

Garlic Parmesan Roasted Asparagus



Ingredients

- 1/2 lb fresh asparagus
- 3 cloves minced garlic
- 2-3 tbsp parmesan cheese
- 1/2 tsp salt + 1/2 tsp freshly ground pepper
- Olive oil

Directions

- Preheat oven to 425 degrees. Line a rimmed baking sheet with aluminum foil and set aside.
- Rinse the asparagus and trim off woody end pieces. Spread out in a thin layer on top of the prepared cookie sheet.
- Lightly drizzle the asparagus with olive oil. Sprinkle with salt, pepper, garlic, and parmesan cheese. Use your hands to mix the asparagus with all of the ingredients, then lay out into an even layer again.
- Bake for 8-9 minutes. Remove from oven and serve immediately.
- Optional: Garnish with a little lemon zest!



Green Onion Dip



Ingredients

- 8 ounces of softened cream cheese
- 1 cup of sour cream
- 2 cups of finely diced green onions
- ½ cup diced parsley
- 2 teaspoons minced garlic
- ½ teaspoon vinegar
- salt and pepper to taste

Directions

- In a food processor, pulse the cream cheese and sour cream until well combined.
- Stir in the remaining ingredients.
- Cover and refrigerate for 2 hours before serving.

Rhubarb Crisp



Ingredients

- 8x8 ceramic baking dish
- 2 pounds rhubarb, trimmed, tough strings removed, and cut into ½-inch pieces
- ¼ cup sugar
- 2 tablespoons cornstarch
- 1 tablespoon fresh orange juice
- 1 teaspoon orange zest
- Vanilla ice cream, for serving

TOPPING

- ½ cup almond flour
- ½ cup brown sugar
- ½ cup whole rolled oats
- ½ cup crushed walnuts
- ½ teaspoon cinnamon
- ¼ teaspoon sea salt
- ¼ cup firm coconut oil, or butter

Directions

- Preheat the oven to 375°F and grease an 8x8-inch baking dish.
- In a large bowl, toss the rhubarb with the sugar, cornstarch, and orange juice and zest. Spread evenly in the prepared baking dish.
- Make the topping: In a medium bowl, mix together the almond flour, brown sugar, oats, walnuts, cinnamon, and salt. Use your hands to work in the coconut oil until the mixture crumbles. If it is too dry, add water, ¼ teaspoon at a time, until the mixture starts to hold together when pinched.
- Sprinkle the topping evenly over the rhubarb and bake for 25 to 30 minutes, or until the topping is golden brown and the rhubarb is soft and bubbling.
- Remove from the oven and let cool for 5 minutes. Serve with vanilla ice cream.

Maple Dijon Vinaigrette



Ingredients

- 2 tablespoons maple syrup
- 1 tablespoon dijon mustard
- 1 clove of minced garlic
- 2 tablespoons apple cider vinegar or red wine vinegar
- 1/4 cup olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions

- Whisk together maple syrup, dijon mustard, minced garlic, apple cider vinegar, olive oil, salt and black pepper in a small bowl or in a mason jar.
- Give it a whisk (or a vigorous shake). Taste for seasoning and add in more if necessary.
- This recipe will make a little less than 1/2 cup of dressing

Strawberry, Basil & Goat Cheese Salad



Ingredients

- 1 pound fresh strawberries, diced
- Optional: 1 to 2 teaspoons honey or maple syrup, to taste
- 2 ounces crumbled goat cheese (about ½ cup)
- ¼ cup chopped fresh basil, plus a few small basil leaves for garnish
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon thick balsamic vinegar*
- ½ teaspoon Maldon flaky sea salt or a scant ¼ teaspoon fine sea salt
- Freshly ground black pepper

Directions

- Spread the diced strawberries across a serving platter. Toss the strawberries in honey or maple syrup to sweeten them if you'd like.
- Sprinkle the crumbled goat cheese and the chopped basil over the strawberries. Drizzle the olive oil and balsamic vinegar on top.
- Finish off the salad with the salt, a few twists of freshly ground black pepper, and the reserved basil leaves. Serve promptly. Leftovers will keep well in the refrigerator, though, for about 3 days.
- This salad is also good on top of a bed of spinach! You can also mix it up and swap out the strawberries for peaches.



Cucumber Mint Limeade



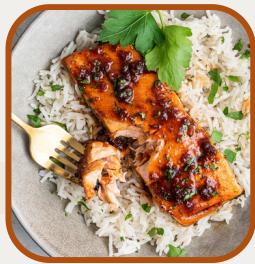
Ingredients

- 1½ cups chopped cucumber
- 1½ cups water or coconut water
- 2 sprigs fresh mint, leaves removed
- ¼ cup lime juice
- 2 tablespoons agave nectar, plus more to taste (could sub simple syrup or other sugar)
- pinch fine sea salt
- ice, for serving

Directions

- In an upright blender, combine the cucumber, water, mint leaves, lime juice, agave nectar, and salt. Blend the mixture on high until totally liquified, about 1 minute.
- Run the mixture through a fine mesh strainer into a large measuring cup or bowl. Be careful not to press too much on the pulp to avoid any bitterness. Taste the cucumber limeade and add more agave nectar or sugar if you like. Stir to combine.
- Pour the resulting mixture over lots of ice. Garnish with a mint sprig, extra cucumber, or a lime wedge.

Honey Garlic Glazed Salmon



Ingredients

- ¼ cup salted butter (or olive oil)
- 4 cloves garlic
- 1/3 cup honey
- 4 tablespoons soy sauce
- 4 salmon fillets (5-7oz each)
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper

Directions

- Preheat the oven to 425F and line a baking sheet with parchment paper or aluminum foil.
- Heat a medium saucepan over medium-high heat. Add the butter, garlic, honey, and soy sauce to the pan and whisk until smooth. Cook for 3 minutes.
- Arrange the salmon fillets on the baking sheet and season with sea salt and ground black pepper. Pour the sauce over the salmon fillets and bake for 12 minutes.
- Remove the salmon from the oven and spoon any sauce in the sheet pan over the fillets, then serve.

Watermelon & Feta Skewers



Ingredients

- 2 cups cubed watermelon
- 1 cup cubed feta cheese (or other type of cheese)
- Mint or basil leaves
- Balsamic dressing of choice
- Toothpicks, bamboo skewers or similar

Directions

- Add watermelon piece, feta cheese piece, herb of choice, then watermelon again to each skewer.
- Drizzle balsamic dressing over the top right before serving.
- Make ahead of time – store covered in fridge, then drizzle balsamic when ready to serve.



Pan Fried Corn Fritters



Ingredients

- 1.5 lbs fresh corn (2 large or 3-4 medium ears, husks and silk removed)
- 1 large egg, beaten lightly
- 3 tbsp all purpose flour
- 3 tbsp cornmeal, preferably stoneground
- 2 tbps heavy cream
- 4 medium scallions, minced (white and green parts)
- 1/2 tsp salt
- Pinch of cayenne pepper
- 1/2 cup vegetable oil as needed

Directions

- Use a chef's knife or corn stripper to cut kernels from 1 -2 ears of corn depending on size. Only remove the kernel sticking off of the cob. Transfer the cut kernels (about 1 cup) to a large bowl.
- Grate the kernels from the remaining ears on the large holes of a box grater. You should end up with a generous 1/2c of grated kernels. Add to the bowl with the whole kernels.
- Stir in egg, flour, cornmeal, cream, scallions, salt and cayenne.
- Heat oil in a large heavy-bottomed non-stick skillet over medium high heat until shimmering. Drop about 6 tbsp of batter into pan. Fry until golden brown (about 1 min each side). Drain on paper towels set over a wire rack. Repeat with remaining batter, returning oil to temperature and adding more oil if needed. Serve and enjoy immediately.



Fresh Tomato Sauce



Ingredients

- 3 pounds medium on-the-vine tomatoes
- 2 tbsp extra-virgin olive oil
- 1/3 cup finely minced shallot
- 2 large garlic cloves, finely minced
- 1/2 tsp sea salt
- freshly ground black pepper
- 1 tbsp tomato paste
- 2 tsp balsamic vinegar
- 1/4 tsp cane sugar
- 1/4 tsp dried oregano
- 1/4 tsp red pepper flakes
- 1 sprig fresh basil

Directions

- Slice tomatoes in half and scoop out seeds. Set a box grater over a large bowl and press the cut side of the tomato against the large holes of the grater. Grate tomato flesh into the bowl, leaving skins behind
- Heat olive oil in a medium pot over low heat. Add shallot, garlic, salt, and a few grinds of pepper and cook for 3 mins, stirring often
- Add the tomatoes, tomato paste, balsamic vinegar, cane sugar, oregano, red pepper flakes, and basil sprig. Cover and simmer over low heat for 30 minutes, stirring occasionally. Remove and discard the basil sprig and season to taste. Makes 2 cups



Dill Pickle Pasta Salad



Ingredients

- 16oz rotini pasta (cooked al dente, drained, and rinsed in cool water)
- 2 cups diced whole dill pickles (about 5 large pickles, reserve juice)
- 1.5 cups cubed cheddar or colby jack cheese
- 1 - 2 tbsp fresh dill, chopped
- 1/2 c mayonnaise
- 1/2 c sour cream
- 1 tbsp dried dill
- 1/2 tsp onion powder
- 1/2 tsp black pepper
- 1/2 tsp dried parsley
- 2 tbsp dill pickle juice

Directions

- In a small mixing bowl, whisk together mayonnaise, sour cream, dried dill, onion powder, black pepper, dried parsley, and pickle juice to make the dressing.
- In a large salad bowl, add cooled pasta, dill pickles, cheese, fresh dill, and dressing.
- Stir ingredients until well combined.
- Cover and refrigerate for at least one hour to allow the flavors to blend.

PRO TIP:

Make sure pasta is cooled completely otherwise the cheese will start to melt!



Peach Cobbler



Ingredients

- 5 peaches, peeled, cored and sliced (about 4 cups)
- 3/4 cup granulated sugar
- 1/4 tsp salt

For the Batter:

- 6 tbsp butter
- 1 cup all-purpose flour
- 1 cup granulated sugar
- 2 tsp baking powder
- 1/4 tsp salt
- 3/4 cup milk
- ground cinnamon

Directions

- Add sliced peaches, sugar, and salt to a saucepan and stir to combine.
- Cook on medium heat for a few minutes until sugar is dissolved. Remove from heat and set aside.
- Preheat oven to 350 F. Slice butter into pieces and add to a 9x13in baking dish. Place the pan in the oven while it preheats to allow butter to melt. Remove pan once melted.
- In a large bowl mix together the flour, sugar, baking powder, and salt. Stir in the milk, just until combined. Pour the mixture into the pan, over the melted butter and smooth into even layer.
- Spoon the peaches and juice over the batter. Sprinkle cinnamon on top
- Bake at 350 for 38-40mins. Serve warm with a scoop of ice cream if desired.

Roasted Zucchini

with Lemon and Herbs



Ingredients

- 1 lb zucchini (about 3 medium, cut into 1-inch half moons)
- 2 tsp olive oil
- 1 tsp Italian seasoning
- 1/4 tsp salt
- 1/4 tsp garlic powder
- Fresh ground pepper
- Lemon wedges, for squeezing
- Crumbled feta cheese, grated parmesan cheese, or pecorino cheese (optional)
- Fresh herbs for serving (optional)

Directions

- Preheat oven to 425 and line a baking sheet with parchment paper.
- In a large bowl, toss the zucchini with the olive oil, Italian seasoning, salt, garlic powder, and several grinds of pepper.
- Spread it evenly on the prepared baking sheet and roast for 15–20 minutes or until golden brown around the edges.
- Remove from oven, transfer to a serving dish and squeeze with lemon. Sprinkle with cheese and herbs if desired.

Cucumber Tomato Salad with Greek Dressing



Ingredients

- 2 cucumbers, thinly sliced (regular or Persian)
- 3 cups cherry tomatoes
- 6 - 8 oz halloumi cheese (or other cheese) optional
- Extra virgin olive oil
- Scant 1/4 cup thinly sliced red onion
- Croutons (optional)
- Greek salad dressing
- 1/3 cup fresh basil
- Flaky sea salt

Greek Salad Dressing

- 1/4 cup extra-virgin olive oil
- 3 tbsp red wine vinegar
- 1 garlic clove, minced
- 1/2 tsp dried oregano
- 1/4 tsp dijon mustard
- 1/4 tsp sea salt
- Freshly ground black pepper

Directions

- Thinly slice the cucumbers and red onions, halve the tomatoes, and set aside.
- Slice the halloumi into 1/2-inch thick planks. Rub both sides with olive oil and grill 2 to 3 mins per side until well charred. Remove from the grill and slice the planks into cubes. (Skip this step if not using halloumi)
- In a small bowl, mix together all the ingredients for the Greek salad dressing
- Assemble the salad with the sliced cucumbers, tomatoes, halloumi, red onions, and croutons. Drizzle with the dressing and top with fresh basil. Season with flaky sea salt

Garlic Sesame Green Beans



Ingredients

- 1 lb fresh green beans
- 1 tbsp toasted sesame oil
- 3 garlic cloves
- 1 medium shallot
- 2 tbsp tamari, coconut aminos or soy sauce
- 1-2 tsp sesame seeds



Directions

- Trim the ends off the green beans. Mince garlic, and thinly slice shallot.
- Add sesame oil to a large skillet over medium to medium-high heat. Let heat for 2-3 mins until hot
- Carefully add shallot and garlic. Heat for 30 seconds until sizzling and fragrant.
- Add green beans and stir well with tongs to coat. Cover and sauté until just tender, about 6-8 minutes. Stir often so garlic does not burn.
- Add tamari/soy sauce. Toss to combine and cook 1 minute. Stir in sesame seeds.
- When serving, don't forget the delicious tiny garlic and shallot pieces on the bottom of the pan!



Maple Cinnamon Apple Muffins



Ingredients

- 1 $\frac{3}{4}$ cups white whole wheat flour or regular whole wheat flour
- 1 $\frac{1}{2}$ teaspoons baking powder
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 1 cup grated apple
- 1 cup apple diced into $\frac{1}{4}$ " cubes
- $\frac{1}{3}$ cup melted coconut oil or extra-virgin olive oil
- $\frac{1}{2}$ cup maple syrup
- 2 eggs, preferably at room temperature
- $\frac{1}{2}$ cup plain Greek yogurt
- $\frac{1}{2}$ cup applesauce
- 1 teaspoon vanilla extract
- 1 tablespoon turbinado sugar (also called raw sugar), for sprinkling on top

Directions

- Preheat oven to 425 degrees Fahrenheit. If necessary, grease all 12 cups on your muffin tin with butter or non-stick cooking spray.
- In a large mixing bowl, combine the flour, baking powder, cinnamon, baking soda and salt. Blend well with a whisk. Add the grated apple (gently squeeze it over the sink to release some extra moisture) and chopped apple. Stir to combine.
- In a medium mixing bowl, combine the oil and maple syrup and beat together with a whisk. Add the eggs and beat well, then add the yogurt, applesauce and vanilla and mix well. If the coconut oil solidifies in contact with cold ingredients, gently warm the mixture in the microwave in 30 second bursts.
- Pour the wet ingredients into the dry and mix with a big spoon, just until combined. Divide the batter between the 12 muffin cups. Sprinkle tops of muffins with raw sugar. Bake muffins for 13 to 16 minutes, or until they are golden on top and a toothpick comes out clean.

Roasted Radishes



Ingredients

- 1 lb fresh radishes, stems removed, ends trimmed and halved
- 1 tbsp melted butter, avocado oil or olive oil
- 1/2 tsp sea salt
- 1/8 tsp black pepper
- 1/2 tsp dried parsley, dried chives, dried dill, or a mix
- 2 garlic cloves, finely minced
- Optional for serving: ranch dressing, or fresh parsley, dill or chives

Directions

- Preheat oven to 425°F
- In a bowl, combine the radishes, butter or oil, dried herbs, salt, and pepper. Toss to combine until they are evenly coated.
- Spread the radishes into a single layer in a large 9x13 baking dish
- Bake for 20-25 mins, tossing every 10 mins
- After the first 10 mins of baking, add the minced garlic and toss well. Return the dish to the oven and bake for an additional 10-15 mins or until the radishes are golden brown and easily pierced with a fork.
- If desired, serve with ranch dressing for dipping or drizzle on top. Garnish with fresh herbs of your choice.

Apple Coleslaw

with Cranberries and Almonds



Ingredients

Dressing

- 3/4 cup plain Greek yogurt
- 1/4 cup mayonnaise
- 1/4 cup honey or maple syrup
- 2 tbsp apple cider vinegar
- Salt and freshly ground pepper

Coleslaw

- 1 small cabbage, shredded (6-7 cups packed)
- 1 1/2 cups matchstick carrots
- 2 large apples, sliced into matchsticks (about 3 cups)
- 1/2c sliced green onions
- 3/4c sliced almonds
- 3/4c dried cranberries
- 3/4c crumbled feta cheese (optional)

Directions

- In a mixing bowl whisk together Greek yogurt, mayonnaise, honey (or maple syrup) and apple cider vinegar until smooth, while seasoning with salt and pepper to taste.
- In a large bowl toss together cabbage, carrots, apples, green onions, almonds, cranberries and cheese if using.
 - Pro Tip: Wait to slice the apples until you're ready to add to the slaw so they don't brown
- Pour dressing over cabbage mixture and toss to evenly coat. Serve within a few hours of preparing for best results.

Wild Mushroom Chowder

with Bacon and Leeks



Ingredients

- 4-6 strips of thick bacon, sliced into 1/4 inch strips (optional)
- 2 tbsp butter
- 1 cup leeks, white and light green parts, thinly sliced
- 1/2 cup celery, finely chopped
- 8 oz chanterelles (or other mushrooms) roughly chopped
- 1 tsp fresh thyme
- 1 bay leaf
- 1 tbsp flour (optional)
- 3/4 cup dry white wine
- 4 cups chicken stock
- 1 tsp sea salt
- 1/4 tsp freshly ground black pepper
- 1/4 tsp nutmeg
- 1/4 tsp cayenne pepper
- 1 lb baby yukon gold potatoes, cut in half
- 1 cup cream

Directions

- In a large dutch oven or soup pot, over medium heat, fry the bacon pieces until slightly crispy. Add the butter, leeks and celery. Sauté the leek mixture for 5-7 minutes until the leeks and celery begin to soften.
- Turn the heat to medium-high and add the chanterelles, thyme and bay leaf. Sauté for 3-5 minutes, until the mushrooms are soft.
- Add the flour and stir to incorporate.
- Slowly pouring the white wine in, scraping the bottom of the pot. Allow to simmer for 3-5 minutes until the wine reduces by half.
- Add the chicken stock, potatoes, salt, pepper, nutmeg and cayenne. Bring to a boil. As soon as the stock begins to boil, turn heat back down and simmer for 15 minutes until the potatoes are tender.
- Add the cream and heat through.
- To serve, top with freshly ground pepper and fresh herbs.

Roasted Autumn Vegetables



Ingredients

- 1 lb butternut squash, peeled and diced into 1 inch pieces
- 1 lb brussels sprouts, halved
- 1 lb carrots, peeled and diced into 1 inch pieces
- 1 small red onion, cut into 1 inch chunks
- 3 cloves garlic, minced
- 1 cup walnuts
- 1 tablespoon fresh rosemary, roughly chopped
- 1 tablespoon fresh sage, roughly chopped
- 2 tablespoons extra virgin olive oil
- 2 teaspoons apple cider vinegar
- ½ teaspoon lemon juice
- 1 ½ teaspoons coarse salt
- ½ teaspoon ground black pepper
- Parsley, roughly chopped, to garnish

Directions

- Preheat oven to 400°F. Grease or prepare a baking sheet with parchment paper.
- In a small bowl, whisk together olive oil, apple cider vinegar, and lemon juice.
- Toss butternut squash, brussels sprouts, carrots, red onion, garlic, rosemary, sage, salt, pepper, and olive oil mixture together in a large bowl.
- Place in a single layer on the prepared baking sheet. Bake for 15 minutes. Remove from heat, stir in walnuts, and place back in oven. Bake until fork tender, another 10-15 minutes. Remove from heat and set aside to cool for 5-10 minutes.
- Add salt and pepper to taste. Garnish with parsley and serve.

Roasted Acorn Squash



Ingredients

- 2 acorn squash, cut in half with seeds and fibers removed
- 2 tbsp butter
- 4 tbsp brown sugar
- Dash of ground cinnamon
- Pinch of sea salt

*Halve the ingredients if you are only using 1 acorn squash

Directions

- Preheat oven to 350°F.
- Rub each half with 1/2 tbsp of butter.
- Top each half with 1 tbsp brown sugar, a dash of cinnamon, and a pinch of sea salt.
- Place squash halves in a baking dish and add 1/4 cup of water to the bottom of the pan.
- Cover and bake for 50 minutes. Uncover and bake for an additional 10 minutes. You should be able to pierce the squash easily with a fork.
- Remove from oven and allow to cool.

Optional: Top with pecans, walnuts, and/or goat cheese while it's warm!

Baked Cauliflower Bites



Ingredients

- 1 medium cauliflower head
- ½ cup butter melted
- 2 garlic cloves minced
- 1 cup Italian or plain breadcrumbs
- ½ cup grated Parmesan cheese
- ¼ teaspoon salt
- ¼ teaspoon black pepper



Directions

- Preheat oven to 400°F. Line a large baking sheet with parchment paper. Set aside.
- Remove all leaves from cauliflower head. Cut cauliflower into florets, all roughly the same size. You can slice the large florets in half, if needed.
- Melt butter and in a small bowl. Add garlic and stir in.
- Place breadcrumbs, salt, pepper and Parmesan cheese in another bowl.
- Dip each cauliflower piece into butter first, then to breadcrumbs.
- Place each breaded piece on prepared baking sheet. Repeat until you use up all cauliflower.
- Roast cauliflower for 35 to 32 minutes, or until the breading is golden brown.

Serve by itself or with your favorite dip!

Pumpkin Dip

with Fresh Pumpkin Puree

Ingredients

For the Puree:

- 1-2 small "pie" pumpkins

For the Dip:

- 4 ounces cream cheese at room temperature
- 1 cup fresh pumpkin pie puree
- 1 cup powdered sugar
- ¼ teaspoon ground cinnamon
- 1/8 teaspoon ground cloves

Directions

Make the Puree:

- Wash pumpkins then cut the stem off, slicing in half lengthwise. Scoop the seeds out from the inside of each pumpkin and discard or use to make roasted pumpkin seeds.
- Place pumpkin halves cut side down on baking sheet and bake at 375°F for 35-45 minutes, or until pumpkin is tender when pierced with a fork.
- Scoop out the pumpkin flesh and blend in a blender or food processor until smooth. Add just a tablespoon or two of water, if needed. Use this fresh pumpkin puree in place of canned pumpkin puree in any recipe.

Make the Dip:

- Add cream cheese to a mixing bowl and beat until smooth (it's important that the cream cheese is room temperature so it will mix smoothly into the batter). Slowly add pumpkin pie puree and mix until smooth. Mix in powdered sugar, cinnamon and ground cloves.
- Store covered in the refrigerator for up to 1 week. Serve with gingersnap cookies, apple slices, cinnamon graham crackers or vanilla wafers.



~Thanks for a great season ~
See you in May 2025!