

Recipe Booklet!

South Frankfort Food Share
May 31, 2022

In Your Food Share

Learn more about our farmers at:

www.fcmarket.org

Cabbage: High Five Farm

Green Onions: Salad Days Farm

Collards & Swiss Chard: Cedar Ring Greens

Kale: High Five Farm and Cedar Ring Greens

Salad Mix: Salad Days Farm

Dill: Salad Days

Fresh Onions: Blackberry Heaven Farm

Garlic Scapes: Blackberry Heaven Farm

Snow Peas: Happy Jacks Farm

Sweet Potatoes: Frankfort Independent Garden

Storage and Use Tips

- Refrigerate everything in your share except the sweet potatoes.
- You can use the tops of the onions.
- Lettuce, herbs, peas, cabbage, onions, and greens can be stored in a bag or a closed container in the fridge.
- Use your dill, lettuce, and peas first- they have the shortest shelf life.
- If you're not sure how to best cook something, ask us! We would also love to know what you're making with your Food Share: Connie 502-382-1254 or message us on Facebook

Learn more about the Farmers Market and the South Frankfort Food Share at:

www.fcmarket.org

Caribbean Sweet Potato Salad

From Holly Hill Inn

From your share: sweet potatoes, garlic scapes

For the salad –

2# sweet potatoes (about 3 or 4 medium-sized ones), cooked, peeled and diced

¼ cup diced red onion

2 tablespoons chopped cilantro

½ small jalapeno, diced fine

2 tablespoons garlic scapes, diced fine

Small can of pineapple tidbits, drained but save the juice.

For the dressing –

Blend or whisk together:

1 ½ tablespoons lime juice

1 tablespoon rice vinegar (or sub apple cider vinegar)

¾ teaspoon ground cumin

1 teaspoon salt

Pinch each of ground cinnamon and cayenne pepper. Slowly drizzle in ¾ cup safflower or canola oil or a blend of either with olive oil.

To finish –

Toss salad ingredients in a large bowl and slowly add dressing; you may not need it all.

If you don't use all the dressing, save the extra for another day. Add a little of the reserved pineapple juice if you like it sweeter or the salad seems dry. Check the seasonings and enjoy!

Roasted Sugar Snap/Snow Peas

www.foodhero.org/recipes/roasted-sugar-snap-peas

From your share: sugar snap peas, garlic scapes

Ingredients

1 teaspoon vegetable oil

½ pound (1 pint) pound sugar snap peas

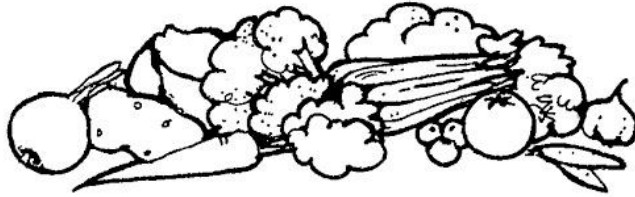
1 teaspoon soy sauce

2 garlic scapes, minced, if desired

¼ teaspoon salt

⅛ teaspoon black pepper

Preheat oven to 400 degrees F. Lightly grease a large baking pan. Place the sugar snap peas in a



large bowl. Sprinkle with oil, soy sauce, garlic scapes, salt and black pepper. Toss to coat. Spread the peas onto the baking sheet. Bake for 8 to 10 minutes. Stir a couple times while roasting. Additional Ideas: Try adding other seasonings such as parmesan cheese, garlic powder or red pepper flakes.

Seared Greens

Myplate.gov

From your share: greens, garlic scapes
This quick and delicious way to cook greens will give you a tasty side dish in minutes - or add a your favorite beans or meat to this and serve it with rice or another grain for a simple meal.

Ingredients

8 cups kale, collards, or other greens (1 1/2 pounds)
2 tablespoons vegetable oil (or olive oil)
4-8 garlic scapes (chopped)
1 cup water
1/4 teaspoon salt
1 teaspoon black pepper
2 tablespoons vinegar, cider

Directions

Wash greens and tear or cut into 1/2 inch pieces. In a pot or skillet with a cover, sauté garlic in oil. Add greens in pan with 1 cup water. Cover pan and steam for 4 minutes. Uncover, stir constantly until greens shrink. Add salt and pepper and stir in. Sprinkle cider vinegar on mixture. Cover. Turn off heat. Serve and enjoy.

Baked Kale Chips

Ohsheglows.com

From your share: kale
per baking sheet:

approx. 1/2 bunch kale leaves
1/2 tablespoon olive oil
1 teaspoon garlic powder
3/4 teaspoon chili powder
1/2 teaspoon onion powder
1/2 teaspoon smoked paprika

1/4 teaspoon salt

1/8 teaspoon cayenne pepper (optional)

Procedure

Preheat the oven to 300F. Remove leaves from the stems of the kale and roughly tear it up into large pieces. Add kale leaves into a large bowl. Add oil, tossing with hands until coated. Add spices and toss to combine. Spread out the kale onto a baking sheet into a single layer, being sure not to overcrowd the kale.

Bake for 10 minutes, rotate the pan, and bake for another 12-15 minutes more until the kale begins to firm up. The kale will look shrunken, but this is normal. Cool the kale on the sheet for 3 minutes before eating.

Garlic Scape Mayonnaise

From Chef Lee Dempsey, of Holly Hill Inn

From your share: garlic scapes, maybe dill
This mayonnaise is great with fried or roasted potatoes or really anything you want. Try adding a couple tablespoons of sour cream and lemon juice and a tablespoon of milk or water for a salad dressing!

Ingredients

3 T. minced garlic scapes
1 T. minced parsley or dill (if you like)
1 c. mayonnaise
2 T. lemon juice (optional)
salt and pepper to taste

Add all ingredients except for salt and pepper into a food processor, and process until smooth.

Taste the mixture, and season with salt and pepper to your liking.

Dill Cabbage Salad

from SNAP-Ed New York

From your share: cabbage, dill, green onions

Ingredients

4 cups cabbage (shredded or thinly sliced)



- 1/4 cup carrot (grated or finely sliced)
- 1/4 cup chard stems or celery (thinly sliced)
- 1/4 cup onion tops (finely chopped)
- 1/4 cup dill (to taste, finely chopped)
- 1/4 cup mayonnaise
- 1/2 cup yogurt
- 1 teaspoon mustard
- 1/2 teaspoon lemon juice
- 1/2 teaspoon sugar

Wash and prepare vegetables for chopping. Use a cheese grater or slice all vegetables thinly with a sharp knife. Put in a large bowl. Add herbs to taste. Mix mayonnaise, yogurt, mustard, lemon juice, and sugar in a small bowl. Blend well. Add to vegetables. Keep in refrigerator until ready to eat.

Green Soup with Sweet Potatoes

Adapted from

<https://nesfp.nutrition.tufts.edu/world-peas-food-hub/world-peas-csa/produce-recipes/green-soup-sweet-potatoes>

From your share: fresh onions, greens, sweet potatoes

Ingredients

- 2 tablespoons olive oil, plus more for garnish
- 2 fresh onions, chopped
- sea salt
- 1 1/4 pounds sweet potatoes, peeled and diced
- 3 1/2 cups water
- 2 to 3 tablespoons chopped fresh sage leaves
- 1 bunch kale
- 1 bunch green chard
- 8 garlic scapes
- 3 cups vegetable broth
- freshly ground black pepper
- fresh lemon juice

Directions

Heat olive oil in a medium pot over medium-low heat. Add the onions and a pinch of salt and stir frequently until the onions are soft and golden

brown, 30 to 40 minutes. Meanwhile, place the sweet potatoes in a large pot with 3 1/2 cups water, 1/2 teaspoon salt, and the sage. Bring to a boil. Lower the heat and simmer, covered, about 10 minutes. Wash the kale and chard, trim away the tough stems, and chop. Add to sweet potatoes along with garlic and vegetable broth. Cover and simmer gently for 20 minutes. Add the onions to the soup and let cool slightly. Puree the mixture in a blender, in batches, and return the pureed soup to the pot. Season to taste with salt, pepper, and lemon juice. To serve, drizzle olive oil over individual bowls of soup.

Italian Greens

Garlic and greens. Always a safe bet. From <https://nesfp.nutrition.tufts.edu/world-peas-food-hub/world-peas-csa/produce-recipes/italian-greens>

From your share: greens and garlic scapes

Ingredients

- 1/4 cup olive oil
- Bunch of garlic scapes, chopped
- 12-14 large swiss chard leaves and stalks, coarsely chopped
- salt to taste

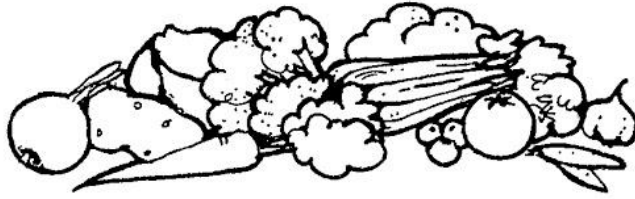
Directions

Heat the olive oil in a wok or heavy skilled and sauté the garlic until golden. Remove the garlic with a slotted spoon and reserve. Add the greens and sauté until tender. Add the salt. Just before serving, sprinkle the reserved garlic over the chard.

10 Tips to a More Sustainable Kitchen

From Donna Hecker of Holly Hill Inn

With help from Chef Ouita and Culinary Director Tyler McNabb, we've pulled together some creative ways you can integrate sustainability into your kitchen by reducing food waste, lowering energy consumption, and eating well.



We know how tempting it is to buy everything in sight at your local farmers market. We also know how hard it is to do justice to all that great produce once you get it home. So in the pursuit of sustainability and good eating, check out these suggestions –

1. Refine your meal planning so the most perishable foods like fresh peas, asparagus and green onions are cooked or eaten first, and practice disciplined purchasing. Tyler says to be realistic and by the end of the week, after you've eaten all your fruits and veggies, you'll be proud of yourself and hungry for more.
2. Relish roots like beets, carrots, turnips? Roast them all right away in a hot oven and store in your fridge for adding to salads or soups later. They'll keep for days.
3. Grilling out? Fill your grill with veggies while it's hot; a grill basket is great for this and the veggies will be delicious in salads and sandwiches all week long. Spring asparagus, zucchini, onions, and summertime peppers and eggplant are great cooked this way. So are mushrooms anytime.
4. Subdue those greens! Kale, collard, mustard, turnip and beet greens – so good for you and yet so intimidating all bunched up. If you like them cooked, consider washing and wilting your greens all at one time. They'll take up a lot less room in the fridge and they're delicious hot or cold, shredded into soups or dressed with evoo and fresh lemon the Greek way.
5. Another way to handle greens is to handle them, really handle them. Chef Ouita likes to massage young kale leaves with olive oil and a bit of salt. No time on the stove and you'll have the makings of a great Caesar salad.
6. Love herbs? Consider buying a few starter plants to keep handy in a kitchen window for quick

snipping. Or fill a few pots outside your kitchen door. Fresh herbs make everything better.

7. Herbs starting to wilt? Add them to cider vinegar or red and white wine vinegar; tarragon is great for this and the flavored vinegar will really perk up your veggies and salads, too. Or do as Chef Ouita does and make refrigerator pickles while you're at it. A great two-for-one deal.
8. Bought too many berries? Freeze the extra for smoothies. Lay them out flat on a sheet pan, freeze until solid, then relocate to a zip-lock freezer bag.
9. As summer vegetables start to ripen, expand your gazpacho game with unexpected combinations. In fact, this is a great time to look up new recipes for uncooked dishes or ones that can be served cold or at room temperature.
10. And finally, if there are any vegetable scraps you can't find a use for or time runs out before you do, consider composting!

South Frankfort Food Share Dates:
Tuesdays, 5-7 pm, Dolly Graham Park
June 14
June 28
July 12
July 26
August 9
August 23
September 6
September 20
October 18