

Strawberries and Cream

INGREDIENTS

2 cups strawberries (*washed, hulled, and sliced*)
1 cup sour cream or yogurt (*substitute low-fat or fat-free sour cream or yogurt*)
2-3 Tbsps. sugar or honey

Optional garnish: mint leaf or chocolate shavings

DIRECTIONS

Prepare berries, stir the sugar (or honey) into the sour cream (yogurt) until dissolved. Combine strawberries and cream mixture and stir just until cream is pink. Garnish with a sliced berry, a mint leaf, or chocolate shavings.

Thanks to [Prospect Hill Orchards](#) in Milton, NY, for sharing this favorite family recipe with us!

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Cherry-Walnut Tart

INGREDIENTS

1 cup	flour
2 Tbsps. plus 1¼ cups	sugar
1/2 teaspoon	salt
1/4 cup	light olive oil
2 Tbsps.	ice water
1/3 cup	cornstarch
1/2 teaspoon	cinnamon
1/8 teaspoon	allspice
6 cups	drained water-packed sour cherries



Optional: serve with a bowl of sweetened yogurt

DIRECTIONS

1. Preheat oven to 350°F. Place walnuts on a jellyroll pan and bake 7 minutes or until fragrant and lightly crisped. Set on rack and cool. Increase oven temperature to 400°F.
2. In food processor, combine flour, 2 tablespoons of sugar, salt, and walnuts. Process until nuts are finely ground. Transfer to large bowl.
3. In small bowl, whisk together oil and ice water until well combined. Make well in center of dry ingredients, add oil/water mixture, and stir with fork until well combined. Shape dough into 1/2-inch-thick disk.
4. Roll dough out between 2 sheets of lightly floured wax paper into 11-inch circle (about 1/8-inch thick). Transfer dough to 9-inch tart pan with removable bottom and carefully fit dough into pan. Trim edge even with top of tart pan. Prick bottom and sides of crust all over with fork tines. Line with wax paper or foil and fill with dried beans or pie weights. Bake 15 minutes.
5. Remove wax paper or foil and weights and bake the shell for 10 minutes more, or until edges are golden brown. Set on a rack to cool completely before filling.
6. Set oven temperature to 350°F. In large bowl, combine remaining 1¼ cups sugar, cornstarch, cinnamon, and allspice. Add cherries, tossing to coat. Spoon cherry mixture into prepared shell and place on baking sheet to catch any drips.
7. Bake 20 minutes until filling is piping hot and set. Cool on a wire rack. Serve at room temperature or chilled.

NUTRITIONAL INFORMATION

Per serving: 398 calories, 11g total fat, 1.3g saturated fat, 5.9g monounsaturated fat, 3.2g polyunsaturated fat, 4g dietary fiber, 4g protein, 74g carbohydrate, 0mg cholesterol, 164mg sodium.

Good source of copper, fiber, folate, iron, riboflavin, selenium, thiamin.

Recipe courtesy of wholehealthmd.com

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Tri-Berry Salad

Vinegar, black pepper, and allspice accentuate the sweet flavor of the berries in this dessert salad.

INGREDIENTS

1/4 cup	orange juice
2 tablespoons	balsamic vinegar
2 tablespoons	firmly packed brown sugar
1/8 teaspoon	pepper
1/8 teaspoon	allspice
3 cups	halved strawberries
1 cup	raspberries
1 cup	blackberries
1/2 cup	toasted walnuts, coarsely chopped



DIRECTIONS

1. In large bowl, whisk together orange juice, vinegar, sugar, pepper, and allspice. Add strawberries, raspberries, and blackberries and toss to coat.
2. To serve, spoon berry mixture into bowls and sprinkle walnuts on top.

NUTRITIONAL INFORMATION

Per serving: 205 calories, 10g total fat, 1g saturated fat, 2.2g monounsaturated fat, 6.3g polyunsaturated fat, 8g dietary fiber, 3.6g protein, 29g carbohydrate, 0mg cholesterol, 8mg sodium.

Good source of anthocyanins, copper, fiber, folate, magnesium, potassium, vitamin B6, vitamin C.

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Raspberry & Kale Smoothie

INGREDIENTS

- 1½ cups fresh raspberries
- 1/2 cup garden kale (shredded)
- 2 Tbsps. local honey
(raw honey has more nutrients, probiotic benefits, and is anti-inflammatory)
- 1 cup milk, dairy alternative, or juice

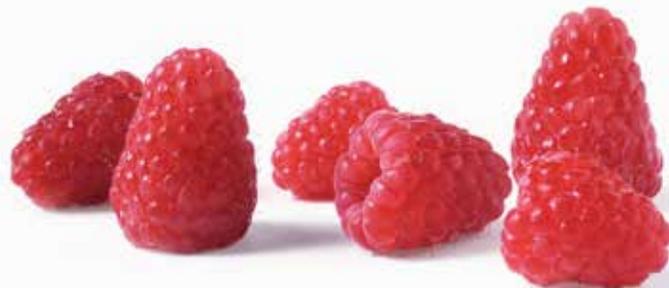


DIRECTIONS

1. Combine all ingredients in blender and blend until smooth (if preferred, pour over ice)
2. For a frozen treat, pour mixture into ice pop molds and freeze until firm (about 4 hours)

Thanks to [Hurds Family Farm](#) in Modena, NY, for sharing this recipe with us!

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Rhubarb Applesauce

INGREDIENTS

3 lbs. apples
1½ lbs. rhubarb
1/2 cup granulated sugar
2 cups apple cider

DIRECTIONS

1. Add apples, rhubarb, 1/2 cup sugar, and 2 cups cider to a large pot set over medium heat.
2. When the mixture comes to a boil, reduce heat and simmer, partially covered, for 30-40 minutes until soft and thick.
3. Enjoy!

Thanks to [Samascott Orchards](#) in Kinderhook, NY, for sharing this recipe with us!



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Lemon-Tarragon Grilled Corn

If you have the time, soak the corn (after removing the silk; see step 2) for an hour or so in a bucket of cold water. Then proceed with brushing the lemon-tarragon mixture on the corn.

INGREDIENTS

3 Tbsps.	fresh lemon juice
2 teaspoons	extra-light olive oil
1 teaspoon	tarragon
4 ears	corn, unhusked
3/4 teaspoon	salt

DIRECTIONS

1. Preheat the grill to medium. In a small bowl, combine the lemon juice, oil, and tarragon. Set aside.
2. Peel back the husk from the corn and remove the corn silk, leaving the husk attached. Rinse the corn under cold running water to dampen the husks. Brush the lemon-tarragon mixture over the corn kernels, then pull the husk back over the corn and tie with kitchen string (be sure the kitchen string is dampened).
3. Cook the corn in a covered grill, turning as the husks blacken, for 20 minutes or until piping hot. Remove the string and husks, sprinkle salt over the corn, and serve.

NUTRITIONAL INFORMATION

Per ear: 114 calories, 3.3g total fat (.5g saturated), 0mg cholesterol, 2.4g dietary fiber (.1g soluble), 22g carbohydrate, 3g protein, 450mg sodium.

Good source of folate, lutein, zeaxanthin, thiamin, vitamin C

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Blueberry-Apricot Shake

While fresh blueberries work fine, frozen blueberries make the shake thick and icy.

INGREDIENTS

1/2 cup	frozen blueberries
1/2	medium banana
1 can (5½ ounces)	apricot nectar

DIRECTIONS

In a blender, combine blueberries and banana and process until mixture is coarsely chopped. Add 3 tablespoons of apricot nectar and process until almost smooth. Add remaining nectar and process until smooth and frothy.

NUTRITIONAL INFORMATION

Per serving: 181 calories, 0.9g total fat, 0.2g saturated fat, 0.2g monounsaturated fat, 0.3g polyunsaturated fat, 4.4g dietary fiber, 1.5g protein, 46g carbohydrate, 0mg cholesterol, 6mg sodium.

Good source of vitamin B6.

Recipe courtesy of wholehealthmd.com

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Baked Cod with Summer Squash

Fish fillets sautéed in a little olive oil then baked are far lower in fat than fried fish. Meaty cod fillets baked with vegetables and tomato sauce make a substantial main dish. Serve the fish with brown rice or pasta.



INGREDIENTS

1/4 cup	plain dried bread crumbs
1/4 cup	grated Parmesan cheese
1/2 teaspoon	rosemary, crumbled
2 Tbsps.	olive oil
1	medium onion, finely chopped
3 cloves	garlic, minced
1	red bell pepper, diced
2	medium yellow squash (6 ounces each), halved lengthwise and cut crosswise into 1/4-inch-thick slices
1 teaspoon	salt
1/2 teaspoon	black pepper
1 1/2 cups	canned tomatoes, chopped with juice
4	skinless, boneless cod fillets (6 ounces each)

DIRECTIONS

1. Preheat oven to 400°F. In a small bowl, stir together the bread crumbs, Parmesan, rosemary, and 1 tablespoon of oil; set aside.
2. In a large ovenproof nonstick skillet, heat remaining 1 tablespoon oil over medium heat. Add onion and garlic and stir-fry 7 minutes or until onion is tender.
3. Stir in bell pepper, yellow squash, 1/2 teaspoon of salt, and 1/4 teaspoon of pepper. Cook, stirring occasionally, 5 minutes or until pepper is crisp-tender. Stir in tomatoes and 1/4 teaspoon of salt. Bring to a boil and cook 7 minutes or until lightly thickened.
4. Place cod on top of vegetables and sprinkle with remaining 1/4 teaspoon salt and pepper. Top with bread crumb mixture. Bake uncovered 20 minutes or until cod is cooked through and bread crumbs are lightly browned.

NUTRITIONAL INFORMATION

Per serving: 256 calories, 10g total fat, 2.4g saturated fat, 5.8g monounsaturated fat, 1.1g polyunsaturated fat, 3.9g dietary fiber, 25g protein, 18g carbohydrate, 50mg cholesterol, 956mg sodium.

Good source of lycopene, selenium, vitamin B6, vitamin C.

Recipe courtesy of wholehealthmd.com

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Carrot-Apple Slaw

This refreshing yogurt-dressed slaw makes a superb accompaniment to Indian curry or tandoori-baked chicken. Or, serve the slaw as a salsa to top a well-peppered chili con carne.

INGREDIENTS

1 cup	plain nonfat yogurt
2 Tbsps.	dried currants
1/4 cup	boiling water
2 Tbsps.	frozen apple juice concentrate
1/8 teaspoon	cinnamon (optional)
1/8 teaspoon	cumin
1/8 teaspoon	pepper
4	large carrots, coarsely shredded
2	medium unpeeled Golden Delicious apples, coarsely shredded

DIRECTIONS

1. Line a small strainer with a paper towel (or line a coffee filter cone with a paper filter) and place over a small bowl. Spoon in yogurt and let drain for 15 minutes. Discard whey.
2. Meanwhile, place currants in small heatproof bowl or cup and pour the boiling water over them; set aside for 10 minutes to plump, then drain.
3. In large bowl, combine thickened yogurt with apple juice concentrate, cinnamon (if using), cumin, and pepper. Add carrots, apples, and drained currants, and toss well.

NUTRITIONAL INFORMATION

Per serving: 143 calories, 0.6g total fat, 0.2g saturated fat, 0g monounsaturated fat, 0.2g polyunsaturated fat, 5g dietary fiber, 5g protein, 32g carbohydrate, 1mg cholesterol, 81mg sodium.

Good source of beta-carotene, fiber.



Grilled Asparagus & Peppers with Orange-Balsamic Dressing

Grilled asparagus is delicious, but the shape of the asparagus makes it difficult to grill unless you have either a grill topper or a basket of some sort. If you don't, try broiling it instead.



INGREDIENTS

1/2 pound	asparagus
2 Tbsps.	water
4 teaspoons	olive oil
2	red bell peppers, cut lengthwise into flat panels
1/3 cup	balsamic vinegar
1/3 cup	orange juice
1 Tbsp.	Dijon mustard
2 teaspoons	light brown sugar
1/2 teaspoon	ground ginger
1/4 teaspoon	salt
8 ounces	linguine
8 ounces	extra-firm tofu, cut into 1/2-inch chunks

DIRECTIONS

1. Spray a grill topper with nonstick cooking spray. Preheat the grill. Off the heat, spray a grill topper with nonstick cooking spray. In a shallow bowl, whisk together the water and 1 teaspoon of oil. Add the asparagus, tossing to coat.
2. Place the asparagus on the grill topper. Place the pepper panels, skin-side down, on the grill topper. Grill until the pepper skins are charred and the asparagus is golden brown, about 7 minutes. When cool enough to handle, peel the peppers and cut into 1/2-inch-wide strips. Cut the asparagus into 1-inch lengths.
3. Meanwhile, in a large bowl, whisk together the remaining 1 tablespoon oil, vinegar, orange juice, mustard, brown sugar, ginger, and salt.
4. In a large pot of boiling water, cook the pasta according to package directions. Drain and add to the bowl of dressing.
5. Add the asparagus, bell pepper, and tofu to the bowl and toss to combine. Serve at room temperature or chilled.

NUTRITIONAL INFORMATION

Per serving: 369 calories, 9.6g total fat (1.3g saturated), 0mg cholesterol, 3.8g dietary fiber (1.1g soluble), 58g carbohydrate, 15g protein, 697mg sodium.

Good source of selenium, vitamin C.

Recipe courtesy of wholehealthmd.com

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Spinach Pasta with Avocado-Pumpkin Seed Pesto

Classic pesto from Italy (basil, pine nuts, olive oil, and Parmesan) is the inspiration for this delightful and imaginative Mexican version. The pumpkin seeds, avocado, and pasta combine to contribute a significant amount of heart-healthy magnesium to this recipe.



INGREDIENTS

2	green bell peppers, cut lengthwise into flat panels
3/4 cup (3 ounces)	hulled pumpkin seeds
2	ripe avocados, pitted
1 cup	packed cilantro leaves and tender stems
1/3 cup	fresh lime juice
1½	teaspoons salt
12 ounces	spinach linguine or spaghetti

DIRECTIONS

1. Preheat broiler with rack 6 inches from heat. Place peppers skin-side up on broiler rack and broil 10 minutes, or until skin is charred. When cool enough to handle, peel peppers and transfer to a food processor.
2. Meanwhile, in small skillet, toast pumpkin seeds over medium heat until they begin to pop, about 3 minutes. Transfer to processor along with avocados, cilantro, lime juice, salt, and 3/4 cup water, and process until smooth and creamy.
3. In large pot of boiling salted water, cook the linguine according to package directions. Drain. Transfer to large bowl, add the avocado mixture, and toss to combine.

NUTRITIONAL INFORMATION

Per serving: 611 calories, 29g total fat, 4.9g saturated fat, 13.8g monounsaturated fat, 8.4g polyunsaturated fat, 10.2g dietary fiber, 21g protein, 76g carbohydrate, 0mg cholesterol, 923mg sodium.

Good source of fiber, folate iron, magnesium, potassium, vitamin B6, vitamin C, zinc.

Recipe courtesy of wholehealthmd.com



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