

# Olde Nourse Farm Recipe Collection



*Featuring selected recipes from our CSA members*

## Celebrate Food Day Everyday!

In appreciation of your patronage, Nourse Farm created a digital recipe collection featuring some farm favorites. Designed to showcase the fresh produce through the seasons, we compiled food and nutrition facts, a nutrient analysis of each recipe and listed the step-by-step food preparation and/or cooking instructions.



So, welcome to the *Olde Nourse Farm CSA Recipe Collection*! Some you might recognize, while others might surprise you and maybe even get you thinking about (and eating) a particular food in a different way.

Most recipes utilize 6 to 7 ingredients, including the featured harvest item. Each one can be a fun, quick addition to almost any meal (think soups, salads, sides...and, sometimes desserts). So, assign the measuring, chopping, mixing, stirring, etc. to a different family member or friend. Do note that the recipes are a guide, not an absolute so if you want to experiment with your harvest foods preparation, then feel free to change things along the way. And since this copy is digital, it's easy to edit and make changes 😊.

Please remember it is always important to wash/rinse your foodstuffs as food safety (just like eating your vegetables) ensures good health.

Eat well to be well!

*Catherine Kling Nourse*, MPH, RDN, LD

Nourse Farm Nutritionist

# Apples

**Nutrients/nutrition:** Consider a medium-sized apple to be 1 serving. It provides ~95 calories, 17% of one’s daily fiber needs, 11% of vitamin C needs and as a low glycemic index food, can also assist with blood sugar regulation.



Type	Description/Taste	Applications/Preparations
<b>McIntosh</b>	Round, medium; thicker skin; color and taste (red or green) are related to date of harvest—early = more green/less sweet; white flesh that is crisp and juicy; flavor will decrease as fruit is stored	Good for sweet and savory dishes; delicate flesh that will break down when heat is applied; pair with more dense apples if using in a pie (e.g., Granny Smith); diced McIntosh apples add sweetness to cakes, breads, donuts; juiciness = good for cider and juice; flavor pairs well with maple, pecan, pork, cinnamon, nutmeg and strong cheeses (feta, gorgonzola, and sharp cheddar)
<b>Cameo</b>	Round, medium with creamy yellow skin that develops red stripes (as the fruit is ready for harvest); thin and delicate skin (trademark); dense flesh with crisp and juicy texture; balance of sweet and tart (think honey and citrus blend)	Good for sweet and savory dishes; they are more resistant to browning (than other apple varieties) so also good as edible garnish; sweet flavor enhances cooked preparations; dense flesh holds consistency; great for pizza toppings, chunky pastry fillings and baked apples; pairs well with squash, bacon, pears, as well as cheddar and ricotta cheese
<b>Cortland</b>	Round, medium bright red fruit; sometimes covered in dark red streaks capped with a green blush; thin skin; crisp white flesh that is JUICY; sweet, tart flavor	Slow to brown; great for fresh apple dishes—sandwiches, burgers, fruit plate; use instead of crackers with flavorful cheeses; also tasty in cakes, tarts, cobblers, quiches, sauces and preserves
<b>Ida Red</b>	Round, medium red skin, though sometimes tinted pin; juicy and sweetly tart with firm, pale yellow-green flesh	Excellent for sauces, cooking, baking as the firm flesh responds well to heat; makes pretty applesauce—cook apples with skin, then strain to get a rosy, pink color
<b>Mutshu Crispin</b>	More oblong than round; medium to large size; smooth bright to yellow skin; firm white flesh that is crisp and juicy with a sweet-tart flavor with hints of spice; flavor becomes sweeter with storage	With its sweet and (subtly) spiced flavor, this apple is an excellent dessert offering; sliced, baked hollowed/stuffed; sweetness compliments pies and tarts; they add moisture to muffins, breads and cakes; good accompaniment for robust cheeses
<b>Macoun</b>	Round, medium; dark red fruit with a creamy, white flesh; rich “apple” flavor with hints of berry; very juicy and sweet with a crunch; one the parents to Honeycrisp apples	Touted as the “best all around” for eating whole; also good for sauces, cakes, pies, crisps, tarts, cheese and wine
<b>Granny Smith</b>	Round, medium to large in size; bright green thick skin; firm and juicy; bright white and crisp flesh with tart, slightly acidic (but a bit sweet) taste	Often, the choice for baking (related to the acidity and ability to hold shape when cooked); also good for savory pies, tarts and meat pastries; soups, smoothies and stuffing; slow to brown with cut, can showcase well in a salad, salsa, or lunchbox

# Awesome Apple Cake

Adapted from "The Way We Cook"

## INGREDIENTS:

Butter (for the pan)  
Flour (for the pan)  
1 cup canola oil  
4 eggs  
1/4 cup orange juice  
2 teaspoons vanilla extract  
3 cups flour  
1 1/2 cups granulated sugar  
1 tablespoon baking powder  
1/2 teaspoon salt  
4 apples (baking variety), peeled, cored, and thinly sliced  
1 tablespoon ground cinnamon mixed with 5 tablespoons granulated sugar  
Confectioners' sugar (for sprinkling)

## DIRECTIONS:

Set the oven at 350 degrees. Butter a 10-inch tube pan, line the bottom with a piece of parchment paper cut to fit it, and butter the paper. Mix 5 tablespoons of granulated sugar with 1 tablespoon of cinnamon.

Dust the pan with flour, tapping out the excess. In a large bowl with an electric mixer, combine the oil, eggs, orange juice, and vanilla. Beat until smooth.

Add the flour, sugar, baking powder, and salt. Beat just until smooth again, scraping down the sides of the bowl. Spoon one-third of the batter into the pan (barely a layer). Smooth the batter with a metal palette knife.

Gently press half the apples into the batter (OK to overlap). Sprinkle with half the cinnamon-sugar mixture. Add one-third more batter, the remaining apples, and all but 2 tablespoons of the remaining cinnamon-sugar. Cover with batter, smooth the top (it may not cover the apples; that's OK), and sprinkle with remaining cinnamon-sugar.

Bake the cake for 60 to 70 minutes or until the top is firm and a skewer inserted into the cake comes out clean. Transfer to a wire rack to cool. With a small knife, cut around the inside and outside edges of the cake to release it from the pan. Turn the cake out onto a plate. Set another plate on top and invert again so the cake is right-side up. Sprinkle with confectioners' sugar.

Nutrition Facts			
Serving Size 1/12 of recipe 163g (163 g)			
Servings per container 12			
Amount Per Serving			
Calories 448		Calories from Fat 183	
% Daily Value*			
<b>Total Fat</b> 21g			32%
Saturated Fat 2g			10%
Trans Fat 0g			
<b>Cholesterol</b> 70mg			23%
<b>Sodium</b> 241mg			10%
<b>Total Carbohydrate</b> 62g			21%
Dietary Fiber 2g			10%
Sugars 32g			
<b>Protein</b> 5g			
Vitamin A 3%		Vitamin C 9%	
Calcium 9%		Iron 17%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9		Carbohydrate 4	Protein 4
©www.NutritionData.com			

# Bell Peppers



These peppers are a crunchy, tangy and sometimes even sweet vegetable choice. They come in a variety of colors: green, yellow, orange, or purple. Part of the nightshade family, like potatoes, tomatoes and eggplant, these “sweet” peppers are plump, bell-shaped vegetables have three to four lobes and have a glossy exterior. Bell peppers are available throughout the year, but are most abundant and delicious during the summer and early fall months. Peppers add color, flavor, and texture to salads, pizza, and pastas.

**Selection:** To find the best pepper, look for signs of appropriate freshness, e.g., deep color, glossy skin and firmness. Avoid peppers with thin walls and flimsy sides...peppers that are wilted or with cuts or tears through the walls, as well as ones with watery spots on the sides.

**Storage:** Store unwashed peppers in a plastic bag in the refrigerator. Peppers should stay fresh for at least a week. Green bell peppers will stay fresh a bit longer than red, orange and yellow ones. Because bell peppers need to still well-hydrated and are very sensitive to moisture loss, include a damp cloth or paper towel in the vegetable compartment to help them retain their moisture. Do not cut out the bell pepper stem prior to storage in the refrigerator. Bell peppers are especially sensitive to moisture loss through this stem and are more susceptible if the stem is removed. Sweet peppers can be frozen without first being blanched. It is better to freeze them whole since there will be less exposure to air which can degrade both their nutrient content and flavor.

**Nutrients/nutrition:** Peppers are low calorie, low fat, and low sodium and provide a body ~220% of the daily value of vitamin C, 20% of the daily value of beta carotene, and 5% of the daily value of potassium (208 milligrams), as well as 3 grams of fiber. Additionally, evidence shows us that bell peppers provide a broad range of antioxidants and phytonutrients like flavonoids, carotenoids, and hydroxycinnamic acids.

**Preparation:** Chop, dice, or slice the peppers for easy meal accompaniments, but remember to wash them gently in cold water (hot or warm water can damage them). To take advantage of the summer abundance, peppers can be frozen. When freezing, core the peppers first, then cut, spread them in a single layer on a cookie sheet. Place the tray in the freezer for at least one hour. Once frozen, measure desired amount, and place in freezer bags. If you prefer to enjoy the bounty sooner rather than later, try roasting or grilling...cut a slit near the stem of each pepper and apply heat. If grilling, use a long-handled fork to hold the pepper. Turn the pepper over a flame until the skin is blackened. If using an oven, then broil the peppers ~4 inches away from the heating source. After the skin is blackened, then place the hot peppers in a zip lock bag for 15 minutes to allow them to steam. The steam helps remove the skin.

# Robust, Roasted Veggies (Onions, Peppers and Eggplant, *oh my!*)

(Suggested for sandwiches\*\* or pasta\*)

## INGREDIENTS:

~1 pound Japanese or fairy eggplant, cleaned and ends removed  
2-3 bell peppers (red), cleaned, cored, quartered  
2 small onions, peeled, quartered  
3-4 cloves garlic, peeled  
~2 Tbsp extra virgin olive oil  
Several leaves fresh basil, cleaned

(\*For pasta, 1 pound cooked fettuccini, grated Parmesan)

(\*\*For sandwiches, Ciabatta bread, sliced provolone)

## DIRECTIONS:

Preheat oven to 400 degrees F.

Toss all vegetables (not the basil) with olive oil and place in glass baking pan or rimmed baking sheet.

Roast, stirring occasionally, until veggies are soft and becoming a bit browned.

For pasta, toss roasted vegetables with pasta, top with basil chiffonade (chopped into ribbons), Parmesan, and salt and pepper to taste.

For sandwiches, melt Provolone on Ciabatta bread, top with roasted vegetables and basil leaves. Dress with garlic aioli or balsamic vinegar.

## Nutrition Facts

Serving Size 100 grams (100 grams)  
Servings per container 6

### Amount Per Serving

Calories 57      Calories from Fat 26

% Daily Value\*

Total Fat 3g      5%

Saturated Fat 0g      2%

Trans Fat

Cholesterol 0mg      0%

Sodium 3mg      0%

Total Carbohydrate 7g      2%

Dietary Fiber 3g      11%

Sugars 4g

Protein 1g

Vitamin A 23% • Vitamin C 81%

Calcium 1% • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs.

© www.NutritionData.com

# Blueberries

**What are blueberries?** Blueberries, the second most popular berry in the US, are one of the healthiest foods. They have one of the highest antioxidant capacities among all foods. As one of the few fruits native to North America, they have been consumed here for centuries.

**Selection:** To find the best blueberries, choose ones that are firm and have a uniform hue colored with a whitish bloom. If purchasing berries in a container, shake it and note if the berries have the tendency to move freely. If they do not, this may indicate that they are soft, damaged or moldy. Avoid berries that appear dull in color or are soft and watery in texture. They should be free from moisture since the presence of water will cause the berries to decay. When



purchasing frozen berries, shake the bag gently to ensure that the berries move freely and are not clumped together, which may suggest that they have been thawed and refrozen. Blueberries that are cultivated in the United States are available from May through October while imported berries may be found at other times of the year.

**Storage:** Before storing remove any crushed or moldy berries to prevent the rest from spoiling. Wash berries just before eating as washing will remove the bloom that protects the berries' skins. Store ripe blueberries in a covered container in the refrigerator where they will keep for up to 3 days. If kept out at room temperature for more than a day, the berries may spoil. Ripe berries can also be frozen, although this will slightly change their texture and flavor. Before freezing, wash, drain and remove any damaged berries. To better ensure texture upon thawing, spread the berries out on a cookie sheet or baking pan, place in the freezer until frozen, then put the berries in a plastic bag for storage in the freezer.

**Nutrients/nutrition:** One cup of blueberries = 80 calories, 14 milligrams of vitamin C (~20% of the daily value), .50 milligrams of manganese, (25% of the daily value), and 28.5 micrograms of vitamin K (~30% of daily value). They are also low in fat and high in fiber. Their health benefits include assistance with collagen formation, iron absorption, immune function, and neutralization of free radicals. Evidence-based research shows that blueberries contain anthocyanin(s) which give them their blue color, and these contain antioxidant as well as anti-inflammatory properties.

**Preparation:** Wash carefully and gently pat dry, remembering to wash berries just prior to use. When using frozen berries in recipes that do not require cooking, thaw well and drain prior to using. Blueberries retain their maximum amount of nutrients and their maximum taste when they are enjoyed fresh and not prepared in a cooked recipe. Their nutrients - including vitamins, antioxidants, and enzymes - undergo damage when exposed to temperatures (350°F/175°C and higher) used in baking.

# Blissful Blueberry Muffin Cakes

## INGREDIENTS:

1 large white potato (peeled and cut into small chunks)  
¾ cup whole wheat flour  
¾ cup cake flour  
1 ½ teaspoons baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
¾ cup granulated sugar  
¼ cup canola oil  
1 large egg  
½ teaspoon vanilla extract  
½ cup nonfat buttermilk  
1 cup blueberries (fresh or frozen)

<b>Nutrition Facts</b>	
Serving Size 1/12 of recipe 71g (70 g)	
Servings per container 12	
Amount Per Serving	
<b>Calories</b> 172	<b>Calories from Fat</b> 48
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	8%
Saturated Fat 1g	3%
Trans Fat 0g	
<b>Cholesterol</b> 18mg	6%
<b>Sodium</b> 226mg	9%
<b>Total Carbohydrate</b> 29g	10%
Dietary Fiber 2g	6%
Sugars 14g	
<b>Protein</b> 3g	
<b>Vitamin A</b> 1%	<b>Vitamin C</b> 3%
<b>Calcium</b> 5%	<b>Iron</b> 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
<a href="http://www.NutritionData.com">www.NutritionData.com</a>	

## DIRECTIONS:

Preheat oven to 350 degrees. Place paper liners in the muffin tin.

Place the potato in a saucepan, add water to cover and bring to a boil. Cook until tender (~8 to 10 minutes). Drain and mash until very smooth. Measure ¾ cup and let cool slightly. (There may be some leftover.)

Whisk the whole-wheat flour, cake flour, baking powder, baking soda and salt in a medium bowl.

Beat granulated sugar and oil in a large mixing bowl with an electric mixer on medium speed until combined. Beat in egg, 1/2 teaspoon of vanilla extract, and the 3/4 cup mashed potatoes until combined.

With the mixer on low, alternately mix in the dry ingredients and buttermilk, starting and ending with the dry ingredients and scraping the sides of the bowl as needed, until combined. Fold in the 1 cup of blueberries.

Divide the batter among the prepared cups (they will be full). Bake the cupcakes until a toothpick inserted to the center comes out clean, ~22 to 24 minutes. Transfer to a wire rack and let cool completely.



# Cabbage

**What is cabbage?** An annual vegetable of dense-leaved heads. Closely related to other crops like broccoli, cauliflower and Brussels sprouts, cabbages can be green, purple or white. Usual cabbage heads can weigh from 1 to 9 pounds (!)...smooth-leafed, green cabbages are the most common, but the crinkled-leaf varieties are popular too: green, Savoy, red, Bok Choy and Napa cabbages.

**Selection:** To find the best cabbage, look for firm, compact heads with shiny, crisp, colorful leaves that are free from cracks and bruises. Make sure that the outer leaves are green or red/purple color (depending on the type) and free of blemishes, and signs of the aforementioned appropriate freshness. There should only be a few loose outer leaves attached to the stem. If possible, avoid buying pre-cut cabbage as once cabbage is cut, it begins to lose its vitamin C content.



**Storage:** Cabbage keeps well, particularly in a plastic bag in the crisper section of the refrigerator. Remember to loosely seal the bag. Cabbage heads should stay fresh 1 to 2 weeks, while sliced cabbage keeps 5 to 6 days. Rubbing cut surfaces with lemon juice will help prevent discoloration (browning). Remove any insects that may have been hiding in a cabbage head.

**Nutrients/nutrition:** 1 cup of cooked cabbage is one serving...and as a low fat (0 grams) and low calorie (~40 calories) choice, this veggie shoots other nutrients your way... fiber, (~4 grams), vitamin K (71 micrograms or ~79% of daily value), vitamin C (51 milligrams or 68% of the daily value), and potassium (393 milligrams or 11% of daily value). Evidence-based research shows that cabbage can assist with cholesterol reduction. Its fiber-related nutrients bind together with some of the bile acids in the intestine so that they (the bile acids) stay inside (the intestine) and are simply excreted.

**Preparation:** For all cabbage types, remove any browned, slimy or wilted leaves. Then wash and pat dry to remove dirt or insects, but only just before use. Rinse after cutting or chopping. Avoid cutting or tearing cabbage in advance (remember, the vitamin C loss). Steaming cabbage is the best way to conserve nutrients, color, and its crisp-tender texture. If cabbage is steamed without additional liquid, it retains its vitamin C content better. Place quartered, sliced or shredded cabbage in a vegetable steamer over boiling water for 10 to 15 minutes. Another option is stuffed cabbage...use sturdy leaves as wrappers for fillings made with rice, barely or other grains. Also consider, braising cabbage...use apple cider vinegar, apple juice or wine for this technique. Place quartered or sliced cabbage in just enough liquid to cover it. Bring to boil, cover and simmer until tender (~15 to 20 minutes).

# Fall Combo Capple Slaw

## INGREDIENTS:

- 2 cups shredded green cabbage
- 2 cups shredded red cabbage
- 1 cup shredded carrot
- 1 tablespoon apple cider vinegar
- 2 tablespoons olive oil
- 2 teaspoons of chopped garlic
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon ground black pepper
- 2 Gala apples, cored and very thinly sliced or chopped
- 1/2 cup walnuts, toasted and chopped (optional)

## Nutrition Facts

Serving Size 1/8 of recipe 109g (109 g)  
Servings per container 8

### Amount Per Serving

Calories 119      Calories from Fat 71

% Daily Value\*

Total Fat 8g      13%

Saturated Fat 1g      5%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 164mg      7%

Total Carbohydrate 11g      4%

Dietary Fiber 3g      11%

Sugars 7g

Protein 2g

Vitamin A      51% • Vitamin C      32%

Calcium      3% • Iron      3%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Fiber			25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

©www.NutritionData.com

## DIRECTIONS:

Wash all produce.

Shred or grate cabbage and carrots.

Core and slice (or chop) apples.

If using walnuts, toast and chop.

In a large bowl, toss together green and red cabbage, carrots, garlic, olive oil, apple cider vinegar, salt and pepper.

Just before serving, add apples and walnuts (if using) and toss again.

# Corn

**What is corn?** Is it a vegetable...grain...starchy vegetable? Yes, to all. Classified as a grain, but also a vegetable, this food does double duty. It grows in "ears," each of which is covered in rows of kernels that are then protected by the silk-like threads called "corn silk" and encased in a husk. Its traditional name is *maize* by which it was known to the Native Americans as well as many other cultures throughout the world. Although it is often associated with the color yellow, it actually comes in host of different varieties featuring an array of different colors—red, pink, black, purple, white, and blue.



**Selection:** To find the best corn, look for fresh green husks and soft silk. Husks should envelope the ear and not fit too loosely around it. Silk-ends should be absent of decay and stem ends should not be discolored or dried. To examine the kernels, pull back on part of the husk. Kernels should look moist, plump, bright in color, and tightly arranged in rows. Avoid ears with underdeveloped or overdeveloped kernels or those with yellowed, wilted or dried husks.

**Storage:** Traditionally to enjoy the optimal sweetness of fresh corn, it was recommended to eat it the day of purchase. New varieties allow you 3 days to still enjoy its full flavor. Store corn in an air-tight container or tightly wrapped plastic bag in the refrigerator if you do not intend to cook it on the day of purchase. Do not remove its husk since this will protect its flavor. Fresh corn freezes well if placed in heavy-duty freezer bags. To prepare whole ears for freezing, blanch them first for five minutes depending. If you just want to freeze the kernels, first blanch the ears and then cut the kernels off the cob at about three-quarters of their depths. Frozen whole corn on the cob will keep for up to one year, while the kernels can be frozen for two to three months.

**Nutrients/nutrition:** Consider a medium-sized ear of corn to be one serving. 1 cup of cooked corn = 177 calories, 5 grams of fiber, and ~17% of the daily vitamin C requirement. Anyone who has eaten fresh corn-on-the-cob or freshly popped popcorn knows how satisfying this food can be to chew. Some of that satisfaction comes from corn's fiber content and aids in overall digestion. With 5 grams of fiber per cup, corn is a good fiber source.

**Preparation:** To shuck the corn, pull the husks down the ear and snap off the stem at the base. Under cold running water, use a vegetable brush and rub the ear in a circular motion to remove the silk. Corn can be roasted/grilled, boiled, or steamed. For roasting/grilling...pull back the husks (but don't remove entirely). Soak the corn in 5 minutes. Place the corn on the grill and cook, turning occasionally, ~15 to 20 minutes. For oven roasting, place the ears of corn in the oven at 375 and cook for ~20-30 minutes. For steamed corn, place in 1 inch of water, cover tightly and bring to simmer. Cook time is ~6 to 10 minutes. If using the boiling method, then add husked ears of corn to a pot of boiling water, cover, and turn off the heat. Let stand for up to 10 minutes.

# Zesty Zucchini and Corn Salad

## INGREDIENTS:

- 5 ears of corn, husks and silks removed
- 2 medium zucchini, grated
- 2 tablespoons fresh lime juice
- 2 tablespoons olive oil
- 2 tablespoons of fresh cilantro, chopped
- Salt and pepper to taste

## DIRECTIONS:

Husk corn. Remove silk.

Stand corn on the cutting board and slice (with a knife) the cob to release the kernels. Discard cob. Place the corn in the mixing bowl.

Rinse zucchini. Remove stem. Grate. Place the grated zucchini the bowl with the corn.

Rinse lime and cilantro.

Slice the lime and squeeze to obtain the lime juice.

Add to the corn and zucchini.

Add the olive oil to the corn, zucchini and lime juice.

Chop the cilantro. Add to the corn, zucchini, lime juice, and olive oil.

Mix well. Season with salt and pepper. Toss well again.

<b>Nutrition Facts</b>	
Serving Size 100 grams (100 grams)	
Servings per container 9	
Amount Per Serving	
Calories 73	Calories from Fat 31
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 264mg	11%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Sugars 2g	
Protein 2g	
Vitamin A 4%	Vitamin C 19%
Calcium 1%	Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
©www.NutritionData.com	

# Cucumbers

**What are cucumbers?** Two basic types of common cucumbers: slicing varieties for eating fresh and pickling varieties. The slicing cucumbers are longer, usually about 9 inches, have darker green skin and are glossy with tapering ends. The pickling type are smaller and squatter. They have lighter skin and are bumpy.

**Selection:** When selecting cucumbers, look for those that have been kept cool and stored in the shade. Choose those with free from bruises or dark spots and check for firmness. Avoid those that are withered and shriveled as well as those with bulging middles. Overripe cucumbers, with large seeds and very watery flesh will have poor taste.

**Storage:** Cool storage is recommended for cucumbers. Fresh from the CSA market, store your cucumbers in the refrigerator crisper. They store best in their own skin or peel. However if you peel them, wrap tightly in plastic and store in the coolest part of the refrigerator, making sure to eat within a day or two.



**Nutrients/nutrition:** With a high water content and lots of vitamin K (good for bone health), as well as potassium (electrolyte balance), cucumbers are a nourishing food for tissues and a good veggie for hydration in the summer heat. They also provide a different kind of texture to snack time or sandwiches.

**Preparation:** Always remember to wash cucumbers before preparation. Do note that cucumbers can be prepared cooked, though their raw form is more popular. When cooked, their mild flavor is a nice complement to meat dishes. As well, they taste great with herbs like dill, tarragon, and mint or a squeeze of lemon or in your yogurt dip. They are a great addition to ice water too, lending a crisp, fresh element. Slice, ice and serve at a summer picnic. And of course, please pass the pickles...from our very own pickling cucumbers that is...sliced any way you please and great for sandwiches and salads alike.

# Nourse Farm Dill Pickles

*Note: Yields 7 pints*

## INGREDIENTS:

30-40 cucumbers, cut in half  
1 quart water  
1 quart vinegar  
¾ cup white sugar  
½ cup canning or kosher salt  
3 Tablespoons pickling spices  
Dill heads or dill leaves (1 head per jar)

## DIRECTIONS:

Slice cucumbers. Set aside.  
Combine sugar, salt, vinegar and water in large pot.  
Tie the pickling spices in a cheesecloth.  
Add spices to the vinegar mixture and simmer over medium heat for 15 minutes.  
Pack cucumbers into hot jars leaving ½ inch of head space.  
Heat brine to boiling. Pour brine over cucumbers.  
Adjust caps. Process pints and quarts in 15 minutes in boiling water bath.

<b>Nutrition Facts</b>			
Serving Size 1/35 of recipe 135g (135 g)			
Servings per container 35			
Amount Per Serving			
<b>Calories</b> 16	Calories from Fat 2		
<b>% Daily Value*</b>			
<b>Total Fat</b> 0g	0%		
Saturated Fat 0g	0%		
Trans Fat			
<b>Cholesterol</b> 0mg	0%		
<b>Sodium</b> 1181mg	49%		
<b>Total Carbohydrate</b> 3g	1%		
Dietary Fiber 1g	6%		
Sugars 2g			
<b>Protein</b> 1g			
<b>Vitamin A</b> 5%	<b>Vitamin C</b> 2%		
<b>Calcium</b> 6%	<b>Iron</b> 3%		
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	<small>Calories</small>	<small>2,000</small>	<small>2,500</small>
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
<small>Calories per gram:</small>			
Fat	9	Carbohydrate	4
		Protein	4
<b>© www.NutritionData.com</b>			

# Kale

**What is kale?** Kale, also known as borecole, is one of the healthiest vegetables. A leafy green (or purple or red), kale is available in curly, ornamental, or dinosaur varieties. It belongs to the Brassica family that includes cruciferous vegetables such as cabbage, collards, broccoli, and Brussels sprouts.



**Selection:** To find the freshest kale, look for bunches that are firm with deeply colored leaves and hardy stems. Usually smaller leaves indicate a milder flavor. Avoid kale that has brown or yellowed leaves.

**Storage:** For best results, remove any bands, twist ties, or other materials that may keep the kale in in a “bunch”. Store in an air-tight plastic or glass container, wrapped in damp cloth (or paper towel). Note: differing opinions about pre-washing before storage, so experiment on your own 😊. As well, the longer that kale is stored, the more intense the flavor becomes. And, as mentioned, if the leaves become limp or dehydrated, place in cool water and re-hydrate for a few hours so that they perk back up. Lastly, kale freezes well. Blanch leaves for 2.5 minutes, covering the boiling water pot with a lid to steam-heat floating leaves. Blanch stems for 3 minutes. Place leaves and stems in ice water for the same amount of time. Use a strainer to fish leaves from both boiling and ice water. Dry leaves by placing them on a towel. Fill the towel with leaves, then roll it up and squeeze to remove excess water. Quick-freeze small clumps of kale individually on a cookie sheet. After they’re frozen, place clumps into freezer bags in bulk. Remove as much air as possible from bags before sealing.

**Nutrients/nutrition:** One cup of chopped kale = 33 calories, 9% of the daily value of calcium, 206% of vitamin A, 134% of vitamin C, and a whopping 684% of vitamin K. It is also a good source of minerals copper, potassium, iron, manganese, and phosphorus. Its health benefits are linked to the high concentration and excellent source of antioxidant vitamins A, C, and K -- and sulphur-containing phytonutrients. Carotenoids and flavonoids are the specific types of antioxidants associated with many of the anti-cancer health benefits. Kale is also rich in the eye-health promoting lutein and zeaxanthin compounds. Beyond antioxidants, the fiber content of cruciferous kale binds bile acids and helps lower blood cholesterol levels and reduce the risk of heart disease, especially when kale is cooked instead of raw.

**Preparation:** Always remember to wash the kale before preparation (cooked or raw). Drain or spin dry and discard any discolored leaves. Trim away any tough stems using a “v-shaped” cut at the stem end. Toss unwanted stems. Kale can be eaten cooked or raw: in a salad, as a substitute for basil in pesto, dehydrated as a chip, sautéed as side with garlic and onion or in a smoothie.

# King Kale Quiche

## INGREDIENTS:

- 1 Tbsp butter
- 1 onion, minced
- ~2 cups kale, cleaned, finely chopped
- 1-2 clove garlic, minced
- 4 eggs, beaten
- ~1 cup milk
- 1 tsp salt
- ½ tsp black pepper
- ~1 cups grated cheese (sharp cheddar is nice, or Swiss, or provolone)  
(2 slices bacon, cooked and crumbled; optional)
- 1 (9 inch) unbaked piecrust (I use frozen, store-bought)

## DIRECTIONS:

Preheat oven to 350 degrees F.

Place cookie sheet in oven to bring to temp.

In medium saucepan, melt butter and add onion.

Cook until translucent and a little browned. Add

kale and garlic and cook down. Let cool. If using bacon, cook until crisp. Crumble when cool.

Beat together eggs and milk. Add salt, pepper, and cheese. Once veggies are cool, add them and stir together. Add crumbled bacon, if using.

Prick piecrust all over, pour filling into crust.

Prepare second quiche (or double this recipe and make two), place both carefully on hot cookie sheet—try not to spill them!

Bake until set (~45 minutes, sometimes it takes as long as an hour). The preheated cookie sheet keeps the crust from getting soggy. Check crust during the baking process. You may need to cover the crust edge with foil ~ ½ way through so it doesn't get too brown or burn.

<b>Nutrition Facts</b>	
Serving Size 1/8 of recipe 97g (96 g)	
Servings per container 8	
Amount Per Serving	
<b>Calories</b> 175	Calories from Fat 85
% Daily Value*	
<b>Total Fat</b> 10g	15%
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 11mg	4%
<b>Sodium</b> 542mg	23%
<b>Total Carbohydrate</b> 15g	5%
Dietary Fiber 1g	4%
Sugars 2g	
<b>Protein</b> 7g	
<b>Vitamin A</b> 54%	• <b>Vitamin C</b> 35%
<b>Calcium</b> 12%	• <b>Iron</b> 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4
© www.NutritionData.com	



# Sugar Pumpkins

**What are sugar pumpkins?** Part of the squash species, these little pumpkins (~6 to 8 inches in diameter) have firm, sweet flesh (much smoother than that of larger pumpkins). They might also be known as “pie pumpkins”. Use the sugar ones for baking and roasting and the larger ones for carving.



**Selection:** To find the best sugar pumpkin, look for a firm rind, making sure that it is free from bruises and/or blemishes with an intact stem. Do note that rinds sometimes dull as a pumpkin ages, but the flesh should still be good (maybe even sweeter). These pumpkins usually weigh between 4 and 8 pounds.

**Storage:** Pumpkins keep well...if uncut, up to 3 months if stored in a cool, dry place, possibly up to 5 months if refrigerated. If the pumpkin has been cut, then 2 to 3 days in the refrigerator and in the freezer 6 to 8 months.

**Nutrients/nutrition:** 1 cup of cooked sugar pumpkin is one serving...this food choice is a powerhouse of anti-oxidants...vitamin A/beta-carotene with 245% of the daily value, 19% of daily value of vitamin C; it promotes gut integrity with 11% of the daily value for fiber and is cardio-protective with 16% of the daily value of potassium.

**Preparation:** For sugar pumpkins, wash and pat dry to remove dirt. Possible ways to prepare include, but are not limited to: Roasting—this method highlights the sweetness of these pumpkins, saves beta-carotene content and is simple. Remove the stem and then halve the pumpkins. Scoop out seeds and strings (use an ice cream scoop if that makes it easier). Remember to line baking sheet with aluminum foil so that the sugary juices stay here and not on the baking sheet itself (easier cleaning). Roast at 350F for about 45-50 minutes. The exact time will vary depending on the size of the pumpkin(s), so you may need more time. When ready, the pumpkin’s skin will be slightly darker, somewhat wrinkled and tender when poked with a fork. Let stand for 10 minutes before handling. Purée—using cooked flesh, place in blender and blend until smooth. Stuffed—choose your favorite stuffing recipe and use the pumpkin as the mold. Cut off the top and leave an opening wide enough to stuff the pumpkin. Hollow out the pumpkin and then add stuffing mixture. Heat oven to 350F. Place stuffed pumpkins in shallow baking dish. Cover with aluminum foil and bake for 25 minutes. Remove foil and bake for 10 additional minutes. Serve and enjoy.

# Savory Sugar Pumpkin Soup

## INGREDIENTS:

3 cups of roasted sugar pumpkin, pureed  
1 tablespoon butter  
1 cup onions, minced  
2 cups low-sodium chicken broth  
2 cups of low-fat milk  
1 teaspoon of packed brown sugar  
¼ teaspoon allspice  
½ teaspoon sea salt  
¼ teaspoon black pepper

## DIRECTIONS:

Preheat oven to 400 degrees Fahrenheit. Roast sugar pumpkins until tender (~30 minutes). Puree roasted sugar pumpkins until smooth.

In a large pot, sauté onions in butter until translucent.

Add chicken broth and bring to a boil. Lower heat and stir in pumpkin puree and brown sugar. Pour into a blender and puree again. Return mixture to saucepan. Stir in milk.

Add salt and pepper. Add allspice.

Reheat but do not boil. Serve and enjoy.

## Nutrition Facts

Serving Size Entire Recipe 1,502g (1498 ) T  
Servings per container 6

### Amount Per Serving

**Calories** 596      **Calories from Fat** 217

**% Daily Value\***

**Total Fat** 24g      38%

    Saturated Fat 14g      72%

    Trans Fat 0g

**Cholesterol** 69mg      23%

**Sodium** 1599mg      67%

**Total Carbohydrate** 73g      24%

    Dietary Fiber 5g      19%

    Sugars 41g

**Protein** 31g

**Vitamin A**      540% • **Vitamin C**      74%

**Calcium**      72% • **Iron**      26%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

© www.NutritionData.com

# Summer Squash

*(zucchini, patty pan, yellow and couisa)*

**What are squashes?** These veggies are actually gourds that belong to the same family as cucumbers and melons. Most varieties have a creamy white flesh on the inside protected by an outside rind or soft shell.

**Selection:** Look for squash that is firm and tender. Tender squash has glossy skin (rather than dull) and is neither hard nor tough. Remember to choose squash that are not bruised. As well, avoid squash that is stale, has dull skin, is discolored or is pitted.



**Storage:** Place in a plastic bag and store in the crisper of the refrigerator. Summer squash should keep for up to one week.

**Nutrients/nutrition:** Summer squash is ~95% water, making it low in calories, sodium and fat. When eaten with the skin it's a good source of vitamin C, with ~35% of the daily value. This veggie can be eaten raw or cooked, including the flesh, skin and seeds. One serving = one cup. Additional nutrients found in summer squash and their contributions to optimal health are: beta-carotene (free radical reduction), potassium (cellular function and blood pressure control), and folate (red blood cell formation and cell growth).

**Preparation:** Always remember to wash the squash and trim the ends. It does not need to be peeled to eat it. In fact, often the skin is a colorful contrast or complement to your plate. Squash can be sautéed in slices or chunks using a little canola or olive oil, making sure to toss often to prevent the squash from browning. Usual cooking time for sautéed squash is 5 to 6 minutes (quick and easy). Steaming is another alternative for squash slices or chunks, though the cooking time increases to 10 to 12 minutes. Stir-frying is another way to prepare this veggies. Its mild flavor is best preserved by stir-frying alone or with other less intensely flavored vegetables like green beans, mushrooms or corn. Cooking time for stir-fry: 4 to 5 minutes. Summer squash is easy to roast too: sliced in half moons, seasoned to taste at 400 degrees for ~10 to 12 minutes. If you have extra and need to freeze, grate or slice it and place in a freezer safe container or bag and save for later. When thawed it will work well in breads (zucchini) and quiches.

# Summer Squash Salad

## INGREDIENTS:

1 cup arugula  
1 zucchini squash, grated  
1 yellow squash grated  
2 tablespoons olive oil  
2 tablespoons lemon juice  
Salt and pepper to taste  
¼ cup Grated parmesan cheese

## DIRECTIONS:

Rinse arugula, squash, and lemon.

Add the arugula to the mixing bowl.

Grate the squash. Add to mixing bowl.

Prepare dressing by mixing oil, lemon juice, garlic, salt and pepper.

Pour dressing over squash and stir gently. Allow to sit until ready to serve.

Just before serving, mix in the arugula and cheese and adjust salt and pepper.

<b>Nutrition Facts</b>	
Serving Size 1/4 of recipe 140g (139 g)	
Amount Per Serving	
<b>Calories</b> 118	Calories from Fat 88
% Daily Value*	
<b>Total Fat</b> 10g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 12mg	4%
<b>Sodium</b> 458mg	19%
<b>Total Carbohydrate</b> 5g	2%
Dietary Fiber 1g	5%
Sugars 3g	
<b>Protein</b> 3g	
<b>Vitamin A</b> 8%	<b>Vitamin C</b> 41%
<b>Calcium</b> 9%	<b>Iron</b> 3%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
© <a href="http://www.NutritionData.com">www.NutritionData.com</a>	

# Tomatoes

**What are Heirloom Tomatoes?** An heirloom tomato is not just one kind of tomato, but any tomato variety that has been passed down through the generations, a “family heirloom”. Rich in vitamins and minerals, they can add color, flavor, and texture to a sandwich, soup, salad or sauce. A versatile choice, they can be enjoyed raw, stuffed, baked, stewed, or grilled for sides, snacks or mains.



**Selection:** To find the best tomato, look for smooth, well-ripened ones that are reasonably free from blemishes and/or bruises. The best way to check for ripeness is to very gently press the tomato with your thumb. If there is no mark, then the tomato is not ripe; but if an indentation does appear it is ripe and ready to eat. Avoid soft, overripe, or bruised tomatoes and those with growth cracks (deep brown cracks around the stem) or soft, depressed areas.

**Storage:** If a tomato is not yet ripe, keep it in a room temperature or warm (not cold) place. And if you need to speed up the ripening process, then place it in a paper bag with an apple or banana, using the natural ethylene gas that fruits emit to speed up the maturation process. Be careful not to ripen tomatoes in the direct sunlight because even though the skin might be red, the tomatoes will not be ripe or flavorful inside. If a tomato begins to become overripe, store it (or them) in the refrigerator. Store sun-dried tomatoes in an airtight container, with or without olive oil in a cool, dry place.

**Nutrients/nutrition:** In general, one medium-sized heirloom tomato contains about 35 calories, 1/2 gram of fat, 1 gram of protein and 7 grams of carbohydrates (4 are simple sugars, 1 is fiber and 1 is complex sugars). These values are only 1 to 2% or less, of the recommended total daily intake of calories, fat, protein and carbohydrates. This same medium-sized tomato contains about 20% of the daily recommended intake of vitamin A and about 40% of the daily recommended intake of vitamin C.

**Preparation:** If you have stored your tomatoes in the refrigerator, removing them 30 minutes prior to use will help them to regain their maximum flavor and juiciness. Remember to wash tomatoes (gently) in cold water to remove dirt and residues. Great in salads, on sandwiches, in soups and sauces, tomatoes can be stuffed, sliced, or pureed. When slicing for sandwiches or salads, hold the tomato vertically to prevent the juice and seeds from spilling out. For stuffed tomatoes, cut them horizontally to remove seeds and juice.

# Basil Tomato Soup

## INGREDIENTS:

3 ripe tomatoes  
1-2 cloves of garlic, pressed  
1 bunch of basil, chopped  
½ ripe avocado  
Salt and pepper to taste

## DIRECTIONS:

Rinse tomatoes and basil.

Coarsely chop tomatoes and add to blender/food processor.

Remove the stems from the basil, coarsely chop. Place in blender/food processor.

Scoop the flesh of the avocado and add to the blender/food processor/food processor.

Peel and press garlic and add to food processor.

Blend until smooth. Serve hot or cold.

Serve and enjoy.

## Nutrition Facts

Serving Size Entire Recipe 692g (173 g)  
Servings per container 4

### Amount Per Serving

Calories 75      Calories from Fat 40

% Daily Value\*

Total Fat 5g      7%

Saturated Fat 1g      3%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 591mg      25%

Total Carbohydrate 8g      3%

Dietary Fiber 4g      15%

Sugars 4g

Protein 2g

Vitamin A 30% • Vitamin C 35%

Calcium 3% • Iron 5%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

© www.NutritionData.com

## Turnips and Rutabagas

**Turnips** are fall root vegetables that are known for their tops and bottoms. The most common type of turnip is mostly white-skinned except the upper area, which can jut above ground and turn purple, red, or green (where the sunlight has fallen). The interior flesh is entirely white. The leaves grow directly from the above-ground root shoulder, with little or no visible crown or neck. The peak season for turnips begins in October and continues throughout the winter.



Similar to turnips, rutabagas are also a fall veggie delight. Originally, a cross between a cabbage and a turnip, but takes a few weeks longer to mature than a turnip. Same peak season, but a bit sweeter in taste with smoother leaves, rounder roots, a more yellow flesh and a visible crown or neck where the leaves shoot.

**Selection:** To find the best turnip or rutabaga, look for smooth, round and firm vegetables—they'll be round or oval. Avoid those with any visible cracks, punctures, deep cuts or decay.

**Storage:** Storage for rutabagas and turnips is similar—and as you can imagine, a root cellar is considered “ideal”; but if you don't have one, then...brush the loose dirt off the veggies (but don't wash), twist off the tops, leaving about 1/2 inch of stem remaining on the root and store in cool, dark and damp(ish) place (a basement or storage room). These vegetables also store well in the refrigerator (wrapped tightly in plastic bags) for ~1 month.

**Nutrients/nutrition:** These root veggies are low calorie, low fat, and low sodium and are good sources of calcium, potassium, vitamin B6 and C as well as fiber (so important for gut, bone and heart health, as well as clear vision and glowing skin).

**Preparation:** While turnips and rutabagas are good when served on their own, they tend to do well combined with other root vegetables in soups and stews. **Baking:** For both turnip and rutabaga, place ½ inch thick slices in a shallow baking dish. Sprinkle with a few tablespoons of water and bake in a 350 F oven until tender. Turnips bake for approximately 30 to 45 minutes and rutabagas for 50 to 60 minutes. **Boiling:** Place either whole or sliced turnips or rutabagas (peeled) into a pot of boiling water. To sweeten the flavor, add a teaspoon of sugar to the pot. Whole turnips will boil for 20 to 30 minutes until cooked through, while slices will take approximately 6 to 8 minutes. Whole rutabagas will take roughly 25 to 35 minutes to cook in boiling water, while slices of rutabagas will take 7 to 10 minutes. **Microwaving:** Place one pound of either turnips or rutabagas in a microwavable baking dish, cover with 3 tablespoons of liquid. After cooking for about 4 minutes, take out and stir. Continue cooking for 3 to 5 minutes or until tender. **Stir-frying:** Add thinly sliced turnips or rutabagas to stir-fry. Total cooking time is 6 to 7 minutes.

# Turnip and Poppy Seed Salad

## INGREDIENTS:

- 2 Tablespoons olive oil
- 2 Tablespoons rice vinegar
- 2 teaspoons honey
- 2 teaspoons poppy seeds
- 2 teaspoons finely grated fresh ginger
- ½ pound baby turnips, sliced very thinly
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

## DIRECTIONS:

Wash turnips and slice thinly.

Combine the oil, vinegar, honey, poppy seeds, ginger, ½ teaspoon salt and ¼ teaspoon pepper in a small bowl to make the dressing.

Drizzle the turnips with the dressing.

Serve and enjoy.

## Nutrition Facts

Serving Size Entire Recipe 305g (291 g)  
Servings per container 4

### Amount Per Serving

Calories 266      Calories from Fat 140

### % Daily Value\*

Total Fat 16g      25%

Saturated Fat 2g      11%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 1317mg      55%

Total Carbohydrate 30g      10%

Dietary Fiber 5g      21%

Sugars 22g

Protein 3g

Vitamin A 0% • Vitamin C 79%

Calcium 15% • Iron 9%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

© www.NutritionData.com



# Winter Squash

**What is winter squash?** Actually, a summer-growing annual this harvest product represents several squash species (spaghetti, acorn, butternut, buttercup, and pumpkin). It differs from summer squash in that it is harvested and eaten in the mature fruit stage, when the seeds within have matured fully and the skin has hardened into a tough rind. At this stage, most varieties can be stored for use during the winter, hence the name.



**Selection:** To find the best winter squash, look for a hard, tough rind with an attached stem. As well, choose one that is heavy for its size. Avoid those with cuts, punctures, and sunken or moldy spots on the rind. A tender rind indicates that the squash is not yet ripe (and then won't be as flavorful).

**Storage:** Winter squash keeps well, up to 3 months if stored in a cool, dry place. They store best with part of the stem still attached (to help retain moisture). Once raw squash has been cut, store the squash wrapped in plastic in the refrigerator for 4 to 5 days. For cooked squash, store in the refrigerator in an airtight container for up to 5 days. If you decide to freeze your squash, do note that frozen cooked squash can stay fresh for up to 1 year.

**Nutrients/nutrition:** 1 cup of cooked winter squash is one serving...this food choice is a powerhouse of anti-oxidants...vitamin A/beta-carotene with its 539 micrograms (~60% of the daily value) of vitamin A, 19 milligrams (~26% of daily value) of vitamin C; it promotes gut integrity with its 5 grams of fiber (23% of the daily value) and is cardio-protective with 14% of the daily value of potassium (494 milligrams).

**Preparation:** For all winter squash, wash and pat dry to remove dirt. Possible ways to prepare include, but are not limited to: Baking—this method brings out the sweetness of winter squash, saves beta-carotene content and is super easy. Halve small squash length-wise and scoop out seeds and strings. If your squash is larger, you might consider cutting into serving size portions. Remember to line baking sheet with aluminum foil so that the sugary juices stay here and not on the baking sheet itself. Pour about ¼ inch of water in the pan/sheet; cover with foil and bake at 350 until the squash is tender (for halves, ~40 minutes; for pieces, ~15 to 25 depending on the size). Sautéing—remove the rind using a paring knife and the grate, cube or dice the squash. Sauté in a mix of broth and oil until desired tenderness (~8 to 15 minutes). Steamed—Fill the bottom of the steamer with 2 inches of water. While steam is building up in steamer, peel and cut squash into 1-inch cubes. Steam **covered** for 7 minutes. Squash is done when it is tender, yet still firm enough to hold its shape. Transfer to a bowl. For more flavor toss squash with the oil, orange juice, salt, and pepper while it is still hot. Season with cinnamon, nutmeg, allspice, cardamom, ginger, or turmeric.

# Greek Style Spaghetti Squash

## INGREDIENTS:

- 1 spaghetti Squash
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 Tablespoons olive oil
- 2-3 tomatoes, diced
- 2 ounces of crumbled feta cheese
- ½ cup chopped black olives
- 1 Tablespoon fresh parsley, for garnish
- ½ teaspoon salt
- ½ teaspoon pepper

## DIRECTIONS:

Preheat oven to 350°. Cut squash lengthwise and remove seeds from each half. Place flesh side down on rimmed cookie sheet, sprayed with cooking oil. Bake for 30 minutes.

In the meantime, heat oil in a large saucepan. Add onion and garlic and sauté until tender. Season with salt and pepper. Stir in tomato and sauté until softened.

When squash is finished (soft), removed from the oven and let cool for a few minutes. When cool enough to handle, flip squash over and scrape insides of each half with a fork. Little spaghetti-like strands will easily come off the squash.

Stir squash with sautéed onion and tomato mix. Add olives. Sprinkle with chopped parsley. Serve and enjoy!

Adapted from: <http://www.yummyhealthyeasy.com/2013/10/greek-style-spaghetti-squash.html>

<b>Nutrition Facts</b>					
Serving Size 1/4 of recipe 202g (201 g)					
Servings per container 4					
Amount Per Serving					
<b>Calories</b> 152	Calories from Fat 96				
% Daily Value*					
<b>Total Fat</b> 11g	17%				
Saturated Fat 3g	16%				
Trans Fat 0g					
<b>Cholesterol</b> 12mg	4%				
<b>Sodium</b> 625mg	26%				
<b>Total Carbohydrate</b> 11g	4%				
Dietary Fiber 3g	11%				
Sugars 6g					
<b>Protein</b> 4g					
<b>Vitamin A</b> 23%	<b>Vitamin C</b> 31%				
<b>Calcium</b> 10%	<b>Iron</b> 6%				
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:					
	Calories	2,000	2,500		
Total Fat	Less than	65g	80g		
Sat Fat	Less than	20g	25g		
Cholesterol	Less than	300mg	300mg		
Sodium	Less than	2,400mg	2,400mg		
Total Carbohydrate		300g	375g		
Fiber		25g	30g		
Calories per gram:					
Fat	9	Carbohydrate	4	Protein	4
©www.NutritionData.com					