parsnip Soup, 106
 Roasted Root Vegetables, 161
 Roasted Winter Vegetables, 188
 Sunchokes SS, 182
 Turnips SS, 186

Peaches, 50

Apricot SS, 30
Cherries SS, 36
Cherry Buckle, 37
Dutch Apple or Peach Pancake, 93
Fruit Pizza Pie, 33
Fruit Platz, 55
Fruit Smoothie, 51
Heavenly Baked Peaches, 51
Peach Salsa, 51
Smoothies, 34
Steve's Chicken Peach Salad, 51

Pears, 52

Bosc and Cabbage Salad, 53
Cabbage SS, 122
Corn Salad, Pear & Avocado Salad
with Sesame Rice Wine Dressing,
147
Delicious Pear Cream, 52
Fresh Raspberry Coulis, 57
Green Salad with Autumn Fruit, 79
Hazelnuts SS, 78
Mulberries SS, 44
Pear and Rutabaga Soup, 175
Pear Milk Shake, 53
Plum Kuchen, 55
Rhubarb SS, 58

Peas, 164

Amazing Garden Salad, 165
Chicken SS, 91
Chinese Beef Stir-Fry, 119
Hakurei SS, 148
Rabbit Curry, 96
Snow Pea, Mushroom and Spinach
Salad, 165

Peppers, 166

Amazing Garden Salad, 165
Arugula, Cheese and Tomato Que-
sadillas, 111
Arugula Walnut Salad, 111
Autumn Round-up Sauce, 186
Basic Bison Chili, 89
Beans (Fresh) SS, 114
Bosc and Cabbage Salad, 53
Broccoli Salad, 121
Chilean Black Eyed Peas and Winter
Squash, 180
Creamy Lentil Dip, 71
Chicken SS,
Corn SS, 133
Cucumber SS, 135
Eggplant SS, 138
Eggs SS, 93

Fresh Apricot Pasta Salad, 31
Fresh Tomato Salsa, 187
Fusion Coleslaw, 123
Greens, Salad, SS, 146
Heirloom Tomato & Fresh Herb Pasta
Sauce, 187
Lentil Pilaf, 72
Onions SS, 160
Peach Salsa, 51
Peas SS, 165
Sensational Summer Salsa, 167
Sprouted Sunflower Seed Pâté, 73
Stuffed Peppers, 167
Summer Garden Ratatouille, 139
Tomatillos SS, 184
Vegetable Leek Medley, 157
Vegetable Pizza, 127
Whole Grain, Arugula, Vegetable Sal-
ad, 70

Pin Cherries, see Chokecherries**Plums, 54**

Fruit Platz, 55
Plum Kuchen, 55
Stewed plums, Plums SS, 55

Potatoes, 168

Arugula SS, 110
Carrot Garlic Soup, 143
Cauliflower Pie, 127
Celeriac SS, 128
Easy Grilled Mixed Vegetables, 169
Garlic SS, 142
Greens, Cooking, SS, 145
Kohlrabi SS, 154
Market Fresh Basil Vinaigrette, 147
Parsnips SS, 162
Portuguese Kale Soup, 153
Potato & Greens Soup, 145
Potato Salad with Arugula, 111
Rabbit Curry, 96
Roasted Winter Vegetables, 188
Rutabaga SS, 174
Sunchokes SS, 182
Sunflower Seed Pâté, 80
Tomatillos SS, 184
Turnips SS, 188
Vichyssoise or Leek Potato Soup, 157

Pumpkins, 170

Carrots SS, 124
Lamb and Pumpkin Couscous, 95
Pumpkin Sheet Cake, 171

Rabbit, 96

Rabbit Curry, 96

Radishes, 172

Hakurei SS, 148
 Snow Pea, Mushroom and Spinach Salad, 165
Raspberries, 56
 Blueberry Raspberry Jam, 35
 Hazelnuts SS, 78
 Fresh Raspberry Cake, 57
 Fresh Raspberry Coulis, 57
 Fruit Pizza Pie, 33
 Fruit Platz, 55
 Fruit Smoothie, 51
 Raspberry Dressing, 147
 Raspberry Jam *Au Naturelle*, 106
 Raspberry Juice, 57
 Red and Black Fruit Salad, 33
 Smoothies, 34
 Summer Pudding, 45
Rhubarb, 58
 Rhubarb Crunch, 59
 Rhubarb sauce, Rhubarb SS, 58
 Rhubarb Surprise, 59
Romaine, 158 (*See also Lettuce*)
Rosemary, 151
 Rosemary-Infused Watermelon Lemonade, 49
Rutabaga, 174
 Chilean Black Eyed Peas and Winter Squash, 180
 Pear and Rutabaga Soup, 175
 Roasted Winter Vegetables, 188
Rye, 67
 Breakfast Porridge, 68
 Whole Grain, Arugula, Vegetable Salad, 70
Sage, 151
Salad Turnip, see Hakurei
Salmon, 97
 Fennel SS, 140
 Maple Syrup SS, 106
 Sautéed Chard and Salmon, 131
Saskatoons, 44
 Blueberry or Saskatoon Oat Muffins, 35
 Cherry Buckle, 37
 Fruit Pizza Pie, 33
 Grains, SS, 68
 Red and Black Fruit Salad, 33
 Summer Pudding, 45
Sea Buckthorn Berries, 46
Seeds, 74 (*See also Flaxseed and Sunflower Seeds*)

Spaghetti Squash, 181 (*See also Squash, Winter*)
 Cheesy Spaghetti Squash, 181
Spelt, 68
 Breakfast Porridge, 68
 Goat Cheese Spelt Biscuits, 70
 Rhubarb Crunch, 59
 Simple Spelt Bread, 69
 Spelt and Roasted Squash Salad, 69
 Turkey Vegetable Casserole, 99
 Whole Grain, Arugula, Vegetable Salad, 70
Spinach, 176
 Arugula Walnut Salad, 111
 Baby Squash Salad, 178
 Chard SS, 130
 Garlic SS, 142
 Grains, SS, 68
 Greens, Cooking, SS, 145
 Greens Quiche, 93
 Hakurei SS, 148
 Hazelnut SS, 78
 Kohlrabi SS, 154
 Rabbit Curry, 96
 Radishes SS, 172
 Snow Pea, Mushroom and Spinach Salad, 165
 Spinach Pesto, 177
 Spinach Pie, 177
 Strawberry Spinach Salad, 177
 Turnip SS, 188
 Warm Bison & Spinach Salad, 89
Sprouts, 72
Squash, Summer, 178 (*See also Zucchini*)
 Asparagus SS, 112
 Baby Squash Salad, 178
 Heirloom Tomato & Fresh Herb Pasta Sauce, 187
 Summer Garden Ratatouille, 139
 Whole Grain, Arugula, Vegetable Salad, 70
Squash, Winter, 179
 Apricot and Squash Muffins, 31
 Carrot-Ginger Soup, 125
 Cheesy Spaghetti Squash, 181
 Chilean Black Eyed Peas and Winter Squash, 180
 Golden Squash Soup, 181
 Maple Syrup SS, 106
 Pumpkin Sheet Cake, 171
 Roasted Winter Vegetables, 188
 Spelt and Roasted Squash Salad, 69

Sunchoke & Butternut Squash Mash, 183

Strawberries, 60

Elderberries SS, 40

Fruit Pizza Pie, 33

Fruit Smoothie, 51

Macerated Strawberries with Honey,

Balsamic Gastrique & Mint, 61

Red and Black Fruit Salad, 33

Rhubarb SS, 58

Smoothies, 34

Strawberry Spinach Salad, 177

Strawberry Sun Preserves, 61

Strawberry Tomatillo Crisp, 184

Sunchokes, 182

Greens, Salad, SS, 146

Roasted Root Vegetables, 161

Sautéed Sunchokes with Sunflower Seeds, 183

Sunchoke & Butternut Squash Mash, 183

Sunflower Seeds, 79

Amazing Garden Salad, 165

Amazing Raw Corn Salad, 133

Broccoli Salad, 121

Greens, Salad, SS, 146

Sautéed Sunchokes with Sunflower Seeds, 183

Sprouted Sunflower Seed Pâté, 73

Sunflower Seed Pâté, 80

Sunroots, see Sunchokes

Swiss Chard, see Chard

Tatsoi, 144

Thyme, 151

Pear and Rutabaga Soup, 175

Roasted Root Vegetables, 161

Tomatillos, 184

Strawberry Tomatillo Crisp, 184

Tomatoes, 185

Amazing Garden Salad, 165

Arugula, Cheese and Tomato Quesadillas, 111

Autumn Round-up Sauce, 186

Basic Bison Chili, 89

Cabbage Soup, 123

Cheesy Spaghetti Squash, 181

Chilean Black Eyed Peas and Winter Squash, 180

Corn SS, 133

Cucumber SS, 135

Eggs SS, 93

Fennel SS, 140

Fresh Tomato Salsa, 187

Green Bean and Tomato Salad, 114

Greens, Salad, SS, 146

Harira, 95

Heirloom Tomato & Fresh Herb Pasta Sauce, 187

Kohlrabi SS, 154

Lebanese Tabouli Salad, 161

Lentil Pilaf, 72

Onions SS, 160

Perfect Canned Tomato Juice, 187

Portuguese Kale Soup, 153

Potato Salad with Arugula, 111

Roasted Roma Tomatoes, 186

Sensational Summer Salsa, 167

Sprouted Sunflower Seed Pâté, 73

Squash, Summer, SS, 178

Squash, Winter, SS, 180

Steve's Chicken Peach Salad, 51

Stuffed Eggplants, 139

Stuffed Peppers, 167

Summer Garden Ratatouille, 139

Turkey SS, 98

Vegetable Pizza, 127

Whole Grain, Arugula, Vegetable Salad, 70

Triticale, 68

Trout, 68 (*See also Salmon*)

Turkey, 98

Pumpkins SS, 170

Roasted Turkey Sauce, 99

Sunflower Seeds SS, 80

Turkey Vegetable Casserole, 99

Turnips, 188

Chilean Black Eyed Peas and Winter Squash, 180

Greens, Cooking, 144

Greens Quiche, 93

Roasted Root Vegetables, 161

Roasted Turkey Sauce, 99

Roasted Winter Vegetables, 188

Sunchokes SS, 182

Turkey Vegetable Casserole, 99

Walnuts, 81

Amazing Garden Salad, 165

Arugula Walnut Salad, 111

Baked Apples, 29

Celeriac SS, 128

Celery SS, 129

Garden Burgers, 70

Dessert Balls, 79

Green Salad with Autumn Fruit, 79

Greens, Salad, SS, 146

Hazelnut SS, 78

Kale SS, 153
No Guilt Muffins, 125
Maple Walnut Scones, 82
Rhubarb Surprise, 59
Steve's Chicken Peach Salad, 51
Swiss Walnut Torte, 82
Turkey SS, 98
Walnut Maple Cookies, 82
Wheat, 68
Lebanese Tabouli Salad, 161
Whole Grain, Arugula, Vegetable Salad, 70

Yogurt, 20

Apricot and Squash Muffins, 31
Blackberries SS, 32
Breakfast Porridge, 68
Broccoli Salad, 121
Celery SS, 129
Cherries SS, 37
Fennel SS, 140
Fresh Raspberry Cake, 57
Fruit Smoothie, 51
Grains, SS, 68
Goat Cheese Salad Dressing, 23
Herbed Yogurt Dip, 24
Homemade Yogurt, 20
Melons SS, 49
Peas SS, 164
Pear Milk Shake, 53
Raspberry Dressing, 147
Raspberries SS, 57
Smoothies, 34
Strawberry Spinach Salad, 177
Strawberries SS, 60
Tzatziki, 135
Walnuts SS, 81

Zucchini, 189

Baby Squash Salad, 178
Cabbage Soup, 123
Eggs SS, 93
Fresh Apricot Pasta Salad, 31
Lentil Pilaf, 72
Summer Garden Ratatouille, 139
Vegetable Leek Medley, 157
Vegetable Pizza, 127
Veggie Pancakes, 189
Walnuts SS, 81

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Kathryn Hettler, BEd

Grateful to her husband Robert for drawing her from the city to the country to start their organic fruit and vegetable farm 20 years ago, Kathryn now loves to share the joy of eating wholesome foods from the natural bounty of the earth. They continue to operate Pilgrims' Produce, near Armstrong, BC.

Maureen Clement, MD

A physician living and working in the Okanagan Valley of British Columbia, Maureen has had a consulting practice in diabetes for the past 25 years. An author of *The Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada*, she speaks nationally about diabetes.

