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# Growing Times

## “ANNUAL RECIPE EDITION”

### Orzo with Peas and Mint

- 1 cup orzo (a Greek pasta shaped like rice)
- Coarse salt and freshly ground pepper
- 2 tablespoons unsalted butter
- 1 shallot, minced (about 2 tablespoons)

- Zest of 1 lemon
- 1 pound of fresh peas, shelled or 2 cups frozen
- 2 tablespoons chopped fresh mint

Bring a large pot of water to a boil; salt water, and add orzo. Cook orzo according to package directions until al dente; drain, and set aside. Melt butter in a medium saucepan over medium heat. Add shallot and lemon zest, and sauté until translucent. Add peas, and cook until bright green and tender, adding a little water if shallots brown before peas are tender. Add cooked orzo, season with salt and pepper, and toss to combine. Remove from heat, and stir in mint.

### Roasted beets with sautéed greens

- 1 bunch (5 or 6) medium colored beets, with their tops
- 4 cloves garlic
- Olive oil (for sprinkling)
- Salt and pepper, to taste
- 4 sprigs fresh lemon or regular thyme
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar, or to taste

Set the oven at 400 degrees. Trim both ends of the beets. Soak the greens in several changes of cold water until free of dirt; set side. Scrub the beets. Tear off 2 1-foot sheets of foil. Stack sheets on top of each other to make a packet. Set the red beets on it. Add garlic cloves and thyme sprigs. Sprinkle with oil, salt, and pepper. Fold up the sides so the beets are completely encased. Set the packet on a rimmed baking sheet. Roast the beets for 1 to 1 1/4 hours or until the beets are tender when tested with a skewer. Set them aside for 5 minutes.

In a large skillet, heat the 1 tablespoon oil. When hot, add beet greens with the water clinging to them to the pan -- stand back because they'll splatter. Add salt and pepper, and cook, tossing constantly, for 1 to 2 minutes or until the greens are bright green. Add vinegar to greens and toss again. Slice the beets thinly and arrange them on plates. Using tongs, lift the greens from the skillet, leaving the liquid in the pan. Add a mound of greens to each plate. Sprinkle with salt. *Adapted from Sarah Blackburn and The Boston Globe. NOTE: If using multi-colored beets make 2 packets and put red beets in a separate packet.*

### Brazilian-style Collard Greens

*In the southern US, collards are cooked slowly for a long time. This rapid method is also very tasty. The greens retain a bit of their springiness but are still tender. The garlic and onion add a delicious flavor. If you are growing onions and garlic in your garden this year, try pulling up some of each and using them in this recipe.*

- 2 bunches collard greens (about 14 full-size leaves)
- 2 tablespoons olive or vegetable oil
- 1 tablespoon butter
- 1 large shallot or 1/2 medium onion, minced (about 1/3 cup)
- 2 cloves garlic, minced
- Salt, to taste
- Ground pepper, to taste

Cut the tough end stems off the collards. Rinse the leaves and gather them together into 2 piles. Take each pile and roll it tightly. Cut leaves into thin strips crosswise. You should have about 8 cups.

Heat the oil and butter in a large, heavy skillet over medium heat. Sauté the shallot with the garlic, stirring often, until they are lightly browned, about 3 minutes. Add the greens and salt and pepper. Cook, stirring often, for about 5 minutes or until the greens are tender but bright green. If necessary, cover with a lid and cook an additional couple of minutes to tenderize the greens. Serve immediately.

## Grilled Zucchini or Summer Squash

*Grilling is a wonderful way to prepare vegetables without heating up your kitchen. You can add other vegetables throughout the summer: bell peppers cut into strips, mushrooms, whole cherry tomatoes, eggplant chunks, even broccoli.*

2-4 medium summer squash or zucchini  
Olive or vegetable oil (for coating the squash)  
Salt and pepper to taste

Cut off ends of squash and then cut squash in half lengthwise. Cut each half into strips about ¼ inch thick. Lay the squash strips on a cookie sheet or cutting board and coat each strip lightly with oil using your fingers or a pastry brush. Sprinkle with salt and pepper. Turn strips over and coat other side with oil, salt, and pepper. Grill over low to medium heat about 2 minutes per side until just tender.



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## Zucchini-Lemon Muffins

*Adapted from Cooking Light. A very yummy way to enjoy that extra zucchini!*

2 cups all-purpose flour  
1/2 cup sugar  
1 tablespoon baking powder  
2 teaspoons grated lemon rind  
1/4 teaspoon salt  
1/4 teaspoon ground nutmeg  
1 cup coarsely shredded zucchini  
3/4 cup skim milk  
3 tablespoons vegetable oil  
1 large egg  
Cooking spray

Combine the first 6 ingredients in a bowl, and make a well in center of mixture. Combine zucchini, milk, oil, and egg; stir well. Add to flour mixture, stirring just until dry ingredients are moistened.

Divide batter evenly among 12 muffin cups coated with cooking spray. Bake at 400° for 20 minutes or until golden. Remove from pans immediately, and let cool on a wire rack.

## Lemon-garlic dressing

2 tablespoons olive oil  
1 teaspoon grated lemon zest  
2 teaspoons lemon juice  
1 clove minced garlic  
2 cups cooked broccoli, green beans or other vegetables

Whisk olive oil, grated lemon zest, lemon juice and garlic together in a small bowl. Warm in microwave, if desired. Season with salt and pepper. Toss with cooked vegetables. (4 servings)