



Fruit Pops

Yield: 12 skewers



INGREDIENTS & EQUIPMENT



- Watermelon, sliced



- Cantaloupe, sliced



- Salt



- Fresh lemon juice



- Cookie cutters



- 12 Bamboo skewers

MARKET SHOPPING LIST

WATERMELON

- Froggy Meadow
- Iron Creek Organic Farm
- Nichols Farm & Orchard

CANTALOUPE

- Nichols Farm & Orchard
- Iron Creek Organic Farm

1.



Lay a slice of fruit on a cutting board. Use the cookie cutters to cut out various shapes.

2.



Poke fruit onto a bamboo fruit skewer.

3.



Squeeze a bit of fresh lemon juice over the fruit and sprinkle with a pinch of salt before serving!



Quick Refrigerator Pickles

Yield: 1 quart



INGREDIENTS & EQUIPMENT



- 6-8 small pickling cucumbers



- 1/2 teaspoon kosher salt



- 1 cup rice vinegar



- 1-2 cloves garlic, sliced



- 1 cup hot water



- Small handful dill, torn



- 6 tablespoons sugar



- 1 quart-sized glass jar

MARKET SHOPPING LIST

CUCUMBERS

- Frillman Farms
- Growing Home
- Iron Creek Organic Farm
- Nichols Farm & Orchard

- Smits Farm
- Star Farm
- Wholesome Harvest

GARLIC

- Froggy Meadow
- Nichols Farm & Orchard

DILL

- Smits Farm

VARIATIONS & STORAGE

You can use this recipe to pickle all kinds of veggies. Try it with carrots, peppers, beets, green beans, or cauliflower!

Store pickles in a tightly sealed jar in the refrigerator. Stored properly, pickles will keep in the for about 3 weeks.

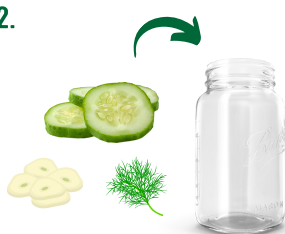


1.



Trim the ends of the cucumbers and cut into 1/4-inch slices.

2.



Place the cucumbers, garlic, and dill into a 1-quart glass jar.

3.



MAKE THE BRINE

In a bowl, combine rice vinegar, hot water, sugar, and salt. Stir until all of the sugar and salt are dissolved.

4.



Pour over the veggies and secure the jar with a lid. Let cool to room temperature. Then place in the fridge for at least 3 hours.

Pearsauce

Yield: About 2 cups

INGREDIENTS



- 4-6 pears, cored and roughly chopped



- 1 tablespoon fresh lemon juice



- 1 teaspoon ground cinnamon



- 2 tablespoons sugar



- 1/4 cup water

MARKET SHOPPING LIST

PEARS

- Ellis Family Farms
- Hillside Orchard
- Mick Klüg Farm
- Oriana's Orchard

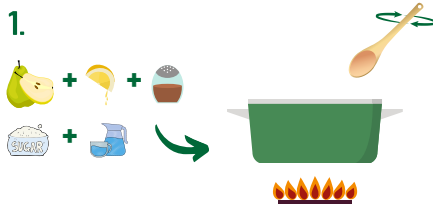
VARIATIONS

You can add any warming spices you need. This is excellent with nutmeg, cardamom, or vanilla!

Serve on top of pancakes or waffles. Stir into oatmeal or just eat it straight from the jar!



1.



Combine all ingredients in a medium pot. Bring to a boil and stir over medium-high heat.

2.



Cover, reduce the heat to medium-low and cook 15-20 minutes until the pears are very soft.

3.



Remove lid and use a potato masher to break up the pears. Stir and cook for 5 more minutes.

Kohlrabi & Apple Slaw

Yield: 4 servings

INGREDIENTS & EQUIPMENT

FOR THE SLAW



- 2 small kohlrabi (about 1 pound), peeled and cut into 1/4-inch matchsticks



- 1-2 small sweet apples such as Honeycrisp (about 1/2 pound), cut into 1/4-inch matchsticks

FOR THE DRESSING



- 3 tablespoons honey



- 2 tablespoons apple cider vinegar



- 1 tablespoon extra virgin olive oil



- 1 tablespoon fresh squeezed lemon juice



- Salt and pepper, to taste

MARKET SHOPPING LIST

KOHLRABI

- Nichols Farm & Orchard

APPLES

- Ellis Family Farms
- Hillside Orchard
- Mick Klüg Farm
- Seedling Farms

HONEY

- Ellis Family Farm
- Frillman Farms
- Jacobson Family Farms

HERBS

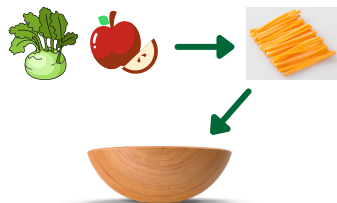
- Jacobson Family Farms
- Smits Farm

SERVING SUGGESTIONS

This slaw pairs well with fresh mint or tarragon. You can also garnish with chives or add thinly sliced scallions.

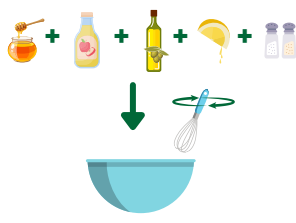


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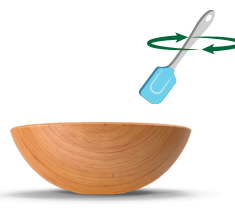
Cut apples and kohlrabi into 1/4" matchsticks. Add to a bowl, toss to combine, and set aside.

2.



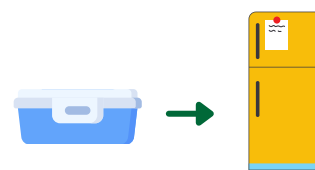
In a small bowl, add honey, apple cider vinegar, olive oil, lemon juice, salt, and pepper. Whisk to combine.

3.



Add dressing to apples and kohlrabi. Use a spatula to gently combine.

4.



Store in an airtight container in the refrigerator. Can be served immediately or made ahead of time.



Baked Squash Dip

Yield: 2-3 cups



INGREDIENTS



- 1 winter squash, halved lengthwise and seeded



- 1 teaspoon Spanish paprika



- 1 tablespoon olive oil



- 1 teaspoon lemon juice



- 2 sprigs thyme



- Salt & pepper to taste



- 1 clove garlic, minced



- 1/2 cup cheese, shredded (optional, see note)

MARKET SHOPPING LIST

☐ SQUASH

- Frillman Farms
- Iron Creek Farm
- Nichols Farm & Orchard
- Smits Farm
- Wholesome Harvest

☐ GARLIC

- Froggy Meadow
- Nichols Farm & Orchard

☐ THYME

- Smits Farm

MAKE IT CHEESY!

Making this dip cheesy is easy! After you make the dip, simply transfer the mixture to a small 8-inch baking dish.

Sprinkle the top with the shredded cheese and bake an additional 10 minutes, or until the mixture is bubbly and the cheese has melted.

1.



Preheat oven to 400°F. Drizzle each squash half with olive oil and season with thyme. Place cut-side down on a parchment lined baking sheet and roast for 45 minutes.

2.



When cool, scoop out the flesh of the squash halves and add to the bowl of a food processor. Add the garlic, paprika and lemon juice. Blend until smooth.

3.



Season with salt and pepper to taste. Serve with veggies or chips!



Microgreen Pizza

Yield: 1 pizza



INGREDIENTS



- 1 pound prepared pizza dough



- 1/4 cup tomato sauce



- 1/2 cup cheese, grated



- Your favorite pizza toppings



- Small handful of microgreens

MARKET SHOPPING LIST

☐ TOMATO SAUCE

- Bushel & Peck's
- River Valley Ranch

☐ MICROGREENS

- American Pride Microfarm
- Jacobson Family Farm

☐ CHEESE

- Brunkow Cheese/Baked Cheese Haus
- J2K Capraio

SPREADING OUT PIZZA DOUGH

You can use a rolling pin or spread the dough out by hand. Start in the center and gently spread outward with wide fingers.

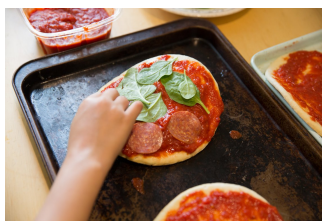


1.



Using the back of a spoon, spread tomato sauce on top of your pizza dough.

2.



Top with cheese and your favorite pizza toppings. Bake in a 500° oven for 15-20 minutes.

3.



Remove from oven and top with microgreens. Slice and serve!



Antipasto Skewers

Yield: 12 skewers



INGREDIENTS & SUPPLIES

You will need 12 of each item below



- Cheese Curds



- Basil leaves



- Cured meat, cut into bite sized pieces



- Bamboo skewers



- Cherry tomatoes

MARKET SHOPPING LIST

☐ CHEESE

- Baked Cheese Haus
- J2K Capraio

☐ MEAT

- Jake's Country Meats
- Underground Meats

☐ BASIL

- Smits Farm

☐ TOMATO

- Avrom Farm
- Frillman Farms
- Iron Creek Organic Farm
- Nichols Farm & Orchard
- Smits Farm
- Star Farm
- Wholesome Harvest

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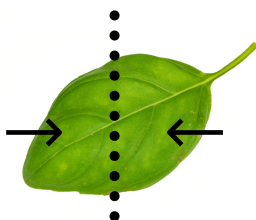


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Poke the skewer through each ingredient. Take care not to smush your tomato!

2.



Fold the basil leave in half. Poke the skewer through.

3.



Dip into Italian dressing, drizzle with a little balsamic vinegar, or just eat as is!