



General Recommendations

Fruit: Blueberries, strawberries and peaches - eat frozen or only thaw slightly. Use frozen directly in recipes. Reduce amount of liquids added to recipes that call for fresh fruit. Cranberries can be thawed before using if desired.

Vegetables: Peppers and tomatoes - add frozen to recipes, no need to thaw. Use vegetables directly from frozen in sauces, soups, stir fry, or put them straight into a hot oven for roasting. Edamame – add frozen to boiling water or microwave to cook; can thaw first if desired. General rules of thumb – cook frozen vegetables ½ as long as you would cook fresh, reduce amount of added liquid or increase amount of thickening ingredients.

Info & Ideas

Edamame (American Sweet Bean Farmer's Co-op, Old Fort, Ohio) Green soy beans are another great locally grown vegetable you can just heat, eat & enjoy. Makes a terrific healthy snack. Boil water, add edamame, heat for ~5 minutes, drain, let cool slightly and shell. For use in recipes that have additional cooking time, you can simply thaw and shell. Toss on salads, in soups and stir fries. In recipes, substitute edamame for peas or favas. [16 oz of in-pod edamame yields ~ 1 heaping cup shelled beans.]

Sweet red peppers (Tantre Organic and Goetz Family Farms) Roast in a hot oven with a little olive oil, salt & pepper and use on sandwiches, pizza, salads or puree into a sauce for pasta. Make fajitas. Add to chili, chowder or stir fry. The Goetz peppers are an Italian roasting variety; the Tantre peppers from 9/3 & 9/4 are red bell peppers, and all other Tantre peppers are a mix of Carmen and pimento type peppers, which have an incredibly sweet, intense pepper flavor.

Whole tomatoes (Tantre, Needle-Lane, Goetz and Cappella Farms) Romas, San Marzano (the larger ones), Juliette (the smallest) or a mix of these sauce-type tomatoes. Use whole frozen tomatoes in recipes in place of canned. Very handy for soup and stew recipes that call for 1 or 2 chopped tomatoes. Add to chili. Make tomato sauce, tomato soup or bisque...like a roasted red pepper & tomato bisque. Note: do **not** use frozen tomatoes in a thawed, uncooked form.

Blueberries (Sodt's Berry Farm) Eat them right out of the bag. Add them to pancakes, muffins, pies & cobblers. Drop them into hot oatmeal or cold cereal, or mix into yogurt for breakfast.

Cranberries (Blueberry Heritage Farm aka The Berry Bunch in Holland, Michigan) Native to North America, shiny red, tart cranberries are nutritional rock stars – high in fiber, vitamin C and other antioxidants. Frozen whole cranberries are easily cooked into relish, sauce or jelly, or they can be baked directly into breads and muffins. Whole cranberries also perk up savory soup, stew, pilaf or roasted meats. Frozen cranberries can be thawed before using. How does a cranberry-walnut pie sound?

Peaches (Wolfe Orchard, Karpo Farm) Frozen peaches can be used to make great smoothies and desserts. Oven roast them with a touch of butter and brown sugar for an elegantly simple & healthy dessert. They can also be used for savory sauces. Peach halves can be thawed slightly for easier use or can be used right from frozen. You can easily remove the skins by running them under warm water if desired.

Strawberries (Gibbs Berries Farm) Eat them right out of the bag, or make shakes and smoothies. Add them to cobblers, pies and cheesecakes. Make a simple sauce (recipe on November sheet) & use it in salad dressings or as an ice cream topping. With November's berries, you can make some freezer jam.



Recipes

Edamame – The Perfect Snack

A certified kid-friendly food! Keeps little fingers busy at dinner. Common appetizer in Japanese restaurants. Grownups - try them instead of peanuts with a cold beer.

Boil some water in a med-large saucepan; toss in frozen edamame. Return to a boil. Cook ~ 3 minutes, more or less depending upon your preference. Drain and sprinkle pods with kosher salt, sea salt, a spice blend of your choice, or soy sauce. Serve warm or room temperature as a snack or appetizer. Open pods with fingers or teeth and eat the tasty green soy beans. (Don't eat the pods.)

One Pot Rice and Salmon

Locavorious kitchen goddess Jen Cohen is our own Iron Chef. With years of experience in catering, cooking and entertaining - she recently catered her son's Bar Mitzvah luncheon entirely from local food - I just love hearing what would Jen do with our locally grown produce.

- 1 cup of rice (like basmati)
- 1 pound salmon, cut into 4 chunks
- salt and pepper
- 16 oz package frozen edamame
- 1/3 cup soy sauce
- 4 scallions
- 2 Tablespoons rice vinegar
- 1 Tablespoon grated ginger
- 1 Tablespoon dark brown sugar

Mix rice and 2 ½ cups water in a medium skillet. Bring to a boil, reduce heat to low and simmer, covered for 10 minutes. Season salmon with salt and pepper and place on top of partially cooked rice. Cover and cook for 7 minutes. Meanwhile, thaw edamame in hot water or the microwave, and shell, discarding the pods. Scatter edamame over salmon and rice. Cover & cook until rice and beans are tender and salmon is beginning to flake, about 5 – 7 minutes more.

Mix soy sauce, sliced scallions, vinegar, ginger and sugar in a small bowl. Drizzle over everything and serve.

Fast & Fab Red Tomato Sauce

Here's a fast & easy way to turn your bag of frozen whole tomatoes into a great sauce...ready by the time the pasta is done, or the pizza dough is rolled out.

Put the frozen tomatoes in a small saucepan; cover the bottom of the pot with a little bit of water (~ ¼ cup). Heat on med-high. Add 2 cloves garlic, chopped, 1/4 teas oregano, 1/4 teas basil, 1/8 teas salt and 1/8 teas pepper. More or less. As the water starts to boil, you can roll the tomatoes around in it and the skins will come off. If desired, remove tomato skins with a fork. Cook the tomatoes for ~ 10-15 minutes, stirring occasionally, cooking off a little water. For a thicker sauce here's a recommendation from Richard Andres of Tante Farm: add 1 or 2 dried, chopped apricots or a couple of dried tomatoes. Richard also recommends leaving those skins on!



Kale and Red Peppers

Contributed by Locavorious member Allison Stupka; adapted from the Community Farm Cookbook. Allison says serve as is for a side dish or with pasta and grated cheese for a main dish. I also think it's excellent on a hot grilled salami sandwich. (I'm serious, quit laughing, fire up the George Foreman grill and try it.)

- 1 onion or large leek, chopped
- 4 cloves of garlic, chopped
- 3 T olive oil
- 1 large bunch of kale or other greens, rinsed and chopped
- 12 oz frozen red sweet peppers
- 1 T cider vinegar
- Salt and pepper

Heat oil in large frying pan. Add onion & garlic and cook covered over low heat until onions are transparent and garlic can be mashed with a fork. Add greens, stir to incorporate with onions, and cook covered until greens start to limp. Add red peppers. Cook uncovered for a few minutes, gently separating frozen peppers, stirring to combine. Add vinegar, salt and pepper. Cook covered over low-medium heat until kale is tender (about 15 minutes) checking occasionally, adding water if pan gets completely dry.

Chicken Cacciatore

A great use of Locavorious peppers and tomatoes. Adapted from Giada De Laurentiis on the Food Network.

- 4 chicken thighs and 2 chicken breasts with skin and backbone, halved crosswise
- 2 teaspoons salt, more or less to taste
- 1 teaspoon freshly ground black pepper, plus more to taste
- 1/2 cup all purpose flour, for dredging
- 3 tablespoons olive oil
- 12 oz frozen sweet red peppers
- 1 onion, chopped
- 3 garlic cloves, finely chopped
- 3/4 cup dry white wine
- 16 oz frozen whole tomatoes
- 1 can tomato paste
- 3/4 cup reduced-sodium chicken broth
- 3 tablespoons drained capers
- 1 1/2 teaspoons dried oregano leaves
- 2 teaspoons dried basil

Sprinkle the chicken pieces with 1 teaspoon of each salt and pepper. Dredge the chicken pieces in the flour to coat lightly. In a large heavy sauté pan, heat the oil over medium-high. Add the chicken pieces to the pan and sauté just until brown, about 5 minutes per side. (Cook chicken in 2 batches if necessary.) Transfer the chicken to a plate and set aside. Add the onion and garlic to the same pan and sauté over medium heat until the onion is tender, about 5 minutes. Season with salt and pepper. Add the wine; simmer until reduced by half, about 3 minutes. Add the tomatoes, tomato paste, red peppers, broth, capers, oregano and basil. Return chicken to pan and turn to coat in the sauce. Bring the sauce to a simmer. Continue simmering over medium-low heat until the chicken is just cooked through, about 30 minutes. Transfer the chicken to a platter. If necessary, boil the sauce until it thickens slightly, about 3 more minutes. Spoon off any excess fat from atop the sauce if it bugs you. Spoon the sauce over the chicken.



Lentil-Edamame Stew

This vegetarian recipe from Ethiopian-born chef Marcus Samuelsson appeared in Cooking Light magazine and can be made with Locavorious frozen edamame and whole tomatoes.

1 cup dried lentils
1 cup shelled edamame
2 tablespoons olive oil
1 1/2 cups minced red onion
3 garlic cloves, minced
16 oz frozen Locavorious tomatoes (or 1 can diced tomatoes, undrained)
6 tablespoons fresh lemon juice
1 tablespoon chopped fresh parsley and 1 tablespoon chopped fresh mint
1/2 teaspoon salt, 1/2 teaspoon ground cumin, 1/8 teaspoon ground red pepper, 1/8 teaspoon ground cinnamon, and
Dash of ground cloves

Place lentils in a large saucepan; cover with water to 2 inches above lentils. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until tender. Drain well, and set aside.

Place edamame in a small saucepan; cover with water to 2 inches above edamame. Bring to a boil; cook 2 minutes or until edamame are tender. Remove from heat; drain well. NOTE: You can also cook the edamame in their pods first and then shell them.

Heat oil in a Dutch oven over medium-high heat. Add onion, garlic, and tomatoes to pan; sauté 6 minutes or until onion is translucent, stirring often. Stir in lentils, edamame, juice, and remaining ingredients. Cook 2 minutes or until thoroughly heated, stirring often. Serve with Ethiopian bread or pita bread for a main entree, or alone as a side dish.

Blueberry Breakfast Soup

Jen Cohen's recommendation for blueberries this month.

2 cups freshly squeezed orange juice
½ cup plain yogurt
1 Tablespoon honey
2 teaspoons lemon juice
Locavorious blueberries, thawed just a little

Whisk together first 4 ingredients until smooth. Place berries in bowls and ladle "soup" over them. You can do this with any fruit and fancy it up with vanilla or mint. We like it best sort of plain.

Cranberries and Kraut

Simple, local, delicious. Jen's family loves this one.

12 oz frozen cranberries
1 lb of sauerkraut
1 large apple, grated
1 large onion, grated
handful of caraway seeds
freshly ground black pepper

Combine everything in a slow cooker. Cook several hours. Serve over homemade mashed potatoes.



Traditional Cranberry Sauce

Combine 1 cup sugar and 1 cup water in a saucepan; bring to boil; add 12 oz frozen cranberries, return to boil. Reduce heat and boil gently for 10 minutes, stirring occasionally. Cool completely at room temperature, then refrigerate. You'll never use those cans again.

Cranberry Orange Bread

I found this recipe all over the internet recipe sites, and since it got tons of 5 stars ratings....let's give it a try.

2 cups all-purpose flour (or 1 cup whole wheat & 1 cup all-purpose flour)
1 cup sugar
1 1/2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 egg
1/2 cup orange juice
Grated rind of 1 orange/ ~ 1 T orange zest
2 tablespoons melted butter or margarine
2 tablespoons hot water
1 cup frozen cranberries – can leave whole or coarsely chop
1 cup coarsely chopped walnuts

In a large mixing bowl, combine dry ingredients. In another bowl, beat egg. Add orange juice, orange zest, butter and hot water. Add to flour mixture, stirring just until moistened. Gently fold in cranberries and walnuts. Spoon into greased 9-in. x 5-in. x 3-in. loaf pan. Bake at 325 F for 60 minutes or until toothpick inserted near the center comes out clean. Cool for 10 minutes before removing to a wire rack.

Roast Chicken with Balsamic Peaches

From Real Simple, October 2006. This recipe sounds like it would be wonderful and very local if you are lucky enough to have a roasting chicken from Old Pine, Ernst, Back 40 Acres or another local farm.

One 3 1/2 to 4-pound chicken
3 tablespoons olive oil
2 teaspoons kosher salt
1/2 teaspoon black pepper
16 oz frozen Locavorious peach halves (peeled, if desired)
4 small shallots, quartered
1 tablespoon balsamic vinegar
6 sprigs fresh thyme (or equivalent amount dried ~ 1/4 teaspoon)

Heat oven to 400° F. Pat the chicken skin dry with paper towels. Rub the chicken with 1 tablespoon of the oil and season with 1 1/2 teaspoons of the salt and 1/4 teaspoon of the pepper. Place in a roasting pan or baking dish. Start roasting the chicken.

Meanwhile, in a bowl, combine the shallots, vinegar, thyme, and the remaining oil, salt, and pepper. Toss with the peach halves. Add the shallot-peach mixture to the pan after the chicken has been in the oven for 30 minutes. Roast until the chicken is cooked through and a thigh registers 180° F on a meat thermometer, for a total of about 1 hour, 10 minutes. Let rest for 10 minutes before carving. Serve with the peaches-pan sauce.



Grilled Peaches & Brie Sandwiches

This is what Jen's going to do when she gets her share this week. Me too.

16 oz frozen Locavorious peaches, 1 baguette, apricot or peach jam, brie (sliced), arugula

Let peaches thaw at room temperature in a colander while assembling the other ingredients. (Alternatively, you can heat the peaches in a skillet, to drive off some water.) Cut baguette into 4 sandwich-sized chunks, then slice lengthwise to open. Spread bottom with jam, then layer peach halves, arugula and cheese. Cook in panini maker until cheese melts and is oozing out and the whole thing is a little smashed down. You can do this in a skillet on a stove top, and just flip it to thoroughly heat both sides.

Strawberry Whipped Cream Torte

This recipe comes from Locavorious visionary Dawn, who writes, "as a child, I spent a long time living in Sweden and this was the birthday cake (födelsedag torte) that we always had growing up." Dawn recently made this cake for her Mom's birthday. Check out more of her recipes at www.prudentfoodie.typepad.com.

Filling: 12 oz bag frozen strawberries (sliced thinly), 1/4 c water, 1/3 c sugar, 2-3 T of dry sherry or Madeira (optional)

Heat the water to boiling, add the sugar and stir until dissolved. Add the sherry or Madeira, and cook briefly, until the mixture boils. Add the sliced strawberries and turn off the heat. Let rest until the rest of the cake is ready. [You can also just pour the sugar over the strawberries and set aside for a few hours to produce juice, then pour on the sherry - you don't boil off the alcohol if you do it this way.]

Cake:

8 eggs

1 cup plus 2 T sugar

1 tsp vanilla extract

2 cups minus 4 T SIFTED flour

14 T butter melted, and then cooled

Preheat oven to 350 F. Butter and flour 2 or three cake pans well. Combine the eggs, sugar, and vanilla extract in a bowl, and rest it in a second, larger bowl filled with fairly hot water. Beat with a hand electric mixer for 5 minutes, then remove from the water and beat for another 3-5 minutes (until cool). Fold in the flour in three portions using a spatula, then fold in melted and cooled butter. Pour batter into cake pans and bake for 25-35 minutes, or until it tests done. Turn cakes out onto wire racks to cool.

Put the bottom layer on a cake dish, and pour half of the strawberry filling mixture over it, letting the juice seep into the cake. Put on the second cake layer and repeat, then add the top layer. If you want a smaller cake, you can cut this recipe in half. You will either get two thin layers, or you can use smaller diameter pans, and get three.

Frosting: 3/4 pint whipping cream and 2 tsp vanilla sugar (or 2 tsp powdered sugar and 1/4 tsp vanilla extract)

Whip the cream and frost the top and sides of the cake. You can use a fork to make a cross hatch pattern on the top. Serve to your delighted guests and family.