

EAT WHAT YOU GROW

Easy Garden Recipes
for Backyard Homestead



Rachel May

Eat What You Grow: Easy Garden Recipes for the Backyard Homestead

By Rachel May

Introduction

If you want to know what's in your food, grow it yourself. The pursuit of healthy, organic, self-sufficient food source is as close as your backyard. The garden path will take you down many avenues including joy, health, self-sufficiency, peace of mind and contentment. There are fewer places on earth as fulfilling as your own backyard garden and the meals that you prepare using the freshest ingredients picked at the peak of nutrition and flavor. In addition to a garden plot, a couple of fruit or nut trees will produce a plethora of food not only for yourself but also your grandchildren. He who plants an orchard plants for the future.

When the summer garden provides more than enough bounty, these recipes provide delectable uses for the abundance. Beginning gardeners will find simple, tasty recipes for common garden variety fruits and vegetables. The recipes are sorted by the main ingredient, so that the day's harvest can be prepared or preserved as desired. This book answers the dilemma, what can I do today with 10 pounds of zucchini or a peck of apples? The recipes are arranged alphabetically starting with the vegetable garden and ending with orchard produce. Don't overlook your local farmers' market to supplement the family larder during the winter season. The recipes contained in this book guarantee summer bounty throughout the year.

Wishing you abundant health, harvests, and happiness.

Rachel May

Disclaimer

Copyright 2014 by Rachel May

All rights Reserved. No part of this book may be reproduced, stored or transmitted in any form, or by any means including manual or electronic without prior written consent of the author.

While the author has made every effort to insure that the ideas, guidelines and information in this eBook are safe, they should be used at the reader's discretion. The author cannot be held responsible for any personal or commercial damages arising from the application or misinterpretation of the information contained herein. All rights reserved.

Contents

[Asparagus, Plain and Simple](#)

[Asparagus Pasta Salad](#)

[Grilled Asparagus](#)

[Four Bean Salad](#)

[Green Bean Bake](#)

[Homestead Green Beans](#)

[Spinach and Strawberry Salad](#)

[Berry Crepes and Crème Sauce](#)

[Baked Raspberry Custard](#)

[Strawberry Jam](#)

[Cackleberry Pie](#)

[Cabbage Pockets](#)

[Sweet and Sour Sauerkraut Salad](#)

[Sauerkraut Chocolate Cake](#)

[Carrot Delight](#)

[Carrots with Orange Glaze](#)

[Maple Dill Carrots](#)

[Creamy Cucumber Salad](#)

[Marinated Cucumber, Onion and Tomato Salad](#)

[“Easy-Peasy” Sweet and Sour Dills](#)

[Candy Apple Cucumber Pickles](#)

[Creamy Vegetable Dip for Naked Veggies](#)

[Rosemary and Lemon Breadsticks](#)

[Dilly Bread](#)

[No Knead Herb Bread](#)

[Jalapeno Poppers](#)

[Jalapeno Potato Latkes](#)

[Potato Soup](#)

[Potato Latkes](#)

[Sweet Potato Latkes](#)

[Rhubarb Cream Pie](#)

[Rhubarb Refrigerator Jelly](#)

[Rhubarb Surprise](#)

[Rhubarb Spritz](#)

[Rhubarb Strawberry Pie](#)

[SQUASH](#)

[Zucchini Garbanzos](#)

[Spiced Lemon Chicken with Summer Squash and Green Olives](#)

[Beef and Zucchini Casserole](#)

[Tex-Mex Squash Bake](#)
[Zucchini Lasagna with Pepperoni](#)
[Zucchini Casserole](#)
[Magic Soup](#)
[Simple Tortellini Salad](#)
[Zucchini \(Apple\) Crisp](#)
[Coconut Custard \(Zucchini\) Pie](#)
[Dehydrated Zucchini](#)
[Tomato Cheese Dumplings](#)
[Salsa](#)
[Fried Green Tomatoes](#)
[Liquid Apple Pectin](#)
[Spiced Apple Medley](#)
[Sautéed Apples](#)
[Waldorf Salad with 1-2-3 Dressing](#)
[Candy Apple Salad](#)
[Crabapple Gravy](#)
[Fast Apple Rhubarb Pie](#)
[Apple Betty](#)
[Applesauce](#)
[Dehydrated Apple Chips](#)
[Mother's Cherry Cream Pie](#)
[Maraschino Cherries](#)
[Chocolate Covered Cherries](#)
[Dried Cherries](#)
[Cherry Quinoa](#)
[Pecan Pie](#)
[Walnut Rice Loaf](#)
[Mock Meat Balls with Pecans](#)
[Peach Cobbler](#)
[Apricot Glazed Chicken](#)
[Dehydrated Peaches](#)
[Pear Preserves](#)
[Pear Salad](#)
[Dehydrated Pears](#)

Vegetable Garden

ASPARAGUS

Asparagus, Plain and Simple

The first harbinger of garden delights as soon as snow has disappeared (and sometimes caught in the last spring snowstorm) is best eaten standing in the asparagus bed just after it has been plucked from earth's awakening promise.

Ingredients:

Asparagus

Butter

Salt

Directions:

Steam desired amount of asparagus spears till tender crisp. Butter and salt as desired.

Asparagus Pasta Salad

My granddaughter and I started asparagus from seed one winter on the window sill and transplanted it outside in early spring. I've enjoyed its bounty every year since. The asparagus patch on the family pioneer homestead still sprouts every year although it has been 30 years since anyone tended it.

Ingredients:

4 ounces corkscrew pasta
10-12 asparagus spears cut in 1 inch lengths
1/2 medium onion, minced
1 cup cherry tomatoes, quartered
2 medium cloves garlic, minced
3 Tablespoons fresh chopped basil or 1 Tablespoon dried
1 Tablespoon fresh, chopped tarragon or 1 teaspoon dried tarragon
3 Tablespoons fresh lemon juice
1 Tablespoon balsamic vinegar
3 Tablespoons olive oil
Salt and black pepper to taste

Directions:

Cook pasta as directed on package. During the last three minutes of cooking add asparagus. Drain pasta and asparagus well. Place in large salad bowl. Combine onion, tomatoes, garlic, basil, tarragon, lemon juice, vinegar, oil, salt and pepper for dressing and pour over pasta and asparagus.

Grilled Asparagus

Ingredients:

Asparagus spears

Butter

Salt

Directions:

Wash asparagus and cut off 1 inch of white bottom woody ends. Place asparagus on square of aluminum foil large enough to make packet to contain asparagus. Dot with butter and salt. Fold foil to create cooking packet and seal ends to keep in butter. Place on barbeque grill and cook 2-3 minutes or till tender crisp.

BEANS

Four Bean Salad

Ingredients:

1 ½ cups green beans, cooked
1 ½ cups yellow beans, cooked
1 ½ cups kidney beans, cooked
1 ½ cups garbanzo beans, cooked
4-6 green onions, chopped
1 green bell pepper, diced
1/3 cup lemon juice
1/3 cup olive oil
½ cup sugar
1 teaspoon garlic salt

Directions:

Mix cooked beans, onion and green pepper in large covered casserole serving dish. Combine lemon juice, oil, sugar and salt for dressing and stir. Pour over beans and refrigerate for several hours before serving. This salad lasts for several days in the refrigerator.

Green Bean Bake

Ingredients:

4 cups cooked green beans

½ teaspoon salt

1 can condensed cream of mushroom soup

½ cup milk

1 teaspoon soy sauce

Dash of pepper

1 can french fried onions

Directions:

Cook green beans seasoned with salt until tender. Mix mushroom soup, milk, soy sauce, pepper and ½ can of French fried onions together and pour over green beans in a 1 ½ quart casserole. Bake at 350 degrees for 25 minutes or until hot. Stir. Sprinkle remaining onions over bean mixture and bake five minutes more or until onions are golden.

Homestead Green Beans

Ingredients:

Green beans, washed and snapped, strings removed
1 slice bacon per cup of green beans
1 teaspoon salt
1 Tablespoon diced onion per cup of green beans (optional)

Directions:

Place day's harvest of snapped green beans and salt in saucepan with water to cover. Cut one slice bacon into 1 inch chunks for every cup of beans and add to saucepan. Cook over medium heat until beans are tender.

BERRIES

Spinach and Strawberry Salad

Ingredients:

2 bunches spinach, rinsed and torn into bite-size pieces

4 cups sliced strawberries

1/2 cup vegetable oil

1/4 cup white wine vinegar

1/2 cup white sugar

1/4 teaspoon paprika

2 tablespoons sesame seeds

1 tablespoon poppy seeds

Directions:

In a large bowl, toss together the spinach and strawberries. In a medium bowl, whisk together the oil, vinegar, sugar, paprika, sesame seeds, and poppy seeds. Pour over the spinach and strawberries, and toss to coat.

Berry Crepes and Crème Sauce

Ingredients:

3 eggs

6 Tablespoons flour

½ cup milk

2 Tablespoons butter

1 teaspoon vanilla

2 cups strawberries

2 cups fruit of choice (peaches, blueberries, bananas, pineapple)

1 cup yogurt

½ cup sour cream

1 Tablespoon sugar or desired sweetener

Directions:

For crepes combine eggs, flour milk, butter and vanilla in blender. Blend until smooth and let sit for 20 minutes. Prepare filling and sauce while waiting. For filling place sliced strawberries and desired fruit together in bowl. In another small bowl combine yogurt, sour cream, sweetener and a dash of vanilla if desired. Prepare crepe pan or small frying pan with non-stick cooking spray. Heat pan until a drop of water sizzles on surface. Pour ¼ cup of crepe mixture into pan and swirl pan to distribute batter in a thin layer to cook. When batter bubbles on top, flip crepe to lightly brown second side. It is a quick process due to the thinness of crepes. Slide onto dinner plate. Repeat with remaining batter. Spoon fruit mixture in center of crepe and add spoonfuls of sauce. Fold crepe over filling and enjoy.

Baked Raspberry Custard

Ingredients:

¼ c. butter

¾ cup milk

3 large eggs

½ cup sugar

½ cup flour

¼ teaspoon salt

½ teaspoon vanilla or almond

2 cups raspberries (May substitute blackberries, blueberries or strawberries, if desired)

Directions:

Preheat oven to 400 degrees. In oven, melt butter in a 9-inch pie plate, about 6 minutes. In a blender, combine milk, eggs, sugar, flour, salt and vanilla. Add melted butter and blend mixture until smooth, 30 seconds. Pour batter into pie plate with butter residue and sprinkle with raspberries. Bake for 20-25 minutes until slightly puffed and just set in middle. Eat hot or cold.

Strawberry Jam

Ingredients:

8 cups berries

5 cups sugar

Directions:

Wash, hull and measure berries. Mix berries with sugar. Let stand 5 or 6 hours in a cool place. Heat slowly to boiling. Boil rapidly until berries are clear and syrup thick. Pour boiling hot into hot, sterilized canning jars. Seal at once.

Cackleberry Pie

If you've ever listened to a hen laying an egg, you'll understand this old farm riddle's allusion to the main ingredient of this dessert. This is my favorite easy pie, and although not grown in your garden or orchard, it was an irresistible pun.

Ingredients:

2 cups cream, half and half or condensed milk, undiluted

4 eggs

½ cup sugar

¼ teaspoon salt

1 teaspoon vanilla

Nutmeg

Directions:

In small saucepan scald cream but do not boil. In a separate mixing bowl whisk eggs with sugar, salt and vanilla. When cream is scalded (heated but not boiling), pour milk slowly into egg mixture while whisking. Pour combined ingredients into a pie shell, or cooking spray coated custard cups if a gluten free dessert is desired, and sprinkle nutmeg on surface of custard. Bake in a pre-heated oven at 425 degree oven for 10 minutes. Then reduce heat to 375 degrees for about 10-15 minutes, or until custard is set. Enjoy warm or cold.

CABBAGE

Cabbage Pockets

Ingredients:

1 pound hamburger or veggie crumbles
1 onion, diced
½ head cabbage, shredded
Salt to taste

60 Minute Rolls

3 ½ to 4 ½ cups unsifted flour
3 Tablespoons sugar
1 teaspoon salt
2 packages active dry yeast
1 cup milk
½ cup water
¼ cup butter

Directions:

Brown the hamburger and onion, then add shredded cabbage and cook till soft.

Rolls:

In a large bowl thoroughly mix 1 ½ cups flour, sugar, salt, and undissolved yeast. Combine milk, water and butter in a saucepan. Heat over low heat until liquids are warm. Butter does not have to melt. Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add ½ cup flour. Beat at high speed 2 minutes more, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 5 minutes. Place in a greased bowl, turning to grease top of dough. Cover; place bowl in pan of warm water at about 98 degrees (body temperature). Let rise 15 minutes until double. Turn dough out onto floured board.

Cabbage Pockets:

Place ball of dough in hand and shape into circles to fill with cabbage mix. Fold and secure dough over filling and place each pocket in greased 9 x 13 baking dish. Cover and let rise in warm place, free from draft for 15 minutes. Bake at 425 degrees about 12 minutes or until golden brown and done.

Sauerkraut by the Jar

Ingredients:

- 1 head of red or green cabbage
- 1 Tablespoon of sea salt or kosher salt
- 1 teaspoon caraway seed (optional)

Directions:

Thinly slice cabbage after removing core. Pack sliced cabbage into clean, wide-mouthed jars. Sprinkle sea salt and caraway seed throughout layers as jar is filled. Pack tightly until almost full and then cover loosely with lid for 3-5 hours. Cabbage should have released enough moisture to cover cabbage. If additional liquid is needed to cover all of cabbage, add a brine of 1 teaspoon of salt in 2 cups of water to cover cabbage. Place jar on plate to catch any overflow. Check jar each day and press cabbage below brine. Sauerkraut should begin to bubble which means fermentation is taking place. At the end of three days, place sauerkraut in refrigerator. Allow five days for the flavor to develop. The sauerkraut is then ready to consume.

Sweet and Sour Sauerkraut Salad

Ingredients:

1 cup sauerkraut
¼ cup finely chopped celery
¼ cup chopped onion
¼ cup shredded carrot
¾ cup sugar
¼ cup vinegar

Directions:

Drain and chop sauerkraut, reserving liquid. Rinse sauerkraut under cold running water. Drain well. Combine sauerkraut, celery, onion and carrot. In saucepan combine reserved sauerkraut liquid, sugar and vinegar. Bring to boil, stirring constantly. Remove from heat; pour over vegetable mixture. Toss to coat vegetables evenly. Chill several hours or overnight.

Sauerkraut Chocolate Cake

Ingredients:

2/3 cup butter
1 ½ cup sugar
2 eggs
1 teaspoon vanilla
2 ¼ cups flour
1 teaspoon baking powder
1 teaspoon soda
¼ teaspoon salt
½ cup cocoa
2/3 cup sauerkraut
1 cup water

Directions:

Beat together butter, sugar, eggs and vanilla. Sift dry ingredients together and add alternately with water. Bake at 350 degrees for 30 minutes or until toothpick inserted in middle comes out clean. The sauerkraut mimics coconut in this recipe while the vinegar highlights the flavor of the chocolate.

CARROTS

Carrot Delight

Ingredients:

3 cups diced, cooked carrots (tender crisp)

¼ cup finely chopped green pepper

½ cup chopped celery

3 Tablespoons minced onion

Dressing:

1 teaspoon prepared horseradish

2 Tablespoons sugar

2 Tablespoons vinegar

2 Tablespoons mayonnaise

Directions:

Prepare vegetables and mix together. Combine horseradish, sugar, vinegar and mayonnaise. Pour dressing over the vegetables.

Carrots with Orange Glaze

Ingredients:

3 cups sliced carrots or baby carrots

½ cup water

3 Tablespoons butter

3 Tablespoons orange marmalade

¼ teaspoon salt

2 Tablespoons chopped pecans

Directions:

Combine carrots, water and salt in a saucepan. Cook till tender crisp. Stir in remaining ingredients. Cover and cook 5 minutes until well blended.

Maple Dill Carrots

Ingredients:

3 cups peeled and sliced carrots or whole baby carrots

2 Tablespoons butter

2 Tablespoons brown sugar

1 ½ Tablespoons chopped fresh dill

½ teaspoon salt

½ teaspoon black pepper

Directions:

Place carrots in a skillet and pour in just enough water to cover. Bring to a boil over medium heat; simmer until water has evaporated and the carrots are tender. Stir in butter, brown sugar, dill, salt, and pepper.

CUCUMBERS

Creamy Cucumber Salad

Ingredients:

3 large or 4 medium cucumbers, peeled

1 onion (red or Vidalia)

1 cup mayonnaise/Miracle Whip or sour cream

¼ teaspoon salt

¼ cup sugar

Vinegar—enough to thin dressing to be pourable

1 Tablespoon dill weed (optional)

Directions:

Slice Cucumbers. Chop onion. Mix remaining ingredients together to make dressing and pour over cucumbers and onion. Chill and enjoy.

Marinated Cucumber, Onion and Tomato Salad

Ingredients:

3 medium cucumbers, peeled and sliced in $\frac{1}{4}$ inch rounds
1 medium onion, sliced into rings, cut in halves and separated
3 medium tomatoes cut into wedges
1 cup apple cider vinegar
1 $\frac{1}{2}$ cups water
 $\frac{1}{2}$ cup virgin olive oil
 $\frac{1}{2}$ cup sugar
2 teaspoons salt
1 teaspoon black pepper

Directions:

Combine and mix vegetables in large bowl. Make vinegar dressing in bowl and whisk until sugar and salt dissolve. Pour over vegetables and refrigerate overnight. This salad will keep several days in the refrigerator.

“Easy-Peasy” Sweet and Sour Dills

I have taught 10 year old children how to make these pickles. They were proud of their success and first experience with canning.

Ingredients:

16-20 cucumbers
1 onion, thinly sliced
8-12 one inch chunks of celery
Dill seed and/or head of dill
1 teaspoon alum
4 cups sugar
½ cup salt
4 cups vinegar
4 cups water

Directions:

In saucepan combine sugar, salt, vinegar and water. Heat until boiling and sugar and salt are dissolved. Wash cucumbers. Fill four, sterilized quart jars with a few slices of onion, 2 or 3 pieces of celery and a sprig of fresh dill. Fill jars with slices of cucumbers. Add ½ teaspoon dill seed and ¼ teaspoon alum to each jar. Pour boiling brine over cucumbers in jars. Seal with canning lids. Cure for 45 days, and pickles will be ready to serve. This recipe will make 4 quarts of pickles.

Candy Apple Cucumber Pickles

Ingredients:

2 gallons of large cucumbers

2 cups dehydrated lime

8 ½ cups water

1 cup vinegar

Syrup:

2 cups vinegar

2 cups water

10 cups sugar

8 sticks cinnamon

1 large package red hots

1 Tablespoon alum

Red food coloring (optional)

Directions:

Peel cucumbers. Slice ¼ inch thick. Soak for 2 hours in lime dissolved in 8 ½ cups water; drain; wash; handle with care; do not stir.

Soak for 3 hours in clean water, drain.

Combine 1 cup vinegar and enough water to cover cucumber slices in a large kettle. Simmer 2 hours and then drain.

Combine syrup ingredients and boil. Pour over cucumbers. Repeat process for three day, draining syrup, reheating it and pouring over cucumbers. On third day, place cucumbers in quart jars; heat syrup to boiling; pour over cucumbers and seal with canning lids. Jars will seal as they cool.

HERBS

Creamy Vegetable Dip for Naked Veggies

This is my family's favorite accompaniment to garden raw veggies.

Ingredients:

8 ounces cream cheese
16 ounces sour cream
1 1/3 cups mayonnaise or salad dressing
2 teaspoons Lawry's seasoned salt
2 Tablespoons dill weed

Directions:

Cream softened cream cheese, sour cream and mayonnaise together. Add spices. Chill. Serve with vegetable tray – (carrots, cucumbers, cauliflower, broccoli, peas in shell, celery, radishes, etc.)

Rosemary and Lemon Breadsticks

Ingredients:

1 package active dry yeast
1 cup warm water
1 teaspoon sugar
1 teaspoon grated lemon peel
½ to 1 teaspoon salt
1½ teaspoon dry rosemary leaves
2 Tablespoons oil
About 2 ¾ cups flour

Directions:

In a large bowl combine yeast, water and sugar. Let stand until yeast is softened. Add lemon peel, salt, rosemary oil and 1½ cups flour. Beat with a heavy spoon or mixer until dough is stretchy, 1 to 2 minutes. Mix in enough additional flour to make soft dough, about 1 cup. Turn dough out onto a floured surface and knead until smooth and springy, about 10 minutes. Add flour as required to prevent sticking. Generously flour work surface. Set dough on floured area and pat into a 6 inch square. Brush dough with 1 teaspoon oil, lightly cover with plastic wrap and let stand until puffy, about 45 minutes. Grease 3 baking sheets. Gently rub dough with 2 Tablespoons flour. With a sharp knife, cut dough lengthwise into quarters. Cut each quartered section lengthwise at least ½ inch apart. Take each portion by each end and stretch by twirling like a jump rope to desired length. Bake at 350 degrees until crisp, 20 to 25 minutes. Serve hot or cool. Store in airtight container for up to 3 days. Freeze for longer storage.

Dilly Bread

My husband loves this bread with egg salad in his lunchbox or fresh out of the oven with butter.

Ingredients:

2 packages active dry yeast
1 cup lukewarm water
2 cups warm cottage cheese
4 Tablespoons sugar
2 Tablespoons grated onion
2 Tablespoons butter
1 ½ Tablespoons dill weed or seed
1 teaspoon soda
4 teaspoons salt
2 eggs
4-5 cups flour (may use ½ whole wheat and ½ white)

Directions:

In large bowl soften yeast in warm water and let stand for a few minutes. Combine yeast mixture with cottage cheese, sugar, onion, butter, dill and eggs. Blend well. Add flour, salt and soda to mixture. Stir to mix and then knead well until dough is moist but not too sticky. Allow to rise until double in bulk. Punch down dough, knead, and allow to rise again. Divide into 2 large loaves or rolls as desired. Allow to rise again in greased pans. Bake in a 350 degree oven for 20-30 minutes. Cool slightly in pans, and then turn out onto rack.

No Knead Herb Bread

Ingredients:

1¼ cups warm water
1 package active dry yeast
2 Tablespoons sugar
2 teaspoons salt
2 Tablespoons butter, softened
½ teaspoon basil
½ teaspoon thyme
½ teaspoon oregano
3 ½ cups unsifted flour
Sesame seeds (optional)

Directions:

Pour warm water into a large warm mixing bowl. Add yeast and stir until dissolved. Add sugar, salt, butter, herbs and 1½ cups flour. Beat 2 minutes at medium speed with mixer. Stir in remaining flour. Blend with spoon until smooth, about 2 minutes. Scrape batter from sides of bowl. Cover and let rise in warm place until double in bulk, about 40 minutes. Stir down dough. Spoon evenly into 2 greased 4 inch by 8 inch bread pans. Sprinkle tops generously with sesame seeds, if desired. Cover and let rise in warm place free from draft, until doubled in bulk—about 40 minutes. Bake in a 375 degree oven 40-50 minutes or until done.

PEPPERS

Jalapeno Poppers

After working with hot peppers, sprinkle salt on damp hands and fingers. Rub vigorously so that salt will absorb the oils left on hands from peppers. Then rinse hands. This will keep oils from the peppers from burning body parts that you touch after working with them.

Ingredients:

Jalapeno peppers
Cream cheese
Bacon

Directions:

Wash peppers. Cut off stem end. Slice lengthwise and remove seeds and white pith from interior. Stuff with cream cheese. Wrap ½ bacon strip around exterior of stuffed pepper and secure with toothpick. Cook poppers at 350 degrees in oven for 20 minutes and then broil for 10 minutes to crisp bacon. Turn poppers after 5 minutes broiling to crisp both sides of bacon on popper.

Jalapeno Potato Latkes

This is great with scrambled eggs for breakfast.

Ingredients:

1 jalapeno pepper
2 Tablespoons diced onion
1 potato, shredded
1 egg
2 Tablespoons flour
¼ cup shredded cheddar cheese
½ teaspoon salt

Directions:

Finely dice jalapeno pepper. Shred potato with or without skin. Mix shredded potato, jalapeno, cheese and onion. Add salt, flour and egg to mixture and stir to combine. Drop ¼ cup of mixture for each latke into hot oil in large frying pan. Turn when browned and cook till browned on both sides. Drain latkes on paper towel.

POTATOES

Potato Soup

Ingredients:

4 potatoes

½ onion

1 cup condensed milk or 2 cups whole milk

1 ½ teaspoons salt

¼ teaspoon ground pepper

2 Tablespoons butter

Parsley or chives (optional)

Directions:

Peel and dice potato and onion. Add salt and enough water to just cover potatoes. Cook until potatoes are softened. Add condensed milk, pepper, butter and sprinkle with fresh parsley or chives. Add salt to taste and serve as soon as milk is heated to soup temperature.

Potato Latkes

Ingredients:

1 potato, shredded

1 egg

2 Tablespoons flour (white or garbanzo flour)

½ teaspoon salt

Applesauce (optional)

Directions:

Mix shredded potato, egg, flour and salt. Fry in hot oil on both sides until crispy and browned. Serve with applesauce sprinkled with cinnamon as accompaniment to breakfast entrees.

Sweet Potato Latkes

Ingredients:

1 sweet potato, peeled and shredded
2 eggs
3 Tablespoons flour (white or coconut flour)
½ teaspoon salt
¼ teaspoon cinnamon
Butter and syrup (optional)

Directions:

Mix shredded sweet potato, eggs, flour, salt and cinnamon. Fry in hot oil on both sides until crispy and browned. Butter and syrup on the finished latkes are an added treat.

RHUBARB

Rhubarb Cream Pie

Ingredients:

2 cups rhubarb, stewed
6 Tablespoons honey
2 cups cream
¼ cup powdered crackers
3 eggs

Directions:

Cut rhubarb into 1 inch pieces. Cook with just enough water to keep it from sticking to pan until soft enough to blend in blender. In a mixing bowl beat eggs until well mixed. Mix in honey and cream. Stir in powdered crackers. Before pouring into prepared pie crust, add stewed rhubarb. Cook in a 350-375 degree oven until custard has set, about 25-30 minutes.

Rhubarb Refrigerator Jelly

This is an easy, fast jelly recipe to use up an abundance of rhubarb in the spring.

Ingredients:

5 cups rhubarb

4 cups sugar

1 small package strawberry Jell-O

Directions:

Cut rhubarb into 1 inch sections. Place in large bowl and add sugar. Let stand for two hours to induce rhubarb to juice. Place rhubarb and sugar in large saucepan and bring to boil, stirring occasionally. Boil mixture for 5-6 minutes, and then add Jell-O. Pour jelly into clean jars and store in refrigerator to maintain jelly consistency.

Rhubarb Surprise

Ingredients:

3 cups rhubarb
1 $\frac{3}{4}$ cup sugar
 $\frac{3}{4}$ cup water
 $\frac{1}{3}$ cup butter
1 egg
2 cups flour
3 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
1 cup milk
1 teaspoon vanilla
Cream (optional)

Directions:

Cut rhubarb into one inch pieces. Cook in saucepan with $\frac{3}{4}$ cup sugar and water 10 minutes. While rhubarb cooks, cream 1 cup sugar and butter. Add egg and beat well. Sift flour, baking powder and salt into mixture. Add milk and vanilla and mix well. Pour into greased 8" x 8" baking pan. Then pour hot rhubarb mixture over the batter. Bake at 350 degrees for 40-45 minutes. Serve warm with cream if desired.

Rhubarb Spritz

Ingredients:

2 cups rhubarb

½ cup sugar

½ cup water

Juice of lemon

Club soda

Ice

Rosemary or mint (optional)

Directions:

Cut fresh rhubarb into 1 inch slices discarding green leaves which are poisonous. In saucepan cook rhubarb with sugar and water until rhubarb is softened. Strain mixture to remove rhubarb pulp. Add lemon juice to the rhubarb syrup. To drink, pour ¼ cup of rhubarb syrup over glass filled with ice. Add club soda to fill glass. For added variety, add 1 Tablespoon fresh rosemary while cooking rhubarb syrup or stir in a few crushed fresh mint leaves for added flavor. Stir and enjoy.

Rhubarb Strawberry Pie

Ingredients:

2 cups rhubarb

2 cups strawberries

1 ½ cups sugar

1/3 cup flour

1 ½ Tablespoons butter

Directions:

Cut rhubarb into 1 inch slices. Combine with hulled strawberries. Whisk sugar and flour together and mix throughout fruit. Pour into prepared 9 inch pie crust. Dot with butter. Cover with top crust which has slits cut in it to release steam. Sprinkle crust with sugar. Bake at 425 degrees for 40-50 minutes until nicely browned and juice bubbles through slits.

SQUASH

Zucchini Garbanzos

Ingredients:

2 Tablespoons olive oil
1 cup cooked garbanzo beans
2 medium zucchini
½ onion
2 tomatoes
1 teaspoon basil
Salt to taste
Parmesan (optional)

Directions:

In large skillet heat olive oil. Slice zucchini into ¼ inch rounds and dice onions and sauté. Add 2 tomatoes that have been cut into bite sized chunks. Sprinkle with basil. Add cooked garbanzos and salt. Cook till squash is tender. Sprinkle with parmesan cheese if desired and serve.

Spiced Lemon Chicken with Summer Squash and Green Olives

Ingredients:

4 six ounce chicken breasts
1 teaspoon cumin
1 teaspoon ginger
½ teaspoon cinnamon
¼ teaspoon allspice
¼ teaspoon salt
1/8 teaspoon cayenne
1 lemon
1 Tablespoon olive oil
1 small onion sliced
4 small summer squash
1/3 cup green olives, sliced
2 Tablespoons water
2 Tablespoons parsley

Directions:

Pound chicken breasts to ¼ inch thick. Mix spices and zest lemon. Add 1 Tablespoon juice of lemon and oil to spice mixture. Spread mixture on both sides of chicken breasts. Heat oil. Add chicken and cook till no longer pink. Remove chicken. Add oil as needed to cook onions, squash, and olives till tender. Add water to keep from sticking. Add more lemon juice with chicken to vegetables and place on serving platter; garnish with parsley and serve.

Beef and Zucchini Casserole

Ingredients:

Nonstick cooking spray
3 cups zucchini, cut in 1 inch rounds
1 cup onion, diced
½ pound ground beef, browned and drained of fat
1 teaspoon minced garlic
1 teaspoon dried basil
1 Tablespoon sugar
2 teaspoons dried oregano
½ teaspoon garlic salt
½ teaspoon black pepper
4 tomatoes, chunked
1 ½ c. seasoned dry stuffing mix
½ cup grated parmesan cheese
1 cup shredded mozzarella cheese

Directions:

Coat 9 x 13 baking dish with nonstick cooking spray. Layer the ingredients in the prepared baking dish in the order listed. Preheat the oven to 375 degrees. Bake uncovered for 1 hour or until the top is golden brown and the vegetables are fork tender.

Tex-Mex Squash Bake

Ingredients:

1 pound ground beef
¼ cup olive oil, divided
4 zucchini, cut into ½ inch cubes
1 red bell pepper, chopped
1 jalapeno pepper, seeded and chopped
4 gloves garlic, minced
4 green onions, chopped
Salt and pepper to taste
3 Tablespoons tomato paste
4 teaspoons chili powder, or to taste
2 teaspoons ground cumin, if to taste should be half the measurement of chili powder
2 cups black beans
2 cups kidney beans
1 cup frozen corn, thawed
½ cup grated parmesan cheese, divided
¼ cup chopped fresh parsley

Directions:

Cook and stir the ground beef in a skillet over medium heat until brown and crumbly. Drain fat. Set beef aside. Preheat oven to 400 degrees. Spread the bottom of a 9 x 13 baking dish with 1 teaspoon of olive oil. Pour the remaining olive oil into a large skillet and cook zucchini, peppers, garlic and onions over medium heat until the vegetables begin to soften. Sprinkle with salt and black pepper and mix in tomato paste, chili powder and cumin. Allow the mixture to simmer until the spices are fragrant and remove from heat. Stir in the browned ground beef, black beans, kidney beans, corn and ¼ cup Parmesan cheese until well combined. Adjust salt and pepper if necessary, and spread the mixture into prepared baking dish. Top with remaining ¼ cup Parmesan cheese and cover dish with foil. Bake in the preheated oven until bubbling in the center, 20-25 minutes. Remove the foil and return to oven. Bake until the cheese is browned, 5-10 more minutes. Sprinkle fresh parsley over the top and serve.

Zucchini Lasagna with Pepperoni

Ingredients:

6 cups zucchini, diced
1 onion, sliced
6 tomatoes, sliced
8 ounces thinly sliced pepperoni
16 ounces small curd cottage cheese
4 ounces shredded cheddar cheese
4 ounces mozzarella cheese

Directions:

Preheat oven to 350 degrees. Lightly grease a 9 x 13 pan. Cover bottom of baking dish with half of the diced zucchini. Layer with half of the onion rings, tomato slices and pepperoni slices. Sprinkle with half of each of the cottage cheese, cheddar cheese and mozzarella cheese. Repeat layers. Bake in preheated oven for 30-40 minutes, or until zucchini is tender, and cheese is melted.

Zucchini Casserole

Ingredients:

6 cups diced zucchini
1 can condensed cream of mushroom or cream of chicken soup
1 cup sour cream
1 cup chopped onion
1 cup shredded carrots
1 6 ounce package herb-seasoned stuffing mix
½ cup butter, melted

Directions:

Preheat oven to 350 degrees. Grease casserole pan. In a large saucepan over medium high heat, cook zucchini in lightly salted water until crisp-tender, about 5 minutes. Drain and place in a large bowl. Stir in the condensed soup, sour cream, onion and carrots. In a small bowl, mix together stuffing mix and melted butter. Spread ½ of mixture in the bottom of the casserole dish. Add the zucchini mixture and top with remaining stuffing mix. Bake for 20 minutes in preheated oven or until the top is golden brown.

Magic Soup

Have this soup for lunch for a week with a salad and magically lose a pound or two.

Ingredients:

¼ cup diced onion
2 chicken bouillon cubes
2 cloves chopped garlic
1 cup thinly sliced zucchini
2 cups water
½ cup thinly sliced carrot
½ cup chopped tomato
1 teaspoon fresh parsley
¼ teaspoon basil leaves
1/8 teaspoon pepper

Directions:

In a quart sauce pan combine onion, bouillon cubes, garlic and water. Cook stirring occasionally until onion is transparent. Add remaining ingredients and cook until vegetables are tender.

Simple Tortellini Salad

Ingredients:

1 pound fresh or frozen tri-color cheese-filled tortellini
2 cups grape or small cherry tomatoes
¾ to 1 cup bottled Italian salad dressing or creamy Ranch dressing
2 cups raw zucchini and carrots, sliced in rounds

Directions:

Cook tortellini according to package directions; drain. Rinse with cool water; drain well. Place cooked tortellini in a large salad bowl; add tomatoes and zucchini. Pour salad dressing over tortellini and vegetables; toss to coat. Serve immediately or cover and refrigerate.

Zucchini (Apple) Crisp

This delicious recipe is for the zucchini that got away and became gargantuan. Unless you tell or leave telltale green stripes when you peel the zucchinis, no one will guess that this isn't made with apples. Great for pot lucks or family get-togethers. Rich and delicious.

Ingredients:

6-8 cups zucchini peeled, seeded, and sliced
2/3 cup lemon juice
1 cup sugar
1/4 teaspoon nutmeg
1/2 teaspoon cinnamon

Crust:

4 cups flour
2 cups sugar
1/2 teaspoon salt
1 1/2 cups butter
1 teaspoon cinnamon

Directions:

Cook zucchini in lemon juice until tender. Add sugar, nutmeg, and cinnamon. Simmer for 5 more minutes and then cool.

Crust:

Combine flour, sugar, salt, and butter until crumbly. Pat 1/2 of mixture into ungreased 11 x 15 pan. Bake 10 minutes at 375 degrees. Cool slightly. Add cooked filling. Add cinnamon to remaining crumbs and crumble on top of filling. Bake at 375 degrees until browned, about 30 minutes.

Coconut Custard (Zucchini) Pie

Ingredients:

1 cup peeled, chopped zucchini
1 cup sweetened, flaked coconut
2/3 cup sugar
1 ½ cups milk
3 eggs
1 teaspoon vanilla
1 pinch salt
1 (9 inch) unbaked pie crust
1 pinch nutmeg.

Directions:

Preheat oven to 450 degrees. Heat 1 inch water to a boil in a small saucepan over medium heat. Add zucchini, cover and steam until softened, about 5 minutes. In a blender or food processor, blend the cooked zucchini and all ingredients except the nutmeg until smooth. Pour into the pie crust and sprinkle with nutmeg. Bake 10 minutes in the preheated oven and then reduce heat to 350 degrees and continue baking for 50 minutes or until a toothpick inserted in the center comes out clean.

Dehydrated Zucchini

For winter bread, soups and chips, store your surplus by quick and easy dehydration.

Ingredients:

As many surplus zucchini as you have

Directions for zucchini chips:

Wash zucchini and slice into 3/8 inch rounds. Steam for 5 minutes. Layer on dehydrator trays in a single layer without touching. Dehydrate until chips no longer exude moisture when pressed. Place in sealed glass jars. Watch for any condensation which signals that chips need to be put back into dehydrator to remove any residual moisture so that chips will not mold. These chips are great for snacking with a dip, or winter soups and stews. Simply cover with boiling water to rehydrate and add to recipe.

Directions for zucchini shreds:

Wash and then shred zucchini. Place shredded zucchini on dehydrator trays. Shreds can overlap and can be piled about 1/2 inch deep. Dehydrate until crisp and dry. Rehydrate with boiling water to use in zucchini bread or soups and stews.

TOMATOES

Tomato Cheese Dumplings

This makes a light summer lunch or dinner with garden tomatoes.

Ingredients:

1 large onion, sliced
5-6 large tomatoes
1 Tablespoon sugar
1 Tablespoon olive oil
1 ½ cups flour
2 teaspoons baking powder
¾ teaspoon salt
3 Tablespoons oil
¾ cup milk
¼ cup grated cheese

Directions:

In saucepan heat oil and add sliced onions over medium. Cook till limp and then add chunked tomatoes with sugar. While tomatoes simmer, mix dumplings in separate bowl. Whisk flour, baking powder, salt and cheese together. Stir in oil and milk. Drop dumpling mixture by heaping spoonfuls into hot tomato and onion base and cover with lid. Cook over simmering heat for 10 minutes. Dumplings should be dry in center when finished.

Salsa

Ingredients:

2 large tomatoes, diced
1/2 small sweet onion, finely chopped
2 jalapeno peppers, finely chopped
2 tablespoons cilantro, chopped
1 clove garlic, finely chopped
2 tablespoons lime juice, fresh squeezed
1 teaspoon olive oil
3/4 teaspoon salt
1/2 teaspoon cumin
1/4 teaspoon black pepper

Directions:

Mix all ingredients and chill for two hours to blend flavors before serving.

Fried Green Tomatoes

In place of buttermilk you can add ½ teaspoon of vinegar to milk and let stand 5 minutes.

Ingredients:

1 large egg, lightly beaten
1/2 cup buttermilk
1/2 cup all-purpose flour, divided
1/2 cup cornmeal
1 teaspoon salt
1/2 teaspoon pepper
3 medium-size green tomatoes cut into 1/3-inch slices
Oil
Salt to taste

Directions:

Mix egg and buttermilk to dip tomato slices into. Flour green tomato slices in ¼ cup flour on both sides. Then dip floured slices into egg and buttermilk. Dredge egg dipped slices into combination of ½ cup cornmeal, ¼ cup flour, salt and pepper in shallow dish. Drop covered slices into large, heavy skillet with ¼ inch hot oil. Fry in hot oil two minutes on each side or until golden brown. Drain on paper towels and sprinkle with salt.

APPLES

Liquid Apple Pectin

My backyard chickens love the under-ripe apple fall in early summer and grow plump on apple pickings, so I have to gather these treasures before I turn the chickens loose in the morning. The apple tree supplies a bounty for both the chickens and my jam and jelly making.

Ingredients:

4 lbs. (about 8 cups) of washed, quartered, under-ripe green apples
Enough water to cover

Directions:

Bring apples to boil in a non-reactive saucepan then simmer for 30 minutes until apples are soft. Pour apple mixture into a fine sieve in another pot and let drain overnight. After draining, continue cooking apple juice until it is reduced by half. Store reduced pectin in refrigerator or pour into pint canning jars and process for five minutes in a boiling water bath.

Use 2/3 cup of pectin for 4 cups of low pectin fruit or juice to set jams and jellies.

Spiced Apple Medley

An old-fashioned manual apple-corer peeler that clamps to your kitchen counter makes apple cooking and preservation quicker and easier. The sliced apples remain in a continuous apple piece that can be chopped with a minimum of effort by simple downward strokes of a paring knife.

Ingredients:

15 tart apples—peeled, cored, and finely chopped
1 yellow onion, quartered
3 (1 inch) pieces fresh ginger root
1 cup white wine vinegar
½ cup sugar
½ cup brown sugar
½ Tablespoon cinnamon
½ teaspoon white pepper
½ teaspoon ground cardamom
¼ teaspoon ground nutmeg

Directions:

In a saucepan, mix the apples, onion, ginger, vinegar, white sugar, brown sugar, cinnamon, white pepper, cardamom, and nutmeg. Bring to a boil, reduce heat and cover. Simmer 30 minutes, stirring frequently, until the apples are tender. Mix in some water if necessary to keep the ingredients moist. Remove the onion and ginger, and store in the refrigerator until ready to serve. This is delicious as an accompaniment to chicken, pork, or beef dishes.

Sautéed Apples

Sweet, sautéed apples are great for breakfast or any other meal. Serve them with pancakes and waffles or as a side dish for chicken, beef or pork.

Ingredients:

¼ cup butter

4 large, tart apples—peeled, cored and sliced ¼ inch thick

2 teaspoons cornstarch

½ cup cold water

½ cup brown sugar

½ teaspoon cinnamon

Directions:

In a large skillet or saucepan, melt butter over medium heat, add apples. Cook, stirring constantly, until apples are almost tender-- about 6 to 7 minutes.

Dissolve cornstarch in water. Add to skillet. Stir in brown sugar and cinnamon. Boil for 2 minutes stirring occasionally. Remove from heat and serve warm.

Waldorf Salad with 1-2-3 Dressing

3-2-1 dressing is good over shredded carrot and raisin salad as well.

Ingredients:

2 apples, unpeeled, cored and diced

½ cup diced celery

¼ cup chopped walnuts or pecans

¼ cup raisins, optional

3-2-1 Dressing:

3 Tablespoons mayonnaise or Vegenaïse

2 Tablespoons cream, half and half, or canned milk

1 Tablespoon sugar or sweetener

Directions:

Mix chopped apples, celery, walnuts, and raisins together. Then whisk together the mayonnaise, cream, and sugar in another bowl. Pour 1-2-3 dressing over chopped ingredients and enjoy.

Candy Apple Salad

This is my grandson's favorite fruit salad. It's great for holiday dinners.

Ingredients:

- 4 cups tart apples—peeled, cored and chopped
- ½ cup white sugar
- 1 8 ounce can crushed pineapple, with juice
- 1 Tablespoon all-purpose flour
- 1 egg, beaten
- 1 Tablespoon white vinegar
- 1 8 ounce container frozen whipped topping, thawed
- 1 cup coarsely chopped dry roasted peanuts

Directions:

In a saucepan over medium heat, stir together the egg, flour, sugar, vinegar, and pineapple. Cook until thick, about six minutes. Set aside until completely cool. In large serving bowl, fold together the pineapple mixture and whipped topping. Carefully mix in the apples and ½ cup of peanuts. Sprinkle the remaining nuts on the top.

Crabapple Gravy

This is a family favorite served at Easter or anytime ham is on the menu. The recipe requires the drippings from a ham that has not been pre-processed. You must use a bone-in real ham to get the ham drippings for the gravy.

Ingredients:

2 jars (14.5 oz.) of spiced crab apples or spiced apple rings

1 cup brown sugar

½ cup flour

2 cups water

Directions:

Drain two jars of spiced crab apples, reserving syrup. Combine reserved syrup and 1 cup brown sugar. Heat and stir. A half hour before ham is done, spoon ½ of crab apple glaze over ham. Continue boiling 15 minutes, then scoop out ¼ to ½ cup of ham drippings from roaster to use in gravy. Place crab apples on rack with ham to warm. Add ham drippings to saucepan with remaining crab apple syrup. Make a thickening paste with ½ cup flour and 2 cups water shaken together in a jar to prevent flour lumps. Slowly pour flour/water paste into crab apple syrup until gravy is desired thickness. The gravy will be a rosy pink. Serve over mashed potatoes with ham and crab apples.

Fast Apple Rhubarb Pie

If you grow apples and rhubarb, freeze the fruit in a foil pie pan and just use frozen fruit to create a pie on those winter days when summer's harvest is just a memory. If you don't have your own apple tree, find a neighbor willing to share the summer bounty.

Ingredients:

One 9 inch pie shell
6 apples---peeled, cored, and chopped
3 stalks rhubarb diced
1 cup white sugar
2 teaspoons cinnamon
Butter (optional)

Directions:

Preheat oven to 400 degrees. Combine apples and rhubarb in a large bowl. Mix together sugar and cinnamon in a small bowl; then sprinkle over the fruit. Toss until fruit is thoroughly coated. Let stand 15 minutes. Spoon mixture into pastry shell. Dot with butter, if desired. Bake in a preheated oven for 40 minutes for an open faced pie. Use second pie shell if a top crust is desired.

Apple Betty

Ingredients:

4 cups thinly sliced apples

¼ cup orange juice

¾ cup flour

1 cup sugar

½ teaspoon cinnamon

¼ teaspoon nutmeg

1 pinch salt

½ cup butter

Directions:

Preheat oven to 375 degrees. Lightly grease a 9 inch pie plate. Mound sliced apples in the pie plate. Sprinkle with orange juice. In a medium bowl, mix the flour, sugar, cinnamon, nutmeg, and salt. Cut in butter until the mixture resembles coarse crumbs. Scatter over the apples. Bake in preheated oven for 45 minutes. Serve warm.

Applesauce

Ingredients:

Apples (homegrown, gleaned, or purchased)

Sweetener (optional)

Water

Directions:

Use apple-peeler/corer to fill large soup kettle with apples. Add just enough water to keep apples from sticking and scorching when cooked over a medium heat until soft. Use a potato masher to sauce the cooked apples. Sweeten to taste and then reheat before pouring into sterilized canning jars and sealing with sterilized canning lids. Process in a hot water bath for 20 minutes.

Dehydrated Apple Chips

A food dehydrator is one of gardener's best tools for simple food preservation. All kinds of fruits and vegetables can be dried and kept in glass jars to be reconstituted for winter dishes. Simply slice produce thin; place on dehydrator trays; turn on the unit until produce is thoroughly dried; and viola, you've preserved summer's bounty for winter soups, stews, desserts and snacks.

Ingredients:

Apples- peeled, cored and thinly sliced
1 teaspoon lemon juice
1 quart water

Directions:

Using an apple-corer peeler, slice cored apples in half to separate the apple rings. Pre-treat the apples to prevent browning by soaking the slices in water and lemon juice (1 teaspoon lemon juice per quart). Dry excess water from apple slices. This step is purely cosmetic and is optional. Place apple half-slices on dehydrator trays without overlapping or touching. Turn on dehydrator and process until apples begin to turn crispy. Depending on the dehydrator, apples should be done in 6-12 hours. To rehydrate the apples, pour hot water over the apples until they are barely covered. Let them soak for 10 to 15 minutes and then drain. The apples can then be used in most recipes calling for fresh fruit, or eaten plain for snacks, or added to oatmeal while cooking for a breakfast treat.

CHERRIES

Mother's Cherry Cream Pie

A holiday treat at our home, this pie has a luscious creamy custard bottom topped with glazed cherries.

Ingredients for custard:

2 cups milk
¼ cup sugar
2 Tablespoons cornstarch
¼ teaspoon salt
3 beaten egg yolks
1 teaspoon vanilla

Directions:

Scald milk. Combine sugar, cornstarch, and add to milk. Stir until thickened about 10 minutes. Blend in egg yolks. Cook 2 minutes. Cool and then pour into graham crumb crust.

Ingredients for Cherry Glaze:

½ cup sugar
2 Tablespoons cornstarch
½ teaspoon cinnamon
¼ teaspoon nutmeg
Juice from pint jar of cherries or #2 can of pie cherries plus water to equal 1 cup

Directions for Cherry Glaze:

Stir dry ingredients together in saucepan. Add cherry juice plus water to equal one cup to dry mixture. Stir and cook until glaze is thick and clear. Add cherries. Cool. Spread over cream filling. Chill and serve.

Maraschino Cherries

When working with fresh cherries, a cherry pitter is essential. If you don't have a cherry tree, keep your eyes open in the spring for neighborhood fruit trees in blossom. Neighbors often have plenty to share especially if you offer part of your cooking/preserving bounty as a thank you. I consider fruit rotting on the streets and sidewalks a sin.

Ingredients:

9 cups of pitted cherries (pie, sweet or bing cherries will work)

2 quarts water

1 Tablespoon pickling salt

9 cups sugar

3 cups water

1 lemon, juiced

2 Tablespoons almond flavoring

Directions:

Pit cherries. Bring water and salt to a boil until salt dissolves. Let cool for 10 minutes; then pour over pitted cherries. Cover and let sit 12 hours or overnight.

Drain cherries, discarding brine, and rinse cherries in cold water. Set aside. In a medium saucepan, combine sugar, water, and lemon juice. Bring just to a boil, stirring to dissolve sugar, and remove from heat. Pour over cherries; cover and let stand for 24 hours.

Drain cherries, reserving juice. Set cherries aside. Bring reserved juice to a boil again. Remove from heat and stir in almond extract. Pour juice over cherries. You can place in refrigerator for immediate use or put up for later use.

To put up, pack cherries with juice while hot in sterilized jars and seal with canning jar lids. Place in a water bath canner and process 20 minutes for pint jars or 25 minutes for quart jars.

Chocolate Covered Cherries

These treasures are wonderful as Christmas or Valentine Day presents. The longer they remain uneaten the juicier they become; however, the cherries are so delicious, they are usually gone before they reach maximum marination.

Ingredients:

1 pint maraschino cherries
5 cups powdered sugar
¼ cup butter, softened
1 can sweetened condensed milk
1 teaspoon vanilla or almond flavoring
Pinch of salt
1 block of German chocolate or 1 bag of semi-sweet chocolate chips
¼ cake of paraffin

Directions:

Mix powdered sugar, softened butter, sweetened condensed milk, and salt until it is a soft dough-like consistency. Flatten a portion of filling into disc and wrap around a drained, maraschino cherry. Continue wrapping until all cherries have been covered. Chill wrapped cherries and prepare chocolate cover.

Melt chocolate and cake paraffin over low heat in a small saucepan being careful not to scorch chocolate. Using a toothpick to skewer cherry, completely submerge each confection covered cherry in chocolate bath and set on wax paper or parchment paper to cool. Refrigerate when set.

Dried Cherries

Ingredients:

Fresh cherries from orchard or farmer's market

Directions:

Wash and pit cherries. This is easy and fast with a cherry pitter. Place in a food dehydrator and dry until cherries become wrinkled and look more like raisins. They should be pliable but without liquid when squeezed. When cool, pack into glass jars and save for later use in recipes. These can be substituted in recipes calling for raisins, cooked with morning oatmeal, sprinkled in salads and mixed in trail mix for delicious results.

Cherry Quinoa

Ingredients:

2/3 c. quinoa

1 1/3 c. water

Pinch of salt

1/4 cup dried cherries

1 Tablespoon of honey (optional)

1/4 teaspoon cinnamon (optional)

Pat of butter (optional)

Directions:

Soak quinoa in water for 1/2 hour and then rinse to dissolve bitter coating on quinoa kernels. Cover quinoa with water in small saucepan. Add salt, cherries and honey. Cook until water is absorbed and quinoa is tender. Add additional water if quinoa is not yet softened. Add a pat of butter to bowl of morning cereal, if desired.

NUTS

Spiced Nuts

Ingredients:

1 egg
1 teaspoon cold water
4 cups shelled nuts
½ cup sugar
¼ teaspoon salt
1 teaspoon cinnamon

Directions:

Preheat oven to 250 degrees. Add cold water to egg and beat until frothy but not stiff. Add nuts; toss to coat. Mix sugar, salt and cinnamon together in a separate bowl. Add nuts and mix until well coated. Coat a cookie sheet with non-stick spray or butter. Spread nuts evenly over pan and cook for 30 minutes. Turn nuts over and bake for 30 minutes more. Nuts will be soft when you take them out but will crisp as they cool. This recipe works well with pecans, almonds or walnuts.

Pecan Pie

I didn't know that you could make a pie with pecans until I was married. As newlyweds a country excursion took us past a roadside pecan stand. My husband commented that he hadn't had a pecan pie in a long time. I went home and looked in my recipe book. To my surprise there really was such a thing as pecan pie which I immediately concocted. It must have been a success because I'm still baking them for my beloved 45 years later.

Ingredients:

3 eggs
2/3 cup sugar
1/2 teaspoon salt
1/3 cup butter melted
1 cup light corn syrup
1 cup pecans

Directions:

Whisk eggs to blend. Add sugar, salt, melted butter, syrup and pecans. Stir together. Pour into a 9 inch pie crust and bake in a 375 degree oven for 40-50 minutes or until set and nicely browned. Cool and serve cool or warm and top with vanilla ice cream.

Walnut Rice Loaf

Ingredients:

1 cup cooked rice
1 cup toasted bread crumbs
1 cup milk
 $\frac{3}{4}$ cup finely chopped walnuts
 $\frac{1}{2}$ cup finely chopped onions
 $\frac{1}{2}$ cup finely chopped carrots
3 Tablespoons oil
1 egg
1 teaspoon salt
1 Tablespoon chopped parsley
 $\frac{1}{2}$ teaspoon seasoned salt
Dash of sage—optional

Directions:

Combine all ingredients and bake in an oiled loaf pan at 350 degrees for 55 minutes or until set.

Mock Meat Balls with Pecans

These are delicious with a gravy of undiluted mushroom soup, ½ cup sour cream and 1 cup of frozen peas heated together in small saucepan.

Ingredients:

3 oz. package of cream cheese
1 to 1 ½ cups of cracker crumbs
½ cup chopped pecans (walnuts can be substituted)
1 small chopped onion
6 eggs
1 teaspoon salt
½ teaspoon sage

Directions:

Bring cream cheese to room temperature and stir in cracker crumbs, chopped pecans and onion. Add eggs, salt and sage. Refrigerate mixture for 30 minutes and then drop rounded spoonfuls into hot oil and brown. Mixture can also be made into a patty and smothered in gravy of choice.

PEACHES

Peach Jam

Ingredients:

8 cups crushed peaches

6 cups sugar

½ cup water

Directions:

Wash peaches, and then scald in small batches in a boiling water bath for 10-15 seconds before plunging into ice water. The skins will slip off the peaches easily. Pit peaches and chop. After peeling and chopping, place peaches in large sauce pan or soup kettle and add water. Boil for 10 minutes. Add sugar, and continue to boil mixture until it thickens. Pour into hot canning jars and seal at once.

Peach Cobbler

Canned peaches can be used in this recipe if you use 2 ½ cups of canned peaches with juice. Use only ½ cup of sugar and omit water.

Ingredients:

2/3 cup sugar
1 Tablespoon corn starch
1 cup water
3 cups fresh peaches, peeled and sliced
Dash of cinnamon
1 cup flour
1 Tablespoon sugar
1 ½ teaspoons baking powder
½ teaspoon salt
3 Tablespoons oil
½ cup milk

Directions:

Pre-heat oven to 400 degrees. Whisk sugar and cornstarch to mix in saucepan. Gradually add water and bring to boil for one minute, stirring constantly. Add fruit with any juice. Pour into 1 ½ quart baking dish; dot with butter. Sprinkle with cinnamon. Whisk flour, sugar, baking powder, and salt in a bowl. Add oil and milk. Stir. Drop batter by spoonfuls onto hot fruit. Bake 25 to 30 minutes. Serve hot or cold, with or without cream or ice cream to top.

Apricot Glazed Chicken

Peach jam could be substituted for the apricot preserves.

Ingredients:

6 boneless, skinless chicken breasts

1 (10.75 ounce) chicken broth

$\frac{3}{4}$ cup apricot jam

1 Tablespoon soy sauce

1 Tablespoon cornstarch

1 T. water

Directions:

Spray a large skillet with nonstick cooking spray. Brown chicken in heated skillet. Add chicken broth, jam, and soy sauce. Simmer for 20 minutes or until chicken is done.

Remove chicken from skillet. Dissolve 1 tablespoon cornstarch in 1 Tablespoon of water and add to sauce to thicken. Return chicken to skillet and turn to coat thoroughly with sauce.

Dehydrated Peaches

This is a quick and easy way to preserve the bounty of the peach harvest. Dried foods can last up to a decade if stored properly and are not susceptible to botulism. They also require the smallest amount of space per pound of produce. Reconstitute with boiling water for pies and cobblers or eat right from the jar for a snack.

Ingredients:

Fresh peaches

4 cups pineapple juice (optional, but enhances sweetness of dried fruit)

4 cups warm water

¼ cup lemon juice

Directions:

Cut the peaches into five or six even wedges with a sharp knife. Discard the pits and put the wedges into a large mixing bowl.

Add 4 cups pineapple juice, 4 cups warm water and ¼ cup lemon juice to the mixing bowl. If drying five or more peaches, you may need to make another batch of the liquid ingredients.

Let the peaches soak in the liquid for five hours. This will help the peaches retain their color and sweet flavor during the drying process.

Remove the peach wedges from the liquid and arrange them on the food dehydrator trays. Do not let the wedges overlap each other as they need adequate space to dry. For most dehydrators, each square foot of space can dry about 1 pound of food.

Let the peaches dry in the dehydrator until they are ready. Depending on your particular dehydrator, this can take anywhere from a few days to a week. They should have a soft and somewhat leathery texture when ready.

PEARS

Pear Preserves

Ingredients:

2 pounds prepared pears

3 cups sugar

3 cups water

1 lemon

Directions:

Wash, core, and peel hard-ripe fruit. Add 1½ cups sugar to 3 cups water. Boil 2 minutes. Add pears. Boil 15 minutes. Add remaining sugar and sliced lemon. Boil until pears are clear. Let stand 12 to 24 hours in a cool place. Remove fruit from syrup and place into hot canning jars. Boil syrup for 2 minutes and then pour hot over fruit. Seal with sterilized canning lids. Process pints or quarts in simmering hot water bath for 20 minutes.

Pear Salad

This is my favorite summer lunch salad.

Ingredients:

1 pear per person
¼ cup chopped walnuts or pecans
¼ cup shredded or cubed cheddar cheese

Asian Ginger Salad dressing:

2 cloves garlic, minced
2 tablespoons minced fresh ginger root
¼ cup olive oil
⅓ cup rice vinegar
½ cup soy sauce
3 tablespoons agave nectar or honey
¼ cup water

Combine ingredients in salad dressing shaker container. Shake and refrigerate.

Directions:

Wash and then cube pear. Add walnuts and cheese. Pour dressing to taste and stir ingredients to mix. Chill or eat at room temperature.

Dehydrated Pears

Ingredients:

Pears

Lemon juice

Water

Directions:

Wash pears and slice into $\frac{1}{4}$ to $\frac{1}{2}$ inch slices. Soak in lemon/water bath in a ratio of 1 part lemon and 4 parts water for 15 minutes to prevent discoloration when drying. Place pear slices on dehydrator trays without overlapping or touching. Dehydrate 8-12 hours or until pears are pliable and don't release juice when squeezed. Store in glass jars. Watch jars for condensation which indicates that pears need to be dried a bit more to remove any moisture that will cause them to mold and become inedible.

Conclusion

One of the biggest benefits of growing your own food supply is the deep sense of connection that develops between the earth and your lifestyle. The connection is empowering and enlightening. Observing the miracle of the growing process from a tiny seed to a food-producing plant is one of the most satisfying occupations of a home gardener. You gain a sense of self-sufficiency as well as a relationship with the sustainability of our planet. May your efforts be rewarded with pleasure and delight!