



Grilled Apricots

Yield: 4 servings



INGREDIENTS



- 4 apricots, cut in half and pits removed



- Olive oil



- Pinch of salt and pepper



- Honey

MARKET SHOPPING LIST

APRICOTS

- Hillside Orchard
- Mick Klüg Farm
- Seedling Farms

MAPLE SYRUP

- Chicago Maple

HONEY

- Chicago Honey Co-Op
- Ellis Family Farms
- Growing Home
- Mint Creek Farm

OPTIONAL ADDITIONS

Swap maple syrup for honey. You can also serve alongside vanilla ice cream or sprinkle feta or goat cheese for a more savory dessert.



1.



Heat an outdoor grill or a cast iron grill over high heat on the stove top.

2.



Brush olive oil over the cut side of the apricots and sprinkle with a pinch of salt and pepper. Grill cut side down for 5 minutes or until the fruit begins to soften.

3.



Serve warm with a drizzle of honey.



Pizza Pepper Poppers

Yield: 4-8 servings



INGREDIENTS



- 4 medium bell peppers



- Jar of marinara sauce



- 1 cup mozzarella cheese, grated



- 1/2 cup freshly grated Parmesan cheese



- Your favorite pizza toppings



- Fresh ground pepper (optional)

MARKET SHOPPING LIST

PEPPERS

- Iron Creek Organic Farm
- Nichols Farm & Orchard

MARINARA

- Daisies

HERBS

- Smits

CHEESE

- Brunkow Cheese/ Baked Cheese Haus
- J2K Capraio

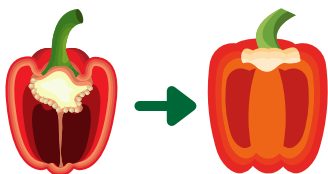
CURED MEAT

- Jake's Country Meats
- Underground Meats

SUGGESTED TOPPINGS

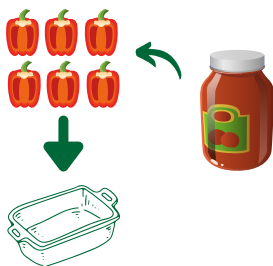
Fresh herbs will make your poppers burst with flavor! Try adding a unique cheese or cured meat for a punch of umami.

1.



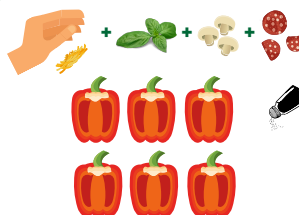
Heat oven to 400 degrees. Slice each pepper in half and remove the seeds.

2.



Line peppers in a baking dish and, using a spoon, fill with marinara sauce.

3.



Top with mozzarella, Parmesan, and your favorite pizza toppings. Season with fresh ground pepper, if using.

4.



Bake in a 400° oven until cheese is melted and bubbly, about 15-20 minutes. Serve warm.



Baked Parmesan Squash Rounds



Yield: 4 servings

INGREDIENTS



- 2 medium yellow summer squash, cut into 1/4-inch slices



- 1/2 cup freshly grated Parmesan



- Garlic salt and pepper (optional)

MARKET SHOPPING LIST

☐ SQUASH

- Frillman Farms
- Growing Home
- Iron Creek Organic Farm
- Nichols Farm & Orchard
- Smits Farm
- Star Farm Chicago
- Wholesome Harvest

OPTIONAL ADDITIONS

You can use any summer squash in this recipe. Try it with zucchini or pattypan squash!



1.



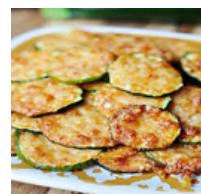
Place oven rack in center position of oven. Preheat to 425°F. Line a baking sheet with parchment paper.

2.



Arrange rounds on prepared pan, with little to no space between them. Sprinkle with garlic salt and black pepper, if using. Spread a thin layer of Parmesan cheese on each slice of squash. Bake for 15-20 minutes, or until Parmesan turns a golden brown.

3.



Dip in:



Serve immediately. Dip them into marinara or ranch. Add BBQ sauce on top for a tangy bite!



Blueberry Compote



Yield: 4-6 servings

INGREDIENTS



- 1 tablespoon butter or ghee



- 1 tablespoon freshly squeezed lemon juice



- 3 tablespoons sugar



- Pinch of salt



- 2 cups blueberries



- 1 teaspoon vanilla or cinnamon (optional)

MARKET SHOPPING LIST

☐ BLUEBERRIES

- Ellis Family Farms
- Hillside Orchards
- Joe's Blues
- Mick Klüg Farm
- Seedling Farms

☐ GHEE

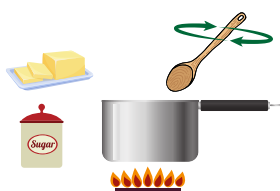
- Gai Ghee Butter

STORAGE TIPS

Store compote in an airtight jar in the refrigerator for 2 weeks. Compote can also be frozen and is best when used within 6 months.

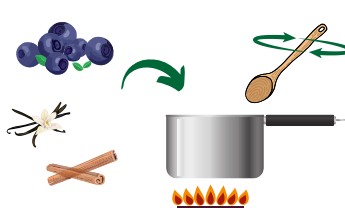


1.



In a pot over medium heat, melt the butter. Add the sugar, stirring frequently until well combined.

2.



Add berries and vanilla/cinnamon, if using. Cook until the berries are tender, about 10-15 minutes.

3.



Remove the berry mixture from heat. Add the lemon juice and salt and stir to combine.



Gnocchi Summer Salad



Yield: 4 servings

INGREDIENTS



- 1 pound gnocchi



- 1 pint cherry tomatoes



- 1 zucchini, diced



- Fresh mozzarella, cut into bite-sized pieces



- 1/4 cup prepared pesto

MARKET SHOPPING LIST

☐ GNOCCHI & PESTO

- Daisies

☐ CHEESE

- Baked Cheese Haus

☐ VEGETABLES

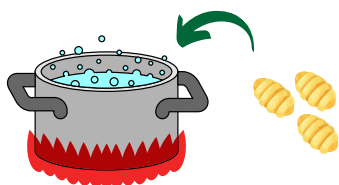
- Avrom Farm
- Frillman Farms
- Growing Home
- Iron Creek Organic Farm
- Nichols Farm & Orchard
- Star Farm Chicago

OPTIONAL ADDITIONS

You can add any fresh summer vegetables you like in here. Other ideas include: peppers, cucumber, or broccoli. You can also add our favorite greens like arugula or spinach!

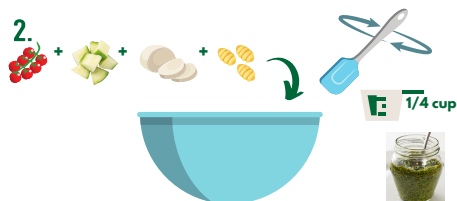


1.



Bring a pot of water to a boil. Cook gnocchi until done - they will float to the top of the water when they are done. Drain and rinse with cold water.

2.



Add the tomatoes, zucchini, mozzarella, and cooled gnocchi to a bowl. Gently toss with prepared pesto. You can add a bit of olive oil to thin out the sauce if needed.

3.



Garnish with fresh basil or chives, if you wish. Serve cold or at room temperature.



Cherry Tomato Ladybugs



Yield: 2 dozen

Recipe by: <https://erinpalinski.com/>

INGREDIENTS & EQUIPMENT



- 1 dozen red cherry tomatoes



- 6 black olives, sliced



- 12 spinach leaves



- 1 teaspoon balsamic glaze



- Sharp knife



- Toothpick

MARKET SHOPPING LIST

☐ TOMATOES

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

☐ SPINACH

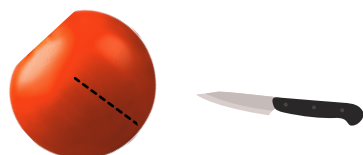
- Growing Home
- Nichols Farm & Orchard
- Star Farm
- Wholesome Harvest

SERVING SUGGESTIONS

Mix things up by serving these atop a basil leaf. Add a small slice of mozzarella for an individual caprese. You can also thinly slice a cucumber or zucchini and place your ladybug on top!

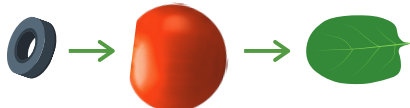


1.



Using a sharp knife, cut a small slit into the tomato to create wings.

2.



Add a sliced black olive for the head of the ladybug then place it on top of a spinach leaf.

3.



Use a toothpick dipped in balsamic glaze to create black dots. Serve chilled.



Corn Fritters

Yield: 4-6 servings



INGREDIENTS & EQUIPMENT



• ½ cup all-purpose flour



• ¼ cup cornmeal



• ½ teaspoon baking powder



• 1 clove garlic, minced



• Salt & pepper, to taste



• ½ cup milk unsweetened soy milk



• 1 cup cooked corn, off the cob



• ½ cup red bell pepper, diced



• 2 green onions, thinly sliced



• grapeseed oil for frying (or any high smoke point oil)

MARKET SHOPPING LIST

☐ CORN

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

☐ GREEN ONION & GARLIC

- Froggy Meadow
- Nichols Farm & Orchard

☐ SOY MILK

- Phoenix Bean Tofu

☐ FLOUR & CORNMEAL

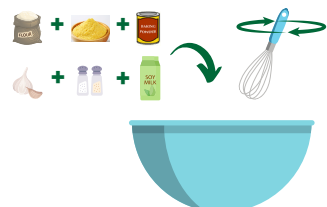
- Severson Organic Grains

SERVING SUGGESTIONS

Garnish with fresh cilantro, parsley, or chives. You can also top it with a dollop of salsa or dip it into ranch dressing.



1.



To a bowl, add flour, cornmeal, garlic, baking powder, salt and pepper. Whisk to combine. Then, add the milk and whisk until combined.

2.



Add the corn, bell pepper and green onions. Gently fold with a spatula to combine.

3.



In a skillet heat oil over medium heat until hot. Scoop batter into the pan and cook for 2-4 minutes per side or until golden brown.

4.



Place fritters on paper towel-lined plate to absorb excess oil. Serve warm with sour cream or ranch dip.



BLT With Pesto Aioli

Yield: Approximately 1 cup of aioli



INGREDIENTS

FOR THE AIOLI



• 1 cup fresh basil leaves



• 1/2 cup mayonnaise



• 1/4 cup grated Parmesan cheese



• 1 clove garlic



• 1 tablespoon lemon juice



• 3 tablespoons olive oil



• Salt and pepper, to taste

FOR THE SANDWICH



• 2 slices of bread, toasted



• 2 tablespoons pesto aioli



• 3 pieces of bacon, cooked



• 2 pieces of lettuce



• 1 tomato, sliced

MARKET SHOPPING LIST

☐ BASIL

- Jacobson Family Farms
- Nichols Farm & Orchard
- Smits Farm

☐ GARLIC

- Froggy Meadow
- Nichols Farm & Orchard

☐ BREAD

- Bennison's Bakery
- pHlour Bakery

☐ BACON

- Alden Hills Organic Farm
- Finn's Ranch

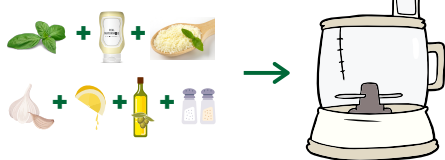
☐ TOMATO

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

☐ LETTUCE

- Jacobson Family Farms
- Nichols Farm & Orchard

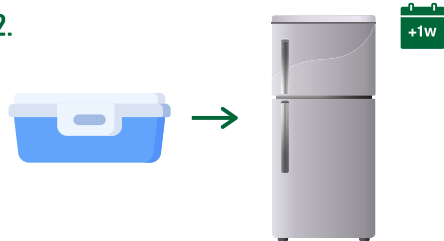
1.



MAKE THE PESTO AIOLI

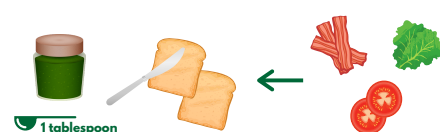
Place all ingredients in blender or food processor. Blend until smooth.

2.



Cover and refrigerate up to 1 week.

3.



ASSEMBLE THE SANDWICH

Spread 1 tablespoon on each slice of toast. Add all the other ingredients.