



Recipe Booklet!

South Frankfort Food Share

October 17, 2023

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In your Food Share:

- **Butternut Squash** Frankfort Independent Farm to School
- **Kale** - Cedar Ring Greens & High Five Farm
- **Chard** - Cedar Ring Greens
- **Cherry Tomatoes** - Salad Days Farm
- **Sweet Potatoes** - Frankfort Independent Farm to School
- **Potatoes** - Blackberry Heaven
- **Spinach/Salad Mix** - Salad Days Farm
- **Purple-top Turnips** - Salad Days Farm
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- **Heads of Lettuce** - Cedar Rings Farm
- **Apples** - Ayres Orchard
- **Carrots** - Blackberry Heaven
- **Beets** - High Five Farm
- **Ginger** - High Five Farm
- **Garlic** - Blackberry Heaven

Fresh Ginger Tea

Adapted from: *thespruceeats.com*

From your share: Ginger

Ingredients:

- 2 Tablespoons fresh ginger root
- 4 cups water

- 1 Tablespoon fresh lime or lemon juice (juice of 1/2 lime or lemon), optional
- 1 to 2 Tablespoons honey, to taste

Directions:

1. Gather ingredients.
2. Prepare ginger by peeling it and slicing thinly.
3. In a 1 1/4-quart pot, add the water and ginger, and bring to a boil for at least 10 minutes. For a stronger and tangier tea, allow to boil for 20 minutes or more, and use more slices of ginger.
4. Remove it from the heat, strain, and add the lime juice and honey to taste.

Apple Spinach Salad

Adapted from: *Nutrition.gov*

From your Share: Spinach, Apples

Ingredients:

- 4 cups spinach leaves
- 2 Tablespoons canola oil
- 2 1/2 Tablespoons cider vinegar
- 1 Tablespoon sugar
- 1/4 teaspoon salt
- 1/4 cup red onion (chopped)
- 1 medium apple (tart, cut into bite-sized chunks)
- 1/4 cup raisins (or dried cranberries)

Directions:

1. Wash spinach thoroughly. Pat dry or spin in a salad spinner.
2. Tear spinach into bite-sized pieces and place in a large bowl. Set aside.
3. In a small bowl mix oil, vinegar, sugar, and salt.
4. Add the apple, onion, and dried fruit to the oil mixture and toss to coat the apples. Let stand for ten minutes.
5. Combine ingredients together in the large bowl of spinach and serve.
6. Refrigerate leftovers.

Notes

- *To keep the apple from getting brown, cut the apple and add to the oil/vinegar mixture, then assemble the salad just before serving. The vinegar in the dressing keeps the apple from browning.*
- *Add feta or walnuts for additional flavor!*

Butternut Squash Casserole

Adapted from: *thecozyapron.com*

From your Share: Squash, Apples

Ingredients:

- 2 pounds butternut squash, peeled and cubed into medium-size chunks
- 2 apples, peeled, cored, and cubed into larger chunks (to match the squash)
- Olive oil
- Salt, Black pepper to taste
- 2 Tablespoons pure maple syrup, divided use
- ½ teaspoon ground, dried sage
- ½ pound sweet Italian sausage, crumbled
- 2 small fennel bulbs (stalks/fronds removed), cut in half lengthwise, cored, and thinly sliced (optional)
- 1 onion, quartered and thinly sliced
- 1 cup grated Gruyere cheese
- Fresh sage leaves (fresh or fried), for garnish

Directions

1. Preheat oven to 425°, line a baking sheet with foil, spray with oil.
2. Place cubed butternut squash and apples into a large bowl, drizzle 2 Tablespoons of oil. Sprinkle in a pinch of salt and black pepper, maple syrup, and the dried sage. Toss to coat.
3. Turn the mixture out onto your prepared baking sheet, and roast for about 35 minutes, stir occasionally for even roasting, or until the squash is tender.
4. While the butternut squash and apples roast, place a large skillet

(cast-iron is great) over medium-high heat, and add a small drizzle of olive oil; add the crumbled sweet Italian sausage in and cook until browned and cooked through. Keep in a bowl.

5. Add additional oil if needed to the pan/skillet. Add fennel and onion to the pan and caramelize for 10-12 minutes, or until deeply golden and a bit jammy in texture. Remove from the pan and add to the sausage.
6. Once the butternut squash and apples are tender and roasted, switch your oven setting to “broil”.
7. To prepare the casserole, carefully spoon the roasted butternut squash/apples into a large bowl, and add the sausage/fennel/onion mixture to that. Pour in the remaining 1 Tablespoon maple syrup and toss to combine (add a touch more salt and pepper) then spoon into a medium size (roughly 9” by 13”) baking dish.
8. To finish, top with the grated Gruyere cheese and place into the oven under the broiler for a few minutes, until the cheese is melted and golden-brown.
9. Garnish the butternut squash casserole with either fried sage leaves or fresh ones, and serve.

Ginger Spiced Apple Crisp

Adapted from: *Knifeandsoul.com*

From your Share: Apples, Ginger

Ingredients:

Crumble filling:

- 6 pieces of ginger root
- 5-6 Granny Smith Apples - cored, peeled and chopped.
- 1 lemon - juice
- ½ tsp cinnamon
- ⅓ cup brown sugar
- ¼ tsp ground cloves

Crumble Topping:

- 1 cup + 2.5 tbsp plain flour
- 1/3 cup cold butter - cut into 1cm cubes
- 1/3 cup brown sugar
- Finely chopped zest from half a lemon
- 1/2 tsp ground ginger
- A small handful of nuts (optional)

Directions:

Crumble filling:

1. Heat your oven to 300°F.
2. Chop the ginger quickly in a food processor or with a knife, until it is broken down into very small pieces.
3. Place the stem ginger and all the other filling ingredients into a bowl and mix them using your hands until they are fully incorporated.
4. Place the filling into a baking dish and set aside.

Crumble topping:

1. Put the flour and butter into a bowl and rub them together using your hands until the mixture has a crumbly but chunky consistency.
2. Add the sugar, lemon zest and ground ginger and gently work them into the mixture.
3. Add the topping to the dish with the crumble filling.
4. Scatter chopped nuts on the top if using.
5. Bake in the middle of your oven for 40 minutes.
6. Serve with custard, cream or ice cream

Glazed Butternut Squash with Carrots and Turnips

Adapted from: *Plate it Up Ky!*

From your share: Carrots, Turnips, Butternut Squash

Ingredients:

- 1½ cups cubed butternut squash
- 1½ cups sliced carrots
- 1½ cups cubed peeled turnips

- 4 teaspoons oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Cooking spray
- 2 Tablespoons maple syrup

Directions:

1. Preheat oven to 450 degrees.
2. Cut vegetables into 1/2-inch pieces.
3. Coat a 9 x 13-inch baking dish with cooking spray.
4. Combine the first 6 ingredients.
5. Bake for 10 minutes.
6. Stir in syrup and bake for an additional 20 minutes.

Ginger Lime Hummus

Adapted from: *acouplecooks.com*

From Your Share: Ginger, Garlic

Ingredients:

- 1 garlic clove
- 1 Tablespoon minced fresh ginger
- 1 15-ounce can chickpeas plus 2 tablespoons reserved can liquid (aquafaba)
- 1/4 cup lime juice (2 large limes)
- 1/4 cup tahini
- 2 Tablespoons soy sauce or tamari

Directions:

1. Peel the garlic. Peel and mince the ginger. Drain the chickpeas, reserving the can liquid (aquafaba).
2. In the bowl of a food processor, add the garlic, ginger, chickpeas, 2 tablespoons aquafaba, lime juice, tahini, and soy sauce (or tamari). Blend for a minute or two until very creamy, stopping to scrape the sides as necessary. Store refrigerated for up to 1 week.

Kale and Potato Soup

Adapted from: *Plate it Up Ky!*

From Your Share: Kale, Potato, Carrot, Garlic

Ingredients:

- 4 teaspoons olive oil
- 1 chopped yellow onion
- 3 cloves garlic, minced

1 box (48 ounce) low-sodium chicken broth
6 red potatoes, diced
1/2 cup chopped carrot
4 cups shredded kale
1/2 pound cooked chicken breast, shredded
1/4 teaspoon black pepper

Directions:

1. In a large saucepan, heat the olive oil over medium heat for 1 minute. Add chopped onion and garlic and cook uncovered for 5 minutes.
2. Add chicken broth, potatoes and carrot; cover and bring to a boil.
3. Reduce heat and simmer for 20 minutes.
4. Mix in the kale, chicken and black pepper. Cover and simmer for 15 minutes or until kale is tender.

Swiss Chard and Lemon Ricotta Pasta

Adapted from: *food52.com*

From your share: Swiss Chard, Garlic

Ingredients:

- 3 cups raw Swiss chard, sliced (including the stems) can use (kale, spinach, or arugula)
- 2 handfuls of dried spaghetti
- 2 strips of bacon, cut into 1/4 in slices
- Olive oil, as needed
- 1/3 cup of ricotta cheese
- 2 Tablespoons parmesan cheese
- Zest from 1/2 lemon
- 1/4 teaspoon salt, to taste
- 1 pinch dried red pepper flakes

Directions:

1. Bring a pot of salted water to a boil over high heat. Blanch the swiss chard for 5 minutes. Scoop out the chard, and drain well, squeezing out as much of the water as possible. Chop again and set aside.
2. Keep the pot of water boiling, and add the spaghetti noodles. Cook as directed on the package. Drain and

set aside, retaining about 1 cup of liquid from cooking the noodles.

3. Fry bacon until just crispy.
4. Add the Swiss chard and toss well to break up the chard clumps.
5. Combine the ricotta and Parmesan cheeses in a small bowl, and add the lemon zest, salt, and red pepper flakes. Add to the Swiss chard mixture in the saute pan and mix well.
6. Add cooked spaghetti, and some of the pasta water as needed.
7. Serve warm.

Butternut Squash Lasagna

Adapted from: *pinchofyum.com*

From your share: butternut squash, garlic

Ingredients:

- 4 cups of butternut squash puree
- 1 teaspoon minced garlic
- Salt and pepper to taste
- 15 oz. part-skim ricotta cheese
- 1/2 cup grated parmesan cheese
- 8 short whole wheat lasagna noodles
- Sliced cheese to top

Directions:

1. Preheat oven to 400°F. Combine squash purée, garlic, salt, and pepper; mix well. Combine ricotta, 1/4 cup parmesan, salt and pepper in a second bowl and mix well.
2. Coat an 8"×8" baking dish with cooking spray. Put a little butternut squash on the bottom of the pan. Place 2 noodles in bottom of dish, overlapping slightly. Spread half of squash mixture over noodles. Layer 2 more noodles on top, and spread with half of the ricotta mixture. Repeat layers—noodles, squash, noodles, ricotta—then sprinkle with remaining 1/4 cup parmesan.
3. Bake for 45 minutes. Top with sliced cheese and bake/broil an additional 5-10 minutes.

Note: Covering the lasagna helps the top not to get so crispy. It will also help keep some of the moisture in.

Beet, Apple, Carrot Salad

Adapted from: *Sherrybabyrecipes.com*

From your share: beet, apple, carrot, turnip

Ingredients:

- zest and juice of 1 orange
- zest and juice of 1 lime
- 2 Tablespoons sherry vinegar
- 3/4 cup extra-virgin olive oil
- Sea salt and fresh ground black pepper
- 1 pound beets, peeled and cut in matchsticks
- 2 large carrots, peeled and cut in matchsticks
- 1 Granny Smith apple, cored, peeled and cut in matchsticks
- 1 turnip, peeled and cut in matchsticks
- 1 bunch flat-leaf parsley stems removed

Directions:

1. In a large bowl, combine the orange zest and juice, lime zest and juice, and vinegar. Slowly whisk in the olive oil, then season with salt and pepper to taste.
2. In the same bowl, layer beets, carrots, apple, and turnip. Season with additional salt and pepper to taste. Toss salad right before serving, then top with parsley leaves.

To cut matchsticks: Use a mandolin or a food processor that has either a julienne blade or large shredding blade.

Make ahead tip: Prepare, cover, and refrigerated dressing up to 3 days. Cut vegetables, then cover and store each vegetable separately, up to 24 hours.

Mashed Butternut Squash

Adapted from: *spendwithpennies.com*

From your Share: Butternut Squash

Ingredients:

- 1 butternut squash 4-5lbs

- 1/3 cup butter divided, melted
- 2 tablespoons brown sugar optional
- 1/4 teaspoon pumpkin pie spice or cinnamon
- salt & pepper to taste
- 1/4 cup light cream

Directions:

1. Preheat oven to 350°F.
2. Cut butternut squash in half lengthwise and scoop out the seeds.
3. Lightly brush the squash with melted butter (reserve the rest for mashing). Sprinkle with spices and brown sugar if using.
4. Place on a baking sheet cut side up and bake 1 hour or until very tender.
5. Scoop out the flesh and place in a large bowl.
6. With a hand masher or an electric mixer on low, mix until smooth. Pour in cream and melted butter to taste. Season with salt & pepper and serve.

Grilled Sweet Potato & Veggie Tacos w/ Cilantro Lime Sauce

From: Chef Mike Vaughn

From your share: Sweet Potato, Sweet Pepper

Ingredients:

- Sweet Potatoes, 4 medium-sized
- Yellow Onion, 2 large
- Sweet Peppers, 3 each
- Poblano Pepper, 1 each
- Olive Oil (as needed for coating)
- Kosher Salt, to taste
- Black Pepper, to taste
- Lime Zest, 2 limes
- 6 inch Flour or corn tortillas 6
- Fresh diced tomatoes, optional

Directions:

1. Slice sweet potatoes into planks, half & deseed all peppers, slice onions into wheels.
2. Coat all veggies with olive oil, and season with salt & pepper to taste.

3. Grill veggies, slice or dice for tacos, and then toss with fresh lime zest. (Reserve limes for sauce)

4. Serve with diced tomatoes or any other desired taco fixings.

Cilantro Lime Taco Sauce

- 1 cup Mayonnaise
- 1 Tablespoon Minced roasted garlic
- 1 1/2 cup Sour Cream
- 1/2 cup Minced red onion
- 2 bunches Fresh Cilantro
- 2 limes Fresh Lime Juice
- 1 1/2 tsp Cumin
- 2 tsp Hot sauce
- Kosher salt, to taste
- Black Pepper, to taste

Directions:

1. Rough chop leaves of cilantro, juice limes, & mince onions. Mix with remaining ingredients.

2. Refrigerate overnight for optimal flavor.

Roasted Vegetable Bowl with Mustard Vinaigrette

Adapted from: Kayla Anderson

From your Share: Carrots, Sweet Potatoes, Turnips, Garlic,

Ingredients:

For roasted vegetable bowl:

- 1 cup brown rice or quinoa
- 3 large carrots, peeled and chopped
- 2 sweet potatoes or potato of choice, chopped
- 3 turnips chopped
- 1 teaspoon rosemary
- 1 teaspoon thyme
- 1 teaspoon oregano
- 2 tablespoons olive oil
- salt and pepper to taste

For mustard vinaigrette:

- 2 tablespoons red wine vinegar
- 1/4 cup onions, minced
- 1 garlic clove, minced
- 1 tablespoon Dijon mustard
- 1/3 cup olive oil
- 2 tablespoons fresh chives, minced
- 1 tablespoon fresh parsley, minced
- salt and pepper to taste

Directions:

For roasted vegetable bowl:

1. Cook brown rice or quinoa according to instructions.
2. Preheat the oven to 425°F and line two baking sheets with parchment paper.
3. Add vegetables, oil, salt, pepper, rosemary, thyme, and oregano to the bowl. Toss to combine.
4. Transfer vegetables to a baking sheet.
5. Cook for 30-40 minutes or until vegetables are soft (fork tender).
6. To serve, divide brown rice or quinoa and vegetables evenly among serving bowls and top with vinaigrette.

For mustard vinaigrette:

1. Combine vinegar, garlic, salt, pepper, mustard, and oil until thick and smooth.
2. Stir in herbs and serve alongside or over the top of your roasted vegetable bowl.

Refrigerator Pickled Beets, Turnips, or Carrots

Adapted from: *sustainablecooks.com*

From your share: Beets, Carrots, Turnips

Ingredients:

- 2 1/2 cups beets,
- 1 lb. carrots
- Or 2 lbs. Turnips cut into 1/2 in. batons

Brine:

For Beets or Carrots:

- 1 cup white vinegar
- 1 cup water {plus more for boiling}
- 1/3 cup apple cider vinegar
- 2 tbsp sugar
- 1 1/2 tsp kosher salt
- 1/2 tsp black peppercorns (Beets)

For Turnips:

- 3 cups water
- 1/3 cup Kosher salt

- 2 bay leaves
- 1 cup white vinegar
- 2 pounds turnips , peeled and cut into ½ inch thick batons
- 1 small beet , cut into ½ inch thick batons
- 2 cloves garlic , roughly chopped

Directions:

The Beets

1. Cut the beet top and root end off. Peel the beet. (2 1/2 cups beets)
2. Depending on the size of the beets, cut them into quarters or slices.
3. **To steam:** place beets in a pot fitted with a steamer insert. Add water to the pot and place the beets in the insert. Place the lid over the pot and cook on medium-low for 10-15 minutes.
4. **To boil:** cover beets with water and cook on medium high for 15-20 minutes. Strain and rinse in cold water.
5. Once your beets have cooked, set aside to cool.
6. In a small saucepan combine water, apple cider vinegar, white vinegar, sugar, and kosher salt.
7. 1 cup white vinegar, 1 cup water, 1/3 cup apple cider vinegar, 2 tbsp sugar, 1 1/2 tsp kosher salt
8. Heat until the sugar and salt has dissolved. Allow it to cool to room temperature.

The Carrots

1. 1 lb carrots, tops removed, peeled if needed, sliced into sticks.
2. Add carrots to a large mason jar or glass container. Set aside.
3. To a small saucepan add distilled white vinegar, water, salt, and sugar. Bring to a simmer over medium heat and stir to fully dissolve salt and sugar. Taste and adjust flavor as needed, adding more salt or sugar to taste.
4. Pour the brine over the carrots, ensuring they are fully submerged.

If needed, add more vinegar or a little water to cover.

5. Seal well and shake to combine. Then refrigerate for at least 1 hour. The flavors will deepen and intensify the longer it marinates. Best flavor is achieved after 24 hours.
6. Will keep in the refrigerator for 2-3 weeks (sometimes longer). Not freezer friendly.

The Turnips

1. In a medium sized pot, add the water, Kosher salt and bay leaves.
2. Heat on medium heat, stirring until salt is completely dissolved, 3-5 minutes.
3. Let cool completely then add the vinegar.
4. In a large container with a tight fitting lid, add your turnips and beets.
5. Add the garlic (this can be a very rough chop, you don't eat the garlic, it is only for seasoning so it doesn't need to look pretty).
6. Pour the liquid into the container.
7. Let sit for 5 days.
8. Before serving, they are best refrigerated.
9. Notes:
10. Make sure the beets, carrots, or turnips are covered with the brine during the pickling process. This will keep everything safe and edible.
11. These refrigerator pickles will last for six weeks in the fridge.

Carrot Ginger Soup

From: *acouplecooks.com*

From Your Share: Carrots, Ginger

Ingredients:

- 1 yellow onion
- 4 cups chopped carrots (1 3/4 pounds or about 12 large carrots- could do a mix of carrot, sweet potato, and/or butternut squash)

- 1 1/2 Tablespoons peeled and minced ginger root
- 2 Tablespoons olive oil
- 4 cups vegetable broth
- 1/4 teaspoon garlic powder
- 1 pinch cinnamon
- 1/2 teaspoon kosher salt
- 1/2 cup full fat coconut milk

Directions:

1. Dice the onion. Peel and chop the carrots. Mince the ginger.
2. In a large pot, heat the olive oil over medium high heat. Add the onion and sauté for 5 minutes. Add the ginger, carrots, vegetable broth, garlic powder, cinnamon and salt and bring to a boil. Then simmer until the carrots are tender, about 15 to 20 minutes.
3. Blend carefully.
4. Serve swirled with a drizzle of coconut milk and topped with fresh cilantro.

Japanese Ginger Salad Dressing

Adapted from: www.aspicyperspective.com

From Your Share: Carrots, Ginger, Garlic

Ingredients:

- 1 cup carrots roughly chopped
- 1/2 cup onion peeled and roughly chopped
- 1/4 cup celery roughly chopped
- 1/2 cup rice vinegar
- 1/3 cup canola oil
- 3 tablespoons fresh grated ginger
- 2 tablespoons granulated sugar or honey
- 1-2 tablespoons tamari
- Roughly chop all the produce. Place in the blender.
- 1 small garlic clove

Directions:

1. Roughly chop all the produce. Place in the blender.

2. Add all other ingredients to the blender.
3. Cover the blender and turn on high. Puree until smooth.
4. Taste, then add more soy sauce if desired. Serve.

No Bake Veggie Pizza

From: *Kayla Anderson*

From Your Share: Sweet Pepper, Carrots, Spinach

Ingredients:

- 2 large naan flatbreads
- 1 package (8 oz) cream cheese, softened
- 1/2 cup plain greek yogurt
- 1 teaspoon dried dill weed
- 1/2 teaspoon dried parsley
- 1/2 teaspoon dried chives
- 1/4 teaspoon onion powder
- 1/8 teaspoon garlic powder
- 1/4 cup shredded carrots
- 1/2 cup sweet pepper, diced
- 2 cups spinach, chopped
- 1 cup cheddar cheese, shredded

Directions:

1. Greek yogurt, cream cheese, dill, parsley, chives, onion powder, and garlic powder into a bowl. Stir until well combined.
2. Spread cream cheese mixture over both naan flatbreads.
3. Evenly distribute the spinach, sweet peppers, and carrots over the flatbreads.
4. Top with cheddar cheese, as desired.
5. Cut and serve.

Food Share 2023

Thanks for supporting the Food Share. Check out all our recipes at www.fcmarket.org

Oct. 17 was our final food share of the 2023 season. Contact Connie, vista@franklincountyfarmersmarket.org or 502-382-1254 if you'd like to help plan the 2024 Food Share.