

Farm Fresh RECIPES



from the
sauvie island center

**MY FOOD
COMES FROM A
FARM**

sauvie island  center
FOOD, FARMING AND THE LAND


Organically Grown Company
Produce and Grocery Store

**GREEN
ZEBRA**
GROCERY 

A little bit about us...

The **Sauvie Island Center** provides Portland area children with unique educational experiences on a working organic vegetable farm, helping them make the connection between the food they eat, farming and the land.

Our programs include school field trips, Summer Farm Camps, and Family Farm Days, and we engage children from around the Metro region from Portland, Beaverton, Hillsboro, Gresham and Scappoose. When children participate in Sauvie Island Center programs, they plant, tend, harvest and taste vegetables fresh from the farm. Our surveys show that engagement in our programs leads to more favorable attitudes toward vegetables at school and at home. In this way, we are helping to build a healthier community.

Funding for this recipe booklet and for our From Farm To Kitchen project comes from several funders including the Oregon Department of Agriculture's Specialty Crop Grant program. For more information about Sauvie Island Center visit www.SauvieIslandCenter.org

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FOOD, FARMING AND THE LAND



Cook With What You Have is a Portland-based business working with farmers and eaters to make cooking delicious, locally-sourced meals an accessible, daily joy. Cooking at home, with and for your family and with what you already have—without last minute trips to the store—is truly a way to simplify one's life. Fresh local produce in combination with a well-stocked pantry and a handful of simple techniques and you are on your way to creative, daily cooking. www.cookwithwhatyouhave.com/

Cook With 
What You Have

Sauvie Island Organics farm is located 15 miles from downtown Portland, nestled among farmland and wildlife refuges. Since 1993 we have been growing our crops in the rich soils of Sauvie Island.

Our mission is to provide the community with the highest quality, seasonal, organic vegetables nature allows us to produce. We accomplish this by planning well, working hard, treating each other with respect, and continuing to improve upon our knowledge base each season.

Sauvie Island Organics started in 1993 with one small acre and two hard working women. We sold our vegetables at the Portland Farmers Market and to three area restaurants. As our experience grew so did the demand for locally grown produce. In 1996 we expanded to three acres, bought our first tractor and began offering a small number of CSA memberships. Today we grow on 25 acres, employ dozens of hard working crew members and own 4 tractors. We nourish hundreds of households through our CSA program, deliver to dozens of area restaurants and several college campuses and in the winter can be found at the Hillsdale Farmers' Market.

www.sauvieislandorganics.com



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Kale is an excellent source of vitamins K, A, C, and B6. These vitamins help blood clot, prevent eye problems, strengthen the immune system, and support the nervous system. Kale is also a good source of potassium and calcium which help muscles and strengthen bones! Kale is considered a “super food” and is one of the most nutrient rich vegetables.

Kale Salad with Toasted Sunflower Seeds

You can add cooked and drained beans or chickpeas to this salad to make it heartier.

Serves 4-6 as a side, or 2-3 as more of a main dish with beans added.

INGREDIENTS:

1 bunch kale, washed and dried
1 clove garlic, minced
1/4 – 1/2 teaspoon salt, plus more to taste
Black pepper to taste
1/3 cup grated cheese
3 tablespoons olive oil
2 tablespoon lemon juice or 1 & 1/2 tablespoons vinegar
1/8 teaspoon red pepper flakes (optional)
1/2 cup toasted sunflower seeds (or pumpkin seeds)

DIRECTIONS:

Trim the bottom inch off the kale stems and discard. Slice the kale into 1/2 inch ribbons. You should have 4 to 5 cups. Place the kale in a large bowl.

Heat a dry skillet over medium-high heat and add the seeds. Toast, stirring often until browning and fragrant. Turn heat down if seeds begin to burn. Set seeds aside to cool.

Put the garlic in a small bowl and add the cheese, 3 tablespoons oil, lemon juice or vinegar, salt, pepper flakes, and black pepper and whisk to combine. Pour the dressing over the kale and toss very well (the dressing will be thick and need lots of tossing to coat the leaves), add the toasted seeds and serve.

Pasta with Kale

Serves 4-6

INGREDIENTS:

1 bunch kale, washed
2-3 cloves garlic, chopped
1 tablespoon olive oil
1/4 teaspoon red pepper flakes
3/4 lb pasta (penne, bowties or similar shape)
1/2 cup grated Parmesan or other hard cheese
1/3 cup hot cooking water reserved when you drain the pasta
1-2 tablespoons olive oil
Salt and black pepper

DIRECTIONS:

Wash the kale and do not dry, remove any tough stems and chop the greens fairly finely. Heat 1 tablespoon olive oil in a large pot and add the greens and stir well. Add a pinch or two of salt and the garlic and red pepper flakes. Cover and cook over medium to medium-high heat for about 8–10 minutes. Add a little water if the greens are sticking to the pan.

Cook the pasta in plenty of salted boiling water until just tender. Drain but reserve 1/3 cup of the cooking water. Toss the hot pasta with the kale and add the cheese and a bit of cooking water—starting with 1/4 of a cup, as well as a bit more olive oil. Toss everything well. You should have a thin, silky sauce coating the pasta and greens. Add some black pepper, taste and adjust seasoning and serve hot.

Sautéed Kale on Garlicky Toast

Serves 4 as a side or snack.

INGREDIENTS:

1 bunch kale, washed and chopped, including the stems
(chop those quite small)

3 cloves garlic, peeled

2 tablespoons olive oil

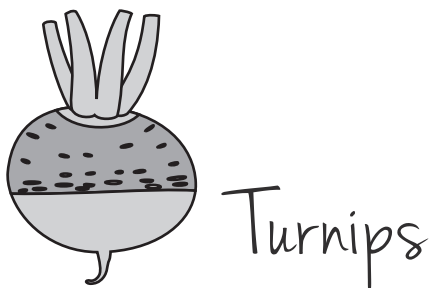
4 pieces of bread

Salt

DIRECTIONS:

Chop one of the garlic cloves and leave the other two whole. Heat 1 tablespoon olive oil in a skillet. Add the kale and a couple pinches of salt. Stir well and cook over medium heat, adding a bit of water if the kale dries out. Cook, about 10 minutes until the kale is tender.

Toast slices of crusty bread and rub each piece of toast with a whole clove of garlic. Some of the garlic will stick to the bread. You should be able to use one clove for two slices of bread. Pile the kale on the garlicky toast and top with a bit more olive oil and salt to taste.



Turnips are full of fiber and offer support for a healthy digestive system. They are also an excellent source of vitamin C, which helps your body heal cuts and wounds and lowers the risk of infections.

Did you know that you can eat both turnip greens and their roots? The roots come in a variety of colors and can be stored in a cool, dry place for two months!

Sautéed Turnips (with their Greens)

This is a simple and delicious way to prepare these tender turnips, sometimes called Salad Turnips. If the greens/tops are still attached by all means use them.

Serves 4

INGREDIENTS:

1 1/2 tablespoons butter

1 bunch salad turnips, scrubbed and trimmed. You don't need to peel them as the skin is usually quite tender.

1 bunch turnips greens, chopped

Salt

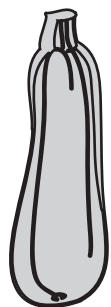
1/2 cup water

1 teaspoon soy sauce or fish sauce

DIRECTIONS:

Halve or quarter the turnips and put in a large skillet along with water and butter, and 1/4 teaspoon salt. Bring to a boil over medium-high heat, then cook, covered, about 10-12 minutes.

Add greens, if using, and stir them in well so they wilt quickly. Cover and cook 1 minute. Uncover and continue cooking, stirring occasionally, until turnips are tender and the liquid has evaporated. Stir in soy sauce. Serve hot.



Summer Squash

Summer squash is rich in vitamins B and C and Manganese. Vitamin B helps your body make and use energy. It also helps make red blood cells which carry oxygen in your body. Vitamin C helps your body heal cuts and wounds and lowers the risk of infection. Manganese is a trace mineral that helps your body build strong bones and connective tissue.

Sautéed Summer Squash

My mother makes this all summer long and I always love it.

Serves 4

INGREDIENTS:

3-4 medium summer squash, washed, ends trimmed and then cut into ½-inch slices

2-3 tablespoons oil

Salt

Grated Parmesan or other cheese, optional

DIRECTIONS:

The most important thing is to have a large skillet so that you don't crowd the squash too much.

Heat the oil in a large skillet over high heat. When hot add the sliced squash and a few pinches of salt. Cook over medium-high to high heat stirring on and off until the squash is browning and soft about 10- 15 minutes. Taste and add more salt if needed.

Serve sprinkled with grated cheese if you'd like.

Summer Squash Frittata

Whether you have just one summer squash or three or four, they make a delicious frittata, a popular Italian egg dish.

Serves 2-3 as a main dish or 4-5 as a side.

INGREDIENTS:

2 tablespoons oil

3 summer squash, cut in half lengthwise and then thinly sliced cross-wise

2 tablespoons basil or parsley, chopped (optional)

6 eggs (or whatever you have or want to use)

1/2 cup grated cheese of your choice or feta or goat cheese (optional)

Salt, pepper

DIRECTIONS:

Heat the oil in a sauté pan that is heatproof and can go in the oven. Add the squash and a few generous pinches of salt and cook over medium-high heat, stirring occasionally so as not to burn, until the squash is just tender and a bit browned.

Set your oven to broil.

Lightly whisk the eggs until they're just broken up. Add a few more pinches of salt and several grinds of pepper and the herbs, if using. Pour eggs over the vegetables and tilt the pan to evenly distribute the eggs. Sprinkle the cheese over the top of the eggs, if using. Cover and cook on medium heat for a few minutes. When the eggs are beginning to set take the pan off the heat and set under the broiler until the eggs are cooked and slightly puffed and golden. It can quickly burn so check it often!

Let the frittata sit for at least 5 minutes before cutting and serving. It will come out of the pan much more easily that way and is more flavorful.

Summer Squash Fritters

These are delicious savory fritters. You could add grated carrots or chopped kale or other vegetables to them as well.

INGREDIENTS:

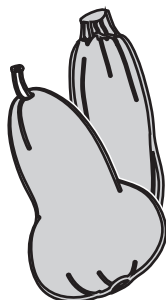
3 medium summer squash
1 teaspoon salt
1 1/2 tablespoons chopped basil or mint (optional)
2 tablespoons finely diced onion
1 clove garlic, chopped fine
1/4 teaspoon black pepper
1/2 cup grated cheddar or other cheese
2 eggs
3 tablespoons flour
1/3 cup oil
1/2 cup sour cream or yogurt, for serving

DIRECTIONS:

Grate the summer squash on the large holes of a grater onto a clean kitchen towel. Sprinkle with the salt and let rest while you prepare the batter. In a medium bowl, combine the herbs, if using, onion, garlic, and pepper. Stir in the egg and flour and mix until well combined.

Wrap the zucchini in the towel and wring as much liquid out of it as possible, discarding the liquid. Add the zucchini to the egg/herb mixture and combine well. Finally stir in the cheese.

Add a tablespoon of oil to a large skillet over medium-high heat. Spoon about a 1/4 cup spoonfuls of batter into the pan. Depending on the size of your pan you should be able to fry about 3-5 at once. Flatten them a bit with the back of a spatula and cook until the fritters are golden brown on each side, 4 to 6 minutes. Serve with a dollop of sour cream or yogurt.



Winter Squash

Winter squash is a vitamin and mineral powerhouse. It provides vitamin A and C, fiber, potassium and magnesium. Winter squash get their deep yellow and orange colors from pigments called carotenoids, which turn into vitamin A in your body. Vitamin A keeps eyes and skin healthy and helps your body fight infections.

Roasted Winter Squash

You can roast any kind of winter squash, though some are easier to prepare than others. Delicata squash can be baked and then eaten without peeling it. Others like butternut or acorn squash need to be peeled, which is sometimes easier to do after they've been baked.

Serves 4

INGREDIENTS:

1 small butternut or 2 small delicata squash

Salt

Oil

DIRECTIONS:

Preheat oven to 400 degrees

If you have a butternut squash, cut it in half with a large knife. Scrape out the seeds and put the squash, cut-side down, on a baking sheet. Roast for about 35-45 minutes or until the squash is tender.

When cool enough to handle, scoop the squash out of the skin, chop it roughly and season with salt and olive oil or butter.

If you have a delicata squash (oblong with striped skin), cut it in half lengthwise and scrape out the seeds. Then put the squash halves cut-side down on a cutting board and cut the squash into ½-inch slices.

Toss the slices with a little oil and salt and spread on a baking sheet. Bake until tender and browning a bit, about 25 minutes.

Winter Squash Soup

Serves 4

INGREDIENTS:

1 medium winter squash such as butternut squash
2 tablespoons oil
1 onion, diced
2 gloves garlic, finely chopped
2 teaspoons grated, fresh ginger (optional)
6 cups vegetable or chicken stock or water
Salt
2 teaspoons cider vinegar or whatever vinegar you have
1 tablespoon butter

DIRECTIONS:

Preheat oven to 400 degrees

Cut the squash in half with a large knife. Scape out the seeds and put the squash, cut-side down, on a baking sheet. Roast for about 35-45 minutes or until the squash is tender. When cool enough to handle, scoop the squash out of the skin and chop it roughly.

Heat the oil in a large pot over medium-high heat. Add the onion and cook for 5 minutes, stirring often. When the onion is soft add the garlic and ginger, if using, and cook for another 2 minutes. Add the squash and the stock or water and several pinches of salt. Bring it to a boil, turn down to a simmer, cover and cook for about 10 minutes or until the squash is very soft. Using a potato masher or the back of a wooden spoon, break up the squash as best you can and simmer for a few more minutes. If you have a blender or immersion blender you can use that as well. Add the vinegar and butter and taste for seasoning. Add salt or more vinegar if the soup is bland.

Serve just as is, or over rice.

Roasted Delicata Squash with Cilantro and Yogurt Sauce

Serves 4

INGREDIENTS:

2 delicata squash

Salt

2 tablespoons olive oil, divided

1/2 cup plain, whole milk yogurt

3 tablespoons cilantro, finely chopped

1 garlic clove, finely chopped

DIRECTIONS:

Preheat Oven to 425 degrees.

Cut the squash in half lengthwise and scrape out the seeds. Put the squash halves cut-side down on a cutting board and cut the squash into 1/2 inch slices.

Toss the slices with 1 tablespoon oil and sprinkle generously with salt and spread on a baking sheet. Bake until tender and browning a bit, about 25 minutes. Put the squash in a serving dish.

Meanwhile in a small bowl, stir together yogurt, cilantro, garlic and a little more salt and the remaining olive oil.

Drizzle the yogurt sauce over the roasted squash.

One-pot Winter Squash Pasta

This is a quick one-pot meal that makes good leftovers and can be adapted with spices, herbs and other vegetables or meats depending on your taste or what you have on hand.

Serves 4

INGREDIENTS:

Oil

1 onion, diced

1 small delicata squash, halved lengthwise, seeds and strings removed and cut into small chunks, including the skin. There is no need to peel a delicata squash.

1 teaspoon fresh or dried thyme (optional)

1 ½ cups small pasta such as small elbow macaroni

3 ½ cups water

Salt

½ cup grated cheddar cheese

Black pepper

DIRECTIONS:

In a large skillet or pot heat 1 tablespoon oil over medium-high heat. Add the onion and thyme, if using, and cook for 5 minutes until the onion softens. Add the squash pieces and a few pinches of salt and cook for about 5 more minutes, stirring often.

Add the pasta and the water and ½ teaspoon salt. Stir well; bring to a boil and then turn down to a simmer. Cover and cook for about 10 minutes. Check occasionally to see if there is enough liquid.

When the pasta and the vegetables are tender and most of the liquid has been absorbed take it off the heat and stir in the cheese and add some black pepper. Taste and adjust seasoning with salt if need be.



Carrots

Carrots contain more vitamin A than almost any other vegetable. Vitamin A is best known for helping eyesight. Carrots are also a good source of vitamin K, which helps bones stay strong. They also contain a type of fiber that may lower cholesterol levels. Each color of carrot contains a diversity of antioxidants that help keep hearts healthy!

Grated Carrot Salad with Toasted Sunflower Seeds

Serves 4

INGREDIENTS:

4 medium carrots, scrubbed and grated on the large holes of a box grater

1/2 cup raw sunflower seeds (or pumpkin seeds)

2-3 tablespoons finely chopped chives, mint, parsley or basil

3 tablespoons olive oil

2 tablespoons lemon juice or 1 ½ tablespoons vinegar

1/2 teaspoon sea salt, more to taste

Black pepper

DIRECTIONS:

Toast the seeds in dry skillet on medium heat, stirring often, for about 7-10 minutes or until a shade darker and toasty smelling.

Grate the carrots on the large holes of a box grater. Place the grated carrots in a serving bowl.

Whisk together the lemon juice, salt, pepper and oil. Pour the dressing over the carrots and mix well. Sprinkle with the herbs and the seeds, mix again, and taste and adjust with salt or lemon juice or vinegar if needed.

Roasted Carrot Fries

Serves 4

INGREDIENTS:

6 medium carrots, scrubbed

½ teaspoon salt

½ teaspoon cumin (optional)

½ teaspoon paprika (optional)

Oil

DIRECTIONS:

Preheat oven to 400 degrees.

Cut the carrots in half lengthwise and then in half again lengthwise to quarter them. And then cut these long spears in half cross-wise.

If you're using the spices, mix them in a small bowl with the salt. Sprinkle the spice mixture over the carrots and then drizzle with oil and spread on a baking sheet. Roast, turning once or twice, until the carrots are tender and starting to brown, about 35-45 minutes.

Lentil Soup with Carrots and Potatoes

This is a simple, hearty dish and makes wonderful leftovers.

Serves 4

INGREDIENTS:

Oil

2 medium carrots, scrubbed and diced

1 onion, diced

2 cloves garlic, chopped

1/2 teaspoon thyme (fresh or dried)

1/2 teaspoon ground cumin

1/4 teaspoon red pepper flakes (optional)

1 cup lentils

4 cups water or vegetable or chicken stock

2 medium potatoes, scrubbed and cut into bite-sized pieces

1 teaspoon soy sauce

2 teaspoons vinegar

Salt and pepper

DIRECTIONS:

Heat oil in a soup pot over medium-high heat. Sauté carrot, onion, garlic, thyme and spices until the carrots have softened, about 10 minutes.

Add lentils and 4 cups water or stock and 1 teaspoon salt and bring to a boil then turn down the heat and simmer covered for 15 minutes. Add the potatoes and cook for another 20 minutes until everything is tender. Add the soy sauce and vinegar and adjust seasoning.

Notes

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