



FARMERS' MARKET COOKBOOK



Fresh
Approach

INTRODUCTION

Food brings people together.

Sharing food with people you love is one of the greatest pleasures in life, and shopping for ingredients together can be a wonderful extension of the cooking process.

All across the country, there are thousands of farmers' markets offering delicious fruits and vegetables harvested only a few hours away. By including your family in the process of selecting fresh produce at your local farmers' market, you can help strengthen your bonds to each other and to the local environment.

While preparing meals from scratch might seem daunting at first, learning to cook is a powerful tool that **anyone** can master.

The recipes in this cookbook were created with three goals in mind: to be simple, seasonal, and budget-friendly.

This cookbook highlights a few fruits and vegetables per season, describes their nutritional benefits, and provides a series of recipes that includes these produce items. All recipes are designed to fit the budgets of people shopping with \$20 for produce, or using WIC farmers' market coupons.

These recipes include additional budget-friendly, non-produce foods that can be used across several recipes. These pantry staples include brown rice, peanut butter, extra virgin olive oil, yogurt, mustard, and spices. These recipes are flexible and we encourage you to make substitutions based on your personal preference, availability, and price.

Additionally, a few recipes may call for specific kitchen equipment including blenders or food processors. These are great additions to any kitchen!

Use these recipes as a launching pad to discover your own taste preferences, and start exploring how to make tastier and healthier meals on a budget.

Cheers!

Chantal Boyer and the Fresh Approach Team

TIPS FOR EATING & SHOPPING ON A BUDGET

PLAN YOUR MEALS (THINK WEEKLY)

Before you go to the farmers' market, plan out what you are going to cook in the coming week and make a list. Another good tip is to find a way to use an item more than once throughout the week, so instead of buying kale and spinach, you can use kale in two dishes, using up the entire bunch.

PLANT YOUR OWN

Growing fresh fruits and vegetables in your garden cuts down on grocery lists. Herbs are great plants for beginners.

FORGO THE BEVERAGE AISLE

Drink water instead of milk, and skip juice and other flavored beverages. If you really have trouble kicking the juice habit, water it down a little so the juice lasts longer. Most packaged drinks are overpriced and are full of sugar and won't fill you up the way a piece of whole fruit would. You can also try making a smoothie (p. 13).

BUY THE WHOLE BIRD

The whole chicken or turkey will always be a better deal than buying individually packaged boneless skinless chicken breasts or some such item. Take home the bird, roast it, pick off all the meat and then make stock with the bones and some vegetables.

MAKE YOUR OWN BROTH AND STOCK

To make broth, start by saving any vegetable bits that you chop off and would normally throw away or compost. Things like the leaves of celery, ends of carrots, and onion tops are all great. Make sure they're clean, you don't want dirt in your broth or stock. Store them in the freezer until you have a few cups worth. When you're ready to make broth, add your frozen vegetable scraps to a large stockpot, cover with water, and bring to a boil. Reduce heat to low and simmer, partially covered, for a few hours. Add fresh herbs and some salt to taste. You can also do the same with leftover bones or scraps of meat. Pour the broth through a fine mesh strainer; discard solids. Once the broth has cooled, pour into airtight containers and store in the freezer. Portion in 2 cup increments so that you don't have to thaw the whole pot's worth at once.

START BUILDING A PANTRY

Reserve part of your budget to buy one or two pantry items each week. Things like spices, extra virgin olive oil, and canned fish may seem pricey at the time of purchase, but for many of these items you will use a little at each recipe so they will go a long way. Chili flakes, cumin, cinnamon, and paprika are great spices to start with. Some tasty dried herbs include oregano, thyme, and rosemary.

SUMMER PRODUCE

CANTALOUPE

HEALTH BENEFITS: Cantaloupe is an excellent source of vitamin C, very good source of potassium, and good for some B vitamins, vitamin K, magnesium, and fiber.

SELECT: You should feel a slight give at stem end when you press gently. This will be an indicator of ripeness. Smelling the blossom end, the cantaloupe should give off a spectacular cantaloupe aroma, if it's faint it may not be ripe yet and if overly strong it may be overripe.

STORE: Place into the refrigerator, best in the crisper drawer where the humidity is a bit higher. About 3-4 days is best for storing a ripe cantaloupe in these conditions.

CORN

HEALTH BENEFITS: A source of a variety of antioxidant phytonutrients, depending on the color of corn you buy. Yellow corn is known for having loads of carotenoids while blue corn is unique for anthocyanin antioxidants. It also provides digestive health benefits via fiber, and can lead to more healthy gut bacteria in our large intestine. Corn also provides many B-complex vitamins and has a notable protein content at 5-6g/cup.

SELECT: Look for corn with green husks that isn't dried out. The husks should be tight. If there is a good weight to it, this is an indicator of freshness. Feel the kernels underneath the husk to ensure they're intact and plump.

STORE: Fresh corn is most flavorful when eaten the day of purchase. If you aren't eating it the same day, leave the husk intact and store in an airtight container or bag in the refrigerator. Eat within 3 days.

GREEN BEANS

HEALTH BENEFITS: They provide antioxidants vitamin C and beta-carotene, and the mineral manganese (necessary for bone production, skin integrity, and blood sugar control). The antioxidants also provide us with cardiovascular benefits, seen with improved levels of blood fats.

SELECT: Look for green beans where they're sold loosely and you can look at and feel each one. Choose beans that are firm, smooth, and free of brown spots and bruises.

STORE: Green beans provide the most nutritional benefits when eaten soon after purchase. They can be stored in the refrigerator. If you wish to freeze them, blanch them first and use within 3-6 months for the best nutritional benefits.

ZUCCHINI

HEALTH BENEFITS: It is very low calories, and is one of the most popular vegetables included in weight reduction and cholesterol control programs. It's also an excellent source of manganese and a very good source of vitamin C.

SELECT: Pick ones that are heavy for their size and have unblemished and shiny skin. Summer squash is fragile so handle with care.

STORE: Should be stored in an airtight container in the refrigerator, for up to 7 days. Or you can freeze them but freezing will make the flesh much softer eating at a later date.

SHOP THE MARKET

The following items will allow you to make all of the recipes in the Summer Produce recipe section.

Note: These recipes may include additional budget-friendly, non-produce foods, as well as specific kitchen equipment. If you don't have all the ingredients, we encourage you to make substitutions!

Suitable for a
\$20 produce budget
or **WIC Farmers'
Market Coupons!**

SUMMER SHOPPING LIST

ITEM	ESTIMATED COST
<input type="checkbox"/> Corn, 6 ears	\$ 4.00
<input type="checkbox"/> Cherry tomatoes, 1 pint	\$ 3.00
<input type="checkbox"/> Zucchini, 3 medium	\$ 1.50
<input type="checkbox"/> Jalapenos, 1-2	\$0.50
<input type="checkbox"/> Bell peppers, 1-2	\$ 1.50
<input type="checkbox"/> Nectarines, 2-3	\$ 1.50
<input type="checkbox"/> Green beans, 1 lb	\$ 2.50
<input type="checkbox"/> Red/yukon potatoes, 3 lbs	\$ 1.50
<input type="checkbox"/> Cantaloupe, 1 medium	\$ 1.50
<input type="checkbox"/> Cilantro, 1 bunch	\$ 1.00
<input type="checkbox"/> Red onions, 1/4 lb	\$ 0.25
<hr/>	
Total	= \$18.75

CORN, TOMATO & ZUCCHINI SALAD

SUMMER HARVEST RECIPE



INGREDIENTS:

- 6 ears of white corn
- 1 pint of cherry tomatoes, halved
- 3 small to medium sized zucchini, chopped
- 1 jalapeno, seeded and diced
- 3 Tbsp cilantro, roughly chopped
- 1, 15oz can of black beans, rinsed and drained

DRESSING:

- 1/3 C extra virgin olive oil
- 1/4 C lime juice
- 1 tsp cumin
- Kosher salt and freshly cracked pepper to taste

Serves
4-6

METHOD:

1. Remove husk and corn silk and strip raw corn from the ears-just run your chef's knife down the side of each ear rotating about 6 times.
2. Slice cherry tomatoes in half.
3. Chop zucchini into bite-sized pieces.
4. Slice jalapeno in half and remove seeds (be careful not to touch your working hands to your face or you may feel a slight burning sensation from the jalapeno!), and dice.
5. Roughly chop cilantro.
6. Rinse black beans in a colander and let excess water drain.
7. Mix dressing ingredients in a small bowl until well combined then pour over salad, toss, and serve.

KALE AND NECTARINE SALAD

SUMMER HARVEST RECIPE



INGREDIENTS:

- 1 bunch of lacinato/dino kale, thinly sliced
- 1 C uncooked bulgur
- 2 1/2 C vegetable broth or water
- 1 red bell pepper, seeds removed and chopped
- 2-3 yellow nectarines, chopped

DRESSING:

- 1/4 C extra virgin olive oil
- 1 garlic clove, minced
- 3 Tbsp lemon juice
- 1 Tbsp raw honey
- 1/2 sweet onion, minced
- kosher salt and freshly ground pepper to taste

METHOD:

1. Bring broth/water to boil and cook bulgur according to packaged instructions. Set aside to cool when done cooking.
2. Wash kale and remove stems. Thinly slice into 1/2 in ribbons (or thinner). Drizzle kale with olive oil and massage until leaves have softened.
3. Chop bell peppers and nectarines into bite-sized pieces.
4. Combine all dressing ingredients into a small bowl and mix well or into a jar with a lid and shake vigorously until mixed thoroughly.
5. Pour dressing over kale, nectarines, cooked bulgur, and bell peppers. Toss until evenly coated and serve.

Serves
4-6

GREEN BEAN POTATO SALAD

SUMMER HARVEST RECIPE



INGREDIENTS:

- 3 lbs small red or Yukon gold potatoes, halved or quartered
- 1 lb green beans, trimmed and cut into 1 1/2 inch pieces
- 1 large shallot, chopped or 1/2 red onion sliced
- 1/3 C extra virgin olive oil
- 2 Tbsp lemon juice
- 2 Tbsp white wine vinegar
- 2 Tbsp Dijon mustard
- 2 cloves of garlic, minced
- 1/4 C chopped dill

Serves
4-6

METHOD:

1. Wash, scrub and cut potatoes in half or into quarters depending on size (no need to peel).
2. Boil water, add potatoes when boiling and boil until they're fork-tender, approximately 10-15 minutes.
3. Mince garlic cloves and mix with mustard, vinegar, lemon juice, and olive oil.
4. Blanch green beans by putting them into boiling water for 2-3 minutes, and transferring directly into a bowl of ice water to stop the cooking. Remove from ice bath and pat dry.
5. Pour dressing over potatoes and green beans, and toss in chopped dill. Let the salad sit in the refrigerator for 30 minutes to let the flavors develop.
6. Season with kosher salt and freshly cracked pepper to taste.

SPICY MELON SALSA

SUMMER HARVEST RECIPE



INGREDIENTS:

- 1 C diced cantaloupe
- 1 jalapeno, seeded and diced
- 1/4 red onion, diced
- 1/4 C cilantro, roughly chopped
- 1 lime, juiced
- 1/4 tsp kosher salt

Serves
4-6

METHOD:

1. Remove seeds and rind from cantaloupe and dice.
2. Remove seeds and finely dice jalapeno, being careful not to touch any part of your face with hands that have been handling the pepper.
3. Dice red onion.
4. Roughly chop cilantro.
5. Toss all ingredients into a bowl and mix until all are well combined.
6. Taste and season with more salt if needed.

FALL PRODUCE

KALE

HEALTH BENEFITS: Kale is an excellent source of vitamins A, C, and K. It also provides cancer preventative benefits via two types of antioxidants: carotenoids and flavonoids.

SELECT: Choose leaves that are firm and deeply colored, and have moist, hardy stems. They should be free of browning or yellowing, and small holes.

STORE: Tightly wrap in a storage bag, and place in refrigerator crisper bin. Do not wash until ready to use.

FIGS

HEALTH BENEFITS: Figs are a great source of potassium, a mineral that helps to control blood pressure.

SELECT: Since figs are highly perishable, it's best to purchase them only a day or two before you're planning to eat them. Choose fresh figs that are plump and tender, but not mushy, and have a mildly sweet fragrance.

STORE: Ripe figs can be stored in the refrigerator for up to two days. Because they are delicate and could take on odors from other foods, try keeping them stored in an egg crate or on a plate lined with a towel.

GUAVA

HEALTH BENEFITS: This fruit offers a powerhouse of nutrients: extraordinarily rich in vitamin C, lycopene, and antioxidants that are beneficial to the skin.

SELECT: Select guava that are free from bruises, blemishes, and soft spots. A just-ripe guava will give to gentle pressure like an avocado and will have a floral aroma.

STORE: Guavas will keep at room temperature until soft. Ripe guavas can be refrigerated in a plastic or paper bag for up to two days.

EGGPLANT

HEALTH BENEFITS: Eggplants have a phytonutrient that's been linked to protecting our brain cell membranes, and promoting cardiovascular health. It also has other antioxidants that help to protect us from infections and oxidative stress.

SELECT: Choose eggplant that has firm to hard flesh; this helps ensure it is not overripe. The leaves should be green, not dried out.

STORE: Keep in the vegetable drawer of your refrigerator, avoid bruising, and use within a few days.

OKRA

HEALTH BENEFITS: This vegetable has high levels of vitamin A, vitamins B1, B2, B6, and vitamin C.

SELECT: Choose pods that are smaller, as these yield the best flavor.

STORE: Refrigerate in a re-sealable storage bag. Do not wash until you are ready to prepare it.

BE A SAVVY FARMERS' MARKET SHOPPER

Be flexible: Accept that not all produce will look perfect. It has been grown locally and picked recently (usually that same morning!), which means it's packed with flavor and nutrients. **Bring a reusable bag:** A sturdy eco-friendly bag will serve you well carrying all of your produce home.

SHOP THE MARKET

The following items will allow you to make all of the recipes in the Fall Produce recipe section.

Note: These recipes may include additional budget-friendly, non-produce foods, as well as specific kitchen equipment. If you don't have all the ingredients, we encourage you to make substitutions!

Suitable for a
\$20 produce budget
or **WIC Farmers'
Market Coupons!**

FALL SHOPPING LIST

ITEM	ESTIMATED COST
<input type="checkbox"/> Guava, 1 lb	\$1.00
<input type="checkbox"/> Grapefruit, 1	\$0.75
<input type="checkbox"/> Avocado, 1	\$1.50
<input type="checkbox"/> Figs, 1 basket	\$3.00
<input type="checkbox"/> Kale, 2 bunches	\$4.00
<input type="checkbox"/> Okra, 1/3 lb	\$1.00
<input type="checkbox"/> Persimmons, 1/2 lb	\$2.00
<input type="checkbox"/> Grapes, 1 lb	\$1.00
<input type="checkbox"/> Pears, 1 lb	\$1.50
<input type="checkbox"/> Pomegranate, 1	\$1.25
<input type="checkbox"/> Eggplant, 1/2 lb	\$1.25
<input type="checkbox"/> Sweet potatoes, 1 lb	\$1.00
<input type="checkbox"/> Chili peppers, 1 lb	\$0.50

Total = \$19.75

KALE AND FALL FRUIT SALAD

FALL HARVEST RECIPE



INGREDIENTS:

- 1 large bunch of lacinato/dino kale
- 1 pomegranate, peeled with seeds removed and separated
- 1 1/2 C grapes, halved
- 1 Fuyu persimmon, thinly sliced
- 5 figs, halved
- 1/2 C toasted pistachios
- 1 Barlett pear, thinly sliced
- Kosher salt and freshly cracked black pepper, to taste

Serves
4

DRESSING:

- 1/4 C extra virgin olive oil
- 1/4 C white wine vinegar
- 1 Tbsp honey

METHOD:

1. Wash and destem kale. Stack a few leaves and roll tightly and thinly slice into ribbons. Continue this method until all kale leaves are in thin ribbons.
2. Drizzle kale with olive oil and massage with hands until softened. Set aside.
3. Mix dressing ingredients in a small bowl. Taste, add salt and pepper if desired.
4. Add remaining ingredients to large bowl with kale and pour dressing over salad. Toss until everything is evenly coated.
5. Top the salad with toasted almonds and serve.

OVERNIGHT OATS WITH FIGS



FALL HARVEST RECIPE

INGREDIENTS:

- 1 C plain yogurt
- 1 C oats
- 8-10 figs, halved
- 3 Tbsp honey
- 1/4 C pistachios (or other nuts)
- Cinnamon (optional)

Serves
4

METHOD:

1. Mix oats and yogurt in a jar and set in the refrigerator overnight.
2. The next morning, add honey and cut figs to a pan over medium heat and cook until caramelized, about 5 minutes.
3. Spoon figs over overnight oats and top with pistachios and a dash of cinnamon.
4. Serve immediately while figs are warm.

TROPICAL GUAVA SMOOTHIE

FALL HARVEST RECIPE



INGREDIENTS:

- 1 large ripe avocado
- 3 medium guava
- 1/2 a large grapefruit, seeds removed
- 1 C full fat coconut milk
- Ice (for desired temperature and consistency)
- Fresh mint (optional)

Serves
2

For added nutritional benefits: top with hemp seeds, chia seeds, bee pollen, or flaxseeds.*

METHOD:

1. Cut avocado in half and remove pit. Scoop out flesh and put into blender.
2. Remove seeds from grapefruit and put grapefruit into blender.
3. Put remaining ingredients into blender and add 1/4 C ice to start. Blend until smooth.
4. Sample. If needed, add more coconut milk to make creamier/richer or more ice to make colder or more like a slushy.

*Hemp, chia, and flaxseeds are all great sources of fiber and omega-3 fats. Bee pollen is rich in protein, free amino acids, and vitamins

EGGPLANT AND OKRA STEW

FALL HARVEST RECIPE



INGREDIENTS:

- 10 pods of okra, cut into thin rounds
- 5 small round eggplants (Indian or Japanese variety), diced
- 1 Tbsp extra virgin olive oil
- 2 Tbsp grated ginger, or 2 tsp of ground ginger powder
- 1 large sweet potato, diced (no need to peel)
- 1 small yellow onion, diced
- 1 C tomato sauce
- 1/4 C peanut butter (creamy or chunky depending on preference)
- 3 C vegetable broth or water
- 1 tsp paprika
- 1 tsp cumin
- 1/4 C chopped peanuts
- 1 green chili pepper like serano or jalapeño (optional) or try 1/4 C harissa paste

Serves
4-6

METHOD:

1. Heat olive oil in pan over medium heat. Add ginger, cumin, paprika and onions and saute for about 7-8 minutes until onions are soft.
2. Add tomato sauce, peanut butter, and vegetable stock.
3. Add all of the vegetables and bring the stew to a boil. Cover, turn heat down to low, and let the stew cook for about 30 minutes or until vegetables are tender.
4. Stir in harissa paste if using, until desired heat is reached. Add salt to taste.
5. Serve hot over brown rice or quinoa and top with chopped peanuts.

WINTER PRODUCE

APPLE

HEALTH BENEFITS: Apples have a variety of polyphenols that function as antioxidants and help protect the cell membranes of our heart cells, provide blood sugar regulation benefits, as well as anti-cancer and anti-asthma benefits.

SELECT: Choose apples that are firm, free of holes and blemishes, and have a firm stem end.

STORE: Store in a cool, dark, dry place. Ideally the crisper bin in the refrigerator.

BROCCOLI

HEALTH BENEFITS: Has cholesterol-lowering benefits if steamed, aids the body in detoxification, and has cancer preventative properties. It is also an excellent source of vitamin K and vitamin C.

SELECT: The florets should be a darker green than the stalk, and have no yellowing. There should be no flowering.

STORE: Refrigerate in a re-sealable storage bag. Do not wash until ready to prepare and eat.

KOHLRABI

HEALTH BENEFITS: Full of nutrients and minerals like copper, potassium, manganese, iron, and calcium. Has the ability to improve your digestive process, help you lose weight, and boost your immune system.

SELECT: Look for kohlrabi with the leaves still attached, if they are crisp and firm this is an indicator of freshness.

Look for small bulbs, about 3 inches in diameter or less, these tend to be more sweet with a more tender texture.

STORE: Cut the leaves off of the kohlrabi, you can use these like you would kale or broccoli. Scrub the kohlrabi bulbs clean and store in a paper or plastic bag and refrigerate until you're ready to use them. They will last several weeks in the refrigerator.

SWEET POTATOES

HEALTH BENEFITS: This root vegetable is known for being an outstanding source of beta-carotene (which is converted to vitamin A in our bodies), a great source of vitamin C, and may also have blood sugar regulation benefits.

SELECT: It is important they be firm to the touch and show no signs of decay (no bruises, cracks or soft spots). For even cooking, choose those with uniform shape.

STORE: Place in a paper bag with holes in a dark cool place away from sources of heat. They should keep fresh for up to ten days.

DID YOU KNOW? By selling at local markets, farmers can get rid of the extra expense that comes with having to send their produce through packing houses. By shopping at local farmers' markets, you help the farmer increase their net income and remain in business.

SHOP THE MARKET

The following items will allow you to make all of the recipes in the Winter Produce recipe section.

Note: These recipes may include additional budget-friendly, non-produce foods, as well as specific kitchen equipment. If you don't have all the ingredients, we encourage you to make substitutions!

Suitable for a
\$20 produce budget
or **WIC Farmers'
Market Coupons!**

WINTER SHOPPING LIST

ITEM	ESTIMATED COST
<input type="checkbox"/> Kale, 2 bunches	\$4.00
<input type="checkbox"/> Broccoli, 2 bunches (with stems)	\$5.50
<input type="checkbox"/> Cilantro, 1 bunch	\$2.00
<input type="checkbox"/> Yellow onion, 1 medium	\$1.00
<input type="checkbox"/> Kohlrabi, 1 bulb	\$2.50
<input type="checkbox"/> Apples, 2 lbs (or 6 medium-sized)	\$3.50
<input type="checkbox"/> Sweet potatoes, 1 1/2 lbs (or 3-4 medium-sized)	\$1.50

Total = \$20.00

GARDEN FRITATTA

WINTER HARVEST RECIPE



INGREDIENTS:

- 1/2 bunch of kale, chopped
- 1/3 C chopped onion
- 4-6 eggs
- 1-2 sweet potatoes
- 2 Tbsp olive oil/butter
- Pinch of kosher or sea salt
- Freshly cracked black pepper

Serves
4

METHOD:

1. Wash and de-stem kale.
2. Chop up kale stems, kale leaves, sweet potatoes, and onion.
3. Turn stove onto medium high heat and pour olive oil or butter into your nonstick skillet.
4. Sauté sweet potatoes, onions and kale stems until soft, 5-7 minutes, then add in chopped kale leaves. Sauté another few minutes until all vegetables are cooked down and soft.
5. In a separate bowl, stir eggs with a pinch of sea salt and freshly ground black pepper, just until yolks and whites are well-mixed. Pour the egg mixture into the pan and cook over low to medium heat until eggs are almost set.
6. Remove from heat, cover, and let stand until eggs are completely set and there is no sign of liquid egg, approximately 5-10 minutes. Uncover, slice into wedges (like pie) and serve immediately.

KOHLRABI APPLE SLAW

WINTER HARVEST RECIPE



INGREDIENTS:

- 1 kohlrabi bulb
- 3 apples (try Honeycrisp, Pink Lady, or Gala)
- 2 stalks of broccoli (only the stems)
- 1/3 C chopped cilantro

OTHER THINGS YOU WILL NEED:

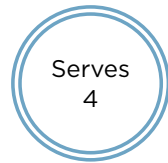
- Mandolin

DRESSING:

- 1 Tbsp olive oil
- 3 Tbsp creamy peanut butter
- 2 tsp rice vinegar
- Enough water to thin out to desired consistency

METHOD:

1. Wash all produce.
2. Trim all nubs and arms of kohlrabi close to the bulb. Use a sharp knife and cut peel off of kohlrabi. Use mandoline to julienne kohlrabi, or a sharp knife to cut into 1/4 inch matchsticks.
3. Core apple and julienne with a mandoline or cut into 1/4" wide matchsticks.
4. Peel and julienne broccoli stems into matchsticks.
5. Mix all dressing ingredients together in a small bowl.
6. Chop up cilantro.
7. Toss everything into a bowl and mix until evenly coated.



Serves
4

HEALTHY FRIED RICE

WINTER HARVEST RECIPE



INGREDIENTS:

- 1/2 bunch of kale, chopped
- 1/3 C chopped onion
- 4 eggs
- 2 C cooked brown rice
- 2 C chopped broccoli (florets and stems)
- 2 Tbsp olive oil/butter
- 2 Tbsp soy sauce
- Freshly cracked black pepper
- 1, 14.75oz can of salmon

Serves
4

METHOD:

1. Cook rice according to packaged instructions. Set cooked rice aside*.
2. Wash and de-stem kale.
3. Chop up kale stems, kale leaves, broccoli, and onion.
4. Turn stove onto medium high heat and pour olive oil or butter into your nonstick skillet.
5. Sauté onions, broccoli stems, and kale stems until soft, 3-4 minutes, then add in chopped kale leaves. Sauté another few minutes until all vegetables are cooked.
6. Crack two eggs into skillet and fry for two minutes, scrambling eggs while they cook.
7. Add in cooked rice and canned salmon; mix well, and sprinkle with freshly ground pepper.

*Fried rice is typically made with leftover rice that's been sitting in the refrigerator. This allows the rice to dry out and prevents you from making mushy fried rice. If you're using fresh rice, plan ahead and spread the rice onto a baking sheet and set in the refrigerator for a few hours.

APPLE & SWEET POTATO CRUMBLE

WINTER HARVEST RECIPE



INGREDIENTS:

TOPPING

- 2 tsp cinnamon
- 1/2 tsp nutmeg
- 1 Tbsp honey
- 2 Tbsp coconut oil/butter
- 1 C oats
- Pinch kosher or sea salt
- 1 C seeds (try pumpkin, sunflower, and sesame)

FILLING

- 2 medium sweet potatoes, diced into bite-sized pieces
- 4 apples, cored and chopped
- 1-2 Tbsp lemon juice
- 1 tsp cinnamon
- 1 C water

METHOD:

1. Mix all topping ingredients together except coconut oil or butter.
2. Heat a skillet over medium heat and melt coconut oil or butter in pan.
3. Toast the topping mixture, stirring often until fragrant and lightly browned. Remove from pan and set aside in a separate bowl.
4. Start cooking the sweet potatoes in the skillet over medium high heat with 1/2 cup water first.
5. Put the chopped apples, honey, cinnamon, lemon juice, and water into the skillet. Bring to a simmer then cover with a lid for 5 minutes until apples and sweet potatoes have softened. Remove lid and turn heat down until very little liquid remains.
6. Pour the filling into a bowl and top with toasted oat and seed crumble.

Serves
4

SPRING PRODUCE

ARTICHOKE

HEALTH BENEFITS: Great source of folate, dietary fiber, and vitamins C and K.

SELECT: Gently feel for firmness and density. Bend a leaf; if it snaps off cleanly, the artichoke is fresh.

STORE: Sprinkle with a little water and store in a plastic bag in the refrigerator.

ASPARAGUS

HEALTH BENEFITS: Eating asparagus regularly is associated with a reduced risk of heart disease and type 2 diabetes, which may be owed to its anti-inflammatory properties. It's a good source of fiber, folate, vitamins A, C, E, K, and chromium.

SELECT: Stalks should be stiff and sturdy. Thick stalks are great for grilling or shaving, while the thin spears are naturally more tender.

STORE: Place bundled stalks in a glass with 1 inch water at the bottom, to keep the stalks moist. Consume as soon as possible, as asparagus is most delicious when first harvested.

FAVA BEANS

HEALTH BENEFITS: These beans are a rich source of dietary fiber, which helps to protect the colon and reduces blood cholesterol levels. They are also an high in protein and an excellent source of folate.

SELECT: Choose broad beans that are young and velvety. Avoid large or shriveled beans. When favas are fresh, the entire pod can be eaten.

STORE: Store in the crisper drawer of the refrigerator, and consume within 1-2 days.

GREEN GARLIC

HEALTH BENEFITS: Green garlic contains a compound that helps reduce cholesterol in liver cells. It's also known for its anti-microbial properties.

SELECT: Green garlic is simply immature garlic before they begin to form mature bulbs and cloves. Look for dark green leaves and long white, and purple bases with the roots still attached. Avoid bruised or wilted stems.

STORE: Treat green garlic like a flower and leave the roots on the bulb. Stand the shoots up in a glass of water in the refrigerator and cover.

RUTABAGA

HEALTH BENEFITS: Excellent source of vitamin C, zinc and dietary fiber. It also has been recognized for its anti-cancer properties.

SELECT: Choose rutabagas with fleshy and heavy roots. Avoid any with cuts, bruises, or soft spots.

STORE: Do not wash or peel before storage. Store in a cool, dry place. They should keep for up to two weeks. At room temperature they will keep up to 7 days.

SAVE TIME IN THE KITCHEN: Make no-cook meals; try salads with canned beans and/or canned fish (try sardines!), or raw vegetables with hummus or yogurt dip. Double or triple the amount; cook for today and later. Make enough roasted vegetables for your salad today, and to mix into your whole wheat pasta tomorrow.

SHOP THE MARKET

The following items will allow you to make all of the recipes in the Spring Produce recipe section.

Note: These recipes may include additional budget-friendly, non-produce foods, as well as specific kitchen equipment. If you don't have all the ingredients, we encourage you to make substitutions!

Suitable for a
\$20 produce budget
or **WIC Farmers'
Market Coupons!**

SPRING SHOPPING LIST

ITEM	ESTIMATED COST
<input type="checkbox"/> Artichokes, 3 medium	\$5.00
<input type="checkbox"/> Green garlic, 1 bunch	\$1.00
<input type="checkbox"/> Fava beans, 1 lb	\$3.50
<input type="checkbox"/> Rutabaga, 2 large	\$6.00
<input type="checkbox"/> Asparagus, 1 lb	\$4.00
<input type="checkbox"/> Carrots, 1/2 lb	\$0.50

Total = \$20.00

ARTICHOKE & FAVA BEAN PASTA

SPRING HARVEST RECIPE



INGREDIENTS:

- 1 8-12oz package dried whole wheat fettuccine pasta noodles
- 3-4 large artichokes, hearts prepared
- 5 cloves of green garlic, sliced
- 1 C cooked shelled and peeled fava beans
- 4 Tbsp extra virgin olive oil
- 3/4 C grated Parmesan cheese
- Kosher sea salt and freshly cracked black pepper, to taste
- 2 sprigs of fresh thyme (or 1 Tbsp dried)

Serves
4

METHOD:

1. Prepare artichoke hearts by trimming the spikey tips and outer leaves, and scooping out the “choke” which is the bundle of silky white and purple leaves in the middle.
2. Prepare the fresh fava beans by shucking them from their pod, remove individual shells if desired. This isn’t necessary, especially if using fresh young fava beans.
3. Bring a pot of generously salted water to a boil (it should taste like the ocean).
4. When water comes to a boil, cook pasta according to package instructions, cook until al dente. Drain pasta and set pasta aside.
5. Heat a pan over medium heat, pour extra virgin olive oil in pan and sauté garlic and thyme for 1-2 minutes until fragrant.
6. Add artichoke hearts, fava beans, and cooked pasta to the pan until everything is heated evenly approximately 2-3 minutes.
7. Remove from heat, put into serving bowl and top with freshly grated Parmesan cheese and freshly cracked black pepper.

SHAVED ASPARAGUS SALAD

SPRING HARVEST RECIPE



INGREDIENTS:

- 1lb of fresh asparagus (best if purchased and used same day & choose bigger spears for easy peeling)
- 1/4 C finely grated Parmesan cheese
- 1 1/2 Tbsp fresh lemon juice
- 1/4 C extra virgin olive oil
- Kosher salt and freshly cracked black pepper, to taste

Serves
4

METHOD:

1. Rinse all asparagus until visibly clean and free of dirt.
2. Working with one asparagus spear at a time, use a vegetable peeler to shave spears into long thin ribbons. Start from the base and peel to the tip.
3. Transfer asparagus ribbons to a medium bowl of water and ice. This will help the asparagus stay crisp.
4. Combine grated Parmesan cheese and lemon juice in a small bowl and slowly stir in olive oil.
5. Season dressing with salt and pepper.
6. Remove asparagus ribbons from ice bath and pat dry. Pour dressing over asparagus and toss to coat.
7. Top with more freshly grated Parmesan cheese and serve immediately.

RUTABEGA CHIPOTLE SOUP

SPRING HARVEST RECIPE



INGREDIENTS:

- 3 Tbsp butter
- 1 medium yellow onion, diced
- 2 large carrots, diced
- 3 cloves of spring garlic
- 2 large rutabagas, peeled and diced (about 5 cups)
- 4 C chicken broth or water
- 1/4 tsp dried chipotle (or more if you like it hot!)
- 1/4 tsp paprika
- Sea salt or Kosher salt, to taste

Serves
4-6

METHOD:

1. Melt butter in a large pot and add diced onions and carrots, cooking until brown.
2. Add diced rutabaga and broth to the pot and bring to a boil. Season with salt.
3. Reduce heat, cover, and simmer until the rutabagas are tender enough to pierce easily with a fork, approximately 30 minutes.
4. Add chipotle powder and stir.
5. Process soup in batches in a blender or food processor until smooth.
6. Add 1/4 tsp of paprika. Season with additional salt or chipotle if desired.

FAVA BEAN DIP

SPRING HARVEST RECIPE



INGREDIENTS:

- 2 C or 2-3 lbs of fresh fava beans, shelled
- 1/2 C chopped green garlic (or 2-3 regular garlic cloves)
- 2 tsp chopped fresh rosemary
- 1/3 - 1/2 C extra virgin olive oil
- 2 Tbsp lemon juice
- 1/4 C water
- Kosher or sea salt and freshly cracked black pepper, to taste

Makes 2
Cups

METHOD:

1. Remove outer shell by bending pods and squeezing the bean into a bowl.
2. Bring a pot of water to a boil and fill a bowl halfway with ice and water.
3. Add the shelled beans to the boiling water for 5 minutes.
4. Remove beans from boiling water and place in the ice water to stop the cooking. Once the beans have cooled, slip the beans from their tough skins using your thumbnail to tear the skin at one end and then squeeze the skin to pop out the fava bean. Discard the skins.
5. Heat 1 Tbsp olive oil over medium heat. Add a generous pinch of salt, the green garlic (or chopped regular cloves) and cook until soft but not brown, about 3 minutes. Add chopped rosemary and cook for another minute or two until fragrant.
6. Place shelled beans into a food processor with cooked green garlic and rosemary, lemon juice, and 2 Tbsp water. Pulse until smooth. Stream in olive oil and more water while processing, until it reaches desired consistency.
7. Transfer to a bowl and season with salt and pepper and serve, or cover and let flavors meld for 30 minutes prior to serving.

RESOURCES

- **Choose My Plate** - Promoting healthy eating to consumers - www.choosemyplate.gov
- **Nutrition.Gov** - Online access to government information on food and human nutrition for consumers - www.nutrition.gov
- **Farmers' Markets, Agricultural Marketing Service of USDA** - www.ams.usda.gov/services/local-regional
- **New Dietary Guidelines for Healthy Americans** - <http://blogs.usda.gov/2016/01/07/new-dietary-guidelines-support-healthy-choices-for-all-americans/>
- **Food and Nutrition Information Center (FNIC)** - Helps people who need information or educational materials in the area of food and human nutrition. WIC Program materials can be ordered from FNIC - <http://fnic.nal.usda.gov/>
- **SNAP-Ed Connection** - A dynamic online resource center for State and local SNAP-Ed providers. Find low-cost recipes here - <https://snaped.fns.usda.gov/basic-nutrition-everyone/healthy-low-cost-recipes#whatscooking>
- **The World's Healthiest Foods** - A great resource for nutrient data of food, recipes, and more - www.whfoods.com/



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