



ROASTED CARROTS

Ingredients

- 5 medium carrots
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt
- Freshly ground black pepper, to taste
- Garnish: 1 teaspoon chopped fresh chives, green onions, parsley or dill

Carrot Health Benefits

- Good source of beta carotene, fiber, vitamin K1, potassium, and antioxidants
- Weight-loss-friendly, have been linked to lower cholesterol levels and improved eye health.

Psst...



Don't compost carrot tops- use them to garnish dish or even make a carrot top pesto!

Directions

1-2 SERVINGS
PREP TIME: 10MINS
COOK TIME: 30MINS

- 1 Preheat oven to 400°F. Line a baking sheet with parchment paper for easy cleanup.



- 2 Peel **carrots** and cut them into thick pieces.



- 3 Place **carrot** pieces into bowl. Add **olive oil**, **salt**, and a few twists of **pepper** to taste. Toss until the carrots are lightly coated in oil and seasonings.



- 4 Arrange **seasoned carrots** in a single layer on baking sheet. Roast the carrots until they're caramelized on the edges and easily pierced through by a fork, 30 to 40 minutes, tossing halfway.



- 5 Transfer carrots to serving bowl. Sprinkle **garnish** over the roasted carrots. Serve the dish warm. Leftover carrots will keep well, covered and refrigerated, for 3 to 4 days. Reheat gently before serving.



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ROASTED CAULIFLOWER

Ingredients

- Half a head of cauliflower
- 1/8 cup extra-virgin olive oil
- Pinch of salt
- 2 cloves garlic, finely chopped
- Any fresh herbs or a squeeze of lemon
- Optional: Crushed red pepper

Cauliflower Health Benefits

- Naturally high in fiber and B vitamins and contains unique antioxidants.
- Low in calories but high in fiber and water- which could assist in weight loss.

Psst...

Cauliflower can replace grains and legumes in many recipes- a great way to eat more veggies or follow a low-carb diet!



RICE



HUMMUS



PIZZA CRUST



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Directions

3-4 SERVINGS
PREP TIME: 5MINS
COOK TIME: 20MINS

- 1 Preheat oven to 400°F. Line a baking sheet with parchment paper for easy cleanup.



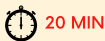
- 2 Cut cauliflower into tiny florets. Chop garlic.



- 3 Put the cauliflower in a bowl. Toss with olive oil and garlic, then sprinkle with the salt and fresh herbs or lemon and toss again. (Want it spicier? Add red pepper before second toss.)



- 4 Arrange seasoned cauliflower in a single layer on baking sheet. Roast until golden and tender, about 20 mins.



- 5 Transfer cauliflower to serving bowl and enjoy! Serve the dish warm. Leftover carrots will keep well, covered and refrigerated, for 3 to 4 days. Reheat gently before serving.





How to use...

FRESH GARLIC

Pssst...



Individual peeled cloves will last up to a week in the fridge, and chopped garlic will last no more than a day unless stored covered in olive oil, in which case it will last two, maybe three days.

Garlic Health Benefits

- Garlic is known to fight off infection and can kill a number of bacterial strains including Salmonella.
- The antioxidants in garlic help to protect body cells against degeneration.
- Garlic is believed to ward off cancer.
- Garlic protects against common illnesses such as the common cold and the flu.
- Garlic stimulates metabolism and helps to regulate blood sugar levels.



Tips



- 1 Place garlic cloves in the microwave for 15 seconds and the skins should peel off easily.
- 2 Keep peeled and mince garlic fresh by placing it in a small jar and pouring just enough olive oil over it to cover the garlic and then place it in the refrigerator. It will keep its fresh flavor for about a week.
- 3 Add garlic flavor to your salad by cutting a raw garlic clove in half and rubbing the inside of your bowl with the cut edge of the clove.
- 4 Don't throw out sprouting garlic. Instead, plant the cloves fairly close together in a pot or in the garden (if your climate is suitable at the time). The new shoots that appear will have a mild garlic flavor and can be used in the same manner as regular chives.
- 5 To remove the garlic odor from your hands when working with garlic, wash hands thoroughly and then use some type of stainless steel device that can be worked over and around the areas affected on fingers or hands. Stainless steel contains the mineral nickel which acts as a neutralizer for the garlic odor. Several manufacturers provide a kitchen utensil, similar to a flat bar of soap made of stainless steel, that can be rubbed over the hands after coming in contact with garlic. Other options include using a faucet or stainless steel sink surface to rub hands on after first washing the exposed areas.



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MAKING VEGGIE BROTH FROM SCRAPS

Ingredients

- 5 cups of produce scraps
- 9 cups of water
- 1 teaspoon of salt
- Pepper to taste
- 2 bay leaves



Keep a gallon bag in your freezer and throw in...

- ✓ Produce that was left over from cooking like carrot peels, ends of onions, celery, shallots, garlic, ends of leeks, and green onion pieces.
- ✓ Produce that looks like it's going bad like bell peppers, mushrooms, fennel, or wilted herbs like thyme, rosemary, or parsley.

But do not throw in...

- ✗ Produce starting to mold or rot.
- ✗ Bitter produce like cabbage, cauliflower, broccoli, and Brussel sprouts.

Collect produce scraps in your freezer to make a delicious and easy broth with these simple steps!

Directions

- 1 When your bag is full and has around 5 cups of scraps, add them to a large pot with water.



- 2 Simmer water with scraps over medium heat. Add salt and sprinkle in pepper to flavor. Add bay leaves. Let pot simmer uncovered for 1 hour to bring out produce flavors.



- 3 Turn off heat and let the pot cool down on burner. Strain the produce scraps and pour vegetable broth into a large container. Used scraps can be put back in the freezer for another broth or will store in the fridge for up to a week. Put your gallon bag back in the freezer to be filled up again!



Ideas for using your veggie broth:

Making soups, salad dressings, or gravy with it
Cooking rice, beans, greens, or grains in it



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BRUISED TOMATO SAUCE

Psst...

Don't fear the wilt! Tomatoes are fresh for a week on the counter, and fresh cut in the fridge for 2-3 days. Cracked tomatoes can still be eaten. Use mushy tomatoes for sauce and stews.

Ingredients

- 3-4 bruised tomatoes
- 1 1/3 tbsp olive oil
- 1 sliced onion
- 3 cloves of minced garlic
- Fresh basil
- Pinch of salt and pepper
- Optional: 1 1/2 teaspoons crushed red pepper flakes

Tomato Health Benefits

- Great source of vitamin C, potassium, folate, and vitamin K.
- Major source of the antioxidant lycopene, which has been linked to reduced risk of heart disease and cancer.

How to cook with scraps:

First, make sure your tomatoes are bruised, not rotten: When they start leaking liquid, it's time to hurry up and use them. If their skins develop black spots that are not dirt or blemishes, your tomatoes have begun to mold and it's time to compost them.

Directions

2-3 SERVINGS
PREP TIME: 5MINS
COOK TIME: 10MINS

- 1 Slice an x in the bottom of your **tomato's** skin. Put it in calm boiling water for a minute until the skin is wrinkly around the x. Take it out of the water and peel the skin off. Chop the bald tomatoes.



- 2 In a large skillet over medium heat, cook **onion** until translucent. Add **garlic** and **salt and pepper**. Saute for 45 seconds until fragrant. (Want it spicier? Add **red pepper** as well.)



- 3 Add **tomatoes**. Wait for a couple minutes until it reaches a gentle simmer. Remove from heat and add **basil**. If desired, more **salt and pepper** to taste. Leftover tomato sauce will keep well frozen. Reheat gently before serving.



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