

# GROWING TIMES

Growing Places Garden Project, Inc.

## Special Mid-Summer Recipe Issue

### HELLO GARDENERS,

Just a brief note so we can get on with the recipes! Luckily we got a bit of rain last week and a break in the very hot and humid weather. Try to keep in mind that during those times, your garden needs more water than usual. The best way to make sure your garden is receiving enough water is to dig down with your finger about 1 inch. The soil should be moist even if the top is dry (remember if trying to get seeds to sprout the top needs to be moist too).

The gardens are looking very good from the visits we have made. Lots of food to be harvested and enjoyed or shared. Keep up the good work! If you have any questions about those notes we left you if we didn't see you, please call us. Now on to those recipes!

Cindy and Kate

### Sweet and Sour Green Beans

*(Great for large quantities because it keeps in fridge for few days - great salad addition or by itself. Easy to double, triple, whatever.)*

1/2– 3/4 pound green or wax bean cut into 1-inch lengths

2-3 tablespoons each oil and vinegar

1/4 cup sugar

1 tablespoon grated onion (optional)

Steam beans until tender crisp. Mix with oil, vinegar, sugar and onion. Season to taste with salt and pepper. Chill or eat while hot.

Adapted from Let's Cook It Right by Adelle Davis

### Farm Stand Chopped Salad (serves 6)

*(Prep the veggies ahead, but dress and garnish this colorful salad just before it comes to the table. This last-minute effort is worth it!)*

1 yellow bell pepper and 1 red bell pepper, cut into 1/4-inch dice  
 2 ripe plum tomatoes, seeded and cut into 1/4-inch dice  
 1 carrot, cut into 1/4-inch dice  
 1/2 cucumber and 1 small zucchini, cut into 1/4-inch dice  
 2 scallions, sliced on diagonal  
 2 tablespoons chopped mint  
 2 tablespoons olive oil  
 1 tablespoon red-wine vinegar  
 1/2 teaspoon sugar  
 Salt and pepper, to taste  
 1 avocado, cut into 1/4-inch dice and tossed with 1 tablespoon of fresh lemon juice (for garnish)

Combine peppers, tomatoes, carrot, cucumber, zucchini, scallions and mint in a bowl. In a separate bowl, whisk together olive oil, vinegar, sugar, salt and pepper; pour over salad and toss well. Adjust seasonings to taste. Just before serving, sprinkle with diced avocado if desired.

This recipe comes from Sheila Lukins the food editor of Parade Magazine.

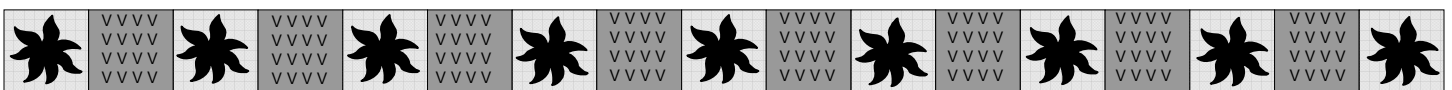
### Chopped Eggplant Relish (2 cups)

2 medium eggplants (about 2 pounds)  
 2 tablespoons chopped fresh parsley  
 1 tablespoon fresh lemon juice  
 1/2 teaspoon paprika  
 1/2 teaspoon ground cumin  
 1/4 teaspoon salt  
 1/8 teaspoon pepper  
 2 garlic cloves, minced

Preheat oven to 400°. Pierce eggplants several times with a fork. Place eggplants on a baking sheet, and bake at 400° for 40 minutes or until tender (eggplants should be tender yet firm enough to chop). Cut each eggplant lengthwise into quarters; drain well. Peel eggplant; chop pulp.

Combine the chopped eggplant and remaining ingredients in a medium bowl; stir mixture gently.

Adapted from [www.cookinglight.com](http://www.cookinglight.com)



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## Zucchini and Tomato Casserole (serves 6)

1 shallot, very thinly sliced  
3 pounds medium to large tomatoes  
2 pounds zucchini  
Salt and pepper to taste  
1 cup Asiago or Parmesan cheese shredded (about 1/4 lb)  
1/4 cup bread crumbs  
1/4 cup olive or other vegetable oil  
1/4 cup fresh basil leaves cut into thin strips

Preheat oven to 375 degrees. Spread shallots evenly over bottom on 9x13-inch baking dish. Core tomatoes and slice them about 1/2 inch thick. Trim zucchini and slice diagonally about 1/4 inch thick. Lay tomato slices in rows, alternating with rows of zucchini in baking dish (next to each other). Sprinkle with salt and pepper.

In small bowl, combine cheese, bread crumbs, oil and basil. Mix well. Sprinkle cheese mixture onto vegetables in stripes so you can see the contrast of the red and green. Bake casserole for 30 minutes or until the top is crisp and golden.

Adapted from Vineyard Harvest by Tina Miller and Christie Matheson

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## Neapolitan Zucchini Soup (serves 6)

7 small zucchinis thinly sliced crosswise  
3 tablespoons butter or oil  
6 cups water  
Salt and pepper to taste  
3 eggs  
4 tablespoons grated Parmesan cheese  
Bunch of parsley and basil, finely chopped  
Croutons (optional)

Place the finely sliced zucchinis in a good-sized soup pot. Add the butter and cook slowly over low heat for about 5 minutes. Stir constantly. Add the water, salt and pepper. Bring to a boil and continue cooking until the zucchini slices are tender (about 20 minutes). Cover the pot.

While the zucchini is cooking, beat the eggs in a large bowl. Add the cheese, chopped parsley, and basil, and mix it all thoroughly.

Add the egg mixture to the zucchini and stir. Allow it to cook for another 4 or 5 minutes at most.

Serve hot, adding some croutons on top as a garnish

Adapted from Twelve Months of Monastery Soups, by Brother Victor-Antoine d'Avila-Latourrette

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## Kate's Mom's Blender Pesto (1 cup)

*(This is wonderful on cooked pasta or as a base sauce for homemade pizza. You can also try parsley, dill or cilantro in place of basil. In addition, sunflower or pumpkin seeds whose hulls have been removed are delicious when used instead of the walnuts or pine nuts.)*

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

Put basil, oil nuts, garlic and salt in blender, blend until smooth. Stop here if you would like to freeze your pesto (see Note below). When blended, beat in the grated cheese and then the softened butter by hand.

Before spooning over pasta, add 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 (or muffin trays) and freeze for about 4 hours. The pesto cubes can be stored in plastic bags in the freezer and kept until you need a taste of summer. Add the rest of the ingredients after thawing.

Adapted from Mary Deyst

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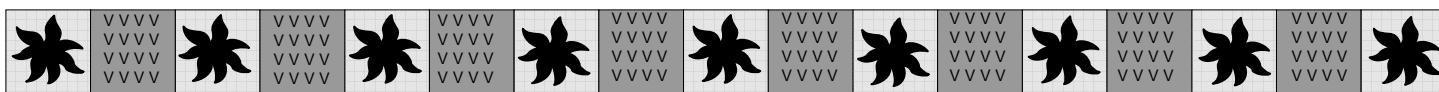
## Fresh Tomato Salsa (2 2/3 cups)

4 medium tomatoes (about 1 3/4 pounds)  
1 large onion  
Vegetable cooking spray  
2 teaspoons olive oil  
2 tablespoons coarsely chopped seeded jalapeño pepper  
3 garlic cloves, minced  
1/4 cup chopped fresh cilantro  
3 tablespoons fresh lime juice  
1/8 teaspoon salt  
1/8 teaspoon pepper

Core tomatoes, and cut each in half crosswise; push seeds out of middle section with thumbs. Set tomatoes aside. Peel onion, leaving root intact; cut into 6 wedges. Place the tomato halves and onion wedges on a broiler pan coated with cooking spray; broil 5 minutes. Turn vegetables over; broil 5 minutes or until tomatoes are tender and onion is slightly blackened. Trim root from the onion wedges. Place the tomatoes and onion wedges in a food processor; pulse 3 times or until chopped. Set aside.

Heat oil in a large nonstick skillet over medium heat. Add jalapeño and garlic; sauté 30 seconds. Add tomato mixture, cilantro, lime juice, salt, and pepper; cook over medium-low heat 3 minutes or until thoroughly heated.

Adapted from [www.cookinglight.com](http://www.cookinglight.com)



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## **Gazpacho Soup** (serves x)

4 large ripe tomatoes  
2 1/2 cucumbers  
1 large green pepper  
10-12 scallions or one medium onion finely chopped  
1-2 cloves garlic  
1/4 cup vinegar  
1/3 cup olive oil  
6 cups (one 48 ounce can) tomato juice  
2 cups beef broth or water (2 bouillon cubes in 2 cups boiling water add ice cubes to cool)  
Salt and pepper to taste

Peel and dice tomatoes into 1/4-inch pieces (peel by placing in boiling water for 1 minute, skins should come right off). Peel and remove seeds of 2 cucumbers (cut lengthwise and scoop out seeds) and chop into 1/4-inch dice. Wash and trim pepper and scallions or onion and chop into 1/4-inch dice. Mash garlic and mix in the vinegar and oil. Place all ingredients in large bowl and add tomato juice and broth. Add more salt and pepper to your taste. Chill. Slice remaining 1/2 cucumber and place 1 or 2 slices on top of bowls of soup when serving.

Adapted from Victory Garden Cookbook by Marian Morash

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## **Swiss Chard Soup** (serves 4)

2 tablespoons olive or other vegetable oil  
1 pound kielbasa or other smoked sausage, cut into 1/4-inch dice  
1 onion, chopped  
2 carrots, chopped  
2 cloves garlic, chopped  
1 pound Swiss chard or other greens coarsely chopped (stems removed but reserved)  
2 red potatoes, unpeeled and cut into 1/4-inch dice  
6 to 8 cups water or chicken stock  
Salt and pepper to taste  
1/2 cup barley

In large soup pot, heat 1 tablespoon oil over medium heat. Brown kielbasa, stirring often for 5 minutes. Remove it from pot and pour off excess fat. Add remaining 1 tablespoon oil to pot and cook onion, garlic and carrots, stirring often for 8 minutes.

Coarsely chop Swiss chard stems and add to pot with potatoes, water or stock, salt and pepper. Bring to a boil. Add barley to pot, cover and reduce heat to let soup simmer for 1 hour.

Add greens and kielbasa to pot, recover and simmer for another 30-45 minutes or until the barley is tender. Add salt and pepper to taste.

Adapted from Marcia Priestley via The Boston Globe

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## **Stuffed Summer Squash** (serves 4)

4 summer squash or zucchini  
4 tablespoons olive or other vegetable oil  
2 cloves garlic, chopped  
3 tablespoons chopped fresh herbs such as oregano, thyme, basil  
1 cup bread crumbs  
1/2 cup grated parmesan cheese  
Salt and pepper to taste

Preheat oven to 400 degrees. Bring medium pot of water to a boil. Add a generous pinch of salt. Halve the squash lengthwise and drop them into the water. Cook for 5 minutes or until the squash are almost tender. With a slotted spoon, remove squash from water and leave them to cool. With a teaspoon, scoop out the flesh and transfer it to a bowl (leave enough flesh for the squash shell to remain intact).

In a skillet, heat 2 tablespoon of oil over medium heat. Add garlic and cook, stirring for 2 minutes. Add squash flesh, herbs, salt and pepper. Cook stirring for 2 minutes more. Remove pan from heat. Stir in bread crumbs, remaining 2 tablespoons of oil and cheese.

Fill hollowed squash shells with stuffing mixture and set filled squash in a 9x13-inch baking dish. Bake for 15 minutes or until they are very hot and crisp on top.

Adapted from Sharon Shiner via The Boston Globe

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## **Chicken, Eggplant and Tomato Curry** (serves 8)

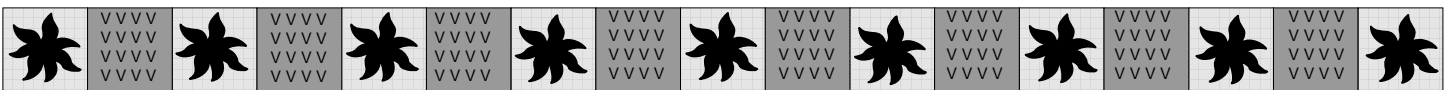
1 tablespoon curry powder  
1 teaspoon salt  
1 teaspoon paprika  
8 (4-ounce) skinless, boneless chicken breast halves  
3 teaspoons olive oil, divided  
5 cups coarsely chopped eggplant (about 1 pound)  
1 2/3 cups thinly sliced onion  
1 1/2 cups (1/4-inch-thick) slices green bell pepper  
3/4 cup tomato juice  
1 teaspoon crushed red pepper  
1 garlic clove, minced  
4 cups hot cooked rice

Combine curry powder, salt, and paprika in a shallow dish. Dredge chicken breast in the curry mixture.

Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium heat. Add half of chicken; cook 5 minutes on each side or until browned. Remove chicken from pan. Repeat procedure with remaining 1 1/2 teaspoons oil and chicken.

Add eggplant, onion, and bell pepper to pan; cook 3 minutes or until vegetables are crisp-tender, stirring frequently. Return chicken to pan. Add tomato juice, red pepper, and garlic; bring to a boil. Cover, reduce heat, and simmer 35 minutes or until chicken is done. Serve with rice.

Adapted from [www.cookinglight.com](http://www.cookinglight.com)





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**[www.growingplaces.org](http://www.growingplaces.org)**

"Growing Times" is produced by Cindy Buhner and Kate Deyst of Growing Places Garden Project.

*Printed on recycled paper.*

## Zucchini Chocolate Bread

(A great way to get rid of any extra zucchini!)

- 1 3/4 cups sugar
- 3 eggs
- 1 cup vegetable oil
- 2 cups grated zucchini
- 1 tablespoon vanilla extract
- 3 cups flour
- 1/2 cup unsweetened cocoa powder
- 1 1/4 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/4 teaspoon baking powder
- 1/2 cup chocolate chips (optional but very yummy)
- 1/2 cup chopped walnuts (optional)

Preheat oven to 350 degrees. Lightly grease 2 9x5-inch loaf pans. In a bowl, combine sugar, eggs and oil. Beat until well blended. Stir in zucchini and vanilla.

Sift together flour, cocoa, salt, baking soda, cinnamon and baking powder. Add flower mixture to zucchini mixture and stir until just blended. Stir in chips and nuts if used and divide batter between pans.

Base loaves for 1 hour or until a toothpick inserted into the center comes out clean. Let loaves cool for 20 minutes. Turn them out onto wire racks and set them right side up to cool.

Adapted from The Classic Zucchini Cookbook by Nancy C. Ralston, Marynor Jordan, and Andrea Chesman

## Cindy's Favorite Blueberry Crisp

*(Hey, who said all the recipes had to involve vegetables! Besides, you need to have something sweet for the end. This recipe is great with just blueberries but mixing them with peaches or raspberries is terrific. I tend to add more fruit than called for—it's a very flexible and forgiving recipe. Frozen fruit works just as well so this can be made any time of the year. Enjoy!)*

- 6 cups blueberries
- 2 tablespoons brown sugar
- 1 tablespoon all-purpose flour
- 1 tablespoon fresh lemon juice
- 2/3 cup all-purpose flour
- 1/2 cup packed brown sugar
- 1/2 cup regular oats
- 3/4 teaspoon ground cinnamon
- 4 1/2 tablespoons chilled butter or stick margarine, cut into small pieces

Preheat oven to 375°.

Combine first 4 ingredients in a medium bowl; spoon into an 11 x 7-inch baking dish. Lightly spoon flour into a dry measuring cup, and level with a knife. Combine 2/3 cup

flour, 1/2 cup brown sugar, oats, and cinnamon, and cut in the butter with a pastry blender or 2 knives until the mixture resembles coarse meal. Sprinkle over the blueberry mixture. Bake at 375° for 30 minutes or until bubbly.

Top each serving with frozen yogurt, regular yogurt, ice cream or eat just as is.

Note: Topping may also be made in the food processor. Place 2/3 cup flour, 1/2 cup brown sugar, oats, and cinnamon in a food processor, and pulse 2 times or until combined. Add butter; pulse 4 times or until mixture resembles coarse meal.

Adapted from [www.cookinglight.com](http://www.cookinglight.com)

