



## Ideas

**Cauliflower** (Wilczewski Greenhouses). Can be steamed, stir fried or roasted. Works well in casseroles, soups and curries. Pairs well with many flavors – cheeses, garlic, curry, ginger, soy sauce, lemon, and butter, just to name a few. Check out the two wonderful recipes below from our guest chefs.

**Butternut squash puree** (Tantre and Wilczewski Greenhouses). Just heat, eat and enjoy this already baked and mashed squash. Can add butter or maple syrup. Eat as you would mashed potatoes. Makes wonderful soups and bisques, or pasta sauce, ravioli filling or risotto.

**Corn** (Gardening Angel Organic Farm). Corn kernels in their natural juice. Just heat, eat and enjoy! Use in chowder, soup, and salsas or corn bread, corn pudding, and corn cakes.

**Edamame** (Fry Farms) Japanese green soy beans are another great locally grown vegetable you can just heat and enjoy. Heat in the microwave or boiling water; cool 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 fava beans. 16 oz of in-pod edamame yields ~ 1 heaping cup shelled. 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.

**Kales & collards** (Tantre). A blend of organic Red Russian, Lacinato, Curly Kale & Collard greens. Add the mix to stews, or make braised greens. Make southern style greens (cooked in a pot forever with a ham hock.) Pairs well with strong flavors like smoked meats, tamari, hot peppers, and peanuts.

**Swiss chard** (Renaissance Acres, Tantre, Valley Family Farm). Mostly Bright Lights chard. Use as you would frozen spinach. Great in soups, especially Minestrone, quiche or combined with root vegetables like potatoes or beets.

**Raspberries** (Gibbs Berry Farm and Gardening Angel Organic) Eat them just slightly thawed as a snack. Make muffins! (See recipe) Add them to cold cereal or hot oatmeal, yogurt or smoothies. Make raspberry sauce or salad dressing. They can be used to make great desserts; combine with other berries for a terrific pie. Decorate the top of a cheesecake. Float frozen raspberries in beverages – sparkling, juice, punch – sure to be popular in kid & grown-up beverages.

**Blueberries** (Sodt's and Gibbs Blueberry Farms) Eat them right out of the bag. Add them to pancakes, muffins, & cobblers. Drop them into hot oatmeal or cold cereal.

## Recipes

Welcome an eclectic group of guest chefs this month! Many of the share recipes come from several talented, local food bloggers, a loose association of cooks known as the Michigan Food Lady Bloggers. Check out their blogs! A sampling of some of their many recipes is included here.



### Cauliflower Sweet Potato Stew

By Diana Dyer, Registered Dietitian, author of the book *A Dietitian's Cancer Story*, and author of blogs: [dianadyer.blogspot.com](http://dianadyer.blogspot.com) which discusses food, nutrition, gardening, recipes, our environment, cancer survivorship and life, and [365daysofkale.blogspot.com](http://365daysofkale.blogspot.com). Diana also has website [CancerRD.com](http://CancerRD.com), that focuses on nutrition information for cancer survivors. Here is the link to her recipe too:

<http://dianadyer.blogspot.com/2009/01/recipe-cauliflower-sweet-potato-stew.html>

- 1 Tbsp. olive oil
- 1/2 cup unsalted, roasted cashews
- 1-1/2 teaspoon cumin seeds
- 1 teaspoon brown mustard seeds
- 1 cup chopped celery and/or onions
- 1 Tbsp. dehydrated onion pieces (omit if using fresh onion)
- 1/4 cup freshly grated ginger
- 1 pint canned tomatoes (can be whole or diced) with juice. Note: can also use frozen tomatoes.
- 1 teaspoon Thai chili paste (or omit and use a small green chili, seeded, and chopped small)
- 16 oz frozen Locavorious cauliflower florets (or use fresh florets cut from a head of cauliflower, about 1 ½ lbs)
- 1 large sweet potato (about 1 lb) - peel and cut into small chunks about 1 inch
- 1/4 cup water
- 1 cup frozen peas
- 1 Tbsp. chopped fresh cilantro (or parsley)

#### Method:

- 1) Add olive oil to the wok or large skillet over medium high heat. When the oil is hot, add cumin and mustard seeds to the oil and fry for only 30 seconds (do not burn!).
- 2) Add the celery (or fresh onions) and cook until just starting to soften (don't overcook if using the celery as it is nice to have it still be a bit crunchy when done)
- 3) Take about 3/4 of the grated ginger in your hand and squeeze it hard in your fist over the wok to release the juice into the wok. (Do not add that ginger to the pan). Add the remaining grated ginger, which should only be a couple of teaspoons, to the mixture in the pan.
- 4) Add the tomatoes and chili paste (or hot pepper), bring to a boil. Cook for ~5 minutes until just starting to reduce. If using whole tomatoes, use a large spoon to break them up slightly (no need to overly smash).
- 5) Add sweet potato pieces. Cover and cook until just soft (careful not to overcook or they will turn to mush). Time will vary depending on the size of the chunks. Keep testing them by removing one chunk from the wok and cutting in half to check for tenderness.
- 6) When sweet potatoes are starting to soften, add frozen cauliflower pieces. (If using fresh cauliflower florets, add them in step 5).
- 7) When cauliflower is heated through, add the peas and cashews, cover and heat just until all is again heated through.
- 8) Sprinkle with fresh chopped cilantro or other green fresh herbs.
- 9) Serve and enjoy the "wake-up" tastes of this delicious and beautiful dish.

Variation: Try this recipe with added tofu or tempeh pieces and/or served over brown rice or other whole grain like quinoa for a complete meal.



### Vegetarian Cauliflower "Carbonara"

Adapted from Deborah Madison's Greens cookbook by Locavorious godmother, Dawn. Check out the full story at [http://prudentfoodie.typepad.com/my\\_weblog/2009/01/vegetarian-day.html](http://prudentfoodie.typepad.com/my_weblog/2009/01/vegetarian-day.html) Prudent Foodie says the most important factor for success is that the eggs and cheese are at room temp, and the cauliflower is warm too so the cheese sauce can form. Note on smoked gouda: You can get 2 kinds - actual smoked gouda, which comes in wedges just like regular gouda, and is the best (and most expensive) option. There is also a processed smoked gouda product available; it comes in slices, is perfectly adequate, though uninspiring, and costs about half as much as the real thing.

- ~ 1/3 lb whole wheat pasta - flatter shapes like farfalle or fusilli hold the sauce, and work well.
- 1 bag Locavorious frozen cauliflower, slightly thawed
- 3 eggs beaten and at room temperature
- 2-3 oz grated smoked gouda - about 1-2 cups also at room temperature
- 1/3 cup shredded parmesan
- 2 T butter, melted
- 2-3 T extra virgin olive oil
- 1 good sized onion, diced
- 1 clove garlic, minced or pressed
- 1/4 cup bread crumbs
- 2-3 T chopped flat leaf parsley

Put 1 T olive oil in a sauté pan, add the onion and garlic, and cook on low-medium heat for 10 minutes or so until soft and golden. Add bread crumbs and cook a little longer to toast them slightly. Add chopped parsley, stir and set aside.

Partially thaw the cauliflower, break apart the florets, and then toss with a little olive oil. Roast in a 425 F oven until warm through, and slightly browned, ~ 10 minutes. You want the cauliflower to be warm or hot when the pasta is ready, so time this around your pasta, or keep the cooked cauliflower warm.

Boil the pasta in a large sauce pan to your preferred texture, and drain off the water. You don't need to drain it completely dry. Put a few pieces of pasta in the eggs, stir, and repeat (to warm up the eggs.) The goal is to bring the eggs closer to the temperature of the pasta, so that when you add them to the pasta they cook, but don't turn into scrambled eggs. Add the melted butter, 1-2 T olive oil and eggs to the pasta and stir immediately, then add the shredded gouda and continue stirring. If your pasta is really hot, and you have the other ingredients at roughly room temp, you will get a creamy cheese sauce. Add the cauliflower and parmesan and stir again then add black pepper to taste. Put in a serving bowl and sprinkle the onion/parsley breadcrumbs over it.

### Gingered Edamame, Corn, and Red Peppers

Locavorious member Chris Powell emailed me this one, saying everyone in her household liked it. Amounts are all approximate. She drew upon the Gingered Greens and Tofu recipe from Moosewood Cooks at Home for inspiration. Paired with some pan-fried vegetable dumplings, this "fed a family of four with no leftovers and no complaining." (That's enough to make me want to make this dish.)

Boil 1 lb. edamame, cool and shell.

Heat 1-2 T peanut oil in a large skillet/wok. Sauté two minced cloves of garlic and a good-sized knob of ginger, grated (~ 1 T...? I probably used more as it was kinda zippy). Chop a good handful of slightly thawed red pepper, add to the ginger and garlic, and sauté. Add 1/2-1 cup corn, and cook some more. Stir in some chopped cilantro (I used two small frozen cubes.) Add maybe 1/4 cup soy sauce and 1 T or so rice vinegar (I might add a splash of sherry next time). Stir. Add edamame, stir some more until warmed through. Serve over rice.



### Spicy Edamame – Super Snack

<http://dianadyer.blogspot.com/2009/02/super-snacks-for-superbowl.html>

Here's what a dietician brings to a Superbowl party! Diana writes, "I have always been content to just cook the edamame in their pods and then pop out the beans eating them plain. Never again! Just adding a little spice (plus just a teensy bit of salt) after they are cooked gave them a "wow factor" that was the perfect pairing with sipping a cold beer while watching the game. I have read that eating salted edamame is common in Japanese bars, with the pods being thrown on the floor like peanut shells. Adding a spiced seasoning to them gave them a mouthful of flavor that only needed the smallest amount of salt to perfect the taste."

½ bag (1/2 lb) frozen Locavorious edamame.

1 teaspoon Zatar, a common Middle Eastern combination of spices, or use something from your pantry shelf like a Cajun seasoning blend, chili seasoning, or Italian seasoning

1/8<sup>th</sup> teaspoon salt

Heat a pot of water to boiling; drop in the frozen edamame pods. Heat until fully cooked, which will only be a few minutes. Drain well in a colander. Place in serving bowl and sprinkle with seasonings and salt.

### Butternut Squash Risotto with Radicchio

Adapted from Cooking Light, October 2000. Making risotto strengthens those stirring muscles. This warm, soft comfort food makes a nice vegetarian main dish or side dish. Hold back a little of the shredded radicchio for garnish. Meat lovers may want to sprinkle a little chopped prosciutto on the top.

1 cup Locavorious butternut squash puree (set aside the rest for another use.)

2 cups water

1 (14 1/2-ounce) can vegetable broth

Cooking spray

2 1/2 cups sliced radicchio

1/4 teaspoon freshly ground black pepper, divided

1 1/2 teaspoons butter

1/2 cup finely diced onion

1 cup uncooked Arborio rice or other short-grain rice

1/4 cup dry white wine

2 tablespoons half-and-half or whole milk

1/2 cup (2 ounces) grated fresh Parmesan cheese

Black pepper & salt

Bring water and broth to a simmer in a large saucepan. Keep warm over low heat. Place a Dutch oven coated with cooking spray over medium-high heat until hot. Add radicchio to Dutch oven; sauté 2 minutes or until wilted. Set radicchio aside. Sprinkle with 1/8 tsp pepper. Melt butter in Dutch oven. Add onion; sauté 3 minutes. Add rice; sauté 1 minute. Stir in wine and 1/2 cup broth mixture; cook 3 minutes or until the liquid is nearly absorbed, stirring constantly. Add 2 cups broth mixture, 1/2 cup at a time, stirring constantly until each portion of liquid is absorbed before adding the next (~ 15 minutes total). Stir in squash pulp. Repeat procedure with remaining 1 1/4 cups broth mixture (about 9 mins total). If your arm gets tired, enlist some help. Stir in radicchio mixture and half-and-half. Remove from heat; stir in cheese. Sprinkle with 1/8 tsp pepper, garnish and serve.



### Farfalle with Ricotta, Edamame and Prosciutto

Check out our guest chef A.B.'s luscious creation here or online. She recommends using whole milk ricotta for a proper sauce! <http://thehungrymasses.blogspot.com/2009/02/farfalle-with-ricotta-edamame-and.html>

One pound box farfalle (bowtie) pasta, uncooked  
15 oz ricotta cheese  
1 ½ cups shelled Locavorious edamame  
¼ cup freshly grated parmesan cheese  
One small sweet onion, diced  
Two cloves garlic, minced  
1/8 tsp red pepper flakes (more or less to taste)  
3 T extra virgin olive oil  
3 oz. prosciutto, thinly sliced and cut into strips  
1 pound shrimp, peeled and deveined  
Salt and pepper

1. Begin the pasta: Heat a large pot of lightly salted water over high heat.
2. While water comes to a boil, combine ricotta and parmesan in a large serving bowl. Set aside.
3. Heat a large sauté pan over medium-high heat. Add prosciutto to the pan and cook until slightly crispy. Remove prosciutto from pan and set aside.
4. Reduce heat to medium, add olive oil. Sauté garlic, onion and red pepper flakes for 5 minutes, stirring frequently; onions should become translucent.
5. By this time water should be boiling; add pasta to pot and cook. Meanwhile, add shrimp to the onions. Cook shrimp on both sides until they are just cooked through (bright pink, no longer translucent). Remove pan from heat and cover to keep warm. When pasta is very al dente (has lots of bite, about one minute from being perfectly cooked), add edamame into the pot along with the pasta. Bring water back to boil (about one minute more), then drain pasta and edamame.
6. Pour pasta and edamame into large serving bowl; stir to combine with cheese mixture. Add shrimp mixture, stir gently to combine.
7. Serve pasta garnished with prosciutto.

### Sweet Cheddar Corn Pancakes

<http://pattimst3k.livejournal.com/118175.html>

From Teacher in the Hood: While I love corn many ways, I decided to try a new recipe from my From Asparagus to Zucchini cookbook - Sweet Corn Cheddar Pancakes. Naturally, I didn't have all of the ingredients, but I did what I could....and ended up making more of a breakfast corn pancake that we ate with syrup. Here is how the recipe is supposed to go:

2/3 cup cornmeal (local from Westwind Milling) and 1/2 c flour (local from Westwing Milling)  
1 t baking powder  
1/2 t salt and 1/4 t pepper  
1 egg (local from Our Family Farm)  
1 1/4 c buttermilk (used Guernsey dairy milk, and made buttermilk by adding lemon juice)  
1 T corn oil + additional corn oil for cooking the pancakes  
1/2 c shredded cheddar cheese  
4 T finely chopped green onions  
1-2 T chopped cilantro  
1/2-1 cup Locavorious corn (from Gardening Angel Organic Farm)



Mix the cornmeal, flour, baking powder, salt, pepper. Mix the egg, buttermilk and corn oil in a separate bowl and then combine the two bowls into one. Now add the cheese, green onions, cilantro and corn kernels.

Heat a griddle with corn oil. Over medium low heat, make the pancakes, using about 1/4 c per cake. Make as you would regular pancakes. Serve with salsa and sour cream.

### Chinese-style Kale with Tofu

This recipe was inspired by Noelle of [Simmer Down!](#), another Michigan Lady Food Blogger, and further developed by Diana Dyer, our devotee of kale mentioned above.

<http://365daysofkale.blogspot.com/2009/02/recipe-chinese-style-kale-with-tofu.html>)

12 oz Locavorious frozen kale

½ lb extra-firm tofu (drain and cut into 1-inch size cubes)

1-2 roasted red peppers (from a jar or frozen) - cut into slices/pieces

1-2 Tbsp. canola or olive oil

2-3 cloves garlic, minced

2 tsp dry mustard powder, or more to taste

1/2 to 1 tsp dried red chili flakes (1 teaspoon is very spicy!) or chili sauce from a jar (the kind with seeds)

1-2 T low sodium soy sauce

1/4 tsp. toasted (dark) sesame oil (just do a couple of shakes, rather than actually measuring this - no need to waste any coating the measuring spoon!)

Optional: 1 Tbsp. rice wine or Shaoxing (Chinese cooking wine)

Thaw and drain the frozen kale (I do this in a colander over a bowl to catch any thawed liquid to save for future stock). In a large, heavy-bottomed pot (such as a dutch oven or a wok), heat about 2 T of oil (add more if it doesn't cover the bottom of the pan) and 1/4 tsp (a few dashes) sesame oil over medium-low heat. Add the minced garlic and cook GENTLY until the garlic is browned, turning the heat down as necessary so it doesn't burn. If you are using the dried chili flakes, add them to the oil and cook them for about 30 seconds to bloom the flavor. Add the mustard powder and stir out any lumps.

Add the tofu cubes, cook until starting to brown a little on the edges.

Add the peppers and the kale to the pot and stir to coat with the seasonings. You can cover the kale to assist the steaming process; just make sure to stir it often enough so that nothing sticks to the bottom of the pan.

When the kale is heated and tender, add 1 T soy sauce and the chili sauce, if using. Stir and taste for seasoning, adding the remainder of the soy sauce per taste if desired. You may also want to add a dash or two more sesame oil, chilis, or more mustard powder to taste. Optional - add a small splash of rice wine or Shaoxing as well, increasing the heat for a moment to cook off the alcohol. Serve over brown rice.



### Muffins with high protein flour

This recipe is brought to you by the Prudent Foodie, a friend who wants to share all her tricks with “Anyone Who Wants to Eat Really Well for Less Time, Money and Trouble”. This same person also helped get Locavorious started. Check out her blog: [http://prudentfoodie.typepad.com/my\\_weblog/2009/02/more-about-breakfast.html](http://prudentfoodie.typepad.com/my_weblog/2009/02/more-about-breakfast.html)

And here’s just one of her healthy breakfast muffins:

- 1 1/4 cup whole wheat flour
- 1 cup amaranth flour
- 1/4 cup ground flax seed
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 c organic succant (or brown sugar, packed)
- 2 eggs lightly beaten
- 1 1/2 c buttermilk (or 1 3/8 c milk with 2TB white vinegar combined ahead of time to curdle the milk)
- 1/2 c canola oil
- 1 1/2 tsp vanilla extract
- 3/4 cup frozen Locavorious blueberries, raspberries, or a mixture

Preheat oven to 375. Spray or oil your muffin tins, or line with cupcake liners. Mix all the dry ingredients in one bowl, and all the wet ones in a second bowl. Mix them together quickly without over stirring! It's ok if the dough is lumpy, so don't over stir. Put the dough in the muffin tins, almost to the top, but not quite. Bake about 25-30 minutes, depending on your oven. Test to make sure they are done, as the frozen fruit slows things down. Turn the muffins out when hot.

### Blueberry Barbeque Sauce

Guest chef blogger of The Hungry Masses adapted this recipe from Food & Wine magazine. “Not a whole lot of heat, but plenty of flavor. It turned out great—I served it to a bunch of friends for a Southern Style Sunday dinner of pulled pork sandwiches, coleslaw and sweet tea. Finger-lickin’ good, y’all.”

<http://thehungrymasses.blogspot.com/2009/02/blueberry-barbeque-sauce-more-with.html>

- 2 teaspoons vegetable oil
- 1/4 cup minced onion
- 1 tablespoon minced fresh jalapeño chile, seeded
- 1/4 cup ketchup
- 1/4 cup rice wine vinegar
- 3 tablespoons light brown sugar
- 3 tablespoons Dijon mustard
- 1 teaspoon Tabasco
- 2 cups frozen Locavorious blueberries
- Salt and freshly ground pepper

Heat the oil in a nonreactive saucepan. Add the onion and jalapeño and cook over moderate heat, stirring, until wilted, about 3 minutes. Add the ketchup, vinegar, sugar, mustard and Tabasco and bring to a simmer. Add the blueberries and simmer over low heat, stirring until thickened, about 10 minutes.

Puree the sauce in a blender or food processor until smooth. Pass through a strainer and season with salt and pepper. Serve at room temperature.



### Peach-Raspberry Cobbler

Still have some peaches from last month? Here is another note from Locavorious member Chris, who based this cobbler on a recipe from Mark Bittman's "How to Cook Everything Vegetarian." It was very easy and quick (she made it along with dinner, and it baked while they ate) and was a hit with the kids. Chris feels the topping is too cookie-like, very buttery and very sweet, so she shares this with some caveats.

8 T cold stick butter, cut into bits, plus extra to grease a pan  
1 1/2 packages peaches (let peaches sit on the cutting board and defrost a bit, then slice)  
1/2 package raspberries  
1 c. sugar (I think I'd reduce this, maybe in both the fruit and the topping — your sweet tooth may vary)  
1/2 c. flour  
1/2 tsp baking powder  
Pinch salt  
1 egg  
1/2 tsp vanilla extract

Preheat oven to 375. Grease an 8 or 9 inch round or square pan.

Toss the fruit in a bowl with half of the sugar and spread in the bottom of the pan.

Combine flour, baking powder, salt and remaining (half cup unless you chose to reduce) sugar in a food processor. Pulse once or twice. Add butter bits and process for ten seconds until the mixture is well-blended. Bittman says to do the next bit of mixing by hand, but I dropped in the egg and the vanilla and pulsed about ten seconds more till it all formed a ball.

Plop spoonfuls of batter onto the fruit -- don't bother trying to smooth it too much, there's so much butter it will all ooze together. Bake until golden and starting to brown on the edges, 45 minutes (in our peculiar oven).

Serve immediately with vanilla frozen yogurt.