



Recipe Booklet!

South Frankfort Food Share

May 30, 2023

Learn more about the farmers market and our farmers at fcmarket.org

In your food share:

- Apples from Stepping Stone Orchard
- Beet Greens from Lost Acres Farm
- Sugar Snap Peas from Happy Jack's Farm
- Carrots from High Five Farm
- Garlic Scapes from Blackberry Heaven & Cedar Ring Greens
- Green Garlic from Frankfort Independent Farm to School
- Green Onions from Russell Gardens
- Chard & Collard from Cedar Ring Greens & High Five Farm
- Kale from Cedar Ring Greens & High Five Farm
- Lettuce Mix from Salad Days Farm
- Radishes from Salad Days Farm
- Sweet Potatoes from Frankfort Independent Farm to School & Flat Creek Farm

Kale Chips (GF) (V)

From Your Share: Kale

Ingredients

- 1 head kale
- 2 Tbsp. olive oil
- Sea salt

Directions

1. Preheat oven to 275 degrees F.
2. Wash and thoroughly dry kale. Remove leaves from ribs and cut into 1½" pieces. In a large bowl, toss kale with olive oil. For best results, gently massage oil into kale leaves.
3. Arrange kale on baking sheet lined with

parchment paper. Sprinkle lightly with sea salt and bake 20 minutes or until leaves are lightly browned, flipping halfway.

Kale and Apple Salad (V)

Contributed by: Kayla Anderson

From Your Share: Apples · Carrots · Greens · Garlic

Ingredients

- 1 c. barley, whole grain couscous, or quinoa
- 1 bunch hearty greens (*such as kale, chard, collard, and/or beet greens*)
- 2 medium carrots, shredded
- 1 medium firm apple
- 1 clove garlic
- ½ c. nuts or seeds (*such as pecans, almonds, or walnuts*)
- 1 medium lemon
- ¼ c. apple cider vinegar
- 1 Tbsp. Dijon mustard
- ¼ c. olive oil
- ¼ t. each salt & pepper

Directions

1. Prepare grains according to package instructions. Transfer to large bowl. Prepare rest of salad while grains cool completely.
2. Rinse carrot, kale, and apple. Remove stems from greens. Stack leaves together and roll into a thick log. Slice thinly.
3. Peel and shred carrots. Cut apple into ¼" cubes. Peel and mince garlic.
4. Rinse and cut lemon in half. Squeeze juice into a small bowl. Remove any seeds.
5. Add vinegar, minced garlic, and mustard to lemon juice. Whisk with a fork to combine. While whisking, slowly drizzle in oil. Season with salt and pepper.
6. When grains are cool, add greens, carrots, apples, and nuts. Drizzle with dressing and toss to combine.



Sugar Snap Pea Salad (GF) (V)

Adapted from: NYT Cooking

From Your Share: Radish · Sugar Snap Peas

Ingredients

½ c. radishes, sliced
1½ c. sugar snap peas
1 c. feta, ricotta salata, or pecorino romano crumbled
¼ c. fresh mint, torn
1 clove garlic, minced
Pinch sea salt
1 Tbsp. lemon juice
1 tsp. balsamic vinegar
3 Tbsp. extra virgin olive oil
Ground pepper, to taste

Directions

1. In a large bowl, toss radishes, peas, ricotta, and mint.
2. In a small bowl, add lemon juice, balsamic vinegar, garlic, and salt. Stir well to combine. Slowly drizzle in olive oil; pepper to taste.
3. Drizzle salad with dressing. Toss well to coat and serve.

Rainbow Summer Salad (V)

Adapted from: Taste of Home

From Your Share: Carrots · Lettuce or Salad Mix · Radishes

Ingredients

4 mandarin oranges, peeled & segmented
3 medium carrots, thinly shaved
½ small red onion, thinly sliced
½ medium beet, thinly sliced
1 small bunch radishes, thinly sliced
2 Tbsp. sun-dried tomatoes
4 c. torn leaf lettuce
¼ c. shaved parmesan cheese
¼ c. white balsamic vinaigrette

Directions

1. Combine oranges, carrots, onion, beet, radishes, and sun-dried tomatoes in a large bowl. Drizzle with vinaigrette; lightly toss to coat.

2. To serve, arrange lettuce or salad mix on a platter; top with vegetable mixture and parmesan. Enjoy!

Three Greens Pesto (GF) (V)

Adapted from: NYT Cooking

From Your Share: Carrots · Garlic scapes

Equipment: Food processor

Ingredients

¾ c. carrot tops
¾ c. chopped garlic scapes
¼ c. fresh basil
¼ c. raw sunflower seeds
½ c. extra virgin olive oil

Directions

1. Prepare carrot tops by rinsing well and culling any dry or yellowed leaves. Discard any rough stems.
2. In a food processor, combine all dry ingredients and pulse 30-60 seconds. Scrape down sides with a rubber spatula, then slowly add olive oil. Process until desired consistency or smooth.
3. Salt to taste and serve.

Green Garlic Potato Salad (V)

Adapted from: Bacon is Magic

From Your Share: Green Garlic · Green Onion

Equipment: Food processor

Ingredients

Green Garlic Dressing
Yield: 1¾ cups dressing
½ c. green garlic, puréed
1 c. mayonnaise
2 Tbsp. honey
1½ Tbsp. apple cider vinegar

Potato Salad

1 lb. boiled potatoes
2 sprigs dill
⅓ c. green onion, chopped

Directions

1. Make dressing by combining all ingredients.



- This can be made several days in advance.
2. Coat potatoes in dressing. Garnish with green onions and fresh dill.
 3. Salt and pepper to taste, and serve.

Garlic Scape Mayonnaise (GF)

From Chef Lee Dempsey, of Holly Hill Inn
From your share: garlic scapes, maybe dill
This mayonnaise is great with fried or roasted potatoes or really anything you want. Try adding a couple tablespoons of sour cream and lemon juice and a tablespoon of milk or water for a salad dressing!

Ingredients

- 3 T. minced garlic scapes
- 1 T. minced parsley or dill (if you like)
- 1 c. mayonnaise
- 2 T. lemon juice (optional)
- salt and pepper to taste

Directions

Add all ingredients except for salt and pepper into a food processor, and process until smooth. Taste the mixture, and season with salt and pepper to your liking.

Seared Greens (GF) (V)

Myplate.gov

From your share: greens, garlic scapes
This quick and delicious way to cook greens will give you a tasty side dish in minutes - or add a your favorite beans or meat to this and serve it with rice or another grain for a simple meal.

Ingredients

- 8 cups kale, collards, or other greens (1 1/2 pounds)
- 2 tablespoons vegetable oil (or olive oil)
- 4-8 garlic scapes (chopped)

- 1 cup water
- 1/4 teaspoon salt
- 1 teaspoon black pepper
- 2 tablespoons vinegar, cider

Directions

Wash greens and tear or cut into 1/2 inch pieces.

In a pot or skillet with a cover, sauté garlic in oil. Add greens in pan with 1 cup water.

Cover pan and steam for 4 minutes.

Uncover, stir constantly until greens shrink.

Add salt and pepper and stir in. Sprinkle cider vinegar on

Honey-Roasted Carrots (GF) (V)

Adapted from Dinner at the Zoo

Ingredients

- 1 bunch carrots, tops trimmed
- 2 T. vegetable or olive oil
- 2 T. honey
- salt and pepper to taste
- cooking spray
- chopped parsley

Directions

1. Preheat oven to 400 degrees F. Line a sheet pan with foil, and coat with cooking spray.

2. Place carrots in a single layer on the baking pan.

3. In a small bowl, mix together oil, honey, salt and pepper. Pour over carrots, and toss to coat.

4. Bake for 25-35 minutes, or until carrots are tender and browned. Roasting time may vary depending on the size of the carrots. Serve immediately, sprinkled with parsley.



Warm Carrot Top Salad

Adapted from Organic Authority

Ingredients

1 tsp. vegetable or olive oil
1 tsp. ground cumin
1 medium onion, minced
1 garlic scape, minced
2 c. cooked chickpeas
1 bunch carrot tops, chopped
2 T. lemon juice
salt and pepper to taste

Directions

In a saucepan over medium-high heat, add oil and cumin. Stir and let cook for 1 minute. Add onion, and sauté for a few minutes, until translucent. Add garlic scapes and chickpeas, and stir while cooking. After 2 to 3 minutes, remove the pan from the heat, and stir in carrot tops, lemon, and salt and pepper.

Sweet Potato Skillet (GF) (V)

Adapted from: A Couple Cooks

From Your Share: Chard · Sweet Potato

Equipment

12" cast-iron skillet
Food processor *or* box grater

Ingredients

2 lbs. sweet potatoes
3 cloves of garlic
1 bunch chard
2 Tbsp. cooking oil
1 tsp. dried oregano*
1 tsp. dried basil*
4 oz. crumbled feta cheese
4 farm fresh eggs
Salt & pepper to taste

(* Dried herbs can be substituted for their fresh equivalents at a 1 tsp. = 1 Tbsp. ratio. If using fresh herbs, add to skillet with chard rather than sweet potatoes to avoid burning.

Directions

1. Wash sweet potatoes and chard. Shred or grate potatoes. To prepare chard, cut leaves away from stem and then into thin strips. Peel and mince garlic.
2. In a large skillet, heat cooking oil to medium. Add sweet potatoes, garlic, and seasonings. Sauté 7-8 minutes, stirring frequently, or until potatoes are tender.
3. Add chard to skillet and sauté 1 minute. Stir in half of the feta. Crack eggs into the skillet, then add remaining feta. Broil on high 4-6 minutes or until egg whites are solid. Serve immediately.

South Frankfort Food Share Dates 2023

Every other Tuesday | 5:00–7:00 PM | Dolly Graham Park

May 30 | June 13 | June 27 | July 11 | July 25 | August 8

August 22 | September 5 | September 19 | October 3 | October 17