



Here is our yearly Recipe Issue! We hope you get a chance to try out and enjoy some of these recipes. If you have some you would like to share in a future issue, please send them along! We also want to wish the best of luck to our Volunteer Coordinator, Debra, who is moving on to other educational interests and will be leaving GPGP. We appreciate all she has done for us; her talents will be missed. Remember - continue to weed, water and eat those veggies!

Happy Gardening - *Kate and Cindy*

Cherry Tomato and Oregano Salad (serves 4)

3 cups very ripe cherry tomatoes, stems removed; halved lengthwise through the stem ends (you can mix yellow pear tomatoes with the red cherry ones too)
2 teaspoons chopped oregano or basil leaves (about 2-3 sprigs)
2 tablespoons red wine vinegar
Coarse or kosher salt
3 tablespoons olive oil

In a medium bowl combine the tomato halves with the oregano (or basil) and vinegar. Let them marinate for 15 minutes. Just before serving, season with salt, sprinkle on olive oil and toss gently to coat the tomatoes evenly. Serve in a flat bowl or on plate with a high rim.

Tomato Vinaigrette

Peel tomatoes (see instructions below) and reserve remove seeds by cutting them in half crosswise and squeezing them gently over a bowl to catch the juices. Strain the seeds from the juice. For every $\frac{1}{4}$ cup of tomato juice, add one teaspoon of mustard, 1 tablespoon of red wine vinegar, $\frac{1}{4}$ cup of olive oil, and salt and pepper to taste. Whisk to combine. You can keep the tomato halves for another use or cut them into very small pieces and stir them into the vinaigrette. *Note: Can be used for salad or a meat or fish sauce. Store in fridge for up to 4 days.*

To peel tomatoes: Immerse one or two tomatoes at a time in boiling water for 15-30 seconds. Remove with a slotted spoon and place in a large bowl. When tomatoes are cool enough to handle, gently remove the tomato skins.

Both adapted from [The Cook and the Gardener](#) by Amanda Hesser

Glazed Carrots (serves 4)

1 pound medium carrots (about 6) peeled and sliced $\frac{1}{4}$ inch
 $\frac{1}{2}$ teaspoon salt
2 tablespoons granulated sugar
 $\frac{1}{2}$ cup low-sodium chicken broth
1 tablespoon unsalted butter
2 teaspoons lemon juice
Ground black pepper

Bring carrots, salt, 1 tablespoon sugar, and chicken broth to boil, covered, in 12-inch nonstick skillet over medium-high heat; reduce heat to medium and simmer, stirring occasionally, until carrots are almost tender when poked with tip of paring knife, about 5 minutes. Uncover, increase heat to high, and simmer rapidly, stirring occasionally, until liquid is reduced to about 2 tablespoons, 1 to 2 minutes. Add butter and remaining 2 tablespoons sugar to skillet; toss carrots to coat and cook, stirring frequently, until carrots are completely tender and glaze is light gold, about 3 minutes. Off heat, add lemon juice; toss to coat. Transfer carrots to serving dish, scraping glaze from pan. Season to taste with pepper and serve immediately. Adapted from cooksillustrated.com

Shredded Zucchini & Carrot Saute

(serves 4) Adapted from cooksillustrated.com

3 tablespoons olive oil
3 medium zucchini, rinsed, trimmed and shredded
(see note below)
3 medium carrots, peeled and shredded
3 medium cloves garlic, minced
2 tablespoons minced fresh parsley, tarragon, basil or
mint leaves
Salt and pepper to taste

Heat oil in a skillet over medium-high heat. Add zucchini, carrot and garlic; cook stirring occasionally until vegetables are tender, about 7 minutes. Stir in herbs and salt and pepper to taste. Serve immediately.

Note: shred trimmed zucchini on large holes of box grater or food processor. Wrap shredded zucchini in towels to squeeze out excess liquid.



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Master Fruit Crisp Recipe (serves 6)

Adapted from cooksillustrated.com

Crisp is easier than pie and we all like dessert!

7 cups fruit, prepared (see below for suggestions)
1 teaspoon lemon zest, grated
1 tablespoon lemon juice
2/3 cup firmly packed brown sugar
1/2 cup unbleached all-purpose flour
1/2 cup quick cooking oats
1/2 teaspoon ground cinnamon or nutmeg
1/4 teaspoon table salt
4 tablespoons butter, cut into small bits
2 tablespoons vegetable shortening, cut into small bits

1. Heat oven to 425 degrees. Toss fruit with lemon zest and juice in a large bowl. Spread evenly in 8-inch square baking pan, pressing down lightly.
2. Mix next 5 ingredients in a medium bowl. Add butter and shortening. Use fingertips, a pastry blender, or 2 forks to blend fat into dry ingredients until mixture looks like coarse irregular crumbs, with no visible lumps of fat.
3. Spread topping over prepared fruit; bake for 15 minutes. Reduce heat to 350 degrees; bake until topping browns and fruit is tender when pierced, 30 to 40 minutes. Serve warm or at room temperature.

Note: topping can be frozen and then used as needed. A food processor can be used for the topping, just pulse about 10 times to mix.

Fruit suggestions

2 1/2 pounds apples (about 6), peeled, cored and thinly sliced
2 pounds berries, rinsed and patted dry; if tart, add 1 tablespoon or more of sugar to taste
2 1/2-3 pounds nectarines or peaches (8-10), peeled, pitted and sliced
3 pounds plums (15 to 20), pitted and quartered