

*Free!*



# *The Farmers Market Insider*

*A guide for Lexington Farmers Market customers*

*Inside you'll find:*

- *LFM Schedule*
- *Market FAQ*
- *Farmer Bios*
- *Delicious Recipes*
- *Produce Guide*
- *Kentucky Harvest Guide*

*Guide brought to you by UK Health & Wellness*

*“We all eat, and it would be a sad waste of opportunity to eat badly.” –Anna Thomas*



# *Lexington Farmers Market Schedule*

*Saturdays*

**Cheapside Park  
7 a.m. to 3 p.m.  
April to November**

*Sundays*

**Southland Drive  
10 a.m. to 2 p.m.  
April to October**

*Tuesdays  
& Thursdays*

**South Broadway & Maxwell  
7 a.m. to 4 p.m.  
May to November**

*Wednesdays*

**Alumni & University Drive  
3 p.m. to 6 p.m.  
May to August**



# *Lexington Farmers Market @ UK*

## *About*

UK Health & Wellness in partnership with the Lexington Farmers Market is pleased to bring you the Lexington Farmers Market at UK. Join us **Wednesdays, 3-6 p.m., from late May to mid-August in the Commonwealth Stadium parking lot.**

## *FAQ*

### **Do I have to pay with cash?**

You can pay with cash, debit, or EBT card. In order to use an EBT card or debit card, you must visit the Lexington Farmers Market table before you shop to buy tokens, which can be used at individual stands for payment.

### **Where can I park?**

When the market is open, parking will be available in the Commonwealth Stadium parking lot, adjacent to the market. You do not have to have a UK parking pass.

### **What if it rains?**

The Lexington Farmers Market is open rain or shine.

### **Can I take a shuttle to market?**

Both the CATS summer route and the Medical Center shuttles make stops at Commonwealth Stadium.

### **Who is welcome to shop?**

Everyone! You do not have to be affiliated with UK to shop at this market. Invite your friends and family to shop for the freshest produce in town.

# Meet the Farmers

## Steve's Plants



**How long have you been coming to the market?**

I have been selling at the market for 14 years.

**What primarily do you sell?**

I sell flowers, herbs, and veggie transplants for the home garden. In the summer, I sell berries, melons, tomatoes, peppers, potatoes, sweet potatoes, and many other local items.

**What is your favorite item that you sell?**

My favorite item to sell would be blueberries.

**What is your favorite item that someone else at the market sells?**

My favorite item to buy at the market is Mac Stone's (Elmwood Stock Farm) organic hamburgers.

## Elmwood Stock Farm



**How long have you been coming to the market?**

This is the 18th or 19th year - yikes.

**What primarily do you sell?**

Organic produce, eggs, beef, and poultry.

**What is your favorite item that you sell?**

Our favorite item is whatever just came into season that day. So, it's always changing - our customers' favorites are kale greens, heirloom tomatoes, and our organic eggs.

**What is your favorite item that someone else at the market sells?**

We like that we can get cheeses from other vendors.

# Meet the Farmers

## Triple J Farm



**How long have you been coming to the market?**

We have been members of the LFM for 13 years.

**What primarily do you sell?**

We raise and sell beef, eggs, and produce from over 20 acres of land.

**What is your favorite item that you sell?**

Our heirloom tomatoes!

**What is your favorite item that someone else at the market sells?**

The lilies that Three Toads Farm sells!

## Wildflour Scones & Tea



**How long have you been coming to the market?**

I started at the market in November 2011.

**What primarily do you sell?**

Scones using local ingredients from market vendors, as well as other Kentucky Proud producers.

**What is your favorite item that you sell?**

Any of the fruit scones in mid summer such as Maple Blackberry or Basil Strawberry.

**What is your favorite item that someone else at the market sells?**

Tomatoes! I look forward to local tomatoes every summer and try to eat as many as I can from the Farmers Market while they're available.

# Meet the Farmers

## Quarles Farm



### How long have you been coming to the market?

We have been a member of the Lexington Farmers Market since 2009.

### What primarily do you sell?

We sell beef, lamb, vegetables, fruits, baked items, breads and cakes, jams, salsas, and relishes. This year we have started grilling food items such as our bratwurst and hamburgers. We'll have the grill going on Wednesday afternoons at UK.

### What is your favorite item that you sell?

My favorite item that we sell is our ribeye steak. Second favorite is our lemon blueberry poundcake.

### What is your favorite item that someone else at the market sells?

Roland McIntosh's wife makes the best sourdough bread I've had in some time.

## Boone Creek Creamery



### How long have you been coming to the market?

Three years.

### What primarily do you sell?

Handmade artisan cheese.

### What is your favorite item that you sell?

Kentucky Derby, Sassy Redhead, Tuscan Sun, Mama Mia, and Smokey Mountain.

### What is your favorite item that someone else at the market sells?

Vine ripened Kentucky tomatoes.

# Meet the Farmers

## Henkle's Herbs and Heirlooms



### **How long have you been coming to the market?**

This is our seventh year at the LFM.

### **What primarily do you sell?**

One-hundred percent homegrown and pesticide-free goodness! Over the course of the summer, we will have 80 plus heirloom and hybrid tomato types, approximately 30 varieties of sweet and hot peppers, nine eggplant varieties, basil, cilantro, baby lettuce mix, broccoli, cucumbers, heirloom and hybrid squash, and blackberries.

### **What is your favorite item that you sell?**

We are known for our heirloom tomatoes.

### **What is your favorite item that someone else at the market sells?**

We absolutely love the farm fresh eggs from Beth Tillery at Home Pickens.

## Lexington Pasta



### **How long have you been coming to the market?**

This is our second year.

### **What primarily do you sell?**

We sell fresh homemade pastas infused with local flavors.

### **What is your favorite item that you sell?**

Garlic Herbs Fettuccine and Stuffed Gnocchis.

### **What is your favorite item that someone else at the market sells?**

Dad's Favorites Spread Cheese.

# Meet the Farmers

## Bleugrass Chevre



**How long have you been coming to the market?**

Six years.

**What primarily do you sell?**

Goat cheese and dairy-free sorbet made with fruits from the market during hot summer months.

**What is your favorite item that you sell?**

Goat Cheese tortas filled with sundried tomatoes, basil, and sunflower seeds, and decorated with fresh flowers and herbs.

**What is your favorite item that someone else at the market sells?**

Blue Moon's Garlic Scape Pesto. Can't live without it. Go with Roland McIntosh's hydroponic tomatoes (available even out of season) topped with a slice of Good Shepherd Sheep Milk Cheese and drizzled with Garlic Scape Pesto.

*We will be at the Wednesday Market starting in mid-June, when our big flush of milk comes in.*

## Kentucky Honey



**How long have you been coming to the market?**

10 years.

**What primarily do you sell?**

Local raw honey, local pollen, beeswax, and beeswax candles.

**What is your favorite item that you sell?**

Local raw honey.

**What is your favorite item that someone else at the market sells?**

That would be Elmwood Stock Farm. What they produce is all organic.

# Produce Guide

## **BEETS**

**Selecting:** Most beets are a deep purple-red color, but a few varieties are pale orange, gold, white or even striped. Baby beets (golf ball size or smaller) cook faster, but taste the same as larger ones, which can be cut to speed up cooking. Choose beets that are smooth and firm with deep color. If purchased with the tops (greens) on, the greens should look fresh and be free of decay. Beets sold loose with the tops cut off should be firm and heavy for their size with no wrinkles or sprouts.

**Storing:** If purchased with the tops intact, cut the greens off about an inch above the beet, then refrigerate the beets and greens separately in plastic bags. The greens will keep up to one week and the beets will keep for two to three weeks.

**Using:** Beets are best when cooked whole and unpeeled, then peeled and sliced, chopped or mashed afterward. Roasting beets intensifies their flavor and color; be sure to wrap them in aluminum foil first so you won't have to clean the pan. If boiling beets, leave about 1 inch of the stem and the root end intact to keep the beets from "bleeding" into the cooking water. Once they are fork-tender, let them cool and then slip off their skins. When working with red and pink beets, be prepared for beet-red stains on your hands and countertops. Because the color is difficult to remove from wood or plastic surfaces, you may want to work on waxed paper and wear gloves.

**Nutrition:** Beet roots are a source of fiber, folate, potassium, iron, magnesium, manganese and vitamin C. Beet greens are a source of protein, folate, fiber, vitamins A, C, E and K, thiamin, riboflavin, vitamin B6, potassium, manganese and other nutrients.

## **BERRIES (Blackberries, Blueberries, Raspberries, Strawberries)**

**Selecting:** Look for berries that are firm, dry and of uniform, deep color. Containers that have berries that are wet or leaky are usually indicative of damage or decay and should be avoided.

**Storing:** It is best to transfer berries from the container you bought them in to a shallow bowl. Wash the berries right before you use them as excessive exposure to moisture speeds decay. Berries keep best in the refrigerator.

### **Tips for freezing berries**

**Strawberries:** Wash your strawberries carefully in cold water and pat dry. Remove the stems and any soft spots. Pack the berries into freezable containers or freeze them on a cookie sheet and then pack them into containers as soon as they are frozen. Seal the container and keep frozen until you are ready to use them.

**Raspberries & Blackberries:** Raspberries and blackberries are very fragile and very sensitive to freeze damage. To freeze raspberries and blackberries rinse them gently in cool water then allow them to dry in a colander or on paper towels. Place a sheet of wax paper on a cookie sheet then place the berries in the freezer. After the berries are frozen, pack them into sealed containers until you're ready to use them. By freezing the berries this way, they won't stick to each other and allows you to easily measure out just what you need when you're ready to use them.

# Produce Guide

## ***Berries cont.***

**Blueberries:** If you plan to freeze your blueberries, don't wash them before freezing, which can make their skins tough. Instead, pack your blueberries into freezable containers or freeze them on a cookie sheet and then pack them into containers as soon as they are frozen. Seal the container and keep frozen until you're ready to use them. Be sure to wash the thawed blueberries prior to use.

**Nutrition:** All berries are good sources of antioxidants and fiber.

## ***BROCCOLI & CAULIFLOWER***

**Selecting:** Look for stalks that are slender and snap-crisp. Broccoli floret buds should be tight and darkly colored (yellowing is a sign of age). Cauliflower should have compact florets that are clean, uniformly white or creamy white, with no spots or bruising, and firm to the touch.

**Storing:** Keep broccoli and cauliflower in the crisper drawer of the refrigerator in an open or perforated plastic bag. Broccoli and cauliflower will keep for about 5 to 7 days. Once cooked, broccoli and cauliflower will keep for 1-2 days in the refrigerator.

**Using:** All varieties can be eaten raw. Cut away the main stem and separate florets before washing. Rapid cooking is best to prevent nutrient loss and to preserve texture and nutrients. Use a small amount of water and cook it only until it is just tender. Avoid aluminum pots, which can enhance the cabbage-like cooking odor created by these vegetables.

**Nutrition:** Broccoli is an excellent source of vitamins A, C and K, as well as a good source of folate, vitamin B6 and manganese. Cauliflower is an excellent source of vitamin C.

## ***CABBAGE***

**Selecting:** Look for cabbage that is heavy for its size with leaves that are unblemished and have a bright, fresh look. Heads that weigh 2 pounds or less are usually a better choice for tenderness and flavor.

**Storing:** Fresh whole cabbage will keep in the refrigerator for one to six weeks depending on type and variety. Hard green, white or red cabbages will keep the longest while the looser Savoy and Chinese varieties should be used more quickly. Keep the outer leaves on and do not wash before storing since moisture will hasten decay. Cut cabbage should be used within a week (wrap partial heads securely in plastic wrap). If you plan to eat the cabbage raw or make sauerkraut, it is best to use it within a few days, while the sugar content is highest.

**Using:** Remove any wilted leaves, then rinse. To cut, use a large, heavy knife to halve or quarter the cabbage through the stem. Cut around the core and remove it. Cut the head into wedges or slice it into thin shreds or ribbons, depending on how you plan to use it. The inner part of the core can be sliced and substituted in recipes calling for water chestnuts. One medium head of cabbage, about 2 1/2 pounds, yields about 9 cups of shredded raw cabbage or 7 cups of cooked cabbage.

**Nutrition:** Cabbage provides fiber, vitamins A, C and K, folate, potassium, manganese, B6, thiamin, calcium, iron and magnesium.

# Produce Guide

## **CORN**

**Selecting:** Sweet corn can be yellow, white, or a combination of yellow and white called bi-color. Kernel color has no effect on sweetness. Look for ears with husks that are fresh, tight and green, not yellowed or dry. Peel back part of the husk to see if the kernels are bright, plump and milky. Overly large or indented kernels at the tip are a sign of over-maturity. The silk should be moist, soft and light gold, not brown and brittle.

**Storing:** Refrigerate corn until you are ready to prepare it. Some varieties of sweet corn can lose half their sugar content in one day if kept at room temperature. Leave the husks on to retain moisture. If the ears are already husked, place them in a perforated plastic bag.

**Using:** Unless you are grilling or roasting corn in the husk, strip off the husk and snap off the stems (or leave the stems on to use as handles). Pull off the silk, using a dry vegetable brush to remove strands between the kernels. To remove corn from the cob, hold the cob vertically, resting the tip on the work surface, and slide a sharp knife down the length of the cob.

**Nutrition:** Corn is a source of fiber, magnesium, phosphorous, thiamin and vitamin C.

## **CUCUMBERS**

**Selecting:** Select firm cucumbers without bruises that are heavy for their size and rounded at the tips. Avoid shriveled tips or soft spots. Overall size can vary with the type, but smaller, slender cucumbers typically have fewer seeds and more flavor. They should have a rich green color, not yellow, and be cool to the touch. Slicers, or salad cucumbers, are the most common type. Pickling varieties are smaller and squatter than their slicing cousins, with thicker, bumpier skins, and are usually harder to find. Greenhouse cucumbers, also known as English or "burpless" cucumbers, are seedless and milder in flavor than field-grown varieties, and can be substituted for slicers in any recipe.

**Storing:** Keep unwashed cucumbers in the refrigerator crisper or in a perforated plastic bag in the refrigerator for up to 5 days. Do not put cucumbers in the coldest part of the refrigerator; they prefer temperatures just above 40°F (the temperature of most refrigerators). Sliced cucumbers will keep refrigerated in a covered container or in plastic wrap for 2 days.

**Using:** Unless the skin is waxed, there is no need to peel cucumbers. Check for wax by scraping the cucumber with a fingernail. Pickling cucumbers should be scrubbed with a vegetable brush under cold running water to remove loose spines. Removing the seeds (there is no harm in eating them) is a matter of personal preference. To seed a cucumber, first slice the cucumber in half lengthwise. Use a melon baller or spoon to scoop out the seeds and the surrounding pulpy matter.

**Nutrition:** Cucumbers are 95% water. They have minimal nutritive value, but also minimal calories.

# Produce Guide

## **EGGPLANT**

**Selecting:** Eggplant should be glossy, not dull, with taut skins and no soft spots, cuts or bruises. The skin should rebound when pressed gently with your thumb. Choose small to medium-sized fruit for fewer seeds and firmer texture. The fruit should have a green cap and a portion of stem.

**Storing:** Eggplant can be stored for several days but is sensitive to extremely cold temperatures (below 45 degrees) for prolonged periods of time. You can store them in your refrigerator but it is best to use them within a few days of purchase.

**Using:** A one-pound eggplant yields approximately 3 to 4 cups diced. The skin can be removed but it is not necessary. Whether peeling or not, rinse eggplant in running water and dry it with a towel; then trim off the green cap and stem and cut the eggplant as the recipe directs. To preserve texture and reduce eggplant's tendency to absorb oil during cooking, sprinkle the sliced or cubed flesh with salt and allow it to sit in a colander for 30 minutes or so. After salting, you may wish to rinse and pat dry to reduce the salt content. Once cut, eggplant will discolor quickly (if you're not salting it, sprinkle it with lemon juice to minimize discoloration).

**Nutrition:** Eggplant is high in fiber, folate, potassium, manganese, vitamins C and K, thiamin, niacin, vitamin B6, pantothenic acid, magnesium, phosphorous and copper.

## **GARLIC**

**Selecting:** Look for bulbs that are plump and compact with several layers of dry, papery husk.

**Storing:** Garlic will keep for several weeks and should be stored at room temperature. Garlic has the potential to sprout, which diminishes its pungency and flavor. To prevent this, keep garlic in a cool, dark place away from sunlight and heat.

**Using:** To easily peel garlic, separate the cloves from the bulb and place them on a cutting board. Place the flat side of one garlic clove on a cutting board. Lay the flat side of a broad knife on top of the clove. Ensure that the sharp knife edge is facing away from you and that the clove is closer to the knife handle than the center of the blade. Tap the knife with a closed fist. A fairly gentle impact is all that's required to split the peels without smashing the clove. Keep garlic in large pieces when adding it to long-cooking braises and roasts. Minced garlic has a hot, more volatile flavor that will disperse quickly. Crushing garlic will release much more of its aromatic oils. Cooking in oil will bring out the flavor of garlic but avoid scorching, as it will taste unpleasantly bitter. Roasting whole garlic bulbs will mellow its flavor and transform cloves into a spreadable consistency.

**Nutrition:** Garlic contains more than 100 sulfur compounds, which may help promote healthy arteries and cholesterol levels. Allicin, the best known, is formed when cloves are crushed, chopped or chewed, releasing its characteristic scent and flavor.

# Produce Guide

## **GREEN BEANS**

**Selecting:** Green beans should snap easily when broken. Choose beans that are a vibrant green color with velvety smooth pods and tips that have not been pre-cut. They should be free from brown spots or bruises.

**Storing:** Green beans can be wrapped in paper towels and stored in a plastic bag for up to 3 days in the refrigerator. To prevent mold, leave the bag open for air circulation.

**Using:** Rinse beans under cold running water. Snap off the pointy stem ends and remove any tough strings that run along the length of the bean. Green beans retain their color best when cooked whole at a high temperature for only a brief period of time. Lock in their color and crisp texture by refreshing in cold water immediately after cooking.

**Nutrition:** Green beans are rich in a diverse supply of antioxidant nutrients, including flavonoids and carotenoids, as well as vitamins A, C, and K. They are also a good source of fiber.

## **KOHLRABI**

**Selecting:** About the size of an orange, Kohlrabi is pale green or purple-tinged (purple kohlrabi), and rounded. Firm stems with large leaves branch out evenly at all angles. Even though both the leaves and stems are edible, Kohlrabi is sometimes sold without the tops. If the leaves are still attached, they should be firm and fresh. Choose smooth, round, unblemished tubers. Small bulbs are more flavorful and tender and have a hint of radish and cucumber flavors. Purple Kohlrabi tends to have a slightly spicier flavor.

**Storing:** If the leaves are still attached, cut the leaves from the bulbs and refrigerate separately in plastic bags. The Kohlrabi will keep up to a week or more and the leaves for several days.

**Using:** Rinse bulbs and pat dry. Cut off top and remove any stem at the base. Peel, removing any visible fibers under the peel. Kohlrabi can be enjoyed raw or grated, cubed or thinly sliced, then boiled or steamed.

**Nutrition:** Kohlrabi is rich in antioxidants, including vitamin C, and is a good source of fiber. Kohlrabi also contains essential minerals like calcium, magnesium, phosphorous and potassium.

## **LEAFY GREENS**

**Selecting:** Greens vary widely in flavor from sweet to bitter to earthy, and many are pungent, peppery and sharp. Regardless of variety, always look for crisp leaves with vibrant color. Young, leafy greens generally have small, tender leaves and a mild flavor. Many mature plants have tougher leaves and stronger flavors. Choose mild-flavored greens such as collards, chard, bok choy or spinach when you want their flavor to blend well with other ingredients in your dish. For a medium sharpness, choose kale. For stronger, assertive flavors, select mustard, arugula, mizuna or turnip greens. To create a balanced dish, combine mild and strong flavored greens together. Collards, kale, turnip greens and mustard greens are at their best from October through early spring. Swiss chard and beet greens are best from the spring through the fall. Dandelion greens are available and best in the spring and summer.

# Produce Guide

## *Leafy greens cont.*

**Storing:** Most greens can be stored in the refrigerator for several days provided they are protected from air flow. Most store best in a plastic bag in the crisping drawer of your refrigerator. Tender, delicate leaves (such as beet greens) wilt very quickly, so use them as soon as possible or purchase them on the day you plan to prepare them.

**Using:** Greens with similar texture can be used interchangeably in recipes, though they will impart slightly different flavors. One pound of fresh, untrimmed greens will typically serve two to three people. While this may look like a lot when raw, a significant portion of the plant (stems and ribs) will be discarded and most greens shrink considerably when cooked. To prepare greens for washing, cut off the stems and discard any bruised leaves. For greens with tough stems, such as collards, mustard and kale, cut off the stem backbone, which can be quite tough. Chard, bok choy, turnip and beet greens have tender stems that can be eaten along with the leaves. Wash the greens and edible stems in a sink full of water to remove dirt and sand. Drain the greens in a colander and chop or slice them according to recipe directions.

**Nutrition:** Greens provide a wide array of nutrients including fiber, beta-carotene, calcium, iron, folic acid and chlorophyll (the green pigment found in plant cells). Many varieties of leafy greens, especially members of the cruciferous (cabbage) family such as collards, kale and bok choy are also rich sources of vitamin C.

## *MELONS (Watermelon, Honeydew, Cantaloupe)*

**Selecting:** The best way to tell if a melon is ripe is to press on the end opposite the stem. If the melon is ripe, it will yield noticeably to the pressure of your finger. Choose melons that are heavy for their size and free of bruises or other damage. Check the navel, or stem end, for excessive softness and/or mold. Ripe melons can have a sweet, musky smell but fragrance alone is not a reliable indicator of ripeness or quality. The best way to gauge the ripeness of any kind of melon is to sample it.

**Storing:** Store ripe melons in the refrigerator for up to 5 days. Although it will not obtain the flavor of a vine-ripened one, an unripe melon will sweeten slightly if left in a paper bag at room temperature for a few days. An exception is the honeydew, which will stay only as sweet as it was when harvested.

**Using:** Always thoroughly wash the outside surface of melons before cutting them. Cut honeydew and cantaloupe in half and scoop out their seeds with a large spoon. To keep the melon moist, peel and cut off slices only as they are needed. Melons taste sweeter if served at room temperature or only slightly chilled. Remove them from the refrigerator about 30 minutes before serving.

**Nutrition:** Honeydew melons are a good source of vitamin B6, folate, potassium and a very good source of vitamin C. Cantaloupe is an excellent source of vitamin A and beta-carotene and vitamin C. In addition to containing vitamin C, watermelons (which are 92% water) also contain lycopene, which scientists believe helps our bodies fight disease.

# Produce Guide

## ONIONS

**Selecting:** Choose onions that are heavy for their size, dry and solid all over with no soft spots or sprouts. The skin should be dry and shiny and tight around the neck. Due to higher moisture content, sweet onions will not be as hard as storage onions. Color is a poor guide to flavor and texture because an onion's pungency or water content is highly dependent on the soil and climate in which it was grown.

**Storing:** Keep bunched scallions and leeks in the vegetable bin of your refrigerator and use within 4 days. All other types should be stored in a cool, dry place for up to 2 weeks.

**Using:** Cut all onions as close to cooking or serving time as possible. Their flavor deteriorates while their aroma intensifies over time. Try these tips to reduce tearing: 1) Chill onion for 30 minutes before cutting, 2) Always use a sharp knife, and 3) Begin cutting at the top and leave the root end uncut as long as possible, since it contains the highest concentration of the tear-inducing sulfur compounds.

Onion Varieties:

**Red Onions** These are a good choice for using raw, as in salads, garnishes or salsas. They're also great when grilled and have the bonus of maintaining most of their color.

**Scallions** Sometimes referred to as green onions, they have a pleasing mild flavor that lends itself to using raw in salads and as a garnish for soups or pasta, as well as in quick-cooking dishes like stir-fries. Both the green and white parts can be used, and recipes generally specify.

**Yellow Onions** These full-flavored standbys can be put into almost anything. When cooked, they turn a light brown and add a tangy sweetness to your dish.

**Vidalia** Grown in Georgia, where the low-sulfur soil gives them an intense sweetness, Vidalias can be eaten raw. When cooked, they make great onion rings and also add a caramelized flavor to pastas, roasts and casseroles.

**Shallots** Sometimes mistaken for garlic because of their similar shape, shallots have a sweet, bold flavor. Ideal in sauces and gravies, or sautéed and added to vegetable side dishes.

**Leeks** Heartier than scallions; best when sautéed. Trim both ends and wash well. Slice thinly and use as a base for stews and soups or add to braised meat dishes.

**Nutrition:** Onions are a rich source of phytochemicals that may promote healthy blood pressure and cholesterol levels. They are also a source of vitamin C, fiber, vitamin B6, folate and manganese. Green onions and scallions are more nutritious than other types; their green tops have higher amounts of vitamin C, folate, calcium and beta-carotene than regular onions.

## PEACHES

**Selecting:** Choose peaches that give slightly to gentle pressure, that emanate a flowery fragrance, and that are free of bruises and blemishes. The amount of red in a peach's skin depends on its variety and has little relation to its ripeness. Avoid any with tinges of green, however; they were picked too early and may never ripen properly. Once picked, a peach will eventually become softer and juicier but not significantly sweeter.

# Produce Guide

## *Peaches cont.*

**Storing:** Keep peaches at room temperature until they are ripe. To hasten the ripening process, place them in a paper bag with an apple or a banana. Once peaches are soft, refrigerate them in a plastic bag for 4 to 5 days.

**Using:** Wash peaches just before cooking or serving. If there is a good deal of fuzz, rub the peach gently while washing. The fuzz will come right off. Like many fruits, fresh peaches will have a sweeter, fuller flavor if served at room temperature. Since the flesh of peaches discolors when exposed to air, toss cut pieces immediately with citrus juice, wine or liqueur.

**Nutrition:** Peaches are high in fiber, vitamins A and C, niacin and potassium.

## **RADISHES**

**Selecting:** There are several varieties of radishes, the most common being oval-shaped and red-skinned. Daikon is an oriental radish that resembles a fat, white carrot. Look for radishes with unblemished and brightly colored skin (in the case of red ones), a firm and compact texture, and short, bright green leaves.

**Storing:** Radishes will not keep as well with their tops left on, so remove the tops before storing. They will keep for up to two weeks in the refrigerator.

**Using:** Radishes are most often used in salads or as a garnish. Daikon radish is also often used in sushi rolls, and is delicious braised in a bit of sesame oil.

**Nutrition:** Red radishes are a great source of vitamin C and are rich in minerals like sulphur, iron and iodine. Daikon is even better with vitamin C, potassium, magnesium and folate, as well as sulphur, iron and iodine.

## **SUMMER SQUASH**

**Selecting:** All varieties of summer squash should be heavy for their size with glossy, unblemished skins. Soft, thin skins are also an indicator of freshness and quality. Hard skins are over-mature with fibrous flesh and hard seeds. Small zucchini and straightneck squash are more tender than large ones. If purchasing crookneck squash, choose those under 10 inches in length.

**Storing:** Store unwashed summer squash in the crisper drawer of the refrigerator for no more than three or four days. Do not wash until you're ready to prepare them since moisture promotes decay.

**Using:** Peeling is not necessary. Larger squash and crookneck varieties may need to be cut in half and the seeds removed with a spoon prior to slicing. Due to its high water content, summer squash may need to be drained before being used in recipes where additional liquid is not desired. To do so: After cutting, salt lightly and place in a colander in the sink for about 20 minutes, then rinse thoroughly and pat dry.

**Nutrition:** Summer squash varieties are a source of fiber, iron, manganese, magnesium, potassium, phosphorous, riboflavin, niacin, zinc, and vitamins A, B6 and C.

# Produce Guide

## **TOMATOES**

**Selecting:** Tomatoes should feel heavy for their size and be soft and yield only slightly to the touch. Size has no correlation with quality—large tomatoes can be just as delicious as small ones. The smaller cherry types are sweet and full flavored, while the larger beefsteak varieties tend to be sweet with low acidity and excellent texture.

**Storing:** Store ripe tomatoes at room temperature for up to 3 days. If they are slightly unripe, put them in a sunny place for several days and they will ripen further. Although whole fresh tomatoes should not be refrigerated, cut tomatoes should be wrapped in plastic wrap or waxed paper and refrigerated.

**Using:** Wash and dry tomatoes to be sliced. Cut out the stem end and leave the tomatoes whole or cut them into crosswise or lengthwise slices or into wedges, or chop, according to the recipe.

**Nutrition:** Tomatoes are a source of vitamins A, C and K, potassium and the antioxidant lycopene. The redder the tomato, the more lycopene it contains.

## **TECHNIQUES FOR COOKING VEGETABLES**

### ***Blanching***

Blanching is an easy technique that many cooks use to keep vegetables crisp and tender. By boiling vegetables briefly, chilling them in ice water, then reheating them slowly, blanching preserves texture, color and flavor. Blanching is recommended before freezing fresh vegetables as a way to stop the enzymatic activity that can decay food, even while frozen.

### **Directions:**

1. Bring a large pot of water to a rapid boil over high heat. Add enough salt so the water tastes faintly salty.
2. While the water heats, fill a medium bowl about three-quarters full with ice, then add enough cold water to come just to the top of the ice.
3. When the water is boiling and the ice bath is ready, trim the vegetables to the size you need. It's best to trim them just prior to cooking so they won't oxidize or dehydrate.
4. Add the vegetables to the boiling water in batches small enough to ensure that the water doesn't lose its boil.
5. Boil the vegetables only until they're barely cooked through but still tender. To test, remove one piece with a slotted spoon, dip it into the ice bath to cool, and eat it.
6. As soon as the vegetables are done, remove them as fast as you can and submerge them in the ice bath.
7. Remove them from the ice bath as soon as they are no longer warm.

To reheat the vegetables, you can use any cooking method you wish, like sautéing, grilling, or boiling; just make sure to barely heat them up and not to cook them again. To freeze, ensure the vegetables are as dry as possible (excess liquid will result in poor quality frozen food) and then place in freezer bags or containers.

# Produce Guide

## ***Cooking Techniques cont.***

### ***Sautéing***

The word sauté comes from the French verb meaning “to jump.” It refers to the way foods added to a hot, lightly-oiled pan tend to jump. Sautéing is a quick and easy way to cook vegetables with relatively little oil. Sautéed vegetables retain their vitamins and minerals, as well as taste and color. This method is best suited for tender vegetables, such as asparagus, baby artichokes, snow peas, sweet peppers, onions, and mushrooms.

**Kitchen Tip:** Cut vegetables into bite-sized pieces so they can cook all the way through quickly. Heat the pan first over relatively high heat. Add oil. Wait until the oil begins to shimmer before adding the vegetables. Cooking time depends on the desired tenderness.

### ***Stir-Frying***

Stir-frying is very similar to sautéing, with two important differences. Stir-frying is done over very high heat, and the food is constantly stirred to prevent it from burning on the hot pan. Stir-frying is often done in a wok, the classic utensil of Chinese cooking. But you can also stir in a sauté pan, as long as the bottom is thick enough to distribute the high heat evenly.

**Kitchen Tip:** Sautéing and stir-frying are best done with a cooking oil that stands up to high heat, such as canola oil. Once vegetables are done, you can toss them with a flavored oil such as olive or sesame oil.

### ***Boiling or Simmering***

Like sautéing, boiling vegetables is a quick and easy technique. When you want to retain the flavor and crispness of vegetables such as green beans or broccoli, wait until the water is at a full boil. Toss in the vegetables and cook them quickly. Simmering also uses water to cook vegetables, but at a lower temperature, before the water begins to boil. This slow-cooking technique is great for dried bean, potatoes, beets and other root vegetables that require longer periods of cooking in order to become tender.

**Kitchen Tip:** Adding salt to boiling water enhances the flavor of vegetables, but don't overdo it.

### ***Roasting***

Roasting vegetables such as asparagus, squash, or onions is as simple as putting them on a baking sheet, drizzling them with a little vegetable oil, and popping them in a 400 degree oven. The high oven temperature of roasting cooks meat and vegetables quickly and caramelizes the sugars on the surface, creating a crunchy and sweet flavor. Roasting helps to preserve not only vitamins and minerals, but also flavors that can be lost with boiling.

**Kitchen Tip:** Build a meal around foods that can all be roasted in the oven, such as roasted chicken or fish and roasted vegetables. Seasonings such as bay leaves, garlic, or mixed spices can be added for flavor.

# Produce Guide

## ***Steaming***

Steamed vegetables are synonymous with healthy eating for good reason. Steaming cooks vegetables without submersing them in water, so they are more likely to retain vitamins and minerals. Unlike sautéing, steaming doesn't require oil, so it's a great way to prepare vegetables if you're watching calories. The best vegetables for steaming include broccoli, carrots, cauliflower, green beans, leafy greens like spinach, and other relatively tender vegetables.

**Kitchen Tip:** Aromatic spices such as cinnamon sticks, lemongrass, and ginger can be added to the steaming liquid to permeate vegetables with subtle flavor.

## ***Grilling***

When the weather is warm, grill vegetables outside on the barbecue. Like roasting, grilling locks in flavor and caramelizes the surface of vegetables, giving them a crispy sweetness. Grilling is a terrific way to prepare corn, sweet peppers, zucchini and other squash, onions, potatoes, and a variety of other vegetables.

**Kitchen Tip:** If you have a gas cook top, you can grill vegetables inside all year round. Hold the vegetables with tongs above the flame, turning to cook them evenly. Another option is to place vegetables on a grilling basket over the flame. Bell peppers, available most of the year, are perfect for grilling over a stove top.

## ***Adapted from:***

[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

[www.williams-sonoma.com](http://www.williams-sonoma.com)

[www.webmd.com](http://www.webmd.com)

# Recipes

## *Panzanella*

- day-old crusty bread, like Focaccia or French or Ciabatta
- diced tomatoes
- fresh basil
- olive oil
- salt

Tear bread and basil. Toss with tomatoes, olive oil, and salt. Cover and let sit at room temperature.

## *Mediterranean Sweet and Sour Eggplant*

- 1 Japanese Purple Eggplant
- 2 large tomatoes
- 1 tablespoon honey
- 1 tablespoon cider vinegar
- 2 cloves garlic, chopped
- chopped fresh herbs: mint, flat-leaf parsley
- water
- salt and pepper
- olive oil

Dice the tomatoes, and cook in a saucepan with the garlic and enough water to make a sauce consistency - depending on the juiciness of the tomatoes, 1/4-3/4 cup. Add the honey and vinegar to the sauce. Meanwhile, slice the eggplant into 1/2 inch rounds, brush with olive oil, add a little salt, and bake in a 425 degree oven until soft. The eggplant will turn kind of translucent when it's done, and the skin will get kind of wrinkly.

Add the eggplant to the pan with the sauce, and let it cook on really low heat for about 10 minutes. Add the fresh herbs at the end, after you've turned off the heat. This is good hot out of the pan or cold out of the refrigerator.

# Recipes

## *Spinach Salad with Watermelon and Goat Cheese*

- washed baby spinach, 1 bag or 2 bunches
- goat cheese, 1 small log – or more if you like it a lot!
- olive oil
- balsamic vinegar
- 1/2 teaspoon Dijon mustard
- salt + pepper

Toss spinach with watermelon. Whisk 3 parts olive oil to 1 part balsamic vinegar and 1/2 teaspoon of Dijon mustard. Toss with spinach and watermelon. Top with goat cheese and season with salt and pepper.

Serves 4

## *Curried Potato Salad*

- 8 medium potatoes – 4 gold, 4 blue
- 1 10-ounce can chick peas, drained and rinsed
- 1 apple (green), diced
- 1/2 seedless cucumber, diced
- 2 tablespoons mayonnaise
- 1/2-3/4 teaspoon curry powder
- salt + pepper

Boil or roast the potatoes (leave the peels on). When a knife can pierce the potatoes easily, take off heat and let cool. Dice and toss with remaining ingredients and refrigerate for 30-40 minutes.

(Source for recipes above: Vanessa Oliver)

# Recipes

## *Zucchini with Corn and Cilantro*

- 1 teaspoon olive oil
- 3 1/2 cups cubed zucchini (about 1 pound)
- 1 cup frozen whole-kernel corn
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon fresh lime juice
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

Heat oil in a large nonstick skillet over medium-high heat. Add zucchini and corn; cook, stirring occasionally, 7 to 8 minutes or until zucchini is crisp-tender. Remove from heat, and stir in cilantro and remaining ingredients.

Serves 4

(Source: Health.com)

## *Squash and Onions with Brown Sugar*

- 1 large yellow squash (or 2 medium)
- 2 small onions (or one medium)
- 2 tablespoons unsalted butter
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 tablespoons brown sugar

Slice the squash into 1/2-inch rounds, cutting large ones in half. You should end up with roughly 2 cups of cut squash. Cut the onions into similar-sized slices.

Add the butter to a wide sauce pan that has a lid and heat over medium heat. When the butter has melted, add the onions and cook until soft, about 4-5 minutes. Add squash, salt, pepper, and brown sugar. Stir, then cover and cook for about 20 minutes, until squash is very soft. Remove the cover and continue to cook for about 8 minutes, just to give the juices a chance to evaporate slightly. There will be some liquid in the pan, but it should be thicker than water, almost like a glaze. Season with more salt and pepper, if needed, and serve immediately.

(Source: Vanessa Oliver)

# Recipes

## *Caramelized Onion Dip*

- 1 tablespoon olive oil
- 1 medium yellow onion, medium dice (about 2 cups)
- 1 medium garlic clove, finely chopped
- 1 cup sour cream
- 4 ounces fresh goat cheese
- 1/4 cup finely chopped fresh chives

Heat oil in a medium frying pan over medium-low heat. When it shimmers, add onion and garlic, season with salt and freshly ground black pepper, and cook, stirring occasionally, until vegetables are caramelized and brown, about 20 minutes. Remove from heat and let cool slightly.

Combine sour cream, goat cheese, and chives in the bowl of a food processor fitted with a blade attachment, add onion mixture, and pulse until combined, about 10 pulses. Taste and add salt and freshly ground black pepper as desired, then pulse a few more times to mix in seasoning.

Transfer to a serving bowl, cover, and refrigerate until chilled, about 1 hour. Serve with potato chips or crudités.

Makes: 2 cups (6 to 8 servings)  
(Source: Chow.com)

## *Roasted Garlic*

- 6 heads garlic
- 1/4 cup olive oil
- 2 tablespoons salt

Preheat the oven to 400 degrees . Remove any loose skin from the garlic and cut a 1/4-inch slice off the tops, exposing the tips of the cloves. Set the garlic heads cut side up on a sheet of aluminum foil and sprinkle with olive oil and salt. Wrap the heads in the foil and roast until tender, about 45 minutes. Let cool before peeling.

(Source: Vanessa Oliver)

# Recipes

## *Pioneer Woman's Fresh Green Beans*

- 1 pound green beans
- 2 tablespoons bacon grease (can substitute 1 tablespoon butter and 1 tablespoon olive oil)
- 2 cloves garlic
- 1 cup chopped onion
- 1 cup chicken broth
- 1/2 cup chopped red bell pepper
- 1/2-1 teaspoon Kosher salt (can substitute regular table salt; Use 1/4 to 1/2 teaspoon)
- Ground black pepper to taste

Snap the stem ends of the green beans, or cut them off in a big bunch with a knife if you'd like. Just don't tell Granny.

Melt bacon grease in a skillet over medium low heat. Add garlic and onions and cook for a minute. Then add green beans and cook for a minute until beans turn bright green.

Add the chicken broth, chopped red pepper, salt and black pepper. Turn heat to low and cover with a lid, leaving lid cracked to allow steam to escape. Cook for 20 to 30 minutes or until liquid evaporates and beans are fairly soft, yet still a bit crisp. You can add more chicken broth during the cooking process, but don't be afraid to let it all cook away so the onions and peppers can caramelize. Have a wooden spoon handy to protect your fair share.

(Source: [The Pioneer Woman.com](http://ThePioneerWoman.com))

# Recipes

## *Parmesan-Roasted Broccoli*

- 4 to 5 pounds broccoli
- 4 garlic cloves, peeled and thinly sliced
- Good olive oil
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 teaspoons grated lemon zest
- 2 tablespoons freshly squeezed lemon juice
- 3 tablespoons pine nuts, toasted
- 1/3 cup freshly grated Parmesan cheese
- 2 tablespoons julienned fresh basil leaves (about 12 leaves)

Preheat the oven to 425 degrees F.

Cut the broccoli florets from the thick stalks, leaving an inch or two of stalk attached to the florets, discarding the rest of the stalks. Cut the larger pieces through the base of the head with a small knife, pulling the florets apart. You should have about 8 cups of florets. Place the broccoli florets on a sheet pan large enough to hold them in a single layer. Toss the garlic on the broccoli and drizzle with 5 tablespoons olive oil. Sprinkle with the salt and pepper. Roast for 20 to 25 minutes, until crisp-tender and the tips of some of the florets are browned.

Remove the broccoli from the oven and immediately toss with 1 1/2 tablespoons olive oil, the lemon zest, lemon juice, pine nuts, Parmesan, and basil. Serve hot.

6 servings

(Source: 2008, Barefoot Contessa Back to Basics, All Rights Reserved)

# Recipes

## *Spicy Thai Vegetable Slaw*

- 1 head Savoy Cabbage
- 4 medium radishes
- 1 cucumber (try Burpless)
- 1 jalapeño
- ½ -1 cup peanuts, roasted

Dressing:

- 2 tablespoons spicy toasted sesame oil
- 4 tablespoons apple cider vinegar
- 1 tablespoon honey
- 3 tablespoons peanut butter
- ½ teaspoon chili paste (sambal oelek)
- 2 teaspoons grated fresh ginger
- Juice from one lime

Shred the cabbage and cut the rest of the vegetables for the salad into strips. In a large bowl, mix all dressing ingredients. Add vegetables and top with peanuts to taste.

This salad tastes best after it sits at room temperature for about a ½ hour. You can control the spicy factor by using regular sesame oil, no jalapeno, and no chili paste. Other veggies such as raw broccoli or kohlrabi would be great added, too!

(Source: Vanessa Oliver)

## *Strawberries with Balsamic Syrup*

- Quart Strawberries
- 1 cup balsamic vinegar
- 1 teaspoon sugar
- Fresh whipped cream, mascarpone, or ricotta cheese

Wash, trim, and halve 1 quart of strawberries. Put a cup of balsamic vinegar on the stove on low-medium heat. Add 1 teaspoon sugar. Let the vinegar reduce down slowly, occasionally stirring, until the volume is reduced to about ¼ cup. Let cool and drizzle over the berries. Serve with lightly sweetened fresh whipped cream, mascarpone, or ricotta cheese.

(Source: Vanessa Oliver)

# Recipes

## Sweet Corn Ice Cream

- 2 ears corn
- 1 cup heavy whipping cream
- 1 1/2 cups milk
- 1/2 cup sugar
- 4 egg yolks
- 1/2 teaspoon vanilla extract

1. Set a box grater in a large bowl. Using the large holes, grate corn kernels (and their “milk”) off the cobs. Discard cobs.

2. In a medium saucepan over medium heat, combine cream, milk, and corn. Bring to a simmer. Meanwhile, in a medium bowl, whisk sugar and egg yolks until pale and thick. When cream mixture reaches a simmer, slowly ladle 1/2 cup of it into egg mixture, whisking constantly. Repeat with another 1/2-cup ladleful. Reduce heat to low, whisk warmed egg mixture into saucepan, and cook, whisking, until mixture thickens a bit, about 5 minutes.

3. Pour mixture into a medium bowl, stir in vanilla, cover with plastic wrap (letting the wrap sit directly on the mixture’s surface), and chill at least 2 hours and up to 1 day.

4. Freeze in an ice cream maker according to manufacturer’s instructions. Serve immediately or transfer to an airtight plastic container

(Source: Health.com)

# Recipes

## *Cool Cantaloupe Soup With Basil Cream*

- 1 cantaloupe, cut into 1-inch pieces ( about 2 1/2 lb.)
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon lemon zest
- 2 tablespoons mint leaves, chopped
- 1/8 teaspoon salt
- 1 cup heavy cream
- 2 tablespoons fine sugar
- 1/2 cup packed basil leaves
- 3/4 cup sparkling white grape juice

Soup: Place the cantaloupe, lemon juice, and zest in a food processor and pulse until coarsely chopped. Add the mint and salt and pulse to combine. Transfer to a large bowl, cover, and chill for at least 30 minutes.

Basil Cream: Place the cream and sugar in the bowl of food processor and process until slightly thickened. Add the basil and process until thick-about 20 seconds-and set aside.

Add the grape juice to the soup right before serving. Divide evenly among four bowls and top with the cream. Enjoy!

(Source: Country Living, June 2004)

## *Cucumber-Mango Salad*

- 3 English cucumbers, cut into strips
- 1 ripe mango, peeled and cut into strips
- Kosher salt
- 1 jalapeno, chopped (optional)

Mix all ingredients and let sit at room temperature for 10 minutes.

Serves 2-3

(Source: Vanessa Oliver)

# Recipes

## Raspberry Spoonbread

- 1 cup cornmeal, preferably stone-ground (medium or finely ground)
- 1 cup nonfat or low-fat buttermilk
- 2/3 cup pure maple syrup
- 2 tablespoons butter
- 1/2 teaspoon salt
- 4 large eggs, separated
- 1/4 cup all-purpose flour
- 2 teaspoons vanilla extract
- 1/4 cup sugar
- 3 cups raspberries, divided
- 8 tablespoons nonfat plain Greek-style yogurt, optional

Preheat oven to 375°F. Coat an 8-inch-square baking dish (or other 2-quart oven-proof dish) with cooking spray. Combine cornmeal, buttermilk, maple syrup, butter and salt in a large saucepan. Cook over medium-high heat, whisking constantly, until the mixture bubbles and thickens. Remove from the heat. Whisk egg yolks in a large bowl. Whisking constantly so the eggs won't scramble, add 1/2 cup of the hot cornmeal mixture until completely combined. Scrape in the remaining cornmeal mixture and whisk until smooth. Whisk in flour and vanilla until smooth.

Beat egg whites in another large bowl with an electric mixer on high speed until soft peaks form. Gradually sprinkle in sugar, continuing to beat until soft glossy peaks form. Fold the whites into the cornmeal mixture. Fold in 2 cups raspberries. Spoon the batter into the prepared dish.

Bake until puffed, golden brown on top and the center is set, 35 to 40 minutes. The spoonbread will be slightly wobbly and soft when it is completely cooked. Let cool for 20 minutes. Serve warm, topped with some of the remaining raspberries and yogurt, if using.

8 servings

(Source: EatingWell, July/August 2009)

# Recipes

## *Peach Salsa*

Simple chopping and mixing is all that is required. And while you can serve it right away, it's better to let the ingredients marinate together—have a little party if you will. Adjust heat to your liking. The recipe below is fairly mild, but if you like it spicy, add more pepper and/or jalapeño. And make sure you use ripe peaches. It makes all the difference in the world.

- 1 1/2 cups ripe peaches, diced (4-6 depending on size)
- 1 cup tomato, diced (about 2 medium)
- 1 tablespoon jalapeño, finely minced (about 1/2)
- 1/4 cup yellow pepper, small dice (substitute red or green pepper if you'd like)
- 1/4 cup red onion, finely diced
- 1 tablespoon cilantro, chopped
- juice of 1 lime
- 1/4 teaspoon ancho chili powder or other chili powder
- 1 tablespoon brown sugar, packed
- salt and pepper to taste (spicier version - add more jalapeño or cayenne powder to taste)

Mix all ingredients together well. Serve right away, or cover and refrigerate until ready to serve.

Serves about 12

(Source: She Wears Many Hats)

# Recipes

## *Blackberry Summer Cooler*

- 5 lemons
- 4 cups water
- 3/4 cup sugar
- 1 cup fresh blackberries
- lemon slices for garnish

Remove zest from 3 of the lemons. Squeeze the juice from all 4 lemons to make about 1 cup juice. Boil 2 cups of water with the sugar stirring until sugar dissolves. Add zest, juice, and remaining 2 cups of water. Let cool. In a food processor or blender, puree the blackberries and add to the lemon mixture. Strain into a pitcher and chill. Serve over ice in tall glasses and garnish with lemon slices and fresh mint, basil, or tarragon if desired.

(Source: Vanessa Oliver)

# Recipes

## *Non-Dairy Peach Ice Cream*

- About 4 cups of peaches, peeled and cut up into pieces and divided in half
- 1 14-ounce can coconut milk
- 2 teaspoons organic virgin coconut oil (especially if the coconut milk is not full fat)
- 1/2 to 3/4 cup organic light brown sugar , to taste
- 1 teaspoon bourbon vanilla

In a saucepan heat half the peaches (2 cups) with the coconut milk, coconut oil, and sugar until the peaches are softened and the sugar is melted (this takes less than five minutes). Remove from heat and cool. Pour the mixture into a blender and blend till smooth. Combine the remaining peaches with the peach-coconut milk mixture. Add the vanilla. Stir and cover. Refrigerate for two hours or so- until the mixture is cold. Churn the peach mixture in your favorite ice cream maker, as per manufacturer's instructions. Or pour the mixture into a freezable container and freeze; check every 15 to 20 minutes or so and stir the mixture to keep ice crystals from forming.

Makes a quart of peachy vegan ice cream.

(Source: Vanessa Oliver)

## *Chocolate-Raspberry Frozen Yogurt Pops*

- 2 cups fresh or frozen raspberries
- 2 cups nonfat or low-fat plain yogurt, preferably Greek-style
- 3-5 tablespoons sugar
- 1/2 cup mini chocolate chips

Puree raspberries, yogurt and sugar to taste in a food processor until smooth. Divide the mixture among freezer-pop molds, stopping about 1 inch from the top. Evenly divide chocolate chips among the molds. Stir the chips into the raspberry mixture, stirring out any air pockets at the same time. Insert the sticks and freeze until completely firm, about 6 hours. Dip the molds briefly in hot water before unmolding.

Makes about 10 (3-ounce) freezer pops

(Source: EatingWell, July/August 2009)

# Recipes

## Vanilla Paw Paw Crepes

Paw paws are probably one of the stranger fruits out there – an alien pod, smells a little musty, mushy and brown and sometimes kind of oozy. The taste is something like a cross between a mango and a banana, with maybe some vanilla in there, too. The paw paw is the only tropical fruit native to Kentucky.

Crepe batter:

- 6 eggs
- 1 teaspoon salt
- 3 cups milk
- 8 tablespoons melted butter
- 1 1/3 cups flour
- 1 vanilla bean, split and scraped

other ingredients:

- good quality vanilla ice cream
- 4 very ripe, very brown paw paws

Mix eggs, milk. Add scraped contents of vanilla bean to liquid. Whisk. Add flour, salt, and 1/2 the melted butter. Whisk. Refrigerate batter for 1/2 hour – this lets the gluten in the flour relax, for a more delicate crepe.

To make crepes – throw the rest of that melted butter into a NONSTICK pan (very important) and heat on a medium flame.

Use about 2oz. of batter per crepe. You want to pour the batter into a hot pan, and then swirl the batter out from the center, using your wrist to turn the pan. When bubbles begin to form on the surface, gently flip the crepe and cook for another 30 seconds. Repeat for rest of the batter, stopping to re-grease the pan as necessary. Stack crepes on a plate as you go.

Take your ice cream out of the freezer and let it soften. Slit each paw paw through the skin, so the pulp can be squeezed out, like toothpaste. Watch out for, and remove the black paw paw seeds. Mix the pulp and the ice cream.

To assemble – just fill with the paw paw ice cream, roll, and serve. Dust with some sugar if you like. (You could also replace the ice cream with some mascarpone cheese if you want. Mascarpone is like an Italian cream cheese, but lighter and creamier. Just sweeten a little if using, with either honey or sugar, and maybe add a drop of vanilla. Add the paw paw pulp as with the ice cream.)

(Source: Vanessa Oliver)

# Enjoy the freshness, flavor and excellence of Kentucky Proud Produce

It really makes a difference when you purchase locally grown fruits and vegetables. You provide your family with garden fresh taste and quality, while also helping the community by keeping your food dollars close to home.



## Colorful Eating

Color-code your shopping and be on your way to better health. Each color group of produce offers different phytochemicals, antioxidants and nutrients that help you stay healthy in a variety of ways.



### Get the blues (and purples)

*Brain/memory, healthy aging, urinary tract*

#### Fruits

- Blackberries
- Blueberries
- Grapes
- Plums

#### Vegetables

- Eggplant
- Kohlrabi
- Purple asparagus
- Purple cabbage
- Purple carrots
- Purple peppers

### Great greens

*Vision, bones, teeth*

#### Fruits

- Apples
- Grapes
- Paw paws
- Pears

#### Vegetables

- Asparagus
- Beans
- Broccoli
- Brussel sprouts
- Cabbage
- Cucumbers
- Kohlrabi
- Leafy greens
- Lettuce
- Okra
- Onions (green)
- Peas
- Peppers
- Zucchini

### Wonderful whites

*Heart, maintain healthy cholesterol*

#### Fruits

- Pears (brown)
- White peaches

#### Vegetables

- Cauliflower
- Kohlrabi
- Onions
- Potatoes
- White corn

### Outstanding oranges (and yellows)

*Vision, immune system, heart*

#### Fruits

- Cantaloupe
- Peaches
- Yellow apples
- Yellow pears
- Yellow watermelon

#### Vegetables

- Carrots
- Corn
- Golden potatoes
- Peppers
- Pumpkins
- Squash
- Sweet potatoes
- Yellow tomatoes

### Radiant reds

*Heart, urinary tract, brain/memory*

#### Fruits

- Apples
- Grapes
- Pears
- Raspberries
- Strawberries
- Watermelons

#### Vegetables

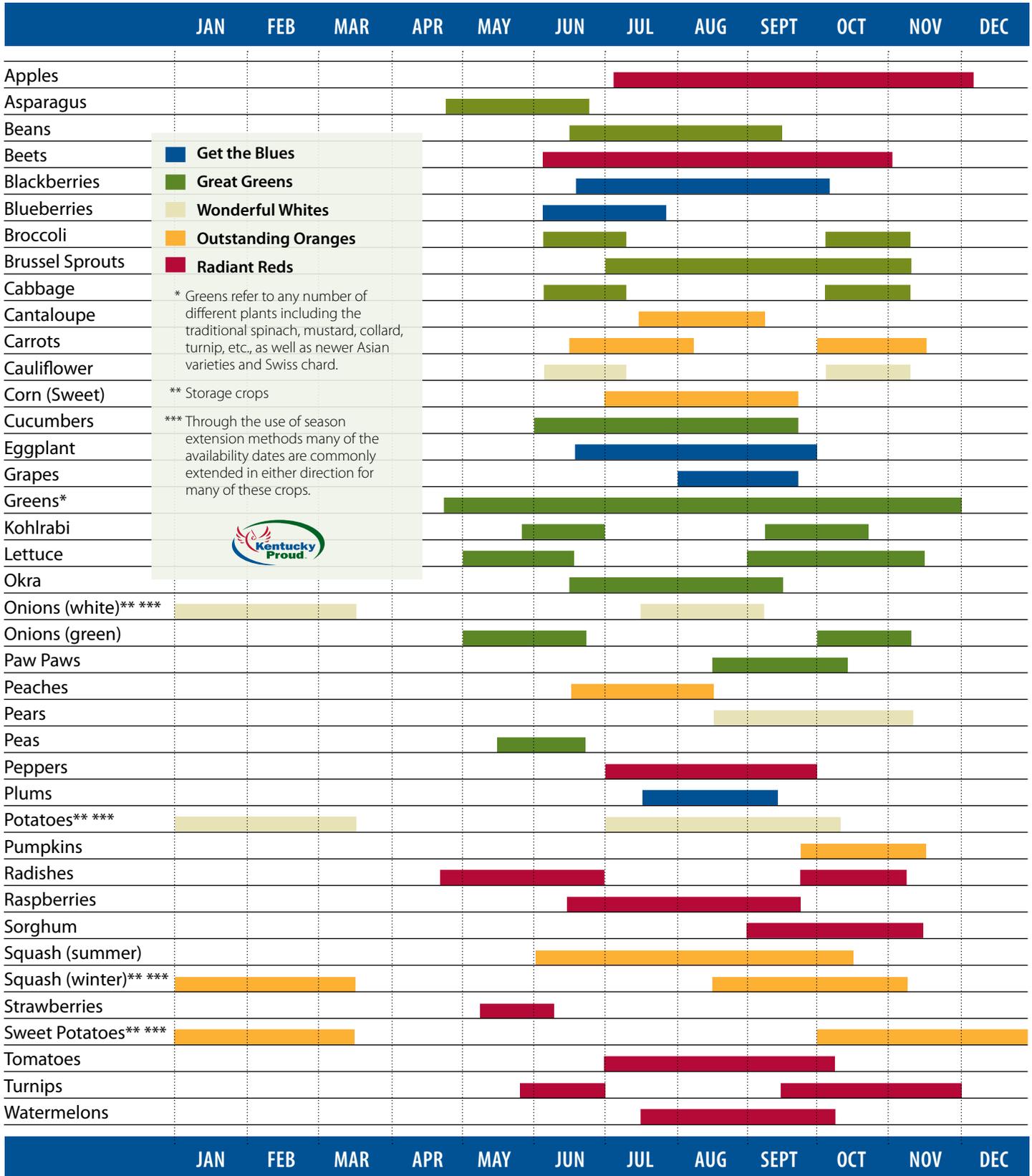
- Beets
- Radishes
- Red peppers
- Sorghum
- Tomatoes
- Turnips





# Kentucky Proud Produce Availability

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand. Our secret ingredient is the hard work and dedication of Kentucky's farm families. Find out why "Nothing else is close."





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