

Roasted Baby Artichokes

Betsy Wharton

(This recipe and more can be found at www.clallamcanningcompany.com)

Ingredients:

6-12 baby artichokes (less than 3 inches in diameter)

1-2 Tbsp. olive oil

For Vinaigrette:

1/4 cup lemon juice (or balsamic vinegar)

1/2 cup olive oil

1 tsp. prepared brown mustard

1 clove minced garlic

salt and pepper to taste

Peel away the outer petals revealing tender inner yellow petals. Trim any thorns from the top of the artichokes and cut the stem to within 1 inch of the base. Slice in half. The tender inner petals of an uncooked artichoke will turn brown almost immediately when sliced. This does not affect the flavor, but if you want to minimize the color change, be ready with a bowl of diluted-lemon or vinegar water, and plunge the sliced artichokes in. Pre-heat the oven to 375. Pat dry the artichokes and brush them with olive oil. Wrap artichokes in foil to seal in the moisture, and roast for 5-7 minutes until tender. Remove from grill and toss with the vinaigrette. Allow them to sit for an hour or more, and the flavors will mingle.

Artichokes: Simply Steamed

Betsy Wharton

(This recipe and more can be found at www.clallamcanningcompany.com)

For fresh picked full size globes, greater than 3 inches in diameter, cut the stem close to the base of the globe and trim the pointy tips about 1 inch from the non-stem end. Soak artichokes in salty water to help remove any garden insects hiding inside.

Steam whole artichokes in 2-3 inches of water in a pot with a tight fitting lid. Use a steaming rack if available. Depending on size of the artichokes, this will take between 35-55 minutes. Add more water to the steaming pot as needed. Test for doneness by peeling off an outer petal, let it cool and sample it for tenderness. Serve whole artichokes as a first course, with a dipping sauce such as melted butter with lemon or garlic, mayonnaise, or any favorite salad dressing. Or go naked, and enjoy the sweet nutty flavor of the artichoke on its own.

Asparagus Soup

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Ingredients:

1 onion, chopped

1 Tbsp. butter or margarine

1 pound fresh asparagus, trimmed and coarsely chopped

1 cup vegetable or chicken broth

1 clove garlic, minced

Dash pepper

1 cup low-fat milk

Place onion, butter and garlic in a microwave safe dish and microwave on HIGH for 2 minutes. Add asparagus, broth and pepper. Microwave, covered, on HIGH for 6 to 8 minutes. Puree in blender. Return mixture to microwave safe dish. Stir in milk and microwave on MEDIUM until heated through.

Ham Asparagus Bake

Washington WIC and Senior Farmers Market Nutrition Programs

Ingredients:

1 pound asparagus

8 thin slices cooked ham
1 can cream of mushroom soup
1/3 cup low-fat milk

Steam asparagus in a covered pan with 1 inch of water for 4-7 minutes or until tender. Drain, place 2 or 3 spears on each slice of ham and roll up. Place in a 1-1/2 quart shallow casserole dish. Stir soup and milk together and pour over ham. Bake at 350 degrees for about 30 minutes.

Italian Broccoli and Pasta

Washington WIC and Senior Farmers Market Nutrition Programs

Ingredients:

1 cup pasta noodles, uncooked
1/4 cup chopped onion
1 cup broccoli florets
1/2 tsp. thyme, dried
1/4 tsp. oregano, dried
1/4 tsp. black pepper
1 cup stewed or diced tomatoes, not drained
2 tsp. Parmesan cheese

Cook pasta according to package directions. Drain. Spray a skillet with cooking spray and sauté onion and broccoli for 3 minutes. Add seasonings and tomatoes and simmer until heated through. Spoon vegetable mixture over hot pasta and top with parmesan cheese. Makes 2 servings.

Broccoli Salad

Washington WIC and Senior Farmers Market Nutrition Programs

Ingredients:

3/4 pounds broccoli
1/3 cup light mayonnaise
1 Tbsp. sugar
2 tsp. vinegar
2 tsp. low-fat milk
2 Tbsp. raisins
1/4 cup walnuts, chopped
1/4 cup red onion, thinly sliced

Wash broccoli. Cut heads into florets, peel and dice stems. Chop as fine as desired. Combine light mayonnaise, sugar, vinegar, and milk. Mix well. Add to chopped broccoli. Add raisins, walnuts, and onions to broccoli mixture. Stir to coat all pieces with dressing. Chill before serving. Makes 5 servings.

Broccoli Soup

Cindy Ericksen, Master Gardener

Ingredients:

1 Tbsp. butter, melted
1/2 medium onion, chopped
1/4 cup melted butter
1/4 cup flour
2 cups half-and-half
2 cups chicken stock or bouillon
1/2 pound fresh broccoli
1 cup carrots, julienned
salt and pepper to taste
1/4 tsp. nutmeg
pinch of cayenne pepper
8 ounces grated sharp cheddar cheese

Saute onion in butter. Set aside. Cook melted butter and flour using a whisk over medium heat for 3-5 minutes. Stir constantly and slowly add the half-and-half (this is called making a roux). Add the chicken stock whisking all the time. Simmer for 20 minutes.

Add the broccoli, carrots and onions. Cook over low heat until the veggies are tender for 20-25 minutes. Add salt and pepper. The soup should be thickened by now. Pour in batches into blender and puree. Return to pot over low heat and add the grated cheese; stir until well blended. Stir in spices and serve. Serves 4.

Roasted Broccoli

Betsy Wharton

(This recipe and more can be found at www.clallamcanningcompany.com)

Ingredients:

1 bunch broccoli

2 Tbsp. olive oil

½ tsp. garlic powder or 2 cloves fresh garlic minced or pressed

Salt and pepper to taste

Preheat oven to 425 and line a baking sheet with parchment paper. Cut broccoli into small-medium size pieces. Wash and let drain. In a large bowl, coat the broccoli with ½ the oil, garlic, salt and pepper. Toss with hands to coat the broccoli. Add the rest of the oil and spices and toss to evenly cover. Place veggies on the baking sheet and bake for 12 minutes, or until the broccoli begins to singe and turn dark. Serve as an appetizer or side dish.

Broccoli Potato Soup

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Ingredients:

1 onion, sliced

2 cups chopped broccoli

1 Tbsp. oil

1 (10.75 ounce) can condensed cream of potato soup

1 cup low-fat milk

1/2 cup water

1/2 tsp. basil

1/4 tsp. black pepper

1/3 cup shredded cheese

Sauté onion and broccoli in oil over medium heat for 5 minutes, or until tender. Stir in soup, milk, water, basil and pepper. Mix well and heat through, about 15 minutes. Add cheese and stir until melted. Makes 4 servings.

Pasta Delight

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Ingredients:

2 tsp. vegetable oil

1/2 cup chopped carrot

1/4 cup chopped red onion

1 cup broccoli, chopped

1 tsp. oregano

1 tsp. basil

1 clove garlic, minced

1 1/2 cups pasta - cooked, drained and rinsed (any shape)

2 Tbsp. parmesan cheese

Cook pasta according to package instructions. Heat oil in a large skillet. Sauté carrots, onion and broccoli for 5 minutes, stirring often. Add oregano, basil and garlic. Sauté for 2-3 more minutes. Add cooked pasta to vegetables and gently combine with a large spoon or spatula. Sprinkle parmesan cheese over pasta, cover and cook for 1 more minute. Serve

hot. Makes 2-3 servings.

Marinated Sugar Snap Peas

Washington WIC and Senior Farmers Market Nutrition Programs

Ingredients:

*1/2 pound sugar snap peas
1/4 small onion, thinly sliced
1 garlic clove, minced
Pinch of sugar
1/4 cup oil
Black pepper to taste*

Heat a pot of water to boiling. Add peas and cook 1 minute. Drain and rinse under cold running water. Place peas in a bowl. Add onion, garlic, sugar, oil, and pepper. Toss gently. Refrigerate, covered, at least 30 minutes. Makes 3 servings.

Rice Casserole

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Ingredients:

*1 cup mushrooms, sliced
1 Tbsp. butter or margarine
1 can condensed cream of mushroom soup
1 1/2 cups milk
1 3/4 cups instant brown or white rice
1 1/2 cups green peas*

In a skillet, sauté mushrooms in butter or margarine for 2-3 minutes. Set aside. Combine cream of mushroom soup and milk in a pan and cook over medium heat, stirring often. When soup comes to a slow bubble, add instant rice and peas. Cover and let sit for at least 5 minutes. Stir in mushrooms and warm through. Salt and pepper to taste. Leftovers freeze well.

Curry Dressing for Pasta Salad

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Ingredients:

Dressing:

*1 1/2 tsp. vinegar
1 tsp. curry powder
1/4 cup low-fat plain yogurt
2 Tbsp. mayonnaise
1 Tbsp. low-fat milk
1 tsp. salt*

Pasta (Optional):

*4 cups cooked pasta, chilled
1 cup fresh or frozen peas, thawed
1 red pepper, diced*

Combine all dressing ingredients in a small bowl. Stir together with a fork or whisk. Thin the dressing with more milk, if desired. Chill well before using. Use as a salad dressing or follow instructions below for pasta salad. Combine peas, red pepper, and pasta in bowl. Just before serving, toss the pasta with enough dressing to lightly coat. Makes 4 servings.

Spinach Rice Casserole

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Ingredients:

1/2 cup chopped onion

1 clove garlic, minced
1½ Tbsp. butter or margarine
1 pound fresh, chopped spinach or other greens
2 eggs, beaten
2 cups cooked brown or white rice
½ cup low-fat milk
¾ cup cheese, shredded
1 Tbsp. light soy sauce

Sauté onions and garlic in butter or margarine over medium heat. When onions are soft, add spinach or greens. Cook 2 minutes. Combine all ingredients and mix well. Spread into a well greased casserole dish and cover. Bake at 350 degrees for 35 minutes.

Fresh Spinach with Lemon and Garlic

Beth Oakes, Master Gardener

Ingredients:

4 Tbsp. olive oil
2 garlic cloves sliced thin
About a pound of fresh spinach, coarsely shredded (other greens, such as kale or Swiss chard, may be substituted for the spinach)
Juice of ½ a fresh lemon or to taste
Salt and pepper to taste

Heat the olive oil in a large skillet, add garlic slices and torn spinach and cook and stir until the spinach is soft. Transfer to a serving bowl, squeeze the lemon over the spinach, season with salt and pepper and mix it all together.

North Peninsula Spring Frittata

Betsy Wharton

(This recipe and more can be found at www.clallamcanningcompany.com)

In a 10" cast iron skillet, sauté your choice of minced garlic, finely chopped leeks or spring onions, and sausage if desired. Once sausage has browned add your choice of finely chopped spring greens including spinach, rabb, beet greens, parsley or chard. Cook until greens are wilted. In a separate bowl, mix 10 eggs, with ¾ cups milk, salt and pepper to taste and ½ cup of your favorite cheese (for a little adventure try blue cheese.) Pour the egg mixture over the veggies and place the skillet in the oven on 350 F for about 20 minutes or until the surface of the frittata has solidified.

Garden Frittata

Washington WIC and Senior Farmers Market Nutrition Programs

Ingredients:

2 tsp. vegetable oil
1/2 cup chopped onion
1 clove garlic, minced
1 medium tomato, chopped
1/2 tsp. Italian seasoning
1/8 tsp. black pepper
1/4 tsp. salt
3 eggs, lightly beaten
3 cups fresh spinach
1/4 cup sharp cheddar cheese, grated (optional)

Heat oil in skillet. Add onion, garlic and tomato and sauté until soft. While onion is cooking, steam spinach in a pan with a small amount of water. Cook until spinach is wilted, drain. Add Italian seasonings, pepper and salt to the beaten eggs. Add eggs to the onion mixture. Stir in the spinach and cheese. Cover with a tight fitting lid and turn heat to low. Cook for 15 minutes and check for firmness when done. Makes 2-3 servings.

Crustless Spinach Pie

Washington WIC and Senior Farmers Market Nutrition Programs

Ingredients:

2 Tbsp. butter or margarine

2 large eggs

1/2 cup flour

1/2 cup low-fat milk

2 cloves garlic, minced or 1/2 teaspoon garlic powder

1/2 tsp. baking powder

1 cup (4 ounces) mozzarella

2 cups fresh spinach, chopped

Preheat oven to 350°F. Melt butter or margarine in a 8-inch baking pan. Beat eggs well. Add flour, milk, garlic and baking powder. Pour into baking pan. Stir in cheese and spinach. Bake for 30-35 minutes or until firm and the cheese is slightly golden brown. Serves 2-3.

Garlicky Greens

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Ingredients:

2 tsp. oil

2 cups dark leafy greens (any type)

1 clove fresh garlic, minced

2 Tbsp. water

Salt and pepper to taste

Wash greens well and remove tough stems. In a skillet, heat oil on medium heat. Add greens and garlic. Stir and cook for 1 minute. Add water, cover and cook over medium heat for 5-8 minutes, stirring frequently. Microwave: Combine all ingredients in a microwavable dish. Cover and cook for 3-5 minutes.

Spring Salad

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Ingredients

Dressing:

2 tsp. canola oil

2 tsp. toasted sesame oil

2 Tbsp. rice vinegar

1 Tbsp. maple syrup

2 tsp. Dijon mustard

1/2 teaspoon salt

Salad:

1/4 cup roasted unsalted peanuts

3 cups spinach or salad greens

1/8 cup red onion, finely sliced

2 to 4 radishes, thinly sliced

Combine dressing ingredients. Wash and dry spinach or lettuce and tear into bite-size pieces. Add onion, radishes, and peanuts to spinach or lettuce. Pour as much dressing over salad as desired and toss gently. Makes 2-3 servings.

Lettuce Soup

Beth Oakes, Master Gardener

Ingredients:

4 cups any kind lettuce leaves

1 cup finely chopped onion or the white part of leeks

1 cup finely sliced celery
½ cup finely sliced fresh young carrots
4 Tbsp. unsalted butter or olive oil
2 Tbsp. white or unbleached flour
6 cups chicken broth - homemade if you have it
½ cup grated Parmesan cheese
Salt and fresh ground pepper to taste

Wash and finely slice the lettuces. Lightly sauté the onions and/or leeks, celery and carrots in the butter or olive oil until just beginning to wilt. Stir in the flour and cook for about 3 minutes, then add the broth, bring just to a boil, reduce heat a bit and let —slow boil for about 10 minutes. Add the sliced lettuce and cook another 5-10 minutes or until the lettuce is very soft and tender. Season to taste and sprinkle bowls with Parmesan cheese.

Lettuce Custard

Beth Oakes, Master Gardener

Ingredients:

About 2 lbs. all sizes and kinds of lettuce leaves
2 Tbsp. unsalted butter
¼ cup grated Swiss or non-fat Mozzarella or Parmesan cheese, or a combination of cheeses
4 eggs
1¼ cup heavy cream
Nutmeg to taste
Salt and fresh ground pepper

Wash, DRY and chop the lettuce. Melt butter and stir in chopped lettuce. Cover and cook over medium heat until wilted, about 2 minutes. Take off the lid and cook and stir until lettuce is completely wilted and very tender. Then raise the heat and cook, keeping a close eye on it, until all the moisture evaporates from the lettuce. About 3-5 minutes. Let cool down a bit before you put the cooked lettuce in a bowl and mix in the cheese. Season with salt, pepper and nutmeg. (Do not add too much nutmeg. You can always sprinkle a bit on top of the cooked custard. Beat eggs, add cream and combine with cooled lettuce mixture.

Preheat your oven to 350 degrees. Butter a deep about 1-½ quart casserole. Put waxed paper on the bottom to make cleanup easier. Pour the lettuce custard mix into casserole. Then put the casserole dish inside a bigger baking dish or roasting pan, set on oven shelf and pour boiling water into bigger dish about half way up the outside of the casserole dish. Bake for some 45-55 minutes until top browns a bit and a cake tester or toothpick comes out dry. Let cool for 10 minutes or so, then run a knife around the rim and turn onto a serving plate.

Greens Soup

Muriel Nesbit, Clallam County Master Gardener

Ingredients:

2 lbs. spinach (or chard, beet greens, kale, or sorrel, or a mixture of these)
One white onion, thinly sliced
One large or 2 medium leeks, thinly sliced, white and tender green
Small amount of olive oil
1 cup half and half
1 quart chicken broth
Lemon juice, sour cream, and salt to taste

To make sure the spinach and leek slices are well cleaned, float the spinach and leek slices in a large amount of cold water, and agitate them, separating the leek rings. The sand will sink to the bottom.

Sauté the onion and cleaned leeks in a small amount of olive oil in a soup pot until glossy and soft. Add the spinach leaves and stir until they wilt. Add the chicken broth, cover, bring to a boil and then simmer 20 minutes.

When soup has cooled somewhat, add 1 cup half and half. Stir in sour cream to taste. (Muriel uses about 1 cup). Add salt and lemon juice to taste. (No lemon juice may be needed if using sorrel or kale). Reheat to serve, but do not boil. This soup freezes well.

Chicken Vegetable Soup with Kale

Washington WIC and Senior Farmers Market Nutrition Programs

Ingredients:

2 teaspoons oil
1/2 cup chopped onion
1/2 cup chopped carrot
1 tsp. thyme
2 cloves garlic, minced
2 cups chicken broth or water
3/4 cup diced tomatoes
1 cup cooked chicken, skinned and cubed
1/2 cup cooked rice (brown or white)
1 cup chopped kale, stem removed (about one large leaf)

Heat oil in a medium sauce pan. Add onion and carrot. Sauté until vegetables are tender, 5-8 minutes. Add thyme and garlic. Sauté for one more minute. Add chicken broth or water, tomatoes, cooked rice, chicken and kale. Simmer for 5-10 minutes. Serves 2-3.

Baked Kale Chips

Bick Hang, WSU Snohomish County Extension

Ingredients:

1 bunch kale
1 Tbsp. olive oil
1 tsp. seasoned salt (or seasoning of your choice)

Preheat an oven to 350°F. Set aside a nonlined cookie sheet or pizza pan. With a knife or kitchen shears remove and discard thick stems of kale. Then cut the leaves into bite size pieces.

Wash and thoroughly dry kale using a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning. Spread on cookie sheet in layer 1-deep. Bake until the edges are brown but are not burnt, 10 to 15 minutes.

Baked Kale with Cheese Sauce

Beth Oakes, Clallam County Master Gardener

Ingredients:

2 pounds of kale
5 Tbsp. butter or margarine
3 Tbsp. white flour or corn starch
2 cups of milk
1/2 cup shredded cheese
1/2 cup bread crumbs or crumbled crackers
Salt and pepper to your taste

Wash and drain the kale. Chop stalks into 1 inch pieces and coarsely chop up the leaves. Bring an inch of water to boil in a heavy pot. Add the kale stalks and about 1/2 tsp. salt, reduce heat to medium, cover and cook for about 5 minutes. Then stir in the chopped leaves and cook an additional 3-5 minutes until the stems and leaves are tender and drain. Meanwhile melt 3 Tbsp. butter or margarine in a large saucepan. Stir in the 3 Tbsp. flour or corn starch and another 1/2 tsp. salt until smooth. Gradually stir in 2 cups milk, increase heat and continue stirring until the mixture bubbles and thickens into a smooth sauce.

Stir your sauce into the cooked, drained kale and pour it all into a greased 2-quart casserole dish. Top with bread crumbs or crumbled crackers, the cheese, and dot with another 2 Tbsp. of butter or margarine. Bake in a 425 degree for 15-20 minutes until a golden bubbling crust develops. Serves about 6.

Pork Roast with Rhubarb and Sage

Recipe adapted from All About Roasting by Molly Stevens.

Ingredients:

2-3 cloves minced garlic
1 Tbsp. plus 1 tsp chopped fresh sage
½ tsp. finely grated orange zest
1 tsp. salt (or less if you don't like a lot of salt.)
1½ tsp. fresh ground black pepper
3 Tbsp. extra-virgin olive oil
2½ pounds boneless pork loin (or boneless ham)
1½ pounds rhubarb, trimmed and cut into ½ inch pieces
2-6 Tbsp. brown sugar, light or dark

Combine the garlic, sage, orange zest, salt and ground black pepper. Grind or smash this together in to a paste. Add 2 Tbs. of olive oil and rub this paste over the entire surface of the meat. Cover and refrigerate for as much as a day until ready to cook. Place the meat in a heavy roasting pan (such as a cast iron Dutch oven) and cover. Roast at 325 for 30 minutes.

While pork is roasting, toss the rhubarb with 2 Tbs. brown sugar, a few more grinds of pepper, the rest of the sage, a pinch of salt, and 1 Tbsp. oil. After the pork has roasted for 30 minutes, uncover and place the rhubarb mixture alongside the meat. Continue roasting uncovered, until the roast reaches 140-145 degrees, another 20-25 minutes. Transfer the pork to a carving board and allow it to rest before slicing.

On the stovetop, continue to cook the rhubarb mixture until it begins to thicken, scraping the bottom of the pan to mix in all the flavors. Taste and adjust seasonings according to your preference (this is where I add the extra sugar.) Carve pork into ¼- ½ inch slices. Place a few slices of pork on each serving plate and serve with a generous spoonful of rhubarb sauce. Serves 4-5.

(This recipe and more can be found at www.clallamcanningcompany.com)

Cherry Cobbler

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Ingredients:

1/2 cup sugar
3 Tbsp. butter or margarine, melted
1 cup all-purpose flour
1/4 teaspoon salt
1 tsp. baking powder
1/2 cup low-fat milk
3 1/2 cups fresh cherries, pitted
2/3 cup sugar
1 Tbsp. cornstarch
1 cup boiling water

Mix together 1/2 cup sugar, butter or margarine, flour, salt, baking powder and milk. Place cherries in the bottom of a 9 inch square pan. Spread dough over cherries. In a small bowl, combine 2/3 cup sugar and cornstarch. Stir in boiling water. Pour mixture over the dough. Bake at 350 degrees for 45 minutes. Serve warm. Makes 1 - 9 inch cobbler.

Northwest Cherry Salsa

Washington WIC and Senior Farmers Market Nutrition Programs

Ingredients:

1 cup pitted sweet cherries

*1 Tbsp. chopped fresh
Basil
2 Tbsp. finely chopped bell pepper
1 tsp. lemon juice
1/4 tsp. grated lemon peel
1/4 tsp. Worcestershire sauce
1/8 tsp. salt
Dash hot pepper sauce (optional)*

Chop cherries. Combine all ingredients and mix well. Refrigerate at least 1 hour. This salsa goes well with pork, chicken or fish.

Fruit Parfait

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Ingredients:

*1/2 cup strawberries, sliced
1/2 cup apples, chopped
1 banana, sliced
1/2 cup low-fat vanilla yogurt
1/2 cup low-fat granola or Grape Nuts*

In a bowl, layer the ingredients. Start with two layers of fruit, then the yogurt, then granola or Grape Nuts and then another layer of fruit. Top with granola. Makes two servings. Try using other fruit.

Strawberry-Rhubarb Crisp

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Ingredients:

*2 cups rhubarb, sliced
1 cup strawberries, sliced
1/3 cup sugar
1 Tbsp. flour*

Topping:

*1/3 cup quick cooking oatmeal
1/8 cup flour
1/8 cup packed brown sugar
1/4 tsp. cinnamon
1-2 Tbsp. butter or margarine*

Combine sliced fruit, sugar and flour. Place in a greased baking pan (or microwave dish). Combine topping, mix until crumbly. Sprinkle mixture over fruit. OVEN: Bake at 350 degrees for 30-40 minutes. MICROWAVE: Make sure to use a microwave safe dish. Combine fruit and sugar as above, place filling in a dish. Cover and cook 5 minutes, stirring at least once. Follow instructions for topping, cook uncovered for 2 to 3 minutes.

Strawberry Freeze

Beth Oakes, Master Gardener

Ingredients:

*Pick and hull about 2 pints of fresh strawberries
1/2 cup crème de cassis liqueur or (non-alcoholic) concentrated cherry or black cherry juice
1/2 cup plain low-fat yogurt*

Put liqueur or cherry juice, yogurt and your strawberries in a food processor or blender and pulse off and on until everything is blended into a smooth concoction. Freeze for a couple of hours until slushy, then top with hulled and sliced fresh strawberries or store the concoction in your freezer for later use.

Very Berry Antioxidant Rich Smoothie

Beth Oakes, Master Gardener

Ingredients:

1 ripe banana

About 1 cup canned or frozen pineapple chunks

1 Tbsp. whole flax seed

4 large handfuls of fresh spinach

2 cups fresh ripe blueberries, blackberries, raspberries, Marionberries or whatever that is on the fence

White or brown sugar, honey or Splenda to taste

½ to 1 cup water to blend

Put all of these ingredients in a blender and process until in liquid form. Add ice cubes and blend to a chilled and drinkable consistency. Garnish with a sprig of fresh mint if you have it.

Strawberry Smoothie

Betsy Wharton

(This recipe and more can be found at www.clallamcanningcompany.com)

Ingredients:

2 cups frozen berries

1 banana (frozen if available)

1 cup yogurt or milk

½ cup orange juice

Optional: add up to 2 cups of spinach or other green leaves, or a carrot.

Place all ingredients into a blender and process until smooth. Pour into tall glasses and serve.

Strawberry, Almond, and Pea Salad

Bon Appétit (by way of Sarah Cronauer, former owner of Wine on the Waterfront)

Ingredients:

1/2 cup almonds

2 Tbsp. white wine vinegar

2 tsp. whole grain mustard

1 tsp. poppy seeds

1 tsp. sugar

1/4 cup vegetable oil

Kosher salt, freshly ground pepper

1 cup shelled fresh peas (from about 1 pound pods) or frozen peas, thawed

3 cups baby arugula or watercress, thick stems trimmed

8 ounces fresh strawberries, hulled, halved or quartered if large (about 2 cups)

1 cup pea tendrils

1 ounce Parmesan, shaved

Preheat oven to 350°. Spread out almonds on a small rimmed baking sheet and toast, tossing occasionally, until golden brown, 8–10 minutes. Let cool. Whisk vinegar, mustard, poppy seeds, and sugar in a large bowl. Whisk in oil; season with salt and pepper. Cook peas in a large saucepan of boiling salted water until bright green and tender, about 5 minutes for fresh peas, or 2 minutes for frozen. Drain; transfer to a colander set in a bowl of ice water. Drain. Add arugula, strawberries, pea tendrils, peas, and almonds to vinaigrette; toss to coat. Top with Parmesan.

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