

GROWING TIMES

Growing Places Garden Project, Inc.

Special Mid-Summer Recipe Issue

HELLO GARDENERS,

So many vegetables – so little time. We hope that you have been able to enjoy the summer's garden goodies so far. Here are some of the ways we enjoy them best. As we have said before, please send us your own recipes too. We would love to share them with other GPGP gardeners.

Cindy and Kate

BLENDER BASIL PESTO FROM KATE'S MOTHER

This is wonderful on cooked pasta, grilled vegetables, or as a base sauce for homemade pizza. If you don't like or can't eat nuts, use pumpkin or sunflower seeds instead.

Ingredients:

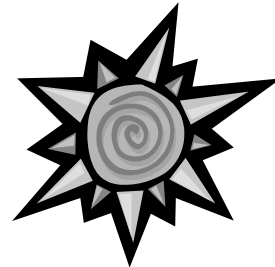
- 2 cups fresh basil leaves (lightly packed)
- ½ cup olive or vegetable oil
- 2 tablespoons pine nuts or walnut pieces
- 2 cloves garlic (lightly crushed)
- 1 teaspoon salt
- ½ cup parmesan cheese
- 2 tablespoons pecorino cheese (optional)
- 3 tablespoons softened butter

Preparation:

1. Put basil, oil nuts, garlic and salt in blender, blend until smooth; see Note below.
2. When blended, beat in the grated cheese by hand.
3. Beat in the softened butter

Before spooning over pasta, at about 1 tablespoon of the hot water in which the pasta was boiled.

Note: Pesto can be frozen! Just put the blended basil, oil, nuts, garlic and salt into ice cube trays and freeze for about 4 hours. The pesto cubes can be stored in plastic bags and kept until you need a taste of summer. Add the rest of the ingredients after thawing.



CARROT TOP SOUP

This recipe is for those of you who have trouble thinning your carrots. You can use the greens and baby carrots in this recipe in addition to fully-grown carrots. Anyway, this soup is delicious.

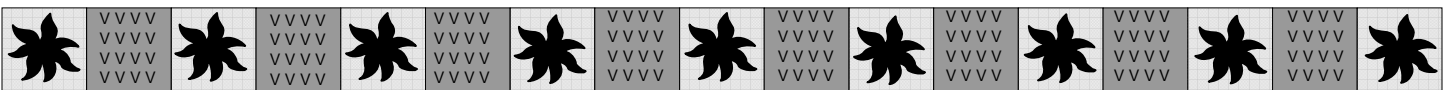
Serves 4, adapted from Local Flavors, Cooking and Eating from America's Farmers' Markets by Deborah Madison.

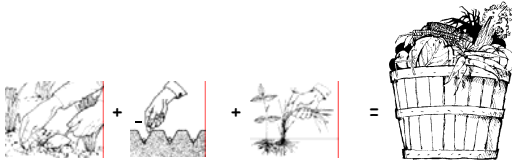
Ingredients:

- 1 bunch (6 small to medium) carrots, the tops and the roots
- 2 tablespoons unsalted butter or oil
- 2 tablespoons chopped dill, parsley, or celery leaves
- 2 large leeks (white parts only, save the green parts for making broth another time) finely sliced crosswise or ¾ cup finely chopped onion or scallion
- 2 sprigs thyme
- Salt and pepper
- 6 cups vegetable stock, chicken stock or water

Preparation:

1. Pull or pluck the lacy leaves of the carrot greens off their stems. You should have between 2 and 3 cups, loosely packed. Wash, then chop the greens finely. Finely chop or grate the carrots.
2. Melt the butter (or heat the oil) in a soup pot. Add carrot tops and carrots, rice, leeks, thyme and dill. Cook for several minutes, turning everything a few times, then season with 1½ teaspoons salt and add the stock or water. Bring to a boil and simmer until the rice is cooked, 16 to 18 minutes.
3. Taste for salt, season with pepper, and serve.





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Yankee Gardener's Fresh Garden Zucchini Bread

Makes 1 large loaf or 2 small loaves

- 1 cup salad oil
- 2 cups granulated sugar (Use white sugar, not brown sugar)
- 2 cups fresh grated garden zucchini (Reserve some liquid)
- 3 fresh eggs
- 3 1/2 cups all purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon freshly grated nutmeg
- 1 teaspoon ground cinnamon
- 2 cups brown raisins
- 1 cup fresh chopped nuts

Mix oil and sugar together in a large mixing bowl. Add the grated zucchini, then the eggs.

In a separate bowl, sift the remaining ingredients together. Then add to zucchini mixture.

Mix together very well. If batter is too thick, adjust with a little reserved zucchini liquid.

Pour into greased and floured bread pans. Bake in a 350 degree oven for 1 hour and 15 minutes or until toothpick comes out clean. Cool on bread racks. Serve with your favorite soup or stew.

Ro's Zesty and Zippy Green Beans

Adapted from vegweb.com

Ingredients:

- 4 cup green beans, fresh or frozen
- 1/2-3/4 cup golden raisins
- 1/2 lemon
- 2 tablespoon olive oil
- sea salt or regular salt, generous pinch
- red pepper flakes, to desired temperature

Directions:

Wash and prepare green beans: To cut down on the cooking process, soak them in warm water for about ten minutes. Place beans in a pot over medium heat and add oil, raisins, spices, and the juice from the lemon. Toss and cook until the beans are hot. Less oil could be used, these have the whole spicy/ sweet/ salty/ and sour thing going on. Usually very well-received. Quite pretty as well.

*Serves: 4
Preparation time: Five minutes*

Garlicky Pasta with Fresh Tomatoes and Basil

Adapted from Cooking Light

This recipe shows how simplicity is a virtue--particularly if you have good tomatoes. The garlic flavor is pronounced; reduce the amount to 2 cloves, if you prefer. If you can't find campanella, try orecchiette, fusilli, or shells.

- 3 tablespoons olive oil
- 3 garlic cloves, minced
- 5 cups chopped plum tomatoes or other tomatoes (about 2 pounds)
- 6 cups hot cooked campanella (about 12 ounces uncooked pasta)
- 1/3 cup chopped fresh basil
- 1/4 cup (1 ounce) grated fresh Parmesan cheese
- 1 1/2 teaspoons salt
- 1/4 teaspoon freshly ground black pepper

Heat olive oil in a large Dutch oven over medium-high heat. Add minced garlic; sauté 30 seconds. Add chopped tomatoes; cook for 2 minutes or until thoroughly heated, stirring occasionally. Add pasta, basil, cheese, salt, and pepper, tossing gently to combine.

Yield: 6 servings (serving size: 1 1/3 cups)

