

Nourse Farm Recipe Collection

2016



Featuring selected recipes from our CSA members, Farm Store clientele and staff

Continue to Celebrate Food Day Every Day!

In appreciation of your patronage, Nourse Farm created a second digital recipe collection featuring some of your farm favorites. Designed to showcase the fresh produce through the seasons, we compiled food and nutrition facts, completed a nutrient analysis of each recipe and listed their step-by-step food preparation and/or cooking instructions. And in this edition at the end, we included some additional info on herbs and honey.



So, welcome to the *Nourse Farm CSA Recipe Collection (2nd edition)*! Some you might recognize, while others might surprise you and maybe even get you thinking about a particular food in a different way. All information is culled from the USDA.



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 a main dish). 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, Emily, Hayley, Kayla and Michelle

Beets

Beets or beetroots are the taproot (or most dominant root part) of the beet plant. **Table beet, garden, red or golden** are other names that are used to identify this veggie. Known for its edible root and greens, beets can also be used as a natural food coloring and sweetening product (the sugar beet). They come in a variety of colors: red, white, golden or yellow, and Chioggia (striped) and are most abundant from mid-summer through early fall.

Selection: To find the **best beet**, look for signs of appropriate freshness, e.g., **deep color, unbruised skin** and **appropriate firmness**. Avoid any beets with spots, bruises or wet areas, as these signs may indicate spoilage. Smaller beets may be tender enough to skip the peeling process after they are cooked. Note that the beet greens' presence or quality does not affect the beet root. However, if you choose to use the greens, select those that are fresh and have a rich green color.



Storage: Trim the majority of the beet greens and their stems from the roots, so they do not pull away moisture away from the root. Leave about 2 inches of the stem attached to prevent the roots from "bleeding." **Do not wash beets before storing**. Place in a **plastic bag and wrap the bag tightly** around the beets, removing as much of the air from the bag as possible. **Store in the refrigerator** where they will keep for up to 3 weeks. Place the **unwashed greens** in a separate plastic bag squeezing out as much of the air as possible. Place in refrigerator where they will keep fresh for about four days. **Raw beets do not freeze well** since they tend to become soft upon thawing. **Freezing cooked beets is fine**; they'll retain their flavor and texture.

Nutrients/nutrition: Beets are low calorie, low fat, and low sodium and provide a body these daily values: ~34% % **folate**, 28% **manganese**, and 15% **potassium**, as well as 7% **iron**. Additionally, evidence shows us that beets provide antioxidants (betalin) and anti-inflammatory phytonutrients (betanin, isobetanin, and vulgaxanthin) and have been shown to assist the body in natural detoxification actions.

Preparation: Chop, dice or slice beets for easy sides; always remember to rinse them gently, under cold running water. If some of the red beet juice does stain your skin, rub it with lemon juice to remove. The cooking method recommended to retain the most nutrients is **steaming**...~15 minutes works well. Fill the bottom of the steamer with ~2 inches of water and bring to rapid boil. Add the beets, cover, and steam. Insert a fork into the beet to check for doneness—it should slide in easily (no effort) if done. Remove or peel the beets' skin by rubbing the skin with a paper towel to avoid staining your hands. Roasting beets is also popular—rinse, peel, toss with olive oil and roast at 400 F for ~30 to 45 minutes (smaller beets less time, larger ones more). Do note that beets' color can be altered during the cooking process. Acid ingredients like lemon juice brighten their color; more basic or alkaline ones will deepen it.

Beet and Tomato Gazpacho

Ingredients:

- 2 slices red or white onion
- 1 large beet (about 6 ounces), roasted
- 1 small (~6 ounces) cucumber, peeled
- 2 pounds ripe tomatoes, cored and quartered
- 2 sticks celery, coarsely chopped
- 2 large garlic cloves, halved
- 2 tablespoons red wine vinegar (plus a little extra for the onion)
- 3 tablespoons olive oil
- Salt to taste
- ½ to 1 cup ice water

For garnish (optional)

- ½ cup diced cucumber
- Slivered fresh mint leaves

Directions: Put the onion slices in a bowl, cover with cold water and add a few drops of vinegar. Let sit for 5 minutes while you prepare the remaining ingredients. Drain and rinse with cold water. Cut in half or into smaller pieces as desired.

Working in two batches, blend all of the ingredients, except the garnishes, in a food processor or blender for 2 minutes (or longer), until smooth and frothy. Transfer to a bowl or container (a metal bowl is the most efficient for chilling). If desired, dilute or thin with more water. Chill for at least 2 hours before eating. Garnish each bowl or glass with diced cucumber and slivered fresh mint leaves (optional). Serve and enjoy!

Nutrition Facts	
Serving Size 1/6 of recipe 248g (248 g)	
Servings per container 6	
Amount Per Serving	
Calories 107	Calories from Fat 63
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 194mg	8%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	11%
Sugars 3g	
Protein 3g	
Vitamin A 47%	Vitamin C 46%
Calcium 3%	Iron 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>	
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Adapted from New York Times, recipes

Bok choy (*baby Bok choy, too*)

Bok choy is a member of the **cruciferous** family of vegetables. This type of cruciferous vegetable is one in which the leaves of the plant do not form a head. It is often referred to as "non-heading." You can recognize it as a non-headed cabbage with individual leaves that cluster together, similar to celery stalks. Because "Bok choy" means "white vegetable" in Chinese, it can also be referred to as "**white cabbage**" or "**white-stem cabbage**." However, not all Bok choy is white-stemmed. Its stalks can also be different shades of green and even purple. Baby Bok choy is a smaller, more tender variety.



Selection: To find the best Bok choy, look for **firm, bright-colored** leaves. Stems should be **moist** and hardy. Bok choy should be displayed in a **cool environment** since warm temperatures will cause it to wilt. Wilting will dull its flavor. The leaves should look fresh, free from signs of browning, yellowing, and small holes. It is available throughout the year but is at its peak from **mid-winter to early spring** (particularly in New England).

Storage: Place Bok choy in a **sealed plastic bag**, removing as much of the air as possible. Keeping Bok choy **cold** will keep it fresh and help it retain its vitamin C content. Put the whole head in a plastic bag in the crisper of your refrigerator. Bok choy will keep for about **1 week** if properly stored.

Nutrients/nutrition: Bok choy is low-calorie, low-fat, and low-sodium. A one cup serving of cooked Bok choy provides your body these daily recommended values: 64% of **vitamin K**, 59% of **vitamin C**, and 40% of **vitamin A**, as well as 18% of **potassium** and 16% of **calcium**. Its nutrients help with blood clotting, bone health, immune function, eye health, and skin integrity. Additionally, evidence shows Bok choy contains **antioxidants** that are anti-inflammatory and promote overall healthy cell functioning.

Preparation: Bok choy can be enjoyed **raw** or **cooked**. The most popular dishes include **salad** and **stir fry**. Most parts of Bok choy can be prepared without much trimming or concern for undesired textures or cooking times. Chop leaf portions into 1/8" slices and the stems into 1/2" lengths for quick and even cooking. To get the most health benefit, let the Bok choy **sit for at least 5 minutes** between slicing and cooking. Dressing with **lemon juice** before cooking will even further enhance its nutrient absorption.

Crispy Asian Noodle and baby Bok Choy Salad

Ingredients:

- 1 large Bok choy or 2 baby Bok choy (~1 pound)
- 1 large Vidalia onion
- 2 packages ramen noodles, Asian flavor, remove seasoning packet
- ½ cup Sesame seeds
- ½ cup slivered almonds
- ¼ cup butter
- 1 Tablespoon sugar

- ¼ c salad oil (olive, canola or vegetable)
- ¼ cup red wine vinegar
- 2 Tablespoons (low sodium) soy sauce
- ¼ cup sugar

Instructions:

Chop Bok choy coarsely. Dice onion. Combine and put in a plastic bag. Set aside.

Melt butter in large fry pan, add 1 Tablespoon of sugar, noodles (broken into bits), sesame seeds and almonds. Toast these ingredients, stirring frequently so as not to burn them.

To make the dressing, combine ½ cup oil, ¼ cup red wine vinegar, 2 Tablespoons soy sauce, and ¼ cup sugar in a bottle or jar and shake until dissolved. Set aside.

Toss noodle mixture, Bok choy and onions together with dressing 20 minutes before serving in a large salad bowl to keep from wilting. Serves 8 to 10.

Nutrition Facts

Serving Size (81g)
Servings Per Container

Amount Per Serving

Calories 160 **Calories from Fat** 110

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 240mg **10%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **8%**

Sugars 5g

Protein 3g

Vitamin A 40% • **Vitamin C** 30%

Calcium 6% • **Iron** 4%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

Adapted from a recipe courtesy of Jean Murray

Cauliflower

Purple or orange, but most commonly seen in an off-white color, **cauliflower** is a member of the Brassica family (like broccoli, kale, cabbage, and collards) and known as a **cruciferous vegetable**. With a compact **head or curd**, its average size is ~ six inches in diameter. Coarse green leaves shield the curd from sunlight and are usually folded around the center.

Selection: To find the best cauliflower, choose those with **clean, compact curds**. Look for ones that are **clustered tightly** rather than separated. Avoid cauliflower that is spotted or dull-colored. Also note that heads which are surrounded by **many thick green leaves** are **better shielded** from the sun and will likely be **fresher**.



Storage: Store **raw** cauliflower in a **paper or plastic bag in the refrigerator**. It should keep **fresh for ~ 7 days**, though consumption within 4 days ensures a better tasting product. To prevent moisture from developing in the cauliflower, store it with the **stem side down**. Cooking will cause it to spoil quicker, so eat any cauliflower that has been cooked within 2 to 3 days.

Nutrients/nutrition: Cauliflower is **low calorie and low fat**: one cup of cooked cauliflower has only 29 calories. As well, it is a good source of **vitamin C** (immune function), **vitamin K** (bone health) and **folate** (nervous system function).

Preparation: Cauliflower **florets** are the part of the plant that most people eat. The **stem and leaves are edible** too (great for adding to soup stocks). To cut cauliflower, remove the outer leaves, slicing the florets at the base where they meet the stalk. Cut them smaller if you like. Trim any brown spots. Cauliflower contains phytonutrients that can release an odor when heated. These odors become stronger with increased cooking time. If you want to decrease odor, retain the vegetable's crisp texture, and reduce nutrient loss, cook the cauliflower for only a short time (6 to 10 minutes).

Sweet and Sour Cauliflower

Ingredients:

- 1 chopped yellow onion
- 2 finely chopped garlic cloves
- 2 Tablespoons olive oil
- 1 can diced tomatoes (28 oz.)
- ½ cup raisins
- ¼ cup sherry vinegar or red wine vinegar
- 2 Tablespoons sugar
- 5 cups cauliflower florets
- ¼ teaspoon ground black pepper

Directions:

Cook yellow onion and garlic in olive oil until tender.

Add diced tomatoes, raisins, sherry vinegar, and sugar. Cook for 5 minutes.

Add cauliflower florets and pepper. Cook until tender, about 10 minutes.

Try serving over couscous or brown rice.

Nutrition Facts	
Serving Size 1/4 of recipe 398g (398 g)	
Servings per container 4	
Amount Per Serving	
Calories 227	Calories from Fat 65
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 52mg	2%
Total Carbohydrate 40g	13%
Dietary Fiber 7g	27%
Sugars 28g	
Protein 5g	
Vitamin A 33%	Vitamin C 143%
Calcium 7%	Iron 9%
<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>	
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Adapted from a Real Simple recipe

Eggplant

What is eggplant? The eggplant belongs to the **nightshade/potato family**, which includes tomatoes and bell peppers. The various colors for eggplant are purple, green, white, and striped; shapes can be pear-shaped or cylindrical. Its size can range from a golf ball to a football. Eggplant can be a great substitute for vegetarians who prefer a “meatier” textured veggie.



Selection: A good eggplant should have a feeling of **firmness and heaviness** to it and is also free of any cracks or discolorations. The color of its stem should be bright green (something else to keep in mind when choosing an eggplant). Pressing your thumb into the eggplant can indicate its ripeness--if the imprint bounces back, then it is ripe.

Storage: Eggplant should be **stored in the crisper drawer** of the refrigerator. Stored here, it can remain fresh for ~5-7 days. If you cannot fit it in the crisper drawer, do NOT force it! Forcing can damage the vegetable, making it spoil sooner. Placing it on a shelf in the refrigerator in a plastic bag will also work well for storage. Refrain from slicing the eggplant before use as this action can also cause early spoilage. **Do not wash eggplant until the preparation** so that it will stay fresh longer. This vegetable also cannot be put in the freezer because it's very sensitive to extreme temperatures.

Nutrients/Nutrition: One cup of cubed and cooked eggplant = 35 calories. Great sources of fiber, vitamin B1, and copper are found in this veggie. There are also good sources of folate, vitamin K, manganese, niacin, potassium, vitamin C, and vitamin B6. Both **vitamin C and K** assist the body in healing itself faster. Eggplant also contains phytonutrients, such as, nasunin and chlorogenic acid which contain anti-oxidant and free radical reduction properties.

Preparation: **Always wash your vegetables before you start prepping them to get rid of any pesticides or dirt.** Trim the ends of the eggplant and prep with whichever technique you prefer. Use a vegetable peeler to remove skin if desired. **“Sweating”** is a way to **reduce some bitterness** of the eggplant: Sprinkle salt over the flesh (white part) after cutting it and let salted eggplant sit for ~30 minutes. This technique prevents it from absorbing too much moisture so that it does not become mushy during the cooking process. Rinse most of the salt off after sweating the eggplant. Using a fork, poke holes into it, drizzle with olive oil, and bake in the oven at 350°F for 15-25 minutes. Cooking time may vary depending on size. Once ready, the eggplant should cut easily with a knife.

Open-Faced Grilled Eggplant and Mozzarella Melts

Ingredients:

Canola oil or spray (for the grill)
4 large slices of country thick bread (~1 inch thick)
2 medium eggplants, sliced ½ inch thick
2 Tablespoons olive oil
Kosher salt and black pepper
1 clove garlic, halved
8 ounces mozzarella, (8 slices)
2 large Heirloom tomatoes, cut into 8 slices
1 cup fresh basil

Directions:

Heat grill to medium. Once hot, brush or spray with oil or cooking spray. While the grill is heating, slice bread, eggplant, tomatoes and cheese; separate the basil from its stem. Set these items aside.

Brush the bread and eggplant with the olive oil and season with salt and pepper to taste.

Grill the bread until browned and crisp, 1 to 2 minutes per side; rub with garlic.

Grill the eggplant slices, turning occasionally until tender, 6 to 8 minutes. Place the cheese on top of the bread and grill, covered until warm and beginning to melt. Top with eggplant, tomato and basil. Drizzle lightly with olive oil, sprinkle with salt and pepper and serve! Serves 4.

Nutrition Facts	
Serving Size 1/4 of recipe (412 g)	
Servings per container 4	
Amount Per Serving	
Calories 331	Calories from Fat 136
% Daily Value*	
Total Fat 15g	24%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 22mg	7%
Sodium 523mg	22%
Total Carbohydrate 37g	12%
Dietary Fiber 13g	52%
Sugars 9g	
Protein 15g	
Vitamin A 28%	Vitamin C 27%
Calcium 23%	Iron 14%
<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>	
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Adapted from a Real Simple recipe

Summer Squash

(Zucchini, patty pan, yellow and Cousa)

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.



Zucchini and Hazelnut Salad

Nutrition Facts

Serving Size 1/4 of recipe 275g (275 g)
Servings per container 4

Amount Per Serving

Calories 319 **Calories from Fat** 239

% Daily Value*

Total Fat 27g 42%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 14mg 5%

Sodium 386mg 16%

Total Carbohydrate 10g 3%

Dietary Fiber 3g 14%

Sugars 5g

Protein 12g

Vitamin A 25% • **Vitamin C** 66%

Calcium 30% • **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:

		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

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Ingredients:

- 1/3 cup shelled hazelnuts or chopped
- 7 small zucchini (1¾ pounds in total)
- 4 Tablespoons olive oil
- Salt and black pepper
- 1 tsp balsamic vinegar
- 1 ¼ cups mixed green and purple or green basil leaves
- 3 ounce top-quality Parmesan, broken up or very thinly sliced
- 2 tsp hazelnut oil

Directions:

Preheat the oven to 300°F. Scatter the hazelnuts over a baking sheet and roast for 12 – 15 minutes, or until nicely browned. Let them cool down before chopping roughly or just crushing lightly with the side of a large knife. Place a ridged griddle pan on a high heat and leave it there until it's almost red-hot – at least 5 minutes. Another option if you don't have a griddle pan is to heat up some olive oil in a sauté pan for ~ 5 minutes.

Wash off any dirt from zucchini in cold water thoroughly and dry with paper towels. Trim the ends of the zucchini and cut them on an angle into 3/8-inch thick slices. Place them in a bowl and toss with half the olive oil and some salt and pepper. Place the slices in the hot grill pan and char-grill for about 2 minutes on each side; turn them over using tongs. You want to get distinct char marks without cooking the zucchini through. If you're using the other method (with the sauté pan), place a press on top of the zucchini slices, 2 minutes each side, using tongs to flip them over. Transfer to a mixing bowl, pour over the balsamic vinegar, toss together and set aside.

Once the zucchini have cooled down, add the remaining olive oil, the basil and hazelnuts. Mix lightly, then taste and adjust the seasoning accordingly. Transfer the salad to a flat plate, incorporating the Parmesan, and drizzle over the hazelnut oil.

Adapted from Yotam Ottolenghi's Plenty Cookbook

Fennel

Fennel is part of the *Umbelliferae* family, closely related to parsley, carrots, dill and coriander. It is composed of a **white** or **pale green** bulb with overlaid stalks and topped with **feathery green fronds** (leaves) which produce the **fennel seeds**. The **bulb, stalk, leaves** and **seeds** are all edible with its taste often compared to **licorice** or **anise** and its **texture** to **celery**.



Selection: Quality fennel will have bulbs that are clean, firm and solid, without signs of **splitting, bruising** or **spotting**. The bulbs should be whitish or pale green in color with straight stalks that are tightly clustered around the bulb. **Stalks** and **leaves** should be **green** in color and be free from signs of **flowering** as this indicates that the vegetable is past maturity. Fresh fennel should have a **fragrant aroma**, with a subtle licorice or anise scent.

Storage: Store fresh fennel in the **refrigerator crisper**, where it should keep fresh for about **four** days. Yet, it is best to consume fennel **soon** after purchase since as it ages, it tends to gradually **lose** its **flavor**. While fresh fennel can be frozen after first being blanched, it seems to lose much of its flavor during this process. Dried fennel seeds should be stored in an airtight container in a cool and dry location where they will keep for about six months. Storing fennel seeds in the refrigerator will help to keep them fresher longer.

Nutrients/nutrition: One cup of fennel contains **14%** of daily **vitamin C** needs, **11%** of daily **fiber** needs, and **10%** of daily **potassium** needs—good for your **immune** and **cardiovascular** system. As well, fennel contains its own unique combination of phytonutrients—including the flavonoids **rutin, quercetin**, and various **kaempferol glycosides**—that give it strong antioxidant activity. **Anethole** is often cited as the most interesting **phytonutrient** related to its oil volatility. In some research studies, the *anethole* in fennel has repeatedly been shown to reduce **inflammation** and to help prevent the occurrence of **cancer**.

Preparation: As mentioned above, the three different parts of fennel—the **base, stalks** and **leaves**—can all be consumed. **Cut** the **stalks** away from the **bulb** at the place where they meet. If you are not using the intact bulb in a recipe, then first **cut** it in half, remove the **base**, and then rinse it with water before proceeding to cut it. Fennel can be cut in a variety of sizes and shapes, depending upon the recipe and personal preference. The best way to slice it is vertically through the bulb. If your recipe requires chunked, diced or julienned fennel, it is best to first remove the harder core that resides in the center before cutting it. The stalks of the fennel can be used for **soups, stocks** and **stews**, while the **leaves** can be used as an **herb seasoning**.

Kohlrabi

Kohlrabi is a member of the Brassica family of vegetables, which also includes kale, collard greens, cabbage, broccoli, cauliflower, and Brussels sprouts. The word kohlrabi is German for “cabbage turnip” (*kohl* as in cole-slaw, and *rübe* for turnip) though kohlrabi is *not* a root vegetable. Like all brassica, it grows above ground, not below. Kohlrabi plants form bulbs with leaves (similar to those of broccoli) that shoot out from the top and/or side of each plant. The result often earns kohlrabi the nickname “spaceship” or “sputnik” veggie.



Selection: To find the best kohlrabi, look for bulbs that are ~3 to 4 inches in diameter, feel **heavy** in your hand (for its size) and have **unblemished** leaves. This bulb size will be the most **flavorful** and **tender**. Avoid any bulbs that appear **cracked** or **overgrown** as their flavor tends to be woody. Do note that you can eat the leaves too (just like beets or turnips).

Storage: To store, **separate** the kohlrabi **bulb** from its **leaves**. Simply cut off the leaves, **wrap** them in a **damp** paper towel and place in a **plastic bag**. They should keep for **~3 days**. Scrub kohlrabi bulbs clean, wrap loosely, and refrigerate until ready to use. **Fresh** (de-leafed) kohlrabi bulbs can last up to several **weeks** in the refrigerator.

Nutrients/nutrition: Kohlrabi is low-calorie, low-fat, and low-sodium—a one cup serving (of raw Kohlrabi) provides a body these daily values: 140% of **vitamin C** (immune function), 19% of **fiber** (gut integrity and function), as well as 3% of **calcium** (for bone health). Kohlrabi, like other members of the Brassica family, contain **health-promoting** phytochemicals like isothiocyanates and sulforaphane, two compounds that have been shown to protect against certain types of **cancers**.

Preparation: Kohlrabi can be enjoyed **raw** or **cooked**. It’s described as a “delightful combination of tastes”...“the **texture** of a **radish**, the **sweetness** of **jicama**, and a **hint** of **broccoli**”. It can add bite and crunch to **salads** and **slaws**—slice thinly or shred. Kohlrabi can be chopped and added to **soups** or **stews**, or boiled and added to mashed potatoes or other **mashed** root vegetables. Kohlrabi is a pleasant surprise when **roasted**: it turns remarkably sweet. Peel the bulbs and cut them into wedges or chunks, toss with a bit of oil, sprinkle with salt, and roast in a hot oven until **brown** and **tender**.

Roasted Kohlrabi Potato Salad

Ingredients:

- 1 lb kohlrabi
- 1 lb red potato
- ¾ cup Greek yogurt (0-2%)
- 1 tablespoon Dijon mustard
- 1 onion, small diced
- 2 stalks of celery sliced and chopped
- ½ green pepper, diced.
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ tablespoon lemon juice
- ½ teaspoon garlic powder
- 1 handful of parsley, chopped
- 2 tablespoons olive oil

Directions:

Preheat oven to 350 degrees. Chop kohlrabi and red potatoes into medium diced pieces. Add olive oil and mix evenly and place on a sheet pan. Place in oven and cook for 1 hour, until kohlrabi and potatoes are slightly brown and tender, let sit to cool. In a separate bowl, add Greek yogurt, garlic, mustard, onion, celery, green pepper, and lemon juice. Mix evenly then add potatoes and kohlrabi.

Mix again and then add salt, pepper, and parsley as a garnish. Serve cold! Serves: 8-9

Nutrition Facts

Serving Size (261g)
Servings Per Container

Amount Per Serving

Calories 240 Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 730mg **30%**

Total Carbohydrate 29g **10%**

Dietary Fiber 4g **16%**

Sugars 5g

Protein 7g

Vitamin A 2% • Vitamin C 90%

Calcium 6% • Iron 4%

*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	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Leeks



What are leeks? The leek is a vegetable that belongs, along with onions, shallots, scallions, and garlic, to the genus *Allium*. The leek produces a **long** cylinder of **bundled** leaf sheaths (rather than a tight bulb, like with onions or garlic). With a more **delicate** and **sweeter** flavor than onions, leeks add a **subtle** touch to recipes without **overpowering** the other ingredients' flavors.

Selection: To find the best leeks, look for leeks that have **long, white** stems and are of **medium size** and appear **crisp**. Avoid buying leeks that are **yellowed, split**, or which have **crispy** or **wilted** leaves.

Storage: Leeks keep (store) well: for **7 to 14** days in the refrigerator and **10 to 12** months in the freezer. If you are storing them in the refrigerator, place them (**unwashed**) in a **plastic** bag. **Wait** to wash them until ready for use. If you decide to **freeze** them, then **wash** thoroughly, **slice**, and **blanch** for 2 minutes and then **chill** quickly in cold water. **Drain** excess moisture and package in **airtight** containers or freezer bags and freeze immediately. Cooked leeks are highly **perishable**, and even when kept in the refrigerator, will only stay fresh for about two days.

Nutrients/nutrition: With their unique combination of **flavonoids** and **sulfur-containing** nutrients, the allium vegetables (like leeks) are a great addition to a regular diet. There is evidence for including at least one serving of an allium vegetable in your meal plan every day. If you're choosing leeks, make your individual portion **1/2 cup** or greater, and try to include at least one cup of chopped leeks in your recipes. They help with **cardiovascular** and **bone** health and provide 6% of the daily value of **folate** and 29% of the daily value of **vitamin K**.

Preparation: Cut off green tops of leeks and **remove** outer **tough** leaves. Cut off **root** and cut leeks in half lengthwise. **Fan out** the leeks and rinse well under running water, leaving them intact. Cut leeks into 2-inch lengths. Holding the leek sections cut side up, cut lengthwise so that you end up with thin strips, slicing until you reach the green portion. Make sure slices are cut very **thin** to shorten cooking time. Let leeks **sit** for at least **5 minutes** before cooking. Possible ways to cook leeks include, but are not limited to: Sauté: Heat 3 tablespoons of broth in 10-12 inch pan or skillet until it begins to steam. Add 1 pound of cut leeks. Cover and sauté for 4 minutes. Add 2 more tablespoons of broth, reduce heat to medium low, and sauté for 3 more minutes uncovered while stirring frequently. Toss with 2 tablespoons of extra virgin olive oil, 1 teaspoon of lemon juice and salt and pepper to taste; Leek Dip: 1 cup of chopped or diced leeks, 6-8 ounces of low fat sour cream or plain yogurt, any dip spices (garlic, dill, rosemary, etc.), salt and pepper to taste. Combine in a bowl, mix well, chill for 1 hour and serve with raw veggies sticks or pita chips.

Leek and Sweet Potato Soup

Ingredients:

- 3 leeks
- 5 cloves of garlic, crushed
- 4 medium sweet potatoes
- 6 cups low sodium vegetable broth
- 1 cup cooked beans (cannellini or navy)
- 1 tablespoon coconut oil
- Juice of one lemon
- 1 teaspoon sea salt
- 2 teaspoon turmeric
- Cayenne pepper to taste (depending on preference)

Directions:

Cut the tip of leeks and chop. Clean the dirt from the leeks and dry. In a large pot, heat coconut oil, then add turmeric, cayenne, and leeks. Sauté leeks on medium heat until leeks begin to soften. Mince garlic and add to the pot and let sit. Scrub sweet potatoes and chop them into cubes with the skin on. Add them to the pot and stir/cook for 3 minutes. Add broth and beans and bring the soup mixture to a boil. Reduce the boil and let the mixture simmer until the sweet potatoes are soft, ~15-20 minutes. Using a blender, puree the soup until completely smooth. Add lemon juice and salt for taste. Serve!

Nutrition Facts

Serving Size (229g)		Servings Per Container	
Amount Per Serving			
Calories 210	Calories from Fat 25		
% Daily Value*			
Total Fat 3g			5%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 530mg			22%
Total Carbohydrate 42g			14%
Dietary Fiber 8g			32%
Sugars 10g			
Protein 6g			
Vitamin A 530%		• Vitamin C 50%	
Calcium 10%		• Iron 15%	
*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Inspired by paleoleap.com

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.

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 antioxidants...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.

Tomato (in a Pumpkin) Pumpkin Soup

Ingredients:

1 sugar pumpkin (or buttercup squash okay, fit size to desired quantity *since this becomes your pot*)
5 heirloom tomatoes (juicy is good)
1 small onion, leek or shallot
1/2 leaf of kale (with stem removed)
1-2 cloves of garlic
1/3 pound of potatoes
1 poblano and/or the seedless half of a fresh jalapeño—(depending on preference)
½ cup of broth (chicken or vegetable)
Dried oregano
1 stalk of basil (7-9 leaves, dried okay)
2 Tablespoons of canola or olive oil
¼ teaspoon of salt
¼ teaspoon of black pepper

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Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 373mg	16%
Total Carbohydrate 34g	11%
Dietary Fiber 6g	24%
Sugars 6g	
Protein 6g	
Vitamin A 100%	Vitamin C 195%
Calcium 10%	Iron 18%
<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	

Directions:

The Gourd (Pumpkin or Buttercup Squash): Preheat oven to 405°F. Cut the top of your pumpkin or squash and scoop out the insides (strings and seeds). Set the seeds aside for roasting. Brush the inside of the gourd with canola or olive oil (~1 tablespoon). Salt it lightly. Place it on a tray, lined with aluminum foil. Place it in the oven when preheated and bake for ~20-25 minutes. Chop all vegetables (except tomatoes and kale/chard). Begin with the onion and potato (or winter squash) since these will go in first. Cut everything into bite-sized pieces, strips, and/or small cubes. Set aside. Heat 1 Tbsp. of oil in pan. Mince garlic, add to heated oil. Add onion, peppers, squash, salt, pepper and ¼ cup of broth. Simmer on low heat for ~20-25 minutes or until the pumpkin/squash and potatoes are soft. While the vegetables are cooking and baking, core the tomatoes. In a separate pot, boil enough water to submerge tomatoes. When the water reaches a rolling boil, add all tomatoes, and boil for 30-45 seconds. Take them out and remove their peels. Now everything should be ready for combination. Take the pumpkin (or squash) out of the oven and remove the vegetables from heat. Put the veggies into the pumpkin. Put the tomatoes on top (you may need to quarter them) into the pumpkin on top. Sprinkle oregano, black pepper, basil on top (cut fresh basil into ribbons and put on top of tomatoes). Add the kale (or chard) to the top of the other vegetables; add remaining ¼ cup of broth. Let sit for ~30 minutes to check soup. Enjoy!

Herbs

Type	Description/Taste	Applications/Preparations
<p>Basil</p> 	<p>Large, thick, pointed oval leaves; deep green color and highly fragrant; slightly sweet flavor; larger leaves have a more pungent, slightly bitter flavor</p>	<p>Basil browns in the fridge, so keep it at room temperature; its flavor is lost with heat, so enjoy fresh or added at the end of cooking; its big flavor means you only need small amounts; it pairs best with citrus, chives, dill, oregano, rosemary, and thyme; add it to chicken, beef, tomato, and egg dishes for a burst of aroma and flavor.</p>
<p>Oregano</p> 	<p>Small, rounded oval leaves with a bright green color; pungent aroma with a lemony, slightly bitter flavor</p>	<p>Oregano is a classic Italian herb that can be stored fresh in the fridge, wrapped in a damp paper towel and sealed bag; use liberally, and add to the end of cooking to get the biggest flavor punch; best used in Mediterranean and Mexican dishes like pizza, tacos, chicken, beef, and feta.</p>
<p>Rosemary</p> 	<p>Tall, upright stalks with deep green piney greens; forest-like aroma with a peppery, balsamic flavor</p>	<p>The flavor of rosemary builds with heat, so add early in cooking to add complexity to roasts, soups, and stews; rosemary has a Mediterranean heritage and is best used in lamb, tomato, potato, and chicken dishes; it pairs well with sage and thyme in particular; store in a bag, or try in a glass of water in the fridge.</p>
<p>Parsley</p> 	<p>Large, flat, ruffled leaves with a bright green color; grassy, vibrant aroma and fresh, mild, slightly lemon flavor</p>	<p>Often used as a garnish, parsley is can add lightness and brightness to a dish; add at the end of cooking to avoid loss of flavor; parsley's mild flavor shines with butter, oil, garlic, basil, chili, chives, dill, mint, oregano, rosemary, and thyme.</p>
<p>Sage</p> 	<p>Thin, pointed oval leaves with a silvery, purple-green color; musky aroma and a warm, spicy flavor</p>	<p>Sage holds up during the cooking process and is a great flavor-builder; it pairs well with bay leaves, caraway, garlic, oregano, paprika, parsley, and thyme; add to root vegetables, pasta sauces, pork, duck, and turkey; store wrapped in a dry paper towel and sealed bag in the fridge.</p>

Nutrients/Nutrition: Herbs bring great flavor and aroma to a meal **without adding fat, sodium or calories**. Both dried and fresh, herbs contain high amounts of **antioxidants**. Research suggests cancer risk and inflammation have been lowered with antioxidants, so adding them to our diet may be good for our long-term health.

Honey

Honey, the golden nectar of bees dating back over 150 million years! The honey bees take **nectar** from **flowers** and **plants** and bring it to the hive. The worker bees then add **enzymes** to the nectar that **take away the nectar's moisture** and turn it into raw honey. This raw honey is stored in the honey combs for future use. Normally honey bees will start collecting nectar during the **spring** because of all the flowers in bloom.

Selection: The way honey **tastes** is related to the location, season, and surrounding vegetation. So, **plant variety** influences a honey's **flavor, aroma, and color**. When choosing your honey keep in mind that the lighter colored honeys' flavor is a milder taste while darker colored honey flavors are much stronger. Honey can be found **raw** or **commercially processed**. Raw honey refers to being unpasteurized (not heated). The appearance of raw honey can be cloudy or solid. Commercial honey has been processed and pasteurized to appear more clear and liquid in packaging.

Nourse Farm only carries raw honey.

Storage: Honey is best stored at **room temperature**. Honey will not "go bad" but will crystalize and become solid over time.

Honey crystals can also form when honey is stored in cooler temperatures. If honey becomes solid, place bottle in a bowl of warm water and remove when liquid form returns.

Nutrition/health: Honey is a **natural sugar** made up of monosaccharides. Per tablespoon, honey contains 65 calories, 17g carbohydrates, no fat, and small traces of protein. Honey has been recognized as a **natural remedy** for fighting colds and assisting in digestion. When choosing **raw honey**, do note that it can contain **significant amounts of antioxidants**. These cancer-fighting compounds are found in the plants' nectar and transferred through the bees. Commercial honey contains smaller amount of antioxidants as they are extracted during this processing.

Preparation: Honey is a **sugar** and should be used like one (to make dishes sweet). It can be substituted in baking by reducing liquid in the recipe by $\frac{1}{4}$ cup of each cup of honey used or decreasing the oven temperature by 25 degrees F to prevent overbrowning. Honey also pairs well on fresh bread or when tossed with nuts, trail mix and granola bars. It's a **sweet treat**.

Thoughts to consider: Over the last few decades honey bees have been dying, a huge problem for crops. When bees get nectar from plants, they move pollen from plant to plant which helps the plants grow. Without bees, our available fresh produce is reduced since 75% of food crops need pollinators to reproduce. Some ideas and actions that could help honey bees (and our food supply) include: planting bee-friendly flowers in gardens or yards, buying local food from a farmer, using mild or natural weed killers and/or pesticides, and buying local raw honey.

