



# FARMS FAVORITES

**Eleven tasty and easy-to-make  
recipes from FARMS at the Y**

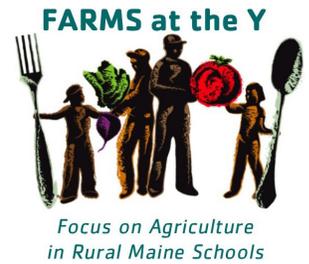
**Central Lincoln County YMCA**

# Table of Contents

<b>Butternut Squash Soup</b>	<b>3</b>
<b>Carrot, Parsnip, and Beet Salad</b>	<b>4</b>
<b>Seasonal Galette</b>	<b>5</b>
<b>Garden Wraps</b>	<b>6</b>
<b>Hummus</b>	<b>7</b>
<b>Vietnamese Spring Rolls</b>	<b>8</b>
<b>Pink Pancakes</b>	<b>9</b>
<b>Miso Soup with Local Veggies and Rice Noodles</b>	<b>10</b>
<b>Dal</b>	<b>11</b>
<b>Summer Kale Salad</b>	<b>12</b>
<b>Kale Chips</b>	<b>13</b>

# Butternut Squash Soup

Makes 4 servings



## Ingredients

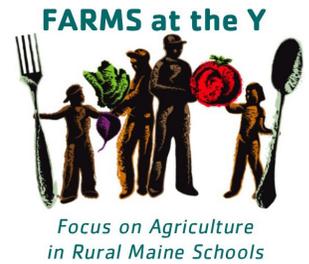
- 4 cups vegetable stock
- 2 large onions, chopped
- 4 cups butternut squash, peeled and cubed (1 large or 2 small squash)
- 1 tsp salt
- ½ tsp cinnamon
- ¼ tsp nutmeg
- 1 tsp pepper
- 3 tbsp maple syrup
- 1 cup heavy cream (optional)

## Directions

1. In a large pot, combine onions and butternut squash with stock.
2. Cook over medium heat for 30 minutes or until squash is fully cooked.
3. Add salt, cinnamon, nutmeg, and pepper, and stir to combine.
4. Purée soup in a blender or with an immersion blender.
5. Add maple syrup and heavy cream.

# Carrot, Parsnip, and Beet Salad

Makes 10 servings



## Ingredients

### Salad

- 1 pound parsnips
- 1 pound carrots
- ½ pound beets

### Dressing

- ½ tbsp. grated fresh ginger
- ¼ cup honey (sweeten to taste depending on vegetables)
- ¼ cup lemon juice
- ¼ cup orange juice
- ½ cup olive oil

## Directions

1. Clean and grate all vegetables (peeling is not necessary).
2. Mix vegetables together in a bowl.
3. Whisk all dressing ingredients together, and add to vegetables. Mix well.
4. For best results, marinate for 1 hour before serving.

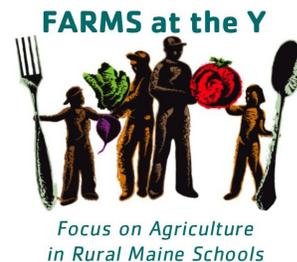
## Variations

Add dried fruits such as cranberries.

# Seasonal Galette

*Inspired by ChopChop by Sally Sampson*

**Makes 4–6 servings**



## Ingredients

### Dough

- ½ cup all purpose flour
- ½ cup whole wheat flour
- ¼ tsp salt
- 6 tbsp butter, chilled or frozen and cut into 12 pieces
- 4 tbsp ice water

### Filling

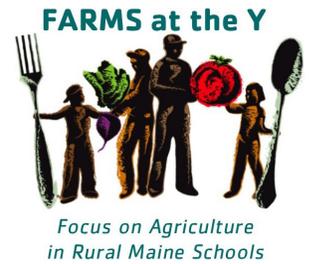
- 2 tbsp all purpose flour
- ¼ scant cup sugar
- 6–8 plums/apricots or 4–6 apples/pears/peaches, very thinly sliced
- 1.5–2 cups berries (fresh or frozen)
- 1 tbsp tapioca or corn starch (if using frozen fruit)

## Directions

1. Mix flour, salt, and butter in a bowl by massaging them together with fingers until mixture looks like crumbs.
2. Add the water, 1 tbsp at a time; massage more and form the dough into a ball. Flatten into a large disc, cover, and refrigerate 1 hour.
3. Preheat oven to 400° F.
4. Divide dough into 4 equal pieces.
5. With a rolling pin, roll dough into ¼" circles.
6. Sprinkle a small amount of flour in the center and lightly spread out while leaving a 1/2-inch border all around.
7. Lay the fruit slices and berries over the flour, overlapping them as needed. Sprinkle with sugar.
8. Fold up the dough border to partially cover the fruit and pinch and seal the edges.
9. Brush the visible dough with water and sprinkle with the remaining sugar.
10. Bake until the top is lightly browned and the fruit is bubbling, 15 minutes.

# Garden Wraps

Makes 4 servings



## Ingredients

- 4 whole wheat tortillas
- greens, grated beets, carrots, turnips, parsnips, radishes, and/or other vegetables
- grated cheddar cheese

### **Creamy Avocado Spread (optional)**

- 3 sprigs fresh herbs (parsley, dill, cilantro), chopped
- 1 lemon, zested and squeezed
- 1 large, ripe avocado, mashed
- ¼ cup plain yogurt

### **Maple Balsamic Vinaigrette (optional)**

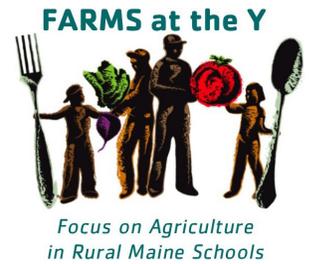
- 2 tbsp balsamic vinegar
- 1½ tbsp maple syrup
- ½ clove garlic, minced
- ½ cup olive oil

## Directions

1. Wash and peel vegetables.
2. Grate or cut vegetables into thin strips.
3. Make the creamy avocado spread: mash the avocado, stir in the yogurt and lemon juice to taste, and add the herbs with a pinch of lemon zest. Stir.
4. Make the maple balsamic vinaigrette: mix the first three ingredients then slowly add the olive oil, stirring constantly.
5. Spoon the avocado spread (if using) onto the tortilla and top with greens and assorted vegetables.
6. Sprinkle with cheese and drizzle with maple balsamic vinaigrette (if using).
7. Wrap or roll up the tortilla and enjoy!

# Hummus

Makes 8 servings



## Ingredients

- 1 (25 oz.) can chickpeas, drained
- ½ cup tahini
- ¼ cup light sesame oil (not toasted) or olive oil
- 2 small cloves garlic, peeled, crushed and finely chopped
- salt and freshly ground pepper to taste
- 1½ tsp ground cumin
- 3 tbsp lemon juice
- ⅓ cup water, more or less
- 1 large beet, boiled or roasted then pureed (optional)

## Directions

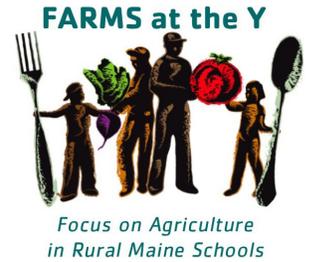
1. Place everything except water in a mixing bowl and mash with a potato masher.
2. Add water as needed.
3. Taste and add more garlic, salt, lemon juice, or cumin as needed.

## Notes

For beet hummus, add pureed boiled/roasted beet, about ¾–1 cup, while processing other ingredients.

# Vietnamese Spring Rolls

Makes 8 servings



## Ingredients

- juice of ½ lime
- 1 tbsp olive oil
- 1 tbsp sesame oil
- 1 tbsp soy sauce
- 3 tbsp basil, chopped
- 3 tbsp cilantro, chopped
- 3 tbsp mint, chopped
- 2 cups lettuce or spinach, chopped
- 2 cups julienned vegetables: carrots, cucumbers, avocados, cabbage
- 4 ounces rice vermicelli
- 10–16 rice wrappers (8.5 inch diameter)

## Dipping Sauce

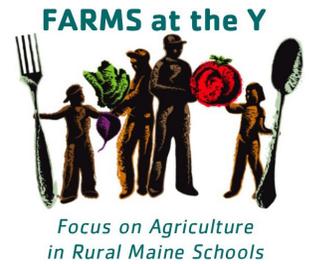
- 1/3 cup honey
- 1 tsp sesame oil
- 1 tsp rice wine vinegar
- ¼ cup soy sauce

## Directions

1. Combine first 9 ingredients in a large bowl.
2. Bring a medium saucepan of water to a boil. Boil rice vermicelli 3 to 5 minutes, until al dente. Drain.
3. Fill a large bowl with warm water. Dip one wrapper into the hot water for 1 second to soften. Lay wrapper flat. In a row across the center, arrange a handful of vermicelli, veggie filling and lettuce, leaving about 2 inches uncovered on each side. Fold uncovered sides inward, then tightly roll the wrapper like a burrito.
4. Repeat with remaining ingredients.
5. In a small mixing bowl, whisk together dipping sauce ingredients and serve.

# Pink Pancakes

Inspired by [www.weelicious.com](http://www.weelicious.com)



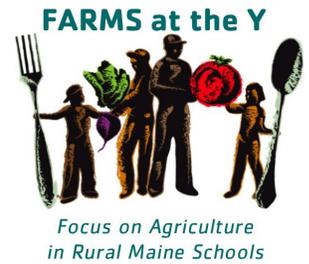
## Ingredients

- 1 cup all purpose flour
- $\frac{3}{4}$  cup whole wheat flour
- 3 tbsp light brown sugar
- 1 tbsp baking powder
- $\frac{1}{2}$  tsp kosher salt
- 2 medium beets, roasted and pureed (about  $\frac{3}{4}$  cup)
- $1\frac{1}{4}$  cup milk or non-dairy milk
- $\frac{1}{3}$  cup plain Greek yogurt
- 1 large egg
- 3 tbsp unsalted butter, melted or canola oil
- 1 tsp vanilla extract

## Directions

6. Sift the first 5 ingredients into a bowl.
1. Place the wet ingredients in a separate bowl and whisk thoroughly to combine.
2. Add the dry ingredients into the wet and stir until just combined (don't overstir the batter—some lumps are good).
3. Drop about 2 tbsp of the pancake mixture onto a greased griddle or pan over medium heat and cook for 3 minutes on each side.
4. While cooking, preheat oven to 350° F.
5. Finish cooking pancakes in the oven until set inside.
6. Serve with desired accompaniments.

# Miso Soup with Local Veggies and Rice Noodles



*Courtesy of Chef Emery Chapman*

**Makes ten one-cup servings**

## Ingredients

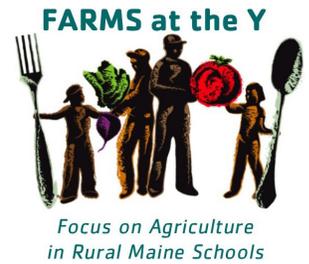
- 1 tbsp ginger, washed, peeled, and minced
- 1 tbsp fresh garlic, washed, peeled, and minced
- 3 tbsp miso paste
- 8 cups of low-sodium chicken stock or homemade stock if you have it
- 3 tbsp soy sauce
- 2 sheets of nori paper
- 1 small onion, peeled and diced
- 2 tbsp sesame oil
- 1 package of rice noodles
- 2 cups of fresh veggies (bok choy, red cabbage, or whatever you like)
- fried egg (optional)
- fresh cilantro (optional)
- jalapeños (optional)

## Directions

1. Heat a large pot over medium and add sesame oil.
2. Add onion, ginger, and garlic, and cook until translucent.
3. Add veggies of your choice and continue to sauté for approximately 5 minutes until tender.
4. Reduce heat slightly and add stock, miso paste, and soy sauce.
5. Tear seaweed and add to pot.
6. Add the noodles and continue to cook approx 5–6 minutes until tender.
7. Ladle into bowls and serve immediately.
8. Garnish with fresh cilantro, jalapeños, or even a fried egg.

# Dal

Makes 6 one-cup servings



## Ingredients

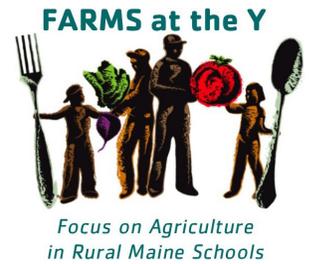
- 1 cup red lentils
- 4 cups water plus 1 cube vegetarian bouillon or 4 cups of stock of your choice
- 2 cups shredded root vegetables (carrots, parsnips, celery, sweet potatoes, etc.)
- 2 small onions
- 1½ tbsp olive oil
- 1 tsp salt
- 1½ tsp curry powder
- 1 handful of cilantro leaves (optional)

## Directions

1. Dice the onions and cook on medium heat with the olive oil until the onions are translucent.
2. Add the shredded veggies and cook until softened.
3. Add lentils, bouillon, and water or stock and bring to a low boil.
4. Add the salt and curry powder.
5. Cook for about one hour until the lentils are soft.
6. Chop the cilantro leaves and add just prior to serving.
7. Enjoy over rice or with a slice of bread.

# Summer Kale Salad

Makes 4 servings



## Ingredients

- 1 bunch kale, thinly sliced—remove and discard stalks
- 1 lemon, juiced
- ¼ cup extra-virgin olive oil, plus extra for drizzling
- 2 tsp honey
- salt
- freshly ground black pepper
- 1 cup sliced fruit (mango, peach, strawberries, or blueberries)
- small handful toasted pumpkin seeds (optional)

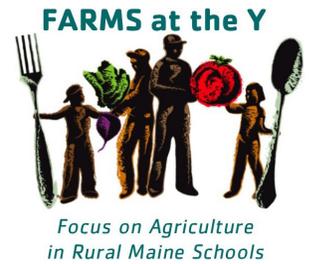
## Directions

1. Put the kale in a serving bowl and add half of the lemon juice, a drizzle of oil, and a little salt.
2. Massage with your fingers until the kale starts to soften and wilt, 2 to 3 minutes.
3. In a small bowl, whisk together the remaining lemon juice, the honey, and lots of freshly ground black pepper.
4. Pour in ¼ cup of oil while whisking until a dressing forms and you like how it tastes.
5. Pour dressing over kale and add fruit.
6. Toss and serve.

# Kale Chips

*Courtesy of UMaine Cooperative Extension*

**Makes 4–6 servings**



## Ingredients

- 3 cups of kale (about 10 large leaves)
- 2 tsp olive oil
- 1/8 tsp salt (optional)

## Directions

1. Preheat oven to 350° F.
2. Wash kale and spin dry in a salad spinner.
3. Remove kale leaves from center stalk and tear into bite-sized pieces.
4. Spread the pieces on a baking sheet.
5. Drizzle with olive oil.
6. Sprinkle with salt (optional).
7. Bake for 15 minutes or until kale is crispy with edges slightly browned.

## Variations

Try different seasonings such as Parmesan cheese or different herbs and spices.