

In Season This Month:

- Bok Choy
- Brussels Sprouts
- Cabbage
- Carrots
- Collards
- Mushrooms
- Sweet Potatoes
- Spinach

Sweet Potato and Cabbage Slaw

Ingredients:

- 2 tbsp canola oil
- 1 tbsp lime or lemon juice
- 1 tsp sesame oil
- 3 c sweet potato, peeled and grated
- 3 c cabbage, shredded
- 1 c onions, sliced
- 1 tsp jalapeño, minced
- salt and pepper to taste

Directions:

1. Whisk canola oil, lime juice, sesame oil, salt and pepper in large bowl
2. Add sweet potato, cabbage, onions and jalapeño (optional)
3. Toss and combine
4. Serve immediately

January

Sautéed Brussels Sprouts

Ingredients:

- 2 ½ lb Brussels sprouts
- 2 slices bacon, diced
- 1 tbsp olive oil
- 1 large onion, diced
- 2 tbsp fresh or 2 tsp dried thyme
- 2 tsp lemon juice
- salt & pepper to taste

Directions:

1. Boil large pot of water
2. Cut sprouts in quarters and cook sprouts until barely tender (3-5 min) then drain
3. In a separate pan, cook bacon over medium heat until brown but not crisp (3-6 min) then remove and drain oil
4. Add oil and onion to pan and cook until soft but not brown (4 min)
5. Increase heat to med-high, add Brussels sprouts, cook until tender (3 min) then add bacon and lemon juice



Roasted Bok Choy

Ingredients:

- 4 heads bok choy, trimmed
- 4 tsp canola oil
- 1 small onion, diced
- ½ tsp freshly grated lemon zest
- 1 tbsp lemon juice
- 1 ½ tsp fresh or ¾ tsp dried rosemary
- 1 tsp white wine vinegar
- pinch of sugar
- salt and pepper to taste

Directions:

1. Preheat oven to 450°F
2. Toss bok choy, oil, onion and salt in roasting pan
3. Roast on lowest rack, stirring twice, until wilted and tender-crisp (6 min)
4. In separate bowl, whisk lemon zest, juice, rosemary, vinegar, sugar and pepper
5. Drizzle mixture over roasted bok choy

Southern Winter Greens

Ingredients:

- 2 lbs greens
- 1 tsp butter or oil
- 3 cups water
- 2 cloves garlic, sliced
- 1 onion, sliced
- honey to taste
- salt and pepper to taste

Directions:

1. Remove stems from greens and tear into pieces
2. Place deep pan over low-med heat and add butter or oil
3. Once hot, add garlic and onion and cook slightly
4. Add greens and water and bring to boil, then turn to low
5. Once greens are tender, drain and season with salt, pepper and honey

February



Carrot and Spinach Stir-fry

Ingredients:

- 2 cups carrots, chopped
- 1 tsp fresh ginger or ½ tsp dried ginger
- 1 garlic clove, chopped
- 1 tsp canola oil
- 1 cup onion, chopped
- ¼ cup chicken or vegetable broth
- 4 cups spinach leaves
- salt and pepper to taste

Directions:

1. In a large non-stick skillet, stir fry carrots, onions, ginger and garlic over med heat for 5 min
2. Add broth, salt and pepper and stir fry 1 more minute
3. Stir in fresh spinach and heat through

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Herbed English Peas with Mushrooms

Ingredients:

- 1 tsp canola oil
- ½ cup onion, sliced
- 1 ½ cup mushrooms, sliced
- 1 ½ cup English peas
- 2 tbsp water
- ¼ tsp tarragon
- salt and pepper to taste

Directions:

1. Heat oil in large skillet over med heat
2. Add onion and cook until tender (4 min)
3. Stir in peas and remaining ingredients
4. Cover and cook 4 more minutes or until peas are tender

Baked Sweet Potato French Fries

Ingredients:

- 1 large sweet potato, peeled and cut into long wedges
- 2 tsp canola oil
- salt and pepper to taste
- pinch cayenne pepper or paprika (optional)

Directions:

1. Preheat oven to 450°F
2. Toss sweet potato wedges with oil, salt and pepper and cayenne or paprika (optional)
3. Spread wedges evenly on baking sheet
4. Bake until brown and tender, turning once halfway through (20 min)

Roasted Cabbage Wedges

Ingredients:

- 1 tbsp plus 2 tbsp extra virgin olive oil, divided
- 1 medium head of cabbage, cut into 1 inch thick rounds
- 1 tsp fennel seed (optional)
- salt and pepper to taste

Directions:

1. Preheat oven to 400°F
2. Brush baking sheet with 1 tbsp extra virgin olive oil
3. Season cabbage with salt, pepper and fennel (optional)
4. Roast cabbage about 40-45 minutes or until the edges are tender and golden

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- Collards
- Garlic
- Kale
- Lettuce
- Mushrooms
- Peas (English)
- Radishes
- Spinach
- Turnips

Beef or Chicken Lettuce Wraps

Ingredients:

- 1 head of lettuce
- 1 carrot, sliced
- ¼ red onion, sliced
- Ground beef or chicken breast
- prepared rice
- salt and pepper to taste

Directions:

1. For beef: saute ground beef in pan over med-high heat until cooked throughout
2. For chicken: Grill or sauté sliced chicken breast until cooked throughout
3. Wrap rice and meat in a few lettuce leaves and top with sliced carrot and onion
4. Add salt and pepper

Pan Roasted Turnips and Radishes

Ingredients:

- 2 bunches radishes
- 2 bunches turnips
- olive oil, as needed
- Salt and pepper to taste

Directions:

1. Remove greens from radishes and turnips
2. Cut larger turnips and radishes into bite-sized pieces
3. Heat a large skillet over med heat and add olive oil to coat
4. Add turnips and radishes in a single layer and cook without stirring until brown (5 min)
5. Turn radishes and turnips over and cook until brown and tender
6. Add salt and pepper to taste

Kale Chips

Ingredients:

- 1 large bunch kale, stemmed removed and leaves torn into pieces
- 1 tbsp extra virgin olive oil or canola oil
- salt and pepper to taste
- pinch cayenne or paprika (optional)

Directions:

1. Preheat oven to 400°F
2. Thoroughly pat kale dry
3. In a large bowl, drizzle kale with oil and sprinkle with salt, pepper and spices
4. Using hands, massage oil into kale leaves to evenly coat
5. Spread evenly, without layering, on large baking sheet(s)
6. Bake until leaves are crisp (8-12 min)

Sautéed Swiss Chard

Ingredients:

- 1 bunch fresh swiss chard
- 1 small clove garlic
- 2 tbsp olive oil
- 2 tbsp water
- pinch dried crushed red pepper (optional)
- salt and pepper to taste

Directions:

1. Remove chard leaves from stalk (save for later use) and roughly chop leaves into inch-wide strips
2. Heat saucepan on med heat and add olive oil, and garlic and sauté 1 min
3. Add chopped chard leaves and cover for 5 min (add water if dry)
4. Flip leaves and cover for another 5 min
5. Add salt and pepper and red pepper

March



April



Beet and Goat Cheese Arugula Salad

Ingredients:

- ¼ c balsamic vinegar
- 2 tbsp garlic, thinly sliced
- 1 tbsp honey
- 1/3 cup extra virgin olive oil
- salt and pepper to taste
- 6 medium beets, quartered
- 6 cups arugula
- 3 oz soft goat cheese, coarsely crumbled

Directions:

1. In a large pot, cover beets with water and boil 30-40 min
2. Preheat oven to 450°F
3. Whisk vinegar, garlic, honey, salt and pepper in med bowl and gradually add oil while whisking
4. Toss cooked beets in small bowl in enough dressing to coat
5. Place beets on baking sheet and roast until slightly brown (12 min)
6. Toss arugula in large bowl with enough dressing to coat
7. Place beets atop arugula and top with goat cheese

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- Asparagus
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- Collards
- Garlic
- Kale
- Lettuce
- Mushrooms
- Peas (English)
- Radish
- Spinach
- Strawberry
- Turnip

Strawberry Kale Smoothie

Ingredients:

- 1 bunch fresh swiss chard
- 1 small clove garlic
- 2 tbsp olive oil
- 2 tbsp water
- pinch dried crushed red pepper (optional)
- salt and pepper to taste

Directions:

- 1 bunch fresh swiss chard
- 1 small clove garlic
- 2 tbsp olive oil
- 2 tbsp water
- pinch dried crushed red pepper (optional)
- salt and pepper to taste

Glazed Beets

Ingredients:

- 2 tbsp brown sugar
- 2 tbsp lemon juice
- 1 tbsp unsalted butter
- 3 cups beets, cubed
- salt and pepper to taste

Directions:

1. Steam beets on stove using steamer basket (10-15 min) or in microwave in glass baking dish (8-10 min)
2. Combine brown sugar, lemon juice, butter, salt and pepper in large nonstick skillet
3. Cook over med heat until sugar and butter are melted and starting to bubble
4. Stir in beets and cook until most of liquid evaporates and beets are coated (6-8 min)

Roasted Asparagus

Ingredients:

- 1 lb asparagus
- 1-2 tbsp olive oil
- 2 cloves garlic, minced
- salt and pepper to taste
- lemon juice

Directions:

1. Preheat oven to 400°F
2. Break tough ends off asparagus and discard (or save to make stock)
3. Lay asparagus in single layer on baking dish covered in foil
4. Drizzle with oil, garlic, salt and pepper and roll to coat
5. Roast 8-10 min and drizzle until lightly browned and tender
6. Drizzle with lemon juice

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- Broccoli
- Cabbage
- Carrots
- Chard
- Collards
- Garlic
- Kale
- Lettuce
- Mushrooms
- Okra
- Peaches
- Peas (English)
- Peas (Field)
- Plums
- Potato
- Radish
- Spinach
- Squash (Summer)
- Strawberry
- Vidalia Onion

Basil Pesto

Ingredients:

- 2 c fresh basil leaves
- ¼ c walnut pieces
- ¼ c grated parmesan cheese
- 3 tbsp olive oil
- 2 tbsp water
- 1 large clove garlic
- salt and pepper to taste

Directions:

1. Blend all ingredients in food processor or blender until smooth

Blueberry Jam

Ingredients:

- 8-10 cups blueberries, smashed
- 6 cups sugar
- 1 lemon, zested and juiced
- 2 tsp cinnamon
- ½ tsp grated nutmeg
- 2 packets liquid pectin

Directions:

1. Fill large pot with water and heat (do not boil)
2. Wash canning jars and rings in warm soapy water
3. Put lids in small pot of water and heat (do not boil)
4. Add smashed blueberries and sugar to large, non-reactive pot and bring to a boil
5. Add cinnamon, nutmeg, lemon zest, lemon juice and continue to cook for 15 min
6. Add pectin and bring to a rolling boil for 5 min
7. Turn off heat under jam and fill jars
8. Wipe rims and apply lids
9. Screw on bands and lower into large pot filled with water from step 1
10. Process jars in hot water bath for 10 min
11. Remove jars from water and cool on counter
12. When cooled, check seal by pressing on top of jar. If there is no movement, the jar is sealed. Store in cool, dark place for up to a year

Fresh Field Peas

Ingredients:

- 3 cups field peas
- 4 cups cold water
- 2 tbsp onion, chopped
- 1/2 tsp fresh thyme or ½ tsp dried thyme
- salt and pepper to taste

Directions:

1. Place all ingredients in a med saucepan with 4 cups cold water and bring to a boil
2. Partially cover pan and reduce heat to simmer until peas are tender (30 min)
3. Drain and serve

Sautéed Green Beans

Ingredients:

- 2 cups green beans, ends removed
- 1 tbsp olive oil
- ½ med Vidalia onion, sliced thin
- 1 cup almonds, slivered (optional)
- salt and pepper to taste

Directions:

1. In a skillet, sauté onions in oil over med-high heat for 2 min
2. Add green beans and cook until tender-crisp (3-5 min)
3. Season with salt and pepper

May



June



Stuffed Peppers

Ingredients:

- 4 large bell peppers, tops and seeds removed
- 1 ½ tsp canola oil
- 1 med onion, chopped
- 1 clove garlic, minced
- 1 lb ground meat or tofu
- 1 ½ cups rice, cooked
- 1 cup tomato sauce
- 1 tbsp fresh parsley or 2 tbsp dried parsley
- salt and pepper to taste

Directions:

1. Preheat oven to 350°F
2. Boil 8 cups of water in a large pot and blanch peppers until tender-crisp (1 min). Set aside
3. Cook onion and garlic in oil in large skillet over med heat until soft (3 min)
4. Add ground meat or tofu and cook throughout
5. Transfer meat or tofu mixture to med bowl and add rice, tomato sauce, parsley, salt and pepper
6. Spoon mixture into peppers and bake in casserole dish, covered, for 30-35 minutes

In Season This Month:

- Arugula
- Asparagus
- Basil
- Beans
- Beets
- Blueberries
- Bok Choy
- Broccoli
- Cantaloupe
- Collards
- Corn
- Cucumbers
- Eggplant
- Garlic
- Lettuce
- Mushrooms
- Okra
- Peaches
- Peas (Field)
- Peppers
- Plums
- Potato
- Radish
- Soybean
- Squash (Summer)
- Strawberry
- Tomato
- Vidalia Onion
- Watermelon

Oven Roasted Eggplant

Ingredients:

- 2 lbs eggplant, halved lengthwise
- salt and pepper to taste
- 2 tbsp olive oil
- 1 tbsp fresh herbs or 2 tbsp dried herbs
- 2 lemon wedges

Directions:

1. Soak eggplant in mixture of salt and water for 20 minutes. Drain and dry.
2. Preheat oven to 400°F
3. Brush eggplant with oil and add herbs, salt and pepper
4. Roast on baking sheet for 1 hour
5. Let cool then squeeze lemon juice

Cajun Corn

Ingredients:

- 1 tbsp olive oil
- 2 small onions, diced
- ½ medium bell pepper, diced
- 2 cloves garlic, minced
- 4 ears corn, off cob
- ¼ cup water
- 1 med tomato, chopped
- ½ tsp fresh thyme or 1 tsp dried thyme
- ½ tsp paprika
- salt and pepper to taste

Directions:

1. Heat oil in large nonstick skillet over med heat
2. Add onion and cook until soft, stirring (2 min)
3. Add bell pepper and garlic, stirring (2 min)
4. Add corn kernels and water and cook, stirring until tender (5 min)
5. Remove from heat and stir in remaining ingredients

Summer Squash Salad

Ingredients:

- 1 ½ lb summer squash
- 4 oz feta cheese
- 1 tsp cider vinegar
- 3 tbsp fresh herbs, chopped
- salt and pepper to taste

Directions:

1. Mix feta and herbs
2. Shave squash into lengthwise ribbons
3. Mix squash with feta mixture, vinegar, salt and pepper

In Season This Month:

- Basil
- Beans
- Blueberries
- Cantaloupe
- Corn
- Cucumbers
- Eggplant
- Figs
- Garlic
- Grapes
- Mushrooms
- Okra
- Peaches
- Peas (Field)
- Peppers
- Plums
- Potato
- Soybean
- Squash (Summer)
- Tomato

Cucumber and Watermelon Salad

Ingredients:

- 6 cups watermelon, sliced, without seeds
- 4 cups cucumber, sliced
- ½ cup balsamic vinegar
- 1 tbsp sugar (optional)
- salt to taste

Directions:

1. Place watermelon and cucumber in large bowl and toss with salt and sugar
2. Drizzle with balsamic vinegar and toss to coat
3. Refrigerate 15 minutes and toss again before serving

Fig and Lemon Chicken

Ingredients:

- ¼ cup lemon juice
- ¼ cup brown sugar
- ¼ cup white vinegar
- ¼ cup water
- 1 ½ cups figs
- 1 lemon, sliced
- 1 ½ lb chicken
- salt and pepper to taste

Directions:

1. Preheat oven to 400°F
2. Combine lemon juice, brown sugar, vinegar and water in a small bowl and set aside
3. Place figs and lemon slices in bottom of baking dish
4. Arrange chicken on top of figs then pour vinegar mixture over chicken and sprinkle with salt and pepper
5. Bake for 50 min, basting frequently

Fried Green Tomatoes

Ingredients:

- 2 lbs green tomatoes, sliced thick
- Canola oil, as needed for frying
- Salt and pepper to taste
- 2 cups all purpose flour
- 3 cups milk
- 3 cups corn meal

Directions:

1. Season tomato slices with salt and pepper and let stand for 5 min
2. Dredge slices in flour, then submerge in milk, then dredge in cornmeal. Let stand a few minutes before frying.
3. Heat a half inch of oil over med heat
4. Lightly brown on one side, flip and lightly brown other side

Fresh Tomato Sauce

Ingredients:

- 2 lbs tomatoes
- 2 cloves garlic
- 1 oz olive oil
- vinegar, as needed
- salt and pepper to taste
- fresh herbs (optional)

Directions:

1. Score a small X in the bottom of each tomato. Set aside a large bowl filled with ice water.
2. Bring large pot of water to rolling boil and drop tomatoes in for 30 seconds then transfer to bowl of ice
3. Dice or puree tomatoes
4. Heat oil in large sauté pan over med heat and sauté garlic (1 min) then add tomatoes
5. When tomatoes begin to release liquid, strain solids with perforated spoon and set aside. Reduce remaining liquid until begins to thicken.
6. Return solids to pan and finish with fresh herbs (optional), salt and pepper to taste

July



August



Sweet Potato and Apple Soup

Ingredients:

- 2 lbs sweet potatoes, washed, peeled and diced
- 1 large tart apple, peeled and cored
- 2 tbsp olive oil
- 1 onion, chopped
- 2 stalks celery, chopped
- 1 large carrot, chopped
- 5 cups broth or water
- 1 lemon, zested and juiced
- salt and pepper to taste
- 1 bay leaf
- 1 cup cream

Directions:

1. Heat olive oil in soup pot over med heat and sauté onion, celery, bay leaf and carrot until tender
2. Remove bay leaf and discard
3. Add sweet potato and sauté until tender (5 min)
4. Add broth or water and apple and cook until tender
5. Puree mixture in blender
6. Return mixture to pot and stir in cream, lemon zest and lemon juice. Add salt and pepper to taste

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- Cantaloupe
- Cucumbers
- Eggplant
- Figs
- Garlic
- Grapes
- Mushrooms
- Okra
- Peaches
- Peas (Field)
- Peppers
- Potato
- Soybean
- Squash (Summer)
- Squash (Winter)
- Sweet Potato
- Tomato
- Watermelon

Roasted Okra

Ingredients:

- 18 fresh okra pods, sliced in half lengthwise
- 1 tbsp olive oil
- salt and pepper to taste

Directions:

1. Preheat oven to 425°F
2. Arrange okra slices in one layer on a foil-lined baking sheet
3. Drizzle with olive oil, salt and pepper and bake for 10-15 min

Pickled Peppers

Ingredients:

- 4 cups assorted peppers
- 1 ½ cups distilled white vinegar
- 3 cloves garlic
- 2 tbsp sugar
- salt and pepper to taste
- 2 tbsp coriander seeds
- 1 ½ cups water

Directions:

1. Cut large peppers into ¼ inch rings and pierce small peppers 3-4 times
2. Pack all peppers in a clean 1 qt jar
3. Bring vinegar and all remaining ingredients to a boil in a med saucepan
4. Reduce heat to med and simmer for 5 min
5. Pour hot vinegar mixture (brine) over peppers and seal jar
6. Let cool then refrigerate. Use within one month.

Pico de Gallo

Ingredients:

- 1 clove garlic, minced
- 1 lb tomatoes, diced
- 1 lemon, juiced
- ½ cup onion, diced
- 2 tbsp cilantro, chopped
- salt and pepper to taste
- Chilis or hot sauce (optional)

Directions:

1. Mix ingredients in a bowl
2. Season to taste
3. Enjoy with tortilla chips or as a topping for tacos, enchiladas, tamales, etc.

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- Garlic
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- Okra
- Peas (Field)
- Pecans
- Peppers
- Persimmons
- Radish
- Soybean
- Squash (Summer)
- Squash (Winter)
- Sweet Potato
- Tomato

Arugula, Radish and Mushroom Salad

Ingredients:

- 2 bunches arugula
- 2 cups mushrooms, sliced and sautéed
- 1 cup grated radish
- 3 tbsp olive oil
- 1 lemon, juiced
- 2 tbsp parmesan
- salt and pepper to taste

Directions:

1. Combine arugula, mushrooms and radish
2. Drizzle olive oil over salad and toss gently
3. Toss with parmesan, lemon juice, salt and pepper

Stir-Fried Okra

Ingredients:

- 2 cups fresh okra, washed, trimmed and thinly sliced
- 1 large tomato, peeled and diced
- ¼ cup onions, sliced
- 1 ½ tsp lemon juice
- ¼ tsp fresh herbs, chopped
- 1 tbsp vegetable oil
- 2 tbsp butter
- Salt and pepper to taste

Directions:

1. In a small bowl, combine lemon juice, herbs, salt and pepper.
2. Heat oil and butter in a large skillet
3. Add vegetables and seasoning mixture
4. Toss and cook for 5-8 minutes
5. Serve over your choice of grain

Persimmon, Goat Cheese and Pecan Salad

Ingredients:

- ¾ cup cranberry sauce
- ¼ cup lemon juice
- 1 tbsp honey
- 1 tbsp brown sugar
- 6 tbsp extra virgin olive oil
- 2 heads lettuce, coarsely torn
- 4 persimmons, peeled and sliced
- 1 cup goat cheese, coarsely crumbled
- 1 cup pecans

Directions:

1. Whisk cranberry sauce, lemon juice, honey and brown sugar in a bowl then slowly whisk in oil. Season with salt and pepper.
2. Mound lettuce in center of plates, top with persimmon slices then drizzle with dressing and add goat cheese and pecans

Stuffed Eggplant with Tomatoes

Ingredients:

- 1 medium eggplant
- 1 tbsp butter
- 2 tbsp onion, minced
- 2 cups tomatoes, diced
- salt and pepper to taste
- 1 cup bread crumbs

Directions:

1. Preheat oven to 375°F
2. Cut eggplant in half, lengthwise
3. Scoop out pulp, leaving ½ inch thick shell, and diced pulp
4. In a skillet, melt butter over med-low heat
5. Sauté onions in butter for 3-4 min and add eggplant pulp, tomatoes, bread crumbs, salt and pepper
6. Fill eggplant shells with mixture and bake (30 min)

September



October



Barbecue Chicken and Grape Salad

Ingredients:

- 1 tsp onion powder
- 1 tsp paprika
- 1 lb chicken breast
- 1 tsp olive oil
- 1 ½ cup grapes, halved
- 2/3 cup celery, chopped
- ½ cup onion, sliced
- ¼ cup low-fat mayonnaise
- 1 tbsp red wine vinegar
- 1 tbsp orange juice
- salt and pepper to taste

Directions

1. Preheat oven 350°F
2. Combine onion powder, paprika, salt and pepper and sprinkle over chicken
3. Cook chicken in oil over med-high heat for 2 min each side then transfer to oven for 10 min
4. Refrigerate chicken until cooled and chop into bite-sized pieces
5. Combine salt, pepper, grapes, celery, onion, mayonnaise, vinegar and orange juice in large bowl then add chicken and toss to coat

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- Tomato
- Turnip

Baked Acorn Squash

Ingredients:

- 1 acorn squash, cut in half
- 2 tbsp brown sugar
- 2 tbsp butter, softened
- 2 tbsp maple syrup
- salt and pepper to taste

Directions:

1. Preheat oven to 400°F
2. Scoop seeds and stringy pulp out of squash cavities and discard
3. Combine brown sugar, butter, syrup, salt and pepper in a bowl
4. Rub squash cavities and cut sides with butter mixture and bake, cut side up, for 1 hour

Southern Winter Greens

Ingredients:

- 1 med pumpkin
- 1 ½ lb ground meat
- 1 med onion, chopped
- 1 clove garlic, minced
- 1 ½ tsp Italian seasoning
- salt and pepper to taste
- 4 cups tomato juice
- 3 cups cabbage, shredded
- ½ lb green beans, trimmed
- 1 cup rice, uncooked

Directions:

1. Preheat oven to 350°F
2. Cut off top of pumpkin and discard seeds
3. Cook meat in skillet over med-high heat until cooked through
4. Drain fat and add onion and garlic, sugar, herbs, tomato juice, rice, salt and pepper
5. Layer inside pumpkin with 1/3 of cabbage, green beans and rice mixture
6. Replace lid and bake 2-3 hours

Root Veggie Chips

Ingredients:

- 2 beets
- 1 sweet potato
- 2 turnips
- 2 tbsp canola oil
- 2 tbsp parmesan cheese
- ½ tsp dried oregano
- salt and pepper to taste

Directions:

1. Preheat oven to 375°F
2. Peel vegetables and cut into 1/8 inch slices
3. Combine vegetables, oil and remaining ingredients in large bowl and toss to coat
4. Arrange in single layer in two ungreased baking pans and bake for 15-20 minutes brown, turning once

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Roasted Butternut Squash

Ingredients:

- 1 med butternut squash, halved lengthwise and seeded
- 4 tsp butter
- 4 tsp brown sugar
- salt and pepper to taste

Directions:

1. Preheat oven to 400°F
2. Place squash halves on large baking sheet, flesh side up with 1 tsp butter in the middle of each squash
3. Sprinkle brown sugar over each squash and season with salt and pepper
4. Roast for 25 min

Sweet Potato Casserole

Ingredients:

- 2 ½ lb sweet potatoes, peeled and cut
- 2 large eggs
- 1 tbsp canola oil
- 1 tbsp honey
- ½ cup milk
- 2 tsp orange zest
- 1 tsp vanilla extract
- ½ tsp salt

Topping:

- ½ cup whole wheat flour
- 1/3 cup brown sugar
- 4 tsp orange juice
- 1 tbsp canola oil
- 1 tbsp butter, melted
- ½ cup chopped pecans

Directions:

1. Preheat oven to 350°F
2. Boil sweet potatoes with water for 10-15 min
3. Drain and mash potatoes
4. Whisk eggs, oil and honey in med bowl and add potatoes, milk, orange zest, vanilla and salt
5. Spread mixture in greased baking dish
6. Blend flour, sugar, orange juice, oil and butter in small bowl until crumbly and sprinkle over casserole
7. Bake casserole until heated through (35-45 min)

Roasted Garlic Lemon Broccoli

Ingredients:

- 2 heads broccoli, separated into florets
- 2 tsp extra virgin olive oil
- 1 clove garlic, minced
- ½ tsp lemon juice
- salt and pepper to taste

Directions:

1. Preheat oven to 400°F
2. In a large bowl, toss broccoli florets with the extra virgin olive oil, salt, pepper and garlic
3. Spread broccoli out in an even layer on a baking sheet
4. Bake until florets are tender enough to pierce stems with fork (15-20 min)
5. Remove and transfer to serving platter and squeeze lemon

Sautéed Apples

Ingredients:

- ¼ cup butter
- 4 large apples, peeled, cored and sliced
- 2 tsp cornstarch
- ½ cup cold water
- ½ cup brown sugar
- ½ tsp ground cinnamon

Directions:

1. In a large skillet, melt butter over med heat
2. Add apples and cook, stirring constantly, until almost tender (6-7 min)
3. Dissolve cornstarch in water and add to skillet
4. Stir in brown sugar and cinnamon
5. Boil for 2 min

November





Mushroom and Rice Stuffed Collard Greens

Ingredients:

- 1 tbsp and 1 tsp olive oil, divided
- 1 large onion, chopped and divided
- 4 cloves garlic, minced and divided
- 1 cup mushrooms, diced
- 1 ½ cups crushed tomatoes
- 1 ½ cups cooked rice
- ¼ tsp thyme
- ½ tsp dried basil
- salt and pepper
- 6 large collard green leaves

Directions:

1. Preheat oven to 350°F
2. Heat 1 tbsp olive oil over med heat and sauté half onion, garlic and mushrooms. Add thyme, salt and pepper and cook until mushrooms soft. Combine with rice and set aside.
3. Add 1 tsp oil to same skillet and sauté remaining onion and garlic then add tomatoes, basil, salt and pepper
4. Fold each collard leaf in half lengthwise and trim stem. Plunge leaves into pot of boiling water for 1-2 minutes and let cool
5. Add ¼ cup tomato mixture to bottom of baking dish
6. Place ½ cup mushroom and rice mixture in collard leaf and roll, folding ends as you go. Place rolls in pan and top with remaining tomato mixture
7. Bake for 30 minutes

In Season This Month:

- Arugula
- Beets
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Chard
- Collards
- Garlic
- Kale
- Lettuce
- Mushrooms
- Pecans
- Spinach
- Squash (Winter)
- Sweet Potato
- Turnip

Glazed Carrots and Turnips

Ingredients:

- ¾ lb turnips, cut into 1 inch pieces
- ¾ lb carrots, cut into 1 inch pieces
- 2 tsp butter
- ½ tsp sugar
- salt and pepper to taste

Directions:

1. Put vegetables in skillet in single layer and add butter, sugar and enough water to cover halfway
2. Bring to a boil over high heat then adjust to maintain sugar
3. Partially cover pan and simmer 8-10 min
4. Remove cover and raise heat to high
5. Toss vegetables in pan as liquid evaporates and add salt and pepper

Shredded Brussels Sprouts

Ingredients:

- ½ lb sliced bacon
- ¼ cup butter
- ½ cup pecans, crushed
- 2 lbs Brussels sprouts, cored and shredded
- 1 onion, minced
- salt and pepper to taste

Directions:

1. Cook bacon over med-high heat in a large skillet until crisp
2. Drain bacon, reserving 2 tbsp grease, crumble bacon and set aside
3. Melt butter in same skillet and add Brussels sprouts, onions, salt and pepper
4. Cook over med heat until sprouts are wilted and tender (10-15 min)
5. Stir in crumbled bacon

Butternut Squash Soup

Ingredients:

- 1 butternut squash, peeled, cut, seeded
- 2 tbsp butter
- 1 onion, chopped
- 6 cups stock
- nutmeg, salt and pepper to taste

Directions:

1. In large pot, melt butter
2. Cook onion (8 min)
3. Add squash and stock
4. Bring to simmer and cook 15-20 min
5. Remove squash chunks and puree in blender
6. Return blended squash to pot and stir in seasonings