

Edamame Salad with Radishes

Rita Dinger, Clallam County Master Gardener

Ingredients:

1 bag (16 oz.) frozen shelled edamame (green soybeans), thawed

1 bunch radishes (8 oz.)

¼ cup seasoned rice vinegar

1 Tbsp. vegetable oil

¼ tsp. salt

1/8 tsp. freshly ground black pepper

1 cup loosely packed chopped fresh cilantro leaves – Optional

Toss all ingredients together in a large bowl. Serve chilled or at room temperature. If edamame is not readily available, you may substitute chick peas. You can also just use your favorite vinaigrette dressing in place of the vinegar, oil, salt and pepper. Makes 4 servings.

Fresh Spinach with Lemon and Garlic

Beth Oakes, Clallam County Master Gardener

Ingredients:

4 Tbsp. olive oil

2 garlic cloves sliced thin

About a pound of fresh spinach, coarsely shredded

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.

Note: Swiss chard may be substituted for spinach.

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.

Rhubarb Fool

Beth Oakes, Clallam County Master Gardener (as given to her by her grandmother, Amanda Doan)

("Fool" is an old English word for a cooked, pureed fruit dish that's strained, chilled and folded into whipped cream or custard.)

Ingredients:

3 pounds fresh rhubarb

Water

White sugar to taste (or an artificial sweetener)

Potato flour, sago flour, corn starch or other thickening agent

Wash and wipe off the rhubarb stalks and cut into 1-inch pieces. Bring to a boil in enough water to cover the pieces. When tender, sieve pieces to make a puree. If the rhubarb is very young, you may omit sieving. Retain liquid used to boil rhubarb. Sweeten to taste and thicken with thickening agent, dissolved in a small amount of cold water. Start with 3 Tbsp. cornstarch per quart of juice and add more if the mixture is too thin. Fold in puree (or pieces of young rhubarb) directly to the sweetened thickened juice.

Serve with whipped cream or fold into a light vanilla custard. Sliced strawberries add even more color and flavor.

Note: If you add 1Tbsp. of sweet cicely (an herb) per cup of rhubarb in this recipe, you can cut the sugar you use in half.

Baked Kale Chips

Bick Hang, WSU Snohomish County Extension

Ingredients:

1 bunch kale

1 tablespoon olive oil

1 teaspoon 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

½ cup shredded cheese

½ 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 ½ 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 ½ 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.

Radish Cucumber Pico de Gallo

Bick Hang, WSU Snohomish County Extension

Ingredients: (amount will vary depending on desired batch size and taste)

1 bunch radish

1 medium tomato lemon/lime juice to taste

1 medium cucumber 1 cup cilantro--chopped salt & black pepper to taste

1 cup finely chopped sweet onion

Coarsely chop radish, cucumber, and tomato to desired size; place all vegetables in a large bowl (leave room to mix). Add lemon juice, salt and black pepper to taste, serve with corn chips. For additional flavor, add chopped jalapeños, dried oregano and avocado cubes.

Dehydrated Kale Chips

Bick Hang, WSU Snohomish County Extension

Ingredients:

1 large bunch curly leaf kale

1/2 tsp. sea salt

1 Tbsp. cold-pressed olive oil

2 Tbsp. nutritional yeast

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. Lay out on dehydrator sheets (or baking trays if using an oven). Sprinkle with ¼ teaspoon of sea salt and place in the dehydrator. (If your oven can be set to around 100°F, then you can use it. Otherwise you'll need a dehydrator.)

For the first hour, set temp at 145°F, then lower temp to 115°F. Check every hour or so until dehydrated to desired crispiness. Place kale chips in a bowl and sprinkle with the oil, nutritional yeast, and remaining sea salt to taste. Gently toss (a sensitive operation but you'll get used to it) and serve immediately!

Lettuce Soup

Beth Oakes, Clallam County Master Gardener

Ingredients:

4 cups any kind of lettuce leaves

1 cup finely chopped onion or the white part of leeks

1 cup finely sliced celery

1/2 cup finely sliced fresh young carrots

4 Tbsp. unsalted butter or olive oil

2 Tbsp. white or unbleached flour

6 cups chicken broth

1/2 cup grated Parmesan cheese

Salt and fresh ground pepper to taste

Wash and finely slice lettuce leaves. 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 to a boil and immediately reduce heat a bit and let mixture 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. You can make a meal of the soup by adding cooked rice or pasta and maybe a little chopped chicken. Or dress it up by adding a cup of heavy cream or non-fat Half & Half to the cooked soup and pureeing everything in the blender except the Parmesan, which gets sprinkled on top again.

Fresh Rhubarb Crisp

Sherry Meith, Clallam County Master Gardener

Ingredients:

Topping:

1 cup flour

1/2 cup rolled oats

1 cup light brown sugar

1/2 cup butter, melted

Rhubarb filling:

4 cups cut rhubarb (in 1/2 inch pieces)

1 cup granulated sugar

1/4 cup flour

1/2 teaspoon cinnamon

Preheat oven to 375 degrees. To make topping: In large bowl combine flour, oats and sugar mixing well. With a fork stir in butter to make a crumbly mixture.

To make rhubarb filling: In lightly greased 8 x 8 x 2 inch baking dish, combine rhubarb, sugar, flour, cinnamon and 1/2 cup water. Stir to mix well.

Sprinkle topping evenly over filling. Bake uncovered 35 minutes or until topping is golden brown and rhubarb is tender. Serve warm with ice cream.

Rhubarb Filbert Muffins

Judy English, Clallam County Master Gardener

Ingredients:

2 cups all-purpose flour

1 Tbsp. baking powder

1/4 tsp. salt

1/4 tsp. ground cinnamon

1 egg

1/2 cup firmly packed light brown sugar

3 Tbsp. red currant jelly (or substitute any jelly)

1 cup milk

4 Tbsp. butter, melted

1 tsp. vanilla

1 1/2 cups diced fresh rhubarb

1/2 cup chopped toasted hazelnuts

Preheat oven to 275 degrees. Spread shelled hazelnuts in a shallow pan and roast in oven for 20 to 30 minutes or until the skins crack. Remove nuts from oven and rub immediately with a rough cloth to remove skins. Chop nuts and set aside. Increase oven temperature to 375. Grease or line muffin cups.

In a large bowl, combine flour, baking powder, salt and cinnamon; set aside. In a medium bowl, whisk egg, brown sugar and jelly until smooth. Whisk in milk, butter and vanilla. Stir in the hazelnuts and diced rhubarb. Pour over dry ingredients and gently fold in until dry ingredients are moistened. Divide batter between 12 muffin cups. Bake 25 minutes, or until light brown and springy to the touch in the center. Cool on rack for 15 minutes before serving.

Rhubarb Cheesecake

Judy English, Clallam County Master Gardener

Ingredients:

3/4 cup (3 oz.) graham cracker crumbs

2 Tbsp. butter, melted

2 cups chopped fresh rhubarb

1/2 cup sugar

1 envelope (1/4 oz.) unflavored gelatin

1 8-oz package cream cheese, room temperature, cut into chunks

1/2 cup thinly sliced strawberries

Pour graham cracker crumbs into an 8-inch cake pan with removable rim. Drizzle butter over crumbs and mix with your fingers until evenly moistened. Press mixture evenly over bottom of pan. Bake crust at 350 degrees until golden brown, 10-15 minutes. Let cool 10 minutes.

In a 2-quart pan, bring rhubarb, sugar, and 1/2 cup water to a boil over high heat; reduce heat and simmer until rhubarb is tender when pierced, about 6 minutes. Meanwhile, pour 1/4 cup cold water into a blender. Sprinkle gelatin over water and let stand 2 minutes. Pour hot rhubarb mixture into blender. Whirl until rhubarb is smoothly pureed and gelatin is completely dissolved; add cream cheese and whirl until smooth. Pour mixture into crust and chill until firm, about 2 hours. Remove pan rim. Arrange strawberries on top and serve.