



The February share includes lots of fruit - strawberries, peaches, raspberries, and blueberries, also 2 new local veggies - cauliflower and pumpkin, plus another pound of edamame.

General Recommendations

Fruit: Eat frozen or only thaw slightly. Use frozen directly in recipes. Reduce the amount of liquids added to recipes if the recipe calls for fresh fruit. Great in smoothies. Mix into yogurt. Use in muffins, pies and cobblers.

Vegetables: Add frozen to recipes – typically no need to thaw (except just enough to loosen from package.) Pumpkin puree can be thawed with no adverse effects. The cauliflower and edamame have been blanched, so they need some cooking time, but not too much. General rules of thumb – cook frozen vegetables ½ as long as you would cook fresh, reduce amount of added liquid or increase amount of thickening ingredients.

Ideas

Cauliflower (Wilczewski Greenhouses). Can be steamed, stir fried or roasted. Works well in casseroles, soups and curries. Pairs well with many flavors – cheeses, garlic, curry, ginger, soy sauce, lemon, and butter, just to name a few. How about some curried cauliflower and potatoes for a cold winter night?

Pumpkin puree (Makielski Berry Farm and Goetz Family). Roasted and pureed to perfection, this pumpkin is recipe-ready. Make flavorful, local pumpkin pie or bread. Also makes wonderful soups and bisques, or risotto. If you still have the chard or greens from last month make pumpkin-chard lasagna! (Recipe on the blog.) Use in recipes that call for canned pumpkin and be pleasantly surprised at the flavor.

Edamame (American Sweet Bean Farmer's Co-op, Old Fort, Ohio) Green soy beans are another great locally grown vegetable you can just heat, eat & enjoy. Makes a terrific healthy snack: boil water, add edamame, heat for ~5 minutes, drain, sprinkle with sea salt or a spicy blend of seasonings like Cajun spices or Zatar. Shell and eat. For use in recipes that have additional cooking time, you can simply thaw and shell. Toss on salads, in soups and stir fries. In recipes, substitute edamame for peas or favas. [16 oz of in-pod edamame yields ~ 1 heaping cup shelled beans.]

Raspberries (Gibbs Berry Farm) Eat them just slightly thawed as a snack. Make muffins. Add them to cold cereal or hot oatmeal, yogurt or smoothies. Make raspberry sauce or salad dressing. They can be used to make great desserts; combine with other berries for a terrific pie. Decorate the top of cakes. Float frozen raspberries in beverages – sparkling, juice, punch – sure to be popular in kid & grown-up beverages.

Peaches (Wolfe Orchard, Karpo Farm) Make great smoothies and desserts. They can also be used for savory sauces. Peach halves can be thawed slightly for easier use or can be used right from frozen. You can easily remove the skins by running them under warm water if desired.

Strawberries (Gibbs Berries Farm) Make compote or jam to top off some waffles or French toast. Make shakes and smoothies. Add them to cobblers, pies and cheesecakes. Combine with the other berries for some festive desserts.

Blueberries (Sodt's) Eat them right out of the bag, seriously! Add them to pancakes and muffins. Drop them into hot oatmeal or cold cereal. Combine with other fruits to make desserts and pies.



Cauliflower Sweet Potato Stew

By Diana Dyer, Registered Dietitian, author of A Dietitian's Cancer Story, and author: dianadyer.blogspot.com which discusses food, nutrition, gardening, recipes, our environment, cancer survivorship and life, and 365daysofkale.blogspot.com which you should consult if you still have last month's kale in the freezer.

1 Tbsp. olive oil	16 oz canned, frozen whole or stewed tomatoes with juice
1/2 cup unsalted, roasted cashews	1 tsp. Thai chili paste or a small green chili, seeded and diced
1-1/2 tsp. cumin seeds	16 oz frozen Locavorious cauliflower florets
1 tsp. brown mustard seeds	1 large sweet potato, peeled and cut into 1 inch chunks
1 cup chopped celery and/or onions	1/4 cup water
1 cup chopped onion	1 cup frozen peas
1/4 cup freshly grated ginger	1 Tbsp. chopped fresh cilantro (or parsley)
1 Tbsp. olive oil	

Add olive oil to the wok or large skillet over medium high heat. When the oil is hot, add cumin and mustard seeds to the oil and fry for only 30 seconds. Add the celery and onions and cook until just starting to soften.

Take about 3/4 of the grated ginger in your hand and squeeze it hard in your fist over the wok to release the juice into the wok. (Do not add that ginger to the pan). Add the remaining grated ginger, (few teaspoons) to the pan. Add the tomatoes and chili paste/hot pepper, bring to a boil. Cook for ~5 minutes until just starting to reduce. If using whole tomatoes, use a large spoon to break them up slightly (no need to overly smash).

Add sweet potato pieces. Cover and cook until just soft, careful not to overcook. When sweet potatoes are starting to soften, add frozen cauliflower pieces. When cauliflower is heated through, add the peas and cashews, cover and heat just until all is again heated through.

Sprinkle with fresh chopped cilantro or other green fresh herbs. Serve and enjoy the "wake-up" tastes of this delicious and beautiful dish. Variation: Try this recipe with added tofu or tempeh pieces and/or served over brown rice or other whole grain like quinoa for a complete meal.

Oven Roasted Cauliflower

Here are two variations of roasted or broiled cauliflower. The first comes from local food blogger, Nidhi at <http://charchecheaukeke.wordpress.com> and the second from Emeril Lagasse on the Food Network.

Nidhi's recipe: Slightly defrost the cauliflower to break up the flowerets. Preheat the broiler. Adjust the oven rack to about 6" from the top. Toss the cauliflower with 2 Tbsp oil (olive, canola or vegetable, but avoid using extra virgin olive oil), salt, ¼ tsp red pepper flakes and ¼ tsp Asafoetida powder (or substitute 2 cloves minced garlic). To make cleaning easier, line a baking tray with aluminum foil. Spread the florets on the tray. Keep checking the cauliflower every 5 minutes or so to see if they are done. The cauliflower should be ready in 10-15 minutes. Garnish with cilantro leaves.

Emeril's recipe: Toss the cauliflower florets with ¼ cup extra-virgin olive oil, 1 tablespoon sliced garlic, 2 tablespoons lemon juice, 1 teaspoon salt and 1/2 teaspoon black pepper. Roast in a 500 deg oven for ~ 12 minutes, stirring occasionally. Remove from the oven and sprinkle with 2 tablespoons grated Parmesan cheese and chopped chives.



Spicy Pumpkin Soup

Adapted from www.SimplyRecipes.com

1-2 T unsalted butter	15 oz pumpkin puree, defrosted
1 medium yellow onion, chopped	2 cups of vegetable or chicken broth
1 clove garlic, minced	2/3 cup of milk
Dash of crushed red pepper	3 T brown sugar
½ tsp curry powder	3 T cream
¼ tsp ground coriander	¼ tsp salt or to taste
Pinch ground cayenne pepper (optional)	

Melt butter in a saucepan over medium-high heat. Add onions and garlic and cook, stirring often, until softened, about 4 minutes. Add spices and stir for a minute more. Add pumpkin and broth; blend well. Bring to a boil and reduce heat, simmer for 10 to 15 minutes.

Transfer soup, in batches, to a blender or food processor; cover tightly and blend until smooth. Return soup to saucepan. (Or can remove saucepan from heat, cool slightly, and blend soup with a stick blender.) With the soup back on low heat, add brown sugar and mix. Slowly add milk while stirring to incorporate. Add cream. Adjust seasonings and salt to taste. If a little too spicy, add more cream to cool it down. For a nice touch, sprinkle the top of each bowl with toasted pumpkin seeds or chopped nuts.

Chocolate Chip Pumpkin Bread

Adapted from Cooking Light, this recipe makes a lot (2 full loaves or Chef Jeff recommends 1 loaf and a pile of mini muffins.) The pumpkin can be defrosted in the microwave.

1 1/2 cups sugar
15 oz pumpkin puree, defrosted
1/3 cup canola oil or butter or a blend of your choice
1/2 cup vanilla pudding
4 large egg whites or 2 eggs + 2 egg whites
2 1/2 cups whole wheat flour
1 teaspoon cinnamon
1 teaspoon salt
1 teaspoon baking soda
1 cup semisweet chocolate chips
Cooking spray

Preheat oven to 350°. Combine first 5 ingredients in a large bowl, stirring well with a whisk. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, cinnamon, salt, and baking soda in a medium bowl, stirring well with a whisk. Add flour mixture to pumpkin mixture, stirring just until moist. Stir in chocolate chips.

Spoon batter into 2 (8 x 4-inch) loaf pans coated with cooking spray. Bake at 350° for 1 hour and 15 minutes or until a wooden pick inserted in the center comes out clean. Cool 10 minutes in pans on a wire rack, and remove from pans. Cool completely on wire rack.

Note: Chef Jeff sped up this recipe by cooking at 375°; mini muffins for 15 minutes and a loaf of bread for ~ 40 minutes.



Edamame with Mustard Vinaigrette

Adapted from Cooking Light, October 2002.

1-2 tablespoons red wine vinegar	1 pound frozen edamame
1 tablespoon Dijon mustard	1 cup thinly sliced red onion
1/2 teaspoon sea salt	1/2 cup finely chopped celery
1 tablespoon extra-virgin olive oil	1 tablespoon chopped fresh parsley

Combine first 3 ingredients in a large bowl, stirring with a whisk. Add oil, stirring with a whisk until well combined.

Cook edamame in boiling water 4 minutes. Drain, cool and shell. Cook onion and celery in boiling water for 1 minute. Drain well. Add edamame, onion & celery to vinaigrette; toss well to coat. Stir in parsley. Chill 1 hour.

Farfalle with Ricotta, Edamame and Prosciutto

Last year Edible WOW writer, Alex Harrison, invented this dish with our edamame. She recommends using whole milk ricotta for a proper sauce. Check out her other luscious creations at thehungrymasses.blogspot.com.

One pound box bowtie pasta, uncooked	1/8 tsp red pepper flakes (more or less to taste)
15 oz ricotta cheese	3 T extra virgin olive oil
1 ½ cups shelled Locavorious edamame	3 oz. prosciutto, thinly sliced and cut into strips
¼ cup freshly grated parmesan cheese	1 pound shrimp, peeled and deveined
One small sweet onion, diced	Salt and pepper
Two cloves garlic, minced	

1. Begin the pasta: heat a large pot of lightly salted water over high heat.
2. While water comes to a boil, combine ricotta and parmesan in a large serving bowl. Set aside.
3. Heat large sauté pan at medium-high. Add prosciutto & cook until slightly crispy. Remove prosciutto from pan; set aside.
4. Reduce heat to medium, add olive oil. Sauté garlic, onion and red pepper flakes for 5 minutes, stirring frequently.
5. When the water is boiling, add pasta to pot and cook. Meanwhile, add shrimp to the onions. Cook shrimp on both sides until they are just cooked through (bright pink, no longer translucent). Remove pan from heat and cover to keep warm. When pasta is al dente (has lots of bite, about one minute from being perfectly cooked), add edamame into the pot along with the pasta. Bring water back to boil (about one minute more), then drain pasta and edamame.
6. Pour pasta and edamame into large serving bowl; stir to combine with cheese mixture. Add shrimp mixture, stir gently to combine. Serve pasta garnished with prosciutto.

Super-Simple Fruit Sorbet

Not one, but two erudite Locavorious members spotted this lovely, easy recipe in the NYT recipe section last year. You could also make this with the frozen peaches, raspberries or blueberries.

12 oz frozen strawberries, 3/8 cup yogurt, crème fraîche or silken tofu, and 4 -5 T sugar, more or less to taste.

Put all the ingredients in a food processor container along with a couple of tablespoons of water. Process until just puréed and creamy, stopping to scrape down the sides of the bowl as needed. If the fruit does not break down completely, add a little more water through the feed tube, a tablespoon or two at a time, being careful not to over-process or the sorbet will liquefy. Serve immediately or freeze it for later; if serving later, allow ~ 10 minutes for sorbet to soften at room temperature.



Raspberry Clafouti - Flognarde

This wonderful recipe is from Kim Bayer, local food writer and chair of Slow Food Huron Valley. “Clafouti is good warm or cold, and is very quick and easy to make. It's nice for dessert but also makes a great breakfast treat.” Check out her Adventures in Food in Ann Arbor and Beyond at www.thefarmersmarketer.com

- 1/2 C. sugar
- 3 T. flour
- 1/4 t. salt
- 3 eggs
- 1 C. milk
- 1 t. vanilla
- 2 t. rosewater (optional)
- 1 1/2 C. frozen raspberries
- 1/2 T. butter (for greasing the pan)
- 1 rose geranium leaf (optional)

Whisk together flour, salt and sugar. In a separate bowl, whisk together eggs, milk, vanilla, rosewater just until well-blended. Try not to incorporate air (it shouldn't be foamy). Whisk dry ingredients in and blend until there are only a few small lumps. Grease an 8x8" Pyrex dish. Pour in batter. Gently distribute raspberries and the rose geranium leaf, if using. Bake at 400° about 25 minutes - until still jiggle but set.

Muffins with High Protein Flour

This recipe is brought to you by the Prudent Foodie, a friend who wants to share all her tricks with “Anyone Who Wants to Eat Really Well for Less Time, Money and Trouble” and also wants you to eat a good breakfast. Check out her blog: <http://prudentfoodie.typepad.com>

- 1 1/4 cup whole wheat flour
- 1 cup amaranth flour
- 1/4 cup ground flax seed
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 c organic succant (or brown sugar, packed)
- 2 eggs lightly beaten
- 1 1/2 c buttermilk (or 1 3/8 c milk with 2TB white vinegar combined ahead of time to curdle the milk)
- 1/2 c canola oil
- 1 1/2 tsp vanilla extract
- 3/4 cup frozen Locavorious blueberries, raspberries, or a mixture

Preheat oven to 375. Spray or oil your muffin tins, or line with cupcake liners. Mix all the dry ingredients in one bowl, and all the wet ones in a second bowl. Mix them together quickly without over stirring! It's OK if the dough is lumpy, so don't over stir. Put the dough in the muffin tins, almost to the top, but not quite. Bake about 25-30 minutes, depending on your oven. Test to make sure they are done, as the frozen fruit slows things down a bit. Turn the muffins out when hot.



Oatmeal Buttermilk Blueberry Pancakes

From the New York Times health and nutrition recipe section.

1/2 cup rolled oats	1/4 teaspoon salt
1/2 cup low-fat milk	2 large eggs
1 cup whole wheat flour	1 1/2 cups buttermilk
1/2 cup unbleached all-purpose flour	1 teaspoon vanilla extract
2 teaspoons baking powder	3 tablespoons canola oil
1 teaspoon baking soda	1 cup frozen blueberries
1 tablespoon sugar	

Combine the milk and rolled oats in a bowl, and set aside. Sift together the flours, baking powder, baking soda, sugar and salt. In another bowl, whisk the eggs, then add the buttermilk and whisk together. Then whisk in the vanilla extract and the oil. Add the flour mixture to the wet ingredients and quickly whisk together. Do not overbeat; a few lumps are okay. Fold in the oats and milk. Let sit for one hour, or refrigerate overnight.

Preheat griddle or pan; coat with cooking spray. Drop by 3 - 4 tablespoons of batter onto the hot griddle. Place six or seven blueberries on each pancake. Cook until bubbles begin to break through, 2-3 minutes. Turn and cook for about 30 seconds to a minute on the other side, or until nicely browned. Remove from the heat, and continue until all of the batter is used up. Serve hot with a small amount of butter and maple syrup.

Peach or Strawberry-Banana Smoothie

True locavores and Michivores cover your ears. If you happen to have overripe bananas around the house, peel them, cut them in 1/2 and throw them in the freezer. Then you are ready when the mood hits to make great smoothies and milk shakes.

2 frozen ripe bananas, sliced
2 cups frozen peaches or strawberries
1 cup fat-free buttermilk (or yogurt, milk or soy milk)
1/4 cup fresh orange juice
1 tablespoon honey

Put everything in the blender and process until smooth.

Peach Cobbler-esque Dessert

Adapted from Nutrition Action Health Letter . Super healthy, super-fast.

Locavorious frozen peaches
1 cup low-fat muesli or granola cereal
¼ cup wheat flour
¼ cup brown sugar
2 T canola oil or melted butter

Thaw the peaches. (Can rub skins off halves of frozen peaches first if desired.) Mix together remaining ingredients with a fork to make a crumbly topping. Spray small baking dish with cooking spray. Spread out peaches in dish and sprinkle with topping. Broil 6-8" away from heat source for about 3-5 minutes or until topping is crisp.