

Recipe Booklet!

**South Frankfort Food Share
September 6, 2022**

In Your Food Share

Learn more about our farmers and the Farmers Market at: www.fcmarket.org

Collard Greens or Kale from Happy Jack's Farm
Heirloom Tomatoes from Happy Jack's Farm
Corn from Gallrein's Farm
Sweet Colorful Pepper from Happy Jack's Farm
Garlic from Blackberry Heaven
Acorn Squash from Happy Jack's Farm
Mixed Greens from Cedar Ring Greens
Summer Squash from High Five Farm & Blackberry Heaven
Jalapeño Pepper from High Five Farm
Cucumbers from High Five Farm
Carrots from Salad Days Farm
Green Tomatoes from Salad Days Farm
Cherry Tomatoes from Salad Days Farm
Apples from Eckert's Orchard

Kale Apple Salad with Honey Dressing

Adapted from www.homemadefoodjunkie.com

From your Food Share: kale, apples

Ingredients

5 cups chopped kale
2 small diced apples
1/4 cup cranberries, dried
1/4 cup chopped pecans
1/4 cup feta cheese

Dressing

4 tbsp honey
4 tbsp olive oil
2 tbsp apple cider vinegar
1/8 tsp salt
1/8 tsp pepper

Directions

Before you begin, massage the kale leaves (see below) if you want them softer.

Place the kale in the bottom of a bowl then pile the rest of the ingredients on top.

Whisk together the dressing ingredients and pour them over the top of the salad.

Refrigerate after serving and enjoy! (*You can add in your mixed greens as well if you would like.*)

Massaging the Kale

We usually eat our raw kale leaves just as they are after pulling the leafy part off the kale ribs. The ribs are often tough and chewy. If you prefer to have a softer leaf in your salad you may massage the kale. This is done after you remove the leaf off the ribs of the kale:

Put the kale leaf in a bowl with a bit of oil.

Pick up the leaves between your thumbs and fingers. Gently massage the kale between your finger until you feel the leaf start to soften (about 3 minutes).

Acorn Squash with Apple, Cranberry & Sausage Stuffing

Adapted from happilyunprocessed.com

From your Food Share: apple, acorn squash

Ingredients

2 Cups Whole Wheat Bread (stale if you have it)
1 Cup White Bread (stale if you have it)
1/2 Cup Onion, diced finely
1/2 Cup Celery, diced finely
1/2 lb Ground Pork Sausage with sage (If you can't find ground and/or it comes in a casing, remove the casing first)
1/2 teaspoon ea Dried Sage, Rosemary & Thyme
2 Tablespoons Freshly Chopped Parsley
1 Apple, cored and diced into small chunks
1/2 Cup Dried Cranberries
2 Tablespoons Butter, melted
1/4 - 1/2 cup chicken or vegetable broth

Directions

Break the bread into little pieces. Leave out for a few days to become stale- and crumble it up a bit



more each day. Alternatively, you can put the bread in the oven on 350 degrees for 5-7 minutes and then let it cool and crumble into fine pieces (smaller than ½ inch)

For the Stuffing

In a large skillet, put a little olive oil in the bottom of the pan and add the onions, celery and sausage. Continue breaking up the sausage into little crumbles. Cook until the sausage is cooked through. Add the spices and stir.

Add the apple, cranberries, bread, parsley, and butter.

Drizzle with the chicken stock until you get a nice consistency. This could take as little as 1/4 cup or as much as 1/2 a cup.

For the Squash

Cut an acorn squash in half, scoop out the seeds. Add a little olive oil in the middle and rub it around to coat the edges

Place the squash halves open side down on a baking sheet and bake in an oven at 350° F for 15-20 minutes.

Flip the squash over and run a fork through the middle making little strings. Add a little butter and top with the stuffing. Pile it on!

Bake for another 20-30 minutes or until the squash is tender and the stuffing is done.

Sauteed Greens and Beans

Adapted from www.theseoldcookbooks.com

In your Food Share: kale, collards, or other greens

Ingredients

2 pounds kale, collards, swiss chard, or other greens

3 Tablespoons olive oil

2 cloves garlic, chopped

15.5 ounces Cannellini or Great Northern beans, drained and rinsed

Salt and black pepper

Directions

Wash greens to remove dirt and remove stems from the leaves.

Cut stems into 1 inch pieces and parboil JUST the stems in acidulated water (1 quart water with 2 Tablespoons lemon juice added) for 3 to 5 minutes; drain.

Cut the leaves into 1 inch strips. Cook JUST the leaves in a skillet over medium heat for 3 to 5 minutes in the water that clings to the leaves. Once leaves are wilted, remove from pan and set aside.

In a large skillet over medium heat; add olive oil. Saute parboiled stems until tender, approximately 5 minutes.

Add drained and rinsed cannellini beans and garlic; stirring constantly for 30 seconds (be careful not to burn garlic).

Add wilted leaves to the mixture. Season with salt and pepper.

Serve hot. An additional drizzle of olive oil and grated Parmesan cheese are great additions.

Ingredients

1 pound summer squash (about 2 medium)

1 tablespoon olive oil

2 tablespoons parmesan cheese grated

1 tablespoon panko bread crumbs

1 teaspoon lemon pepper seasoning

½ teaspoon paprika

½ teaspoon kosher salt or to taste

Cucumber Tomato and Salad

Adapted from www.spendwithpennies.com

From your Food Share: tomatoes, cherry tomatoes, cucumber

Ingredients

1-2 cucumbers, sliced

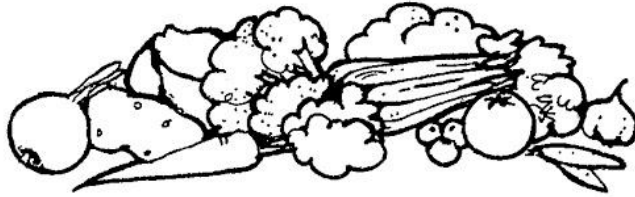
2-3 large tomatoes or equivalent amount of cherry tomatoes, diced

½ red onion sliced

1 tablespoon fresh herbs parsley, basil and/or dill, optional

2 tablespoons olive oil

1 tablespoon red wine vinegar



salt & pepper to taste

Directions

Combine all ingredients in a bowl and toss well. Refrigerate at least 20 minutes before serving.

Link to a Recipe: Pickled Green Tomatoes

MaryLinda Wells shared this recipe (along with most of the other recipes in this packet- thank you!) for Pickled Green Tomatoes that she found and wants to try.

It is a family recipe with pictures of the steps- check it out here:

<https://carlaazevedocooking.wordpress.com/2016/11/25/italys-secret-condiment-pickled-green-tomatoes/>

Or



Another Pickled Green Tomato Recipe

Adapted from www.southernliving.com

In your Food Share: green tomatoes

Ingredients

1 ¼ cups rice vinegar
½ cup sugar
2 tablespoons kosher salt
3 basil sprigs (or other herb as desired)
¼ cup thinly sliced onion
¼ teaspoon crushed red pepper
1 pound small green tomatoes (about 4), cored and cut into ⅓-inch-thick slices

Directions

Mix 1 cup water, vinegar, sugar, and salt in a medium saucepan. Bring to a boil, stirring until

sugar dissolves. Remove from heat; cool for 10 minutes. Place basil, onions, crushed red pepper, and green tomatoes in a canning jar(s). Pour vinegar mixture over green tomato mixture until completely covered. Cover with a tight-fitting lid; chill 24 hours. Store in refrigerator up to 2 months.

Apple Crisp

From thecleaneatingcouple.com

In your Food Share: apples

Ingredients

4 cups apples, sliced in ¼ inch thick pieces
1 tablespoon coconut or vegetable, melted
½ teaspoon cinnamon
¼ teaspoon ground ginger

For the Crisp Topping

½ teaspoon cinnamon
¼ teaspoon ground ginger
¼ teaspoon nutmeg
1 cup old fashioned oats
⅓ cup pecans, chopped
2 tablespoons coconut or vegetable oil
1 tablespoon maple syrup or honey

Directions

Preheat oven to 350 and prepare a greased 8×8 baking dish

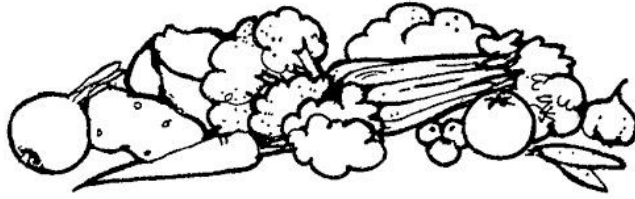
Cut apple slices into ¼ inch thick slices.

Melt oil. Toss apples with oil, cinnamon + ginger. Set aside.

Mix together crisp topping.

Pour apples into bottom of the baking dish. Layer crisp topping evenly on top of apples.

Cover apple crisp with aluminum foil and bake at 350 for 20 mins. After 20 minutes, remove cover and bake for another 10-20 minutes until apples are fork tender and the crisp topping is golden brown.



Roasted Autumn Root Vegetable Bisque

From Chef Mike Vaughn

From your Food Share: acorn squash, garlic, pepper, jalapeno,

This makes a lot! You can reduce as desired.

Ingredients

Acorn Squash- 4 each
Sweet Potato- 3 large each
Yellow Onion- 1 large, roughly chopped
Roasted Garlic- 6 cloves
Roasted Sweet Pepper - 2 each
Jalapeno - 1 each
Heavy Cream - 2 cup
Chicken Stock - 2.5 qts
Kosher Salt to taste
Black Pepper to taste
Olive oil (for coating & roasting squash)
Grated Parmesan - 1/2 cup
Salted butter - 1 stick
Smoked Paprika 1 1/2 Tablespoons
Cumin - 2 Tablespoons
Yellow Curry - 1 1/2 Tablespoons
Fresh Rosemary - 1/4 cup
Fresh Basil - 1 cup

Directions

Split, score, deseed, and season acorn squash with salt, pepper, cumin, & curry. Drizzle with olive oil to coat exposed squash. Peel & cut sweet potatoes into medium size chunks, toss & coat with the same mixture. Roast acorns cut side down on sheet pan along with sweet potatoes at 375 degrees for 45 minutes. Scrape one acorn (2 sides), set the others aside for bowls. In a medium stock pot sweat down onion and garlic with the butter until translucent. Add all remaining ingredients except the cheese & fresh herbs, bring to boil then reduce to low simmer for 15-20 minutes or until the pot is reduced by 1/4. Remove from heat and blend with immersion blender or traditional blender until smooth and

silky. Return to heat and simmer, add cheese & fresh herbs. Add additional cream if needed to reach desired consistency. Ladle into already prepared acorn squash bowls for serving. Enjoy!

Our Remaining Two Food Shares are:

Tuesday, September 20 | 5 - 7pm

Tuesday, October 18 | 5 - 7pm

Order online at www.fcmarket.org or call/text Connie at 502-382-1254 or email vista@franklincountyfarmersmarket.org