



**The January share:** raspberries, blueberries, peaches, broccoli or green beans, kale or chard, corn and tomatoes.

## General Recommendations

**Fruit:** Eat frozen or only thaw slightly. Use frozen directly in recipes. Reduce the amount of liquids added to recipes if the recipe calls for fresh fruit. Great in milkshakes and smoothies. Use as topping for ice cream. Mix into yogurt. Use in muffins, pies and cobblers.

**Vegetables:** Add frozen to recipes – typically no need to thaw (except just enough to loosen from package.) Kale can be thawed with no adverse effects. These vegetables have been blanched, so they need some cooking time, but not too much. General rules of thumb – cook frozen vegetables  $\frac{1}{2}$  as long as you would cook fresh, reduce amount of added liquid or increase amount of thickening ingredients. Use vegetables directly from frozen in stir fry, casseroles, soups.

## Ideas

**Blueberries** (Sodt's Berry Farm) Eat them right out of the bag. Add them to pancakes, muffins, & cobblers. Drop them into hot oatmeal. Make savory sauces like barbeque and chutney.

**Broccoli** (Goetz Family) How about a broccoli casserole or creamy broccoli soup on a cold night? Chinese stir fry? How about a quiche? Can just thaw broccoli and use in a salad. Or just heat (steam or microwave) and eat. Maybe a little lemon butter or roasted garlic with that? Best to thaw broccoli before using in casserole or quiches; no need to thaw for soup, stew or sautés.

**Corn** (Tantre Farm, Nemeth Orchard, Schultz Farm, and Wolfe Orchard) Corn kernels in their natural, milky juice. Just heat, eat and enjoy! Use in chowder, soup, and salsas. Add to cornbread.

**Kale** (Frog Holler Organic Farm, Valley Family Farm). Some packages are a blend of organic Red Russian, Lacinato, and Curly Kales. 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. Important recipe note: there are a lot of greens packed into each 16 oz container; for many recipes you may need to thaw and just use  $\frac{1}{2}$  of the container. **Some folks will get Swiss chard** (Capella Farm, Green Bush Farm). Use as you would frozen spinach. Great in soups, especially Minestrone, quiche or combined with root vegetables like potatoes or beets.

**Peaches** (Wolfe Orchard, Karpo Farm) Make great smoothies and desserts. 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.

**Raspberries** (Gibbs Berry Farm) Eat them just slightly thawed as a snack. Make muffins. 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.

**Stewed or whole tomatoes** (Tantre, Goetz, Needle Lane, Capella Farms) Use the frozen stewed tomatoes as you would a can of stewed tomatoes. The frozen whole tomatoes are very handy for recipes that call for 1 or 2 tomatoes. Add to chili. Make tomato sauce, tomato soup or bisque. Note: do not use frozen tomatoes in a thawed, uncooked form.



### Braised Broccoli with Olives

Recipe adapted from Local Flavors by Deborah Madison, who says broccoli's flavor is amplified by the slow braising. This dish can be a side, or served on garlic-rubbed brushcetta, or tossed with pasta and freshly grated pecorino or Parmesan cheese.

16 package frozen broccoli florets, can be thawed in the refrigerator in advance

¼ cup olive oil

1 small onion

1 T chopped fresh marjoram or oregano (or 1 tsp dried)

2-3 garlic cloves, chopped

2 T olive paste or finely chopped Italian olives (like Gaeta)

Grated zest of ½ lemon

1 cup water or veggie broth

Sea salt & freshly ground pepper

If not already thawed, let broccoli thaw while assembling other ingredients; can also thaw a bit in warm water or microwave. Warm the olive oil in a wide skillet, then add the onion, marjoram or oregano, and garlic. Cook over medium-low heat, stirring now and then, until the onion is softened, 5-7 minutes. Stir in the olive paste. Add the broccoli and any residual water from the package; if still somewhat frozen, gently break up with a spoon. Add the water or broth and lemon zest. When warmed through, taste for salt, and adjust as desired. Season with pepper. Simmer gently until the broccoli is very tender and soft, 15-20 minutes.

### Broccoli Cheese Soup

An easy, classic soup. A cubed, cooked potato makes a nice addition.

Olive oil or cooking spray

1 cup chopped onion

2 garlic cloves, minced

3 cups chicken or vegetable broth

16 oz frozen broccoli

2 1/2 cups milk

1/3 cup flour

1/4 teas black pepper

8 oz shredded cheese (sharp cheddar is the classic choice, but many other cheeses would work)

Heat a large nonstick saucepan coated with cooking spray or oil over medium-high heat. Add onion and garlic; saute 3 minutes or until tender. Add broth and broccoli. Bring broccoli mixture to a boil over medium-high heat. Reduce heat to medium; cook 10 minutes.

Combine milk and flour, stirring with a whisk until well blended. Add milk mixture to broccoli mixture. Cook 5 minutes or until slightly thick, stirring constantly. Stir in pepper. Remove from heat; add cheese, stirring until cheese melts.

Place one-third of the soup in a blender or food processor, and process until smooth. Return pureed soup mixture to pan.



### Blueberry-Ginger Chutney over Chicken

From Cooking Light, January 2005. The chutney can be served warm, chilled, or at room temperature. Make it first, and chill while the chicken marinates. This chutney sounds like it would taste wonderful with brie or cream cheese, too.

#### Chutney:

2 cups frozen blueberries  
1/3 cup packed brown sugar  
1/3 cup finely chopped onion  
1/4 cup golden raisins  
3 tablespoons cider vinegar  
1 1/2 teaspoons grated peeled fresh ginger  
1/4 teaspoon salt  
1/4 teaspoon ground cinnamon  
1/8 teaspoon crushed red pepper  
Dash of ground cloves  
1 garlic clove, minced

#### Chicken:

1 1/2 tablespoons olive oil  
3/4 teaspoon dried basil  
3/4 teaspoon dried oregano  
6 skinless, boneless chicken breast halves  
3 garlic cloves, minced  
3/4 teaspoon salt  
1/4 teaspoon freshly ground black pepper

To prepare chutney, combine all 11 ingredients in a medium saucepan; bring to a boil. Reduce heat to medium-low, and simmer ~30 minutes or until thickened, stirring occasionally. Remove from heat; let cool to desired temperature or chill.

To prepare chicken, combine oil, basil, oregano, chicken, and 3 minced garlic cloves in a large heavy-duty zip-top bag; seal. Marinate in refrigerator for 2 hours, turning occasionally. Remove chicken from bag. Sprinkle 3/4 teaspoon salt and black pepper evenly over chicken.

Heat a large grill pan over medium-high heat. Cook the chicken 5 minutes on each side or until done. Serve with chutney.

### Salad Greens with Roasted Corn and Pepper Salad

Adapted from Cooking Light Nov 2002. As much as I love eating seasonally and locally, it's hard to make it through the winter without some salads. Fortunately for Ann Arbor farmers market goers, Brines Farm and the Goetz family farm grow greens and lettuces in their hoop houses.

~ 1/2 container of frozen corn kernels, thawed  
~ 1/2 package of frozen red peppers or 5 ounces bottled roasted red bell peppers, drained and chopped  
1/2 cup chopped green onions  
1 T frozen jalapeño pepper or 1 fresh jalapeño pepper, seeded and finely chopped  
1/4 cup sour cream  
3 tablespoons white wine vinegar  
1 teaspoon salt  
Local winter salad greens (if you are lucky enough to catch Brines Farm at the market) or ~12 cups lettuce  
3 tablespoons pine nuts, toasted

Preheat broiler. Spread corn out on a foil-lined baking sheet. If using frozen red peppers, include them too. Broil 12 minutes or until lightly browned, stirring once. Cool. Combine corn, bell peppers, onions, and jalapeño pepper in a large bowl. Combine sour cream, vinegar, and salt, stirring with a whisk. Add sour cream mixture to corn mixture, tossing to coat; chill 1 hour. Divide greens evenly among 8 plates; top each serving with about 1/3 cup corn mixture and about 1 teaspoon pine nuts.



### Braised Kale with Apples

There are many excellent variations on braised winter greens. Omit the bacon for a vegetarian, low-fat version. Cooks Illustrated (Jan-Feb 2009 edition) recommended some interesting additions: chorizo sausage, or ginger, curry powder and coconut milk.

- 2 bacon slices
- 1 1/4 cups thinly sliced onion
- Locavorious kale mix, mostly thawed
- 1/3 cup apple cider
- 1 T apple cider vinegar
- 1 1/2 cups (or so) diced Granny Smith apple
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper

Place a Dutch oven over medium heat. Add bacon; cook 5 minutes or until crisp, stirring occasionally. Remove bacon from pan, reserving 1 teaspoon drippings in pan. Crumble bacon, and set aside. Increase heat to medium-high. Add onion to pan; cook 5 minutes or until tender, stirring occasionally. Add kale, and cook 5 minutes or until heated through, stirring frequently. Add cider and vinegar; cover and cook 10 minutes, stirring occasionally. Add apple, salt, and pepper; cook 5-10 minutes or until apple is tender, stirring occasionally. Sprinkle with bacon.

### Dijon Chicken Stew with Potatoes and Kale

Adapted from Cooking Light, January 2006. Swiss chard would work nicely in this recipe too.

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| Olive oil  | 1 cup dry white wine                                |
| 2 cups sliced leek   | 3 cups fat-free, less-sodium chicken broth, divided |
| 4 garlic cloves, minced                                    | 1 tablespoon all-purpose flour                      |
| 1/3 cup flour (about 1 1/2 ounces)                         | 1 1/2 cups water                                    |
| 1 lb boneless chicken thighs, cut into bite-sized pieces   | 2 tablespoons Dijon mustard                         |
| 1/2 lb boneless chicken breast, cut into bite-sized pieces | 2 cups cubed peeled potato (about 1 pound)          |
| 1/2 teaspoon salt, divided                                 | Locavorious kale mix                                |
| 1/2 teaspoon freshly ground black pepper, divided          | Crushed red pepper                                  |

Heat 1 teaspoon oil in a Dutch oven over medium-high heat. Add leek; sauté 6 minutes or until tender and golden brown. Add garlic; sauté 1 minute. Spoon leek mixture into a large bowl.

Place 1/3 cup flour in a shallow bowl or pie plate. Dredge chicken in flour, shaking off excess. Heat 1 tablespoon oil in pan over medium-high heat. Add half of chicken mixture; sprinkle with 1/8 teaspoon salt and 1/8 teaspoon black pepper. Cook 6 minutes, browning on all sides. Add browned chicken to leek mixture. Repeat procedure with remaining chicken mixture, 1/8 teaspoon salt, and 1/8 teaspoon black pepper.

Add wine to pan, scraping pan to loosen browned bits. Combine 1 cup broth and 1 tablespoon flour, stirring with a whisk until smooth. Add broth mixture, remaining 2 cups broth, water, and mustard to pan; bring to a boil. Stir in chicken & leek mixture, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon black pepper. Cover, reduce heat, and simmer 30 minutes.

Stir in potato. Cover and simmer 30 minutes or until potato is tender. Stir in kale; cover and simmer an additional 10 minutes. Garnish with crushed red pepper, if desired.



### Spicy Mexican Squash Stew

Locavorious member Jen Fike shared this recipe from the Moosewood Restaurant Daily Special that she loves making with winter squash and Locavorious frozen goodies.

- 1 1/2 tablespoons olive oil or vegetable oil
- 2 cups chopped onions
- 6 garlic cloves, minced or pressed
- 1/2 teaspoon salt
- 1 butternut squash or other hard winter squash
- 1 -2 T frozen jalapeño or 1/2 small fresh jalapeño or other chile, minced (remove seeds for a milder stew)
- 1/2 teaspoon ground cinnamon
- 2 teaspoons ground cumin
- 3 cups water – or more if your winter squash yields > 5 cups of cubes
- 15 oz frozen stewed or whole tomatoes
- 12 oz frozen red peppers or 2 cups chopped fresh red and /or green bell peppers
- 15 oz frozen corn kernels
- Salt and ground black pepper to taste
- Sour cream, or grated Monterey Jack cheese or cheddar cheese

Place the oil, onions, garlic, and salt in a nonreactive soup pot. Cover and cook on medium heat for about 10 minutes, stirring often, until the onions are translucent.

Meanwhile, halve and peel the squash, scoop out and discard the seeds, and dice into 1/2-inch cubes. Add the squash, jalapeño, cinnamon, cumin, and water to the soup pot and simmer for 5 to 10 minutes. Add the tomatoes and bell peppers and cook for 10 to 15 minutes or until all of the vegetables are tender. Stir in the corn and return to a simmer. Add salt and pepper to taste.

Serve each bowl topped with a dollop of sour cream or a sprinkling of grated cheese.

### Jen's Tomato Sauce w/ Halloumi

A quick inspiration from Locavorious kitchen goddess Jen Cohen.

- 15 oz Locavorious frozen or stewed tomatoes
- ½ small onion, diced
- Extra virgin olive oil
- 1/2 teaspoon dried oregano, some kosher salt, 2 cloves garlic, smashed
- 1 pound chunky pasta, cooked and drained
- About 6 ounces Halloumi cheese, cut in ½ inch cubes
- Generous handful of chopped black olives
- Handful of fresh mint, chopped

Place tomato package in a bowl of warm water to start thawing while you get on with the recipe. Sauté onion in olive oil with salt and oregano just until soft. Add garlic and stir until fragrant. Over medium low heat, add tomatoes and break apart with spoon as they cook down—you don't want to burn the garlic. Simmer gently until tomatoes are soft, then run a hand blender through until it is the texture you like. Toss with pasta, cheese, olives and mint. Drizzle with a little olive oil, and add kosher salt and freshly ground black pepper.



### Raspberry Almond Muffins

The raspberry-almond combination muffin sounds good for breakfast, brunch or tea time.

- 1 cup sliced almonds
- 2 cups flour (can use 1 cup whole wheat and 1 cup all purpose flour)
- 2/3 cup white sugar
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1 teaspoon salt
- 3/4 cup milk or buttermilk
- 1 to 2 teaspoons almond extract; or can do 1 tsp vanilla & 1 tsp almond extract
- 1/2 cup butter
- 2 eggs, beaten
- 10 oz package of frozen raspberries (Keep frozen until ready to use.)

Preheat oven to 375 degrees F. Arrange almonds in a single layer on a medium baking sheet, and bake in the preheated oven 5 to 10 minutes, until lightly toasted. Reduce oven temperature to 350 degrees F. Grease a muffin pan.

In a medium bowl, mix flour, sugar, 3/4 cup almonds, baking powder, baking soda, and salt.

In a separate medium bowl, mix milk, almond extract, butter, and eggs. Blend into the flour mixture. Fold raspberries into batter. Spoon batter into muffin pan. Sprinkle with remaining almonds.

Bake 25 minutes at 350 degrees F, until a knife inserted in the center of a muffin comes out clean.

### Peach-Raspberry Cobbler

Here is a yummy dessert contributed by member Chris, who based this cobbler on one from Mark Bittman's "How to Cook Everything Vegetarian." It was easy, quick and a hit with her kids. Chris recommended reducing the sugar.

- 8 T cold stick butter, cut into bits
- 1 or 1 1/2 packages peaches (let peaches sit on the cutting board and defrost just a bit, then slice)
- 1/2 or 1 package raspberries
- 1/2 to 1 c. sugar depending on your sweet tooth
- 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 of the sugar in a food processor. Pulse once or twice. Add butter bits and process for ten seconds until the mixture is well-blended. Drop in the egg and the vanilla and pulse about ten seconds more until well blended and dough forms a ball.

Plop spoonfuls of batter onto the fruit. (Don't worry about spreading it out.) Bake until golden and starting to brown on the edges, approximately 40 minutes. Serve immediately with vanilla frozen yogurt or ice cream.