PENDLETON COUNTY
FROM THE FARM
TO YOUR TABLE
TO FARMERS MARKET
TO THE BUYER

FARMERS MARKET

Compiled by Jenny Yarbrough, Jackson County EFNEP assistant
Vegetable Preparation for the Family

With modern transportation, we can all have year-round access to a wide variety of fresh vegetables. And in our health-conscious times, vegetables are not just used as side dishes any more. Because they are economical, we can use vegetables to prepare low-cost main dishes such as vegetable primavera, stuffed squash, or vegetable lasagna. In addition to their nutritional value, vegetables make meals more appealing in flavor, texture, and color.

Cooking changes a vegetable's texture, flavor, color, and nutrient content. High temperatures make vegetables tender and enhance flavor. In addition, cooking usually makes vegetables safer to eat by killing microbes. Overcooking, however, will cause texture, flavor, color, and nutrient content to deteriorate. Herbs and spices added to vegetables must also cook long enough to extract and diffuse their flavor throughout the vegetables but not so long that flavoring will be lost. Cooking moderates the harsh flavor of onions but strengthens the odor of vegetables in the cabbage family.

The key to cooking vegetables is to make the tissue tender without making it too soft. You can determine whether a vegetable is done by testing a piece during cooking. Most vegetables should be tender but still firm. Color can also indicate whether a vegetable is done. Green vegetables are overcooked if they turn an olive green. Delicate leafy vegetables require only a few minutes to cook, while stem and root vegetables may require more time.

Fresh Is Best

Consider a vegetable's appearance and texture when you select fresh produce. High-quality fresh vegetables are young, crisp, and brightly colored. As vegetables ripen, they gradually lose flavor and nutrients and become limp, losing their crispness.

Since vegetables grow close to the ground, you may need to wash them carefully. You may also need to scrape, pare, chop, or slice some vegetables before cooking. Use carefully washed vegetable odds and ends in soups or stocks.

Storage

Store fresh vegetables for as short a time as possible to prevent loss of nutrients, flavor, and texture. Vegetables lose quality rapidly. Peas and corn begin to lose their sweetness as soon as they are picked.

Store potatoes, onions, and winter squashes unwashed in a cool, dry, dark place. Refrigerate other vegetables in a covered container to prevent drying. Tightly cover vegetables that have been peeled and cut to prevent drying and discoloration.

Nutritional Value of Vegetables

We should eat three to five servings of vegetables every day.* A serving size usually is ½ cup of cooked vegetable or 1 cup of raw vegetable. Vegetables provide important vitamins and minerals such as vitamin A, vitamin C, riboflavin, folic acid, iron, and magnesium. Most vegetables are also good sources of fiber. They are naturally cholesterol-free and low in fat. But don't turn your naturally low-fat vegetables into high-calorie selections—try to limit the amount of butter or high-fat sauces you add to your vegetables.

Controlling Nutrient Loss

Most minerals and some vitamins dissolved in water. Soaking vegetables in water before cooking or cooking vegetables in large amounts of water causes leaching of important vitamins and minerals.

The other five factors that lead to nutrient loss are high temperatures, prolonged cooking, alkalies (such as baking soda and hard water), plant enzymes (which are destroyed by heat), and oxygen. Some nutrient loss is inevitable, but most can be avoided by understanding how these six factors affect vegetables.

* Based on the Food Guide Pyramid from the U.S. Department of Agriculture and Human Nutrition Information Service.
Controlling Texture Changes

You should stop cooking vegetables when they become tender. Desired tenderness varies depending on the vegetable. Winter squash, eggplant, and similar vegetables are properly cooked when they turn soft, but most vegetables are best when cooked very briefly or until they are crisp-tender. At this stage vegetables maintain their maximum flavor, color, and nutrients.

Cellulose and pectin are the fibers that give vegetables their shape and firmness. Cooking softens these fibers. The amount of fiber varies with different vegetables, with the age of vegetables, and even within the same vegetable. A longer cooking time means softer vegetables. Alkali, such as baking soda, should not be added to vegetables because it destroys vitamins and softens vegetables to the point of mush. Acids such as lemon juice, vinegar, tomato products, and sugar make vegetable fibers firmer. If you add any of these, you will need to allow more cooking time.

Starch found in vegetables also affects texture. Dry starchy foods like dried beans, peas and lentils, rice, and macaroni products must be cooked in enough water to allow the starch granules to absorb moisture and soften. Moist starchy vegetables like potatoes and yams must simply be cooked to soften the starch granules.

Controlling Color Changes

It is important to preserve as much of a vegetable's natural color as you can during cooking. Different pigments react differently during cooking.

Green Vegetables

Chlorophyll is the pigment present in all green vegetables such as asparagus, green beans, broccoli, peas, and spinach. Chlorophyll is destroyed by acids, such as lemon juice and vinegar, and by baking soda. Prolonged cooking or overcooking causes bright green vegetables to turn a drab olive green. Steaming is the most preferred method for cooking because steam cooks food rapidly, lessens the loss of nutrients and flavor, and does not break up delicate vegetables.

Yellow and Orange Vegetables

Carotenoids are the yellow and orange pigments found in carrots, corn, sweet potatoes, tomatoes, and winter squash. These pigments are very stable to acids and heat, but loss of color, nutrients, and flavor occurs with overcooking.

Red Vegetables

Anthocyanins are the red pigments found only in a few vegetables, such as beets and red cabbage. These red pigments react very strongly to acids and alkalis. Acids make anthocyanins brighter red, and alkalis turn them a blue or blue-green color. So a small amount of acid gives red beets and red cabbage a bright red color. This is why red cabbage is often cooked with tart apples. Because acids toughen vegetables and prolong cooking time, in recipes that call for lemon juice, tomatoes, or other acids, add only a small amount at the beginning of cooking and the remaining toward the end after the vegetables have become tender. Because anthocyanins dissolve easily in water, cook these vegetables quickly in as little water as needed.

White Vegetables

Flavones are the white pigments found in potatoes, onions, cauliflower, and the white parts of celery, cucumbers, and zucchini. Cook these vegetables for a short time to avoid loss of nutrients, flavor, and color. Overcooking and hard water turn white vegetables a dull yellow or gray.
Basic Cooking Methods

General Procedures:
- Use as little water as possible, with the exception of strong-flavored vegetables.
- Cover yellow, orange, and red vegetables. Do not cover green and white vegetables.
- Cook vegetables as quickly as possible to soften fibers and retain nutrients, color, and flavor.
- Drain vegetables, but save the cooking water because it contains nutrients and flavor. Use the water in soups, sauces, and gravies.
- Season vegetables before serving. Use salt and high-fat sauces and butter sparingly.

Microwave Cookery
Vegetables cook quickly and easily in the microwave oven. Only a few tablespoons of water are needed and microwaving preserves the nutrients, color, and texture of most vegetables. Always cover vegetables in the microwave.

To microwave vegetables:
- Place evenly cut vegetables in a ceramic dish. Add 2 tablespoons of water to fresh vegetables. Frozen vegetables usually require no extra water.
- Cover the vegetables and cook on high until fork tender. Halfway through the cooking cycle, stir the vegetables.

Steaming
This method can be used for both pressurized steam cookers and range-top steamers which contain a perforated basket over a pot of boiling water. Pressurized steamers are not recommended because it is too easy to overcook the vegetables.
- If you use a pressurized steam cooker, follow the manufacturer’s instructions. For range-top cooking, bring 1 to 2 inches of water to a boil in a saucepan.
- Arrange vegetables in shallow, even layers in a perforated pan or basket for cooking.
- Insert pan or basket into steamer or saucepan and cook until fork tender for most vegetables. Follow guidelines for preserving color, texture, and nutrients.

Baking
Potatoes, sweet potatoes, and winter squash, as well as tomatoes, can be baked successfully. Starchy vegetables are baked because the dry heat of the oven and long baking time produce a desirable texture.
Vegetable casseroles are also baked, but precook the vegetables by simmering or steaming before they are mixed with other ingredients and baked.

Boiling
Boiling is the most frequent method of cooking vegetables because it is easy and economical. Actually, simmering is the proper term. The vegetables should be simmered because the agitation and high temperature of boiling break up delicate vegetables and destroy nutrients. Simmering can be used for fresh, frozen, dried, or dehydrated vegetables.

To boil fresh vegetables:
- Bring water to a boil in saucepan. Leafy green vegetables require only the water that clings to the leaves. Cover other vegetables with water.
- Place vegetables in pan and return the water to a boil. Cover if appropriate.
- Reduce heat to a simmer and cook the vegetables until tender.

To boil frozen vegetables:
- In a saucepan, bring to a boil the amount of water suggested on the package. Frozen vegetables have been blanched or precooked so they require less water and less cooking time.
- Add frozen vegetables. Never defrost frozen vegetables before cooking. You may need to break up large blocks with a fork as the vegetables cook.
- Follow cooking instructions on package.

To boil dehydrated or freeze-dried vegetables:
- Follow cooking instructions on package.

To boil canned vegetables:
- Place vegetables and liquid in a saucepan and bring to a boil.
- Reduce to a simmer and cook until tender or as directed on the can label.
- Drain liquid before serving.

To boil dried peas and beans:
- Wash dried vegetables well and look for any foreign objects such as rocks.
- Allow to soak overnight in approximately 2 gallons of water for every pound of vegetable.

A quicker method is to add the dried vegetables to boiling water and boil 2 minutes. Remove from the heat and let sit for 1 hour before cooking.
- Bring the water and dried vegetables and seasonings to a boil.
- Reduce to a simmer and cook until tender, about 1 1/2 to 2 1/2 hours. Add more water if needed.


**Sautéing or Pan-Frying**

The differences between sautéing and frying are in the amount of fat used and the length of cooking time. To sauté is to cook quickly in a small amount of fat. Frying cooks in a larger amount of fat, usually 3 inches or more, for a longer time at a lower heat. Stir-frying is similar to sautéing and can be done in a regular pan or a stationary work. Most vegetables are fried from 325° to 350°F after being coated, with batter or breading. Without this coating, vegetables tend to dry out. Drain excess fat from deep-fried vegetables.

To sauté or stir-fry vegetables:
- Heat enough fat (butter, margarine, oil) to coat the bottom of the pan. Butter burns very quickly at high heat. DO NOT leave any fat unattended.
- When fat is hot, add vegetables, being careful not to overload the pan because this will lower the fat temperature and the vegetables will simmer instead of sauté.
- Stir the vegetables as often as necessary to heat evenly and coat them with the fat. The heat should have time to recover between stirring. Cook until fork tender.

**Braising**

Braising is a slow, moist-heat cooking method that uses a small amount of liquid. General procedures follow.
- Add fat to a braising pan or a saucepan and heat. Sauté any additional flavoring ingredients such as a mirepoix (rough cut onions, carrots, and celery).
- Place the vegetable in the pan. It may or may not be cooked slightly in the fat before adding the liquid. Follow your recipe instructions.
- Add liquid, usually to cover the vegetable only part way. NEVER add water to hot fat as it will spatter, possibly causing burns.
- Cover the pan and cook the vegetable slowly in the oven or on the range top until fork tender.

**Seasoning List for Vegetables**

Experiment with small amounts of seasonings to find what your family will accept. Start with 1 teaspoon of mild herbs or spices, such as basil, cinnamon, cumin, lemon pepper, or oregano per six servings. With strong herbs or spices, such as allspice, cloves, ginger, nutmeg, rosemary, and tarragon, start with only ¼ teaspoon per six servings. Ground herbs are stronger than dried, and dried are stronger than fresh. If a recipe calls for ¼ teaspoon of ground herbs, use almost 1 teaspoon of dried or 2 teaspoons of fresh herbs.

- **Asparagus:** Garlic, fresh lemon juice, onion, vinegar.
- **Beans:** Caraway, cloves, cumin, mint, onion, green bell pepper, savory, tarragon, thyme.
- **Beets:** Anise, caraway, fennel, ginger, savory.
- **Carrots:** Anise, cinnamon, cloves, mint, sage, tarragon.
- **Corn:** Allspice, chili powder, green bell pepper, pimiento, fresh tomato.
- **Cucumbers:** Chives, dill, garlic, vinegar.
- **Green Beans:** Dill, fresh lemon juice, marjoram, nutmeg, pimiento.
- **Greens:** Garlic, fresh lemon juice, onion, vinegar.
- **Peas:** Allspice, green bell pepper, mint, fresh mushrooms, onion, fresh parsley, sage, savory.
- **Potatoes:** Chives, dill, green bell pepper, onion, pimiento, saffron, sage.
- **Squash:** Allspice, brown sugar, cinnamon, cloves, fennel, ginger, mace, nutmeg, onion, savory.
- **Tomatoes:** Allspice, basil, garlic, marjoram, onion, oregano, sage, savory, tarragon, thyme.

**Vegetables in general:** Basil, cayenne, chervil, dill, marjoram, mint, fresh mushrooms, nutmeg, oregano, parsley, freshly ground pepper, poppy seeds, rosemary, sage, sesame seeds, tarragon, thyme, turmeric, watercress.

Prepared by Sandra Bastin, Ph.D., R.D., L.D., Extension Food and Nutrition Specialist
Kentucky Summer Squash

Season: June through October.

Nutrition Facts: Squash is low in calories, containing only 20 calories per 1 cup raw. It contains vitamins A and C and is naturally free of fat, cholesterol, and sodium.

Selection: Popular summer squashes include yellow crookneck, yellow straightneck, zucchini, cocozelle, and patty pan. Summer squash should be picked or purchased when small and tender; both skin and seeds are eaten. The peel holds many of the nutrients so do not peel. It should be harvested at 6 to 8 inches in length. Patty pan squash are ready when they are 3 to 4 inches or less in diameter.

Storage: Harvest and place unwashed in plastic bags. Store in the crisper drawer of the refrigerator. Wash the squash just before preparation. The storage life of summer squash is brief; use within two to three days.

Preparation: Summer squash is a mild-flavored vegetable and combines well with herbs and seasonings. Try it with basil, allspice, rosemary, and marjoram. Cook summer squash as a vegetable or use in stews, casseroles, and main dishes. Summer squash can be grilled, steamed, boiled, sautéed, fried, or used in stir fry recipes.
Freezing: Select small squash with small seeds and tender rind. Wash and cut into \(\frac{1}{2}\)-inch slices. Heat in boiling water for 3 minutes. Cool promptly in cold water and drain. Pack in containers leaving \(\frac{1}{2}\)-inch headspace. Seal and freeze.

**Summer Squash Casserole**

3 cups summer squash, any type, chopped  
1 cup cracker crumbs  
1 cup cheese, shredded  
2 tablespoons margarine, melted  
2 tablespoons onion, chopped  
2 large eggs, beaten  

Combine all ingredients and mix well. Put in a greased baking dish, cover, and bake at 350°F for 1 hour.  

Yield: 6 \(\frac{1}{2}\)-cup servings  

*Nutritional Analysis:* 170 calories, 8 g protein, 16 g carbohydrate, 8 g fat, 15 mg cholesterol, 290 mg sodium.

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Freezing: Select small squash with small seeds and tender rind. Wash and cut into \(\frac{1}{2}\)-inch slices. Heat in boiling water for 3 minutes. Cool promptly in cold water and drain. Pack in containers leaving \(\frac{1}{2}\)-inch headspace. Seal and freeze.

**Oven-Fried Squash**

Vegetable cooking spray  
3 tablespoons herb-seasoned bread crumbs  
1 tablespoon Parmesan cheese  
\(\frac{1}{4}\) teaspoon garlic powder  
\(\frac{1}{4}\) teaspoon pepper  
2 medium-sized squash (yellow or zucchini), unpeeled  
2 teaspoons vegetable oil  
2 tablespoons water  

Preheat oven to 475°F. Spray a nonstick baking sheet with cooking spray. Combine bread crumbs, cheese, garlic, and pepper in a bowl. Set aside. Quarter squash lengthwise and cut each spear in half. Put these in a plastic bag; add oil and water and shake until spears are lightly coated with oil. Roll each spear in crumb mixture until it is lightly coated. Arrange spears on baking sheet in a single layer. Bake uncovered for 7 minutes or until spears are browned and crunchy.  

Yield: 4 servings (4 spears each)  

*Nutritional Analysis:* 60 calories, 2 g protein, 6 g carbohydrate, 3 g fat, 0 mg cholesterol, 330 mg sodium.

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Prepared by Sarah Ball Brandl, Family and Consumer Sciences, Limited Resource Audience Program Coordinator.  
Adapted from University of Kentucky, *Kentucky Summer Squash* (FSHE-15).  

For more information, contact your county’s Extension agent for Family and Consumer Sciences or visit the Web site for Family and Consumer Sciences, College of Agriculture, University of Kentucky, at <www.ca.uky.edu/agcollege/fcs>.  

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Kentucky Green Beans

Season: June through September.

Nutrition Facts: One-half cup of unseasoned green beans has 15 calories; is low in sodium; and provides fiber, vitamin A, and potassium.

Selection: Choose slender, firm, smooth, crisp beans with slightly velvety pods and a bright color. Beans should be free of blemishes and have small seeds.

Storage: Beans can be stored unwashed in plastic bags in the refrigerator crisper for 3 to 5 days. Wash just before preparation.

Preparation: Wash well and remove stems and strings. Cook by steaming in a small amount of water, until tender-crisp, about 5 to 8 minutes. They can be cooked directly in soups or stews. They also go well with seasonings, such as chives, dill, marjoram, mint, oregano, thyme, lemon, mustard, or onion.

Freezing: Allow 2/3 to 1 pound of fresh beans for 1 pint frozen. Wash thoroughly. Remove and discard ends and strings. Cut or break beans into 1- or 2-inch pieces. Place beans in boiling water for 3 minutes. Plunge the heated beans into cold water. When cooled, remove beans and drain well. Pack beans into freezer bags or containers. Leave 1/2-inch headspace. Seal and place in the freezer. Use within 12 months.
Garlic Green Beans

2 pounds fresh green beans, washed and trimmed
3 tablespoons vegetable oil
3 tablespoons vinegar
1 clove garlic, minced
pepper, to taste

Cook beans by steaming for 5 minutes. Drain beans. Combine oil, vinegar, garlic, and pepper in a jar with a tight-fitting lid. Place lid on jar and shake until well blended. Pour over drained beans and toss. Yield: 8 1/2-cup servings.

Nutritional Analysis: 80 calories, 1 g protein, 7 g carbohydrate, 4 g fiber, 5 g fat, 0 mg cholesterol, 0 mg sodium.

Green Beans, Carrots, and Celery

1 pound fresh green beans
margarine, small pat
lemon pepper, to taste
1 small carrot
1/2 stalk celery

Wash, trim, and break beans. Slice carrot and celery in long, diagonal slices. Cook together in a small amount of water until beans are tender. Drain liquid and serve using a small pat of margarine and a sprinkling of lemon pepper for seasoning. Yield: 4 1/2-cup servings.

Nutritional Analysis: 50 calories, 2 g protein, 9 g carbohydrate, 5 g fiber, 1 g fat, 0 mg cholesterol, 50 mg sodium.

Prepared by Sarah Ball Brandl, Family and Consumer Sciences, Limited Resource Audience Program Coordinator.

Adapted from University of Kentucky. Kentucky Green Beans (FSHE-5).

Recipe from Kentucky Farmers’ Market Nutrition Program, “The Market Basket,” University of Kentucky College of Agriculture.

For more information, contact your county’s Extension agent for Family and Consumer Sciences or visit the Web site for Family and Consumer Sciences, College of Agriculture, University of Kentucky, at <www.ca.uky.edu/agcollege/fcs>.


Reviewed by Dr. Terry Jones, Extension Specialist for Horticulture, and Charles Tyron Back, Extension Associate for Horticulture.

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Kentucky Peppers

Season: June through the first frost, usually September.

Nutrition Facts: Sweet peppers are low in calories, high in vitamin C, and a good source of vitamin A. One raw, medium-sized pepper contains about 20 calories. Red peppers are higher in both vitamins C and A than green peppers.

Storage: Store in the refrigerator for 3 to 5 days. Place them in the vegetable crisper or in plastic bags.

Preparation: To prepare peppers, wash carefully without bruising.

Stuffing: Peppers frequently are stuffed with vegetable or meat filling. Before stuffing, parboil for 3 to 5 minutes in boiling water. Remove the top of the pepper by cutting a thin slice at the stem. Remove seeds and membrane. After boiling, invert and drain before filling.

Raw: Slice into rings or strips.

Grilled: To grill peppers, quarter them and remove the seeds. Brush with oil and place on a hot grill for 10 minutes.

Roasting: You can use a grill or broiler or hold peppers by tongs over an open flame. Turn the peppers as they cook until they are blackened all over. Place them in a plastic bag and close tightly to let them "sweat" for 15 minutes. Open the bag; cut a slice down one side of each pepper and remove the seeds, membrane, and stems. Pull off the skin.
*Hot Pepper Heat!* Capsaicin, the source of heat in a pepper, is concentrated in the inner seed-bearing membrane—not the seeds themselves. Removing the seeds and membrane will cut down the heat of a hot pepper.

**Pepper Steak**

1 pound beef top round steak
2 teaspoons cornstarch
¼ teaspoon salt
¼ teaspoon pepper
2 tablespoons soy sauce
¼ cup water
2 tablespoons vegetable oil
1 clove garlic, minced
2 cups bell peppers, sliced


*Nutritional Analysis:* 310 calories, 42 g protein, 5 g carbohydrate, 1 g fiber, 12 g fat, 1 mg cholesterol, 5 mg sodium.

Prepared by Sarah Ball Brandl, Family and Consumer Sciences, Limited Resource Audience Program Coordinator, Robinson Station. Adapted from *Kentucky Peppers* (FSHE-14), University of Kentucky.

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*Hot Pepper Heat!* Capsaicin, the source of heat in a pepper, is concentrated in the inner seed-bearing membrane—not the seeds themselves. Removing the seeds and membrane will cut down the heat of a hot pepper.

**Fiesta Grilled Peppers**

6 assorted sweet bell or hot peppers
1 to 2 tablespoons vegetable oil

Wash and quarter peppers, removing the seeds. Brush each pepper with vegetable oil. Place peppers on grill over medium hot coals. Grill about 10 minutes or until peppers are crisp-tender and slightly charred. Yield: ½ cup.

*Nutritional Analysis:* 50 calories, 1 g protein, 6 g carbohydrate, 2 g fiber, 3 g fat, 0 mg cholesterol, 0 mg sodium.

Prepared by Sarah Ball Brandl, Family and Consumer Sciences, Limited Resource Audience Program Coordinator, Robinson Station. Adapted from *Kentucky Peppers* (FSHE-14), University of Kentucky.

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Kentucky Lima Beans

Season: June–September

Nutrition Facts: Lima beans are a good source of fiber, B vitamins, magnesium, potassium, and phytochemicals, including saponin and coumestrol. One-half cup cooked lima beans contains 108 calories, 7 grams protein, 6 grams fiber, 0 grams fat, and 19 grams carbohydrate.

Selection: Choose full, firm, green, crisp pods free from blemishes. Three pounds of unshelled beans will yield 4 half-cup servings.

Storage: Fresh lima beans can be stored in plastic bags in the refrigerator for up to a week. Beans should be shelled just before use.

Preparation: To shell the beans, use a paring knife to cut just under the inner seam along the length of the pod. Open the pod, remove the beans, and discard the pods.

Cook fresh lima beans in a saucepan with just enough water to cover the beans. Cook for 10 to 15 minutes or until tender. Onion and a small amount of minced garlic sauteed in olive oil may be added for extra flavoring.

To make succotash, cook the lima beans and add fresh or frozen corn; cook until tender.

Broccoli-Lima Bean Bake

2 1/2 cups fresh lima beans
2 1/2 cups fresh broccoli
1 package dry onion soup mix
8 ounces reduced-fat sour cream
1 can (10 3/4-ounce) cream of mushroom soup
1 can (4 ounces) sliced water chestnuts
3 cups crisp cereal (like Rice Krispies)
2 tablespoons margarine


Nutritional Analysis: 140 calories, 3 g fiber, 6 g fat, 5 g protein, 18 g carbohydrate, 7 mg cholesterol, 604 mg sodium.

Prepared by Phoebe Alexander, Dietetics Intern, Family and Consumer Sciences, University of Kentucky.

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Summer Beet Salad

- 6 medium-size beets
- 1 red onion, sliced
- 1/2 cucumber, sliced
- 5 tablespoons reduced-fat sour cream or plain yogurt
- 2 tablespoons reduced-fat mayonnaise
- 1 tablespoon balsamic or red wine vinegar
- 1/2 teaspoon Dijon-style mustard
- 1/2 teaspoon prepared horseradish
- 2 tablespoons dried dill weed OR 3 tablespoons fresh dill, chopped
- 1/4 teaspoon salt (optional)
- 1/4 teaspoon ground black pepper

Scrub and remove tops of beets. Boil in water for about 45 minutes or until tender. Drain hot water from pot and refill with cold water. When beets are cool enough to handle and peel, slice thinly and place in a salad bowl. Add onion and cucumber. In a separate bowl, combine sour cream, mayonnaise, vinegar, mustard, horseradish, dill, salt, and pepper. Pour over vegetables and toss to combine. Refrigerate 2 hours or overnight. Serve chilled. Yield: 6 (1-cup) servings.

**Nutritional Analysis:** 90 calories, 3.5 g fat, 3 g protein, 1 g fiber, 13 g carbohydrate, 230 mg sodium, 10 mg cholesterol.

Prepared by Phoebe Alexander, Dietetics Intern, Family and Consumer Sciences, University of Kentucky.

**References:**
- Texas A&M University Extension. <www.agegie.horticulture.tamu.edu/extension>.

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Kentucky Apples

Season: Early summer through December.

Nutrition Facts: A medium size apple, about 2 to 2 1/2 inches round, has about 75 calories and provides bulk in the diet, which helps the body digest food. The apple is low in sodium and high in potassium, making it a great natural snack.

Selection: Look for firm, crisp, well-colored fruit. Avoid those with shriveled skins, bruises, worm holes, and decayed spots. Always handle apples gently to avoid causing bruises, blemishes, or other defects.

Storage: Use those with bruises or skin breaks as soon as possible. Apples that are slightly under-ripe should be stored in a cool place to ripen. Once ripe, apples will keep best stored in the refrigerator for a week or longer in the vegetable drawer or in a plastic bag.

Preparation: Raw apples will darken when the cut surface is exposed to the air. Protect cut or peeled apples from darkening by mixing with ascorbic acid or fruit juice, such as lemon or orange. Only work with about five apples at a time to prevent darkening. Mix 1 teaspoon ascorbic acid
with apple slices.

Apples may be preserved by several methods: freezing, drying, or canning. Please contact your county Extension office for more information.

Varieties: More than 2,500 varieties are found in the United States. The following are a few of the kinds that are easily available and popular in Kentucky: Lodi, Red Delicious, Rome, Winesap, Gala, Jonathan, Cortland, and Golden Delicious.

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**Apple Salad**

2 cups diced apples (with peel)

1 cup diced celery

1/2 cup raisins

1/2 cup nuts

2 tablespoons salad dressing or mayonnaise (thinned with 1 tablespoon lemon or orange juice)

Toss apples, celery, raisins, and nuts with the dressing mixture.

Yield: Eight 1/2-cup servings

_Nutritional Analysis: 110 calories, 6 g fat, 1 g protein, 15 g carbohydrate, 0 mg cholesterol, 35 mg sodium._

Prepared by Sarah Ball Brandl, Family and Consumer Sciences, Limited Resource Audience Coordinator. Adapted from _Kentucky Apples (FSHE-3)._ Reviewed by Dr. Terry Jones, Extension Specialist for Horticulture, and Charles Tyron Beck, Extension Associate for Horticulture, University of Kentucky.

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with 3 tablespoons of water. Toss gently with apple slices.

Apples may be preserved by several methods: freezing, drying, or canning. Please contact your county Extension office for more information.

Varieties: More than 2,500 varieties are found in the United States. The following are a few of the kinds that are easily available and popular in Kentucky: Lodi, Red Delicious, Rome, Winesap, Gala, Jonathan, Cortland, and Golden Delicious.

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**Apple Betty**

4 cups sliced apples

1/4 cup apple juice

1/4 cup flour

1 cup sugar

1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

2 tablespoons butter or margarine

Place sliced apples in a lightly greased pie pan. Pour fruit juice over apples. Mix flour, sugar, cinnamon, and nutmeg in a mixing bowl. Cut in butter or margarine with two knives until mixture is crumbly. Pour crumb mixture over apples. Bake at 375°F for 45 minutes or until apples are tender.

Yield: Eight 6-ounce servings

_Nutritional Analysis: 220 calories, 2.5 g fat, 1 g protein, 51 g carbohydrate, 0 mg cholesterol, 35 mg sodium._

Prepared by Sarah Ball Brandl, Family and Consumer Sciences, Limited Resource Audience Coordinator. Adapted from _Kentucky Apples (FSHE-3)._ Recipe from _The Market Basket, Kentucky Department of Agriculture, Farmers Market Nutrition Program._ Reviewed by Dr. Terry Jones, Extension Specialist for Horticulture, and Charles Tyron Beck, Extension Associate for Horticulture, University of Kentucky.

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Apple Salad

2 cups diced apples with peel
1 cup diced celery
1/2 cup raisins
1/2 cup chopped nuts
2 tablespoons low-fat mayonnaise or yogurt (vanilla or lemon)
1 tablespoon lemon or orange juice

Wash apples and celery. Dice to about 1/2”. Add raisins and nuts. Mix mayonnaise
with juice. Toss with apples, celery, raisins, and nuts.

Yield: 8-1/2 cup servings.

Nutritional Analysis: 110 calories, 6 g fat, 1 g protein, 15 g carbohydrate, 0 mg
cholesterol, 35 mg sodium.

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Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.
Vegetables for Wellness:
Kentucky Peas

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Peas grown in the home vegetable garden or bought from the local farmers’ market can add nutrition and variety to any meal. Sweet peas that are fresh picked and Kentucky grown are a delicacy. In Kentucky, fresh peas are harvested during May and June and again in August. Peas, native to western Asia, were often a dried food in the Middle Ages. Fresh peas were not eaten in Europe until the 16th century and were considered a luxury food.

Green garden peas and pod peas are the two common varieties. Green garden peas need shelling and are considered a legume. Garden peas, which are also called English peas, are grown for their seeds, the peas we eat. They should be harvested when the pods are well filled but the seeds (peas) are still tender and sweet. Green garden peas have both smooth-seeded and wrinkled-seeded varieties. Wrinkled-seeded varieties are generally preferred for most cooking. The smooth-seeded varieties tend to have more starch and are not as sweet, making them better in split-pea soup.

Pod peas, such as the snow pea, sugar snap pea, and Chinese pea pod, are eaten whole, either cooked or raw. Snow peas and sugar snap peas have edible flat pods with small, immature peas inside.

Peas should be picked immediately before cooking because their sweetness deteriorates quickly. *Vegetable Cultivars for Kentucky Gardens—1999* (ID-133), a publication by the University of Kentucky College of Agriculture Cooperative Extension Service, has more information on successful Kentucky varieties. It can be viewed at <www.ca.uky.edu/agc/pubs/pubs.htm>.

Nutrition Facts

Green garden peas are a good source of fiber, containing 2 grams per 1/2-cup serving. They are also low in fat. Research indicates that individuals who eat diets high in fiber and low in fat have a lower risk for heart disease and certain cancers. Snow peas usually have no fiber but are high in iron and vitamin C. A cooked, 1/2-cup serving of snow peas meets 20 percent of our daily need for vitamin C. This vitamin, also known as ascorbic acid, plays a vital role in fighting infection, keeping gums healthy, and healing wounds. Vitamin C also functions as an antioxidant. This is another good reason to try to consume all the different varieties of peas that are available from the garden or your local farmers’ market. You can check for peas at the farmers’ market nearest you on the Web at <www.ca.uky.edu/gardenbasket>.

Selection

Fresh, young, tender pea pods should be moist and bright green in color. They should feel a little fuzzy to the touch and be well filled, end to end, with peas. Do not purchase peas that are flat, dark green, wilted, gray-flecked, or scarred. Peas to be eaten in the pod should be thin. In season, farmers’ markets have a good selection of peas available, allowing you to purchase enough for dinner or to can or freeze for the same fresh taste in the winter. One bushel of green peas in the pod will yield 12 to 15 pints of frozen shelled peas. Pod peas also freeze well.

Storage

Fresh peas and snow or pod peas keep well for up to two days in the refrigerator. The sooner peas are eaten, the more sweetness they retain. Peas will remain fresher if kept in their shells until preparation time. They should be stored unwashed in a vegetable crisper or a plastic bag. To retain quality, freeze peas when you need to store them for a long time. Canning and drying peas results in only fair to poor quality.

Preparation

Fresh peas can be eaten raw, steamed, boiled, or cooked in the microwave. Pod peas can be cooked the same way as fresh peas, and they can also be stir-fried. Two pounds of peas yields about 1 2/3 cups of shelled peas.

**Fresh peas:** When you are ready to cook them, rinse the pea pods in cold water. Then shell them...
into a bowl. Snap off the pod’s stem and pull it down the side. Press the pod at the seam, pulling it open on either side. The peas should pop out. Peas can be cooked in boiling water, uncovered, until just tender, about 4 to 10 minutes. Fresh peas can also be steamed (5 to 10 minutes) or microwaved on high (4 to 6 minutes) until tender.

Pod peas: When ready to cook, wash the pods in cold water. Peas should not be shelled, but you should remove the stems and string from both the top and bottom of the pods. Use kitchen shears to clip each end of young, tender pea pods. Cook peas in boiling water, uncovered, until just crisp-tender, 30 seconds to 2 minutes. Pod peas can also be steamed (2 to 5 minutes) or microwaved on high (4 to 6 minutes).

Dilled Peas with Walnuts
2 cups fresh peas, shelled
¼ cup onion, chopped
1 tablespoon margarine or butter
½ teaspoon dried dillweed
¼ teaspoon salt
¼ teaspoon pepper
¼ cup broken walnuts, toasted

In a small amount of boiling water, cook peas and onion, covered, for 10 to 12 minutes. Drain and add margarine, dillweed, salt, and pepper. Heat until all ingredients are warm. Garnish with walnuts if desired. Nutritional analysis per serving: 120 calories, 6 g protein, 12 g carbohydrate, 4 g fiber, 7 g fat, 5 mg cholesterol, 245 mg sodium. Yield: 4 servings.

Sautéed Pea Pods and Red Peppers
1 pound fresh pea pods, washed
2 tablespoons vegetable oil
2 tablespoons margarine or butter
2 red peppers cut into ¼-inch strips
1 medium onion, cut into ¼-inch slices and separated into rings
¼ teaspoon celery salt
¼ teaspoon pepper, freshly ground

Cook pea pods about 2 minutes in boiling water, uncovered. In a skillet over medium heat, melt butter and oil together. Stir in onions and red peppers and cook about 3 minutes. Stir in cooked pea pods, celery salt, and pepper, then heat until pea pods are hot, about 1 minute. Nutritional analysis per serving: 82 calories, 2 g protein, 7 g carbohydrate, 2 g fiber, 3 g fat, 8 mg cholesterol, 160 mg sodium. Yield: 8 servings.

Cream of Pea Soup
2 tablespoons margarine
1 tablespoon onion, chopped
2 cups fresh or frozen peas
½ teaspoon sugar
2 cups water
1 cup low-fat milk
Salt to taste

Over medium heat, melt margarine in a medium saucepan. Stir in onions and cook until translucent. Carefully add peas, sugar, and water. Cover and cook about 8 to 10 minutes, or until peas are tender. Remove from heat and purée in a blender until smooth. Return to the saucepan, add milk, and season to taste. Bring to a simmer before serving. Nutritional analysis per serving: 150 calories, 6 g protein, 13 g carbohydrate, 3 g fiber, 8 g fat, 25 mg cholesterol, 184 mg sodium. Yield: 4 servings.

Peas Amandine
2 cups shelled peas
¼ cup bacon slices, chopped
⅛ cup onion, minced
¼ cup almonds, slivered
½ cup low-fat milk

In a medium skillet, fry bacon pieces and onion until light brown. Drain fat. In a medium saucepan, add peas to 1 inch of boiling water. Cover and cook 5 minutes. Drain water. Combine all ingredients and heat until milk is steaming. Season as desired. Nutritional analysis per serving: 163 calories, 9 g protein, 17 g carbohydrate, 5 g fiber, 7 g fat, 9 mg cholesterol, 148 mg sodium. Yield: 4 servings.

Peas and Carrots
1 pound carrots, trimmed, peeled, and sliced
1 pound of fresh or frozen peas
4 tablespoons butter
Salt and pepper to taste

Cook carrots, covered, in about 2 inches of boiling water until they are tender, about 10 to 12 minutes. Drain carrots. Cook peas in 1 cup of boiling water until crisp tender, about 6 to 8 minutes. Drain peas. Combine cooked peas and cooked carrots. Add butter and seasonings and reheat until warm. Nutritional analysis per serving: 159 calories, 5 g protein, 16 g carbohydrate, 6 g fiber, 8 g fat, 21 mg cholesterol, 238 mg sodium. Yield: 6 servings.
Layered Salad

3 cups fresh spinach or lettuce
1 cup cauliflower florets
1 cup fresh green peas, cooked
4 green onions, sliced
1/2 cup mayonnaise-type salad dressing
1/2 cup yogurt, plain
1 teaspoon sugar (optional)
2 tablespoons bacon bits

In a deep bowl, layer fresh spinach or lettuce, cauliflower, peas, and green onions. Mix yogurt and salad dressing and, if desired, sugar. Seal top of salad with salad dressing/yogurt mixture. Sprinkle on bacon bits. Toss just before serving.

Nutritional analysis per serving: 102 calories, 4 g protein, 12 g carbohydrate, 2 g fiber, 6 g fat, 10 mg cholesterol, 242 mg sodium. Yield: 6 servings.

For additional in-season recipes, check the home page of Family and Consumer Sciences Extension on the Web site of the University of Kentucky College of Agriculture at <www.ca.uky.edu/agecollege/fcs/>.

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Vegetables for Wellness: Kentucky Corn

Sandra Bastin, Ph.D., R.D., L.D.,
Food and Nutrition Extension Specialist

Nothing is more delicious than fresh-picked, Kentucky-grown corn, which we can enjoy from July through August. If you don't have a garden of your own, farmers' markets offer, along with other seasonal fruits and vegetables, sweet corn picked at the peak of ripeness. Everything on the corn plant can be used: the husks for tamales, the silk for medicinal tea, the kernels for food, and the stalks for fodder. Not only is corn popular as food in itself, but its many by-products contribute to Kentucky's agricultural economy, including bourbon, corn flour, cornmeal, corn oil, cornstarch, corn syrup, and laundry starch. What a wonderful and versatile gift the American Indians gave the world!

Nutrition Facts

Corn is low in fat and a good source of fiber and B vitamins. Research shows that if you follow a low-fat, high-fiber diet, you lower your risk of heart disease and certain cancers, giving you even more reason to consume all the corn from the garden or buy a plentiful supply from your local farmers' market.

Selection

Today, more than 200 varieties of corn are available. Yellow corn has large, full-flavored kernels. The kernels of white corn are small and sweet. The super-sweet varieties, while great to eat, are not suitable for canning because the natural sugar in the corn caramelizes and turns brown during processing. It is best to freeze super-sweet varieties in order to preserve them.

Look for ears with green shucks, moist stems, and silk ends that are free of decay. Kernels should be small, tender, plump, milky when pierced, and fill up all the spaces in an ear's rows. The good selection of corn available at farmers' markets will allow you to buy enough, whether it's for dinner or to can or freeze for the same fresh taste through the winter months.

Storage

Since corn can absorb odors from foods such as green onions, avoid storing corn with other produce. Keep unshucked fresh corn in the refrigerator until ready to use, wrapped in damp paper towels and placed in a plastic bag. Corn's natural covering will prevent it from drying out. The typical shelf life of corn is four to six days, so refrigerate it for no more than two days. Each day corn is kept after picking reduces its just-picked fresh taste.

To preserve your garden bounty, can or freeze corn according to USDA-recommended guidelines. One bushel (35 pounds) of sweet corn in husks will produce six to 10 quart jars of whole kernel corn or 14 to 17 frozen pints. Freezing instructions are outlined in the Cooperative Extension Service publication Freezing Vegetables (FCS3-335). Canning instructions are outlined in Canning Vegetables and Vegetable Products (FCS3-328). Both publications are on the Web at <www.ca.uky.edu/age/pubs/hcpubs.htm> and are also available at your local Extension office.

Preparation

After shucking, fresh sweet corn can be steamed, boiled, oven-roasted, or grilled and then eaten off the cob by hand. Fresh corn kernels can be used to make corn soup or be added to other soups; used in salads, vegetable sautés, fritters, and relishes; creamed; or made into puddings or soufflés. A Creole version of creamed corn uses fresh red, green, and yellow peppers and fresh basil. Both peppers and basil are generally available from vendors at your local farmers' market.

If you love corn on the cob, corn salsas, chowders, and all the other wonderful ways to prepare corn when it is in season, you may be interested in trying a tool that removes corn kernels. It cuts kernels off the cob, allowing you to move the blade closer if you want creamier corn. Look for it during the summer season at your local cookware store.
When corn is picked, its sugar immediately begins to turn to starch, reducing the corn's natural sweetness. So, it's important to cook corn as soon as possible after you buy it. The Cooperative Extension Service publication Vegetable Cultivars for Kentucky Gardens—1999 (ID-133) has more information on successful Kentucky varieties. It can be viewed on the Web at <www.ca.uky.edu/age/pubs/agpubs.htm>.

To steam: Remove shucks and silk. Trim stem ends. Arrange ears on a rack and steam in a double boiler about 8 to 10 minutes or until tender. Or, stand ears in a tall pot with 1 inch of water in the bottom of the pot. Cover the pot with a tight-fitting lid and steam the corn for 5 minutes.

To microwave: Place the ears of corn, still in the shucks, in a single layer in the microwave. Microwave on high for a period equal to 2 minutes times the number of ears, turning the ears halfway through cooking. Allow corn to rest several minutes before removing the shucks and silk.

To boil: Remove shucks and silk. Trim stem ends. Carefully place ears in a large pot of boiling water. Cook 2 to 4 minutes or until the kernels are tender.

To grill: Turn back the inner shucks and remove the silk. Sprinkle each ear with 2 tablespoons of water and nonfat seasonings such as salt, pepper, or herbs. Replace shucks and tie them shut. (Cooking corn in the shucks gives it an earthy, grassy flavor.) Place ears on a hot grill, turning often for 20 to 30 minutes. You can also remove the shucks and silk and wrap the ears in double-folded, heavy-duty aluminum foil. Before wrapping, sprinkle each ear with 2 tablespoons water and seasonings such as salt, pepper, or herbs. Twist the ends of the foil. Cook, turning once, about 10 to 15 minutes until done.

Zucchini and Corn Sauté

2 medium zucchini, thinly sliced  
1 medium green pepper, thinly sliced  
1 medium sweet red pepper, thinly sliced  
2 tablespoons canola oil (optional)  
2 cups fresh or frozen corn  
1 teaspoon garlic salt, optional  
½ teaspoon Italian seasoning

In a large skillet, sauté zucchini and peppers in oil until crisp-tender, about 4 minutes. Add remaining ingredients. Sauté 3 to 4 minutes longer or until the corn is tender. Nutritional Analysis: 62 calories, 2 g protein, 9 g carbohydrates, 2 g fiber, 3 g fat, 230 mg sodium. Yield: 10 servings.
—From the Simpson County Cooperative Extension Service.

Scalloped Corn

3 tablespoons flour  
1 teaspoon salt  
¼ teaspoon paprika  
¼ teaspoon dry mustard  
Pinch of cayenne pepper  
3 tablespoons margarine  
1 small green pepper, chopped fine  
½ onion, chopped fine  
1 cup milk  
2 cups corn, fresh or canned and drained  
1 egg yolk  
2/3 cup buttered bread crumbs

Generously grease a 1½ quart baking dish. Combine flour and seasonings. Sauté green pepper and onion in margarine until tender. Add flour mixture and cook, stirring constantly for 2 to 3 minutes. Add the milk, stirring constantly, and bring to a boil. Stir in corn and egg yolk. Spoon into baking dish and sprinkle with crumbs. Bake at 400°F for 25 minutes, until the crumbs are brown. Nutritional Analysis: 110 calories, 3 g protein, 15 g carbohydrate, 1 g fiber, 4 g fat, 31 mg cholesterol, 329 mg sodium. Yield: 16 servings.

For additional In-season recipes, check the home page of Family and Consumer Sciences Extension, University of Kentucky College of Agriculture, on the Web at <www.ca.uky.edu/agecollege/fcs>.

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University of Georgia Cooperative Extension Service, So Easy to Preserve, 1999.

Vegetables for Wellness:

Kentucky Cucumbers

Sandra Beattie, Ph.D., R.D., L.D., Extension Food and Nutrition Specialist

From July through September, Kentuckians can enjoy the freshness and flavor of delicious locally grown cucumbers that have been picked at their peak. Slicing and pickling cucumbers are the most commonly grown. The cucumber is a member of the gourd family and originated thousands of years ago in either India or Thailand. The Spanish introduced the cucumber to the Native Americans. The phrase "cool as a cucumber" came about because the cucumber's interior flesh is 20 degrees cooler than the outside air temperature on a hot summer's day, making it cool to eat.

*Vegetable Cultivars for Kentucky Gardens* (ID 133), a publication by the University of Kentucky College of Agriculture Cooperative Extension Service, has more information on varieties that are successful in Kentucky. It can be viewed at <www.ca.uky.edu/agc/pubs/agpubs.htm>.

**Nutrition Facts**

Cucumbers are naturally high in water but contain few other nutrients. One-half cup of sliced cucumbers has only seven calories. Since most of the fiber and a small amount of beta-carotene are present in the cucumber skin, you may choose to leave cucumbers unpeeled. The calorie and sodium content of pickled cucumbers depends on the pickling method.

**Selection**

Choose firm, fully green cucumbers with no yellowing or soft spots. Slicing cucumbers that are 6 to 9 inches in length are well suited for eating. The small white spines on their surface rub off easily. One- to 4-inch cucumbers are preferred for pickling. Pickling cucumbers have small black spines on the surface. The varieties that are used for pickling are less prone to bloating or developing a hollow interior during the pickling process. For cucumbers at the farmers' market nearest you, check the Web at <www.ca.uky.edu/gardenbasket>.

**Storage**

Cucumbers should be harvested early in the morning. They may be refrigerated, unwashed, in a moisture-proof bag for up to 1 week. Sliced cucumbers should be tightly wrapped, refrigerated, and used within 3 days. Pickling cucumbers should be used immediately.

**Preparation**

Cucumbers are inexpensive in season and lend themselves to both hot and cold dishes. Always wash fresh cucumbers in cool running water, wiping off visible signs of dirt. Cucumbers are normally eaten when they are immature and the seeds are edible and surrounded by a mild, crisp flesh. As a cucumber matures, the seeds grow larger and more bitter, so the seeds of older cucumbers need to be removed. Simply slice the cucumber lengthwise and scoop out the seeds with a spoon. For pickling, follow your recipe instructions. Three to 4 pounds of cucumbers will yield about 5 to 6 pints of pickles. Pickling instructions are outlined in the UK Cooperative Extension publication *Preparing and Canning Fermented Foods and Pickled Vegetables* (FCS 333). This publication is available on the Web at <www.ca.uky.edu/agc/pubs/2epubs.htm> or from your local Cooperative Extension office.

Soak cucumbers in salt water for use in salads. This prevents the cucumbers from losing their water content, which will dilute salad dressing. Cucumbers have a natural affinity for dill, mint, and parsley, so these herbs make good flavorings.

**Scandinavian salad:** Slice cucumbers as thinly as possible and sprinkle them with a little sugar, salt, rice vinegar, and fresh minced dill. This crisp salad is great with grilled salmon or lamb.

**Cucumbers in sour cream:** Toss paper-thin cucumber slices with sour cream that has been flavored with grated horseradish or minced garlic and chives. Cucumbers may also be tossed with yogurt or with buttermilk dressing.
Greek salad: Layer thinly sliced cucumber, tomato, red onion, and fresh basil leaves on a platter. Crumble feta cheese on top and drizzle with vinaigrette. Serve with leg of lamb.

Russian salad: Combine equal amounts of thinly sliced cucumbers and radishes. Sprinkle with fresh dill, thinly sliced scallions, and ground pepper. Cover and refrigerate for up to 2 hours before serving. Mix yogurt and sour cream together and toss with the salad.

Cucumber dip: Place 1 peeled cucumber, 32 ounces of nonfat plain yogurt, 4 cloves of garlic, and 1/4 cup of walnut pieces in a food processor. Pulse until the mixture is combined and chunky. Place in a bowl and fold in 1/4 cup olive oil, a thinly sliced scallion, 1/4 cup chopped fresh dill, and 1/4 teaspoon each of salt and pepper. Cover and refrigerate for 1 hour before serving. Perfect with unsalted tortilla chips or baked pita chips.

Herbed cucumbers: Add a squeeze of lemon and a dash of minced fresh dill, tarragon, mint, or chives to sautéed cucumbers. For a creamier dish, add low-fat milk and reduce the liquid over medium heat until it is thick. Whisk in a dab of sour cream after you take the cucumbers off the heat.

Cooked cucumbers can be appealing when sautéed with a delicate fish, such as sole or turbot, or with chicken. Many Asian dishes call for steamed or sautéed cucumbers that are then eaten as a side vegetable.

Sweet Freezer Pickles
2 quarts cucumbers, peeled and thinly sliced
1 medium onion, thinly sliced
1 tablespoon salt
1 1/2 cups sugar
1/2 cup white distilled vinegar

Mix cucumbers, onions, and salt in a large bowl and cover with plastic wrap. Allow to sit at room temperature for 2 hours. Drain. Combine sugar and vinegar, stir well, and pour over cucumbers. Pack into pint freezer containers or zip-closure bags and freeze immediately. Pickles are ready to eat in 3 to 4 days. May be frozen for up to 1 year. **Nutritional analysis (per pint):** 223 calories, 1 g protein, 56 g carbohydrate, 2 g fiber, 5 mg sodium. Yield: 5 to 6 pints.

---From University of Illinois Extension.

Dilled Cucumber Salad
2 peeled and seeded cucumbers, diagonally sliced
2 tablespoons sugar
1/4 apple cider vinegar
Salt, to taste
Ground black pepper, to taste
2 tablespoons fresh dill, chopped

Place the cucumbers in a bowl. In a small bowl, stir the sugar, salt, and vinegar together. Toss with the cucumbers. Add pepper and dill. Serve immediately or store covered in the refrigerator for up to 4 hours. **Nutritional analysis per serving:** 19 calories, 5 g carbohydrate, 1 g fat, 76 mg sodium. Yield: 8 1/4-cup servings.

Cucumber Sauce
2 peeled and seeded cucumbers, cut into 1/4-inch pieces
1/2 teaspoon salt
3 tablespoons margarine
1/4 cup lowfat milk
2 tablespoons mixture of fresh parsley, chives, and dill, finely minced

Sprinkle cucumbers with salt and allow them to drain for 30 minutes over a bowl. Rinse and pat dry. Heat the margarine in a heavy skillet. Add cucumbers and sauté 3 to 4 minutes, or until lightly browned. Do not overcook. Carefully add the milk and cook until it heavily coats a spoon. Spoon over roast chicken just before serving and then sprinkle it with the herb mixture. **Nutritional analysis per serving (for sauce only):** 113 calories, 2 g protein, 5 g carbohydrate, 1 g fiber, 10 g fat, 413 mg sodium. Yield: 4 servings.
Indonesian Salsa

2 cups pineapple, diced into \(\frac{1}{4}\)-inch pieces
2 cups peeled and seeded cucumbers, diced into \(\frac{1}{4}\)-inch pieces
\(\frac{1}{2}\) red onion, diced into \(\frac{1}{4}\)-inch pieces
1 teaspoon red chili pepper, minced
1 teaspoon garlic, minced
2 teaspoons lime zest, finely grated
\(\frac{1}{2}\) cup lime juice
2 tablespoons basil leaves, finely slivered
2 tablespoons, cilantro, coarsely chopped

Combine the pineapple, cucumber, and onion in a bowl. Add chili pepper, garlic, lime zest, and lime juice. Cover and refrigerate for up to 2 hours before use. Toss in basil and cilantro just before serving. Serve with tortilla or pita chips. Nutritional analysis per serving: 30 calories, 1 g protein, 8 g carbohydrate, 1 g fiber, 2 mg sodium. Yield: 8 \(\frac{1}{4}\)-cup servings.

Note: Handle hot chili peppers with gloved hands.

For additional in-season recipes, check the home page of Family and Consumer Sciences Extension on the Web site of the University of Kentucky College of Agriculture at <www.ca.uky.edu/agcollege/fcs/>.

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Vegetables for Wellness: Kentucky Tomatoes
Sandra Bastin, Ph.D., R.D., Food and Nutrition Specialist

Nothing tastes better than a Kentucky-grown tomato in the summer! From July through October, Kentuckians can enjoy the freshness and flavor of locally grown tomatoes picked at peak ripeness. Botanically, the tomato is the fruit of a vine native to South America. But the tomato was classified as a vegetable by the U.S. government in 1893, for trade purposes. Dozens of tomato varieties are available today, including standard-sized round, plum (Italian plum), pear-shaped, and cherry varieties. They range widely in size, shape, and color.

Vegetable Cultivars for Kentucky Gardens—1999 (ID-133), a publication by the University of Kentucky College of Agriculture Cooperative Extension Service, has more information on successful Kentucky varieties. It can be viewed at <www.ca.uky.edu/agc/pubs/agpubs.htm>.

Nutrition Facts

There are lots of nutritional reasons for using all the tomatoes that come in from the garden. Tomatoes are packed with vitamins that promote health and phytochemicals that fight disease. Plus, a medium tomato has as much fiber as a slice of whole-wheat bread—2 grams—and only 35 calories.

Tomatoes are also a major source of vitamins C and A, which have great potential for preventing disease because they are strong antioxidants.

Vitamin C, also known as ascorbic acid, plays a vital role in fighting infection, keeping gums healthy, and healing wounds. One medium tomato meets 40 percent of our daily need for vitamin C.

Vitamin A is needed for vision, normal growth, reproduction, and a healthy immune system. Tomatoes and other foods of plant origin contain carotenoids, which are converted into vitamin A. Some of the better known carotenoids in tomatoes are beta-carotene and lycopene. Carotenoids also give tomatoes their bright rosy color. A medium tomato supplies about 20 percent of our daily need for vitamin A.

Selection

Choose firm, well-shaped tomatoes that are rich in color and fragrant. Tomatoes should be free from blemishes, be heavy for their size, and give slightly to pressure. Italian plum tomatoes make the best canned tomatoes because they have more solids and hold together better. You should be able to purchase enough good-quality tomatoes in the quantity you need at farmers' markets, which usually have a good selection.

Storage

Store ripe tomatoes at room temperature and use them within three days. Tomatoes that are light pink in color should be ripe in three to five days. Keep tomatoes out of direct sunlight and store them with the stem up to prevent bruised shoulders. Do not refrigerate tomatoes, because cold temperatures make tomato flesh pulpy and damage the flavor. You can ripen green tomatoes by placing them for several days in a pierced, food-grade paper bag at room temperature. This method works because tomatoes naturally produce the gas ethylene, which hastens ripening in a confined space.

Preparation

Always wash fresh tomatoes in cool running water, wiping off visible signs of dirt. Remove the core and peel, if you like. Here are general rules to help you know how many tomatoes to prepare:

- Three to four medium tomatoes weigh about 1 pound.
- One pound of fresh tomatoes will yield 2 1/2 cups of chopped tomatoes or 3 cups of wedged or sliced tomatoes.
- One pound of peeled and seeded tomatoes will produce about 1 1/2 cups of pulp.
- One bushel of tomatoes contains 53 pounds and yields 15 to 20 quarts of tomatoes or 12 to 16 quarts of tomato juice.
Canning Instructions are outlined in the UK Cooperative Extension publication Selecting, Preparing, and Canning Tomatoes and Tomato Products (PS3-327). This publication is available at <www.ca.uky.edu/age/pubs/repubs.htm> or from your local Extension office.

To peel: Peeling fresh tomatoes is not necessary. However, since heat causes the skins to slip away from the flesh, cooked tomatoes are often peeled. Submerge the tomatoes in a pan of boiling water for about 30 seconds. Transfer the tomatoes to cold water, and the skins will slip off.

To seed: Tomato seeds contain nutritional qualities, so avoid seeding tomatoes if possible. Scrape seeds away from the flesh of the tomato with a pointed utensil, such as a grapefruit spoon. Avoid puncturing the skin of the tomato.

To slice: Slice tomatoes lengthwise instead of crosswise to retain the juice. A serrated knife works best.

To broil: Halve crosswise. Dot lightly with margarine and sprinkle with an herb mixture. Broil until tomatoes are tender and the topping is lightly browned.

To bake: Halve crosswise. Dot lightly with margarine and season as desired. Bake at 425°F for 10 to 15 minutes.

To roast: Slice crosswise 1/2- to 3/4-inch thick. Place on aluminum foil-lined baking sheets. Generously rub the foil with olive oil. Season as desired. Roast at 325°F until the tomatoes shrivel, the edges start to turn brown, and most of the liquid around the tomatoes has caramelized—about one hour. Store in the refrigerator for up to three days.

To microwave: Halve crosswise. Dot lightly with margarine and season as desired. Microwave on high power (100%) 3 to 4 minutes for four halves or 5 to 6 minutes for six to eight halves.

To stew: Place peeled tomatoes (whole or cut up) in a small pan without water. Season with a pinch of salt, pepper, and sugar; add diced onion or green pepper if desired. Tightly cover and simmer on low until done, about 10 to 15 minutes, stirring occasionally.

To stuff: Cut off the stem end of the tomato and scoop out seeds and pulp. Sprinkle the cavity lightly with salt and turn upside down on a paper towel to drain. Stuff with your favorite salad of seafood, meat, or pasta.

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Fresh Tomato Sauce

5 large ripe tomatoes, peeled
1/2 cup fresh basil, finely chopped
3 tablespoons extra-virgin olive oil
2 cloves garlic, finely minced
Salt and black pepper, to taste

Finely dice and seed the tomatoes. Stir in the basil, olive oil, garlic, salt, and pepper. Allow mixture to marinate for 30 minutes. Serve at room temperature. For added flavor, sprinkle each portion with 1 to 2 teaspoons of balsamic vinegar.

Yield: 6 servings, over 1 pound pasta.

Nutritional Analysis: 88 calories, 1 g protein, 6 g carbohydrate, 1 g fiber, 7 g fat, 204 mg sodium.

Fresh Tomato Salad

3 medium tomatoes, sliced
5 green onions, chopped
1 tablespoon finely chopped parsley
1 tablespoon chopped chives
2 tablespoons olive oil
2 tablespoons red wine vinegar
Salt and pepper, to taste

Lay sliced tomatoes in a flat, shallow dish. Sprinkle with onions, parsley, and chives. Sprinkle tomatoes with oil and vinegar. Serve immediately or chill briefly in refrigerator. Yield: 5 servings.

Nutritional Analysis: 69 calories, 1 g protein, 5 g carbohydrate, 1 g fiber, 6 g fat, 243 mg sodium.

—From the LaRue County Cooperative Extension Service.

For additional in-season recipes, check the home page of Family and Consumer Sciences Extension, University of Kentucky College of Agriculture, at <www.ca.uky.edu/agcollege/fcs/>.

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Vegetables for Wellness: Kentucky Greens

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Nothing sounds and tastes more like the South than Kentucky greens, although greens are also gaining popularity in other parts of the country. From May through June and then again from September through November, Kentuckians can enjoy the freshness and flavor of locally grown greens. If you do not have a garden of your own, visit your local farmers’ market, which generally offers, along with other fruits and vegetables, greens picked at the peak of the season.

We used to think of greens as a salad of iceberg lettuce. Today, greens run the gamut from iceberg lettuce to cooked collards and include beet and turnip tops, Swiss chard, chicory (curly endive), collards, dandelion and mustard greens, kale, endive, escarole, parsley, rape, spinach, and watercress. Common cooking greens include collards; kale; and beet, mustard, and turnip greens. Many kinds of greens are available year-round. Vegetable Cultivars for Kentucky Gardens—1999 (ID-133), a publication of the University of Kentucky College of Agriculture Cooperative Extension Service, has more information on successful Kentucky varieties. It can be viewed on the Web at <www.ca.uky.edu/agc/pubs/agpubs.htm>.

Nutrition Facts

Dark green leafy vegetables are packed with vitamins that promote health, and greens are a major source of vitamins A and C. Vitamin A is needed for vision, normal growth, reproduction, and a healthy immune system. One serving (1/4 cup) of greens can supply up to 50 percent of our daily need for vitamin A. Vitamin C, also known as ascorbic acid, plays a vital role in fighting infection, keeping gums healthy, and healing wounds. A serving of greens can supply up to 30 percent of our daily need for vitamin C. Both vitamins A and C are also antioxidants that may reduce the risk of chronic disease, and they both contain phytochemicals that fight disease.

Greens also provide about 20 percent of our daily need for calcium, and that can make them important for people with lactose intolerance. Greens are also low in calories—a half-cup serving contains 20 to 30 calories. These are good reasons to try to consume all the greens that come in from the garden or to buy plenty from the local farmers' market.

Selection

Regardless of the type of greens you choose, look for bright green leaves that are fresh, young, moist, and tender. Leaves that are injured, torn, dried, limp, or yellowed indicate poor quality and thus poor nutritional value. Avoid greens with coarse stems that may result in excess waste. Farmers' markets usually have a good selection of greens, allowing you to purchase enough for dinner or freeze for the same fresh taste in winter. Depending on the type, one 12-pound bushel of greens will supply 8 to 12 frozen pints. When selecting greens for cooking, remember they cook down to three-fourths or less of their original volume. One pound of kale yields about 2 1/2 cups cooked; 1 pound of mustard greens yields 1 1/2 cups cooked.

Storage

Store greens in the coldest section of the refrigerator for no more than two to three days. After that, the flavor of some greens can become quite strong, and the leaves will go limp.

Preparation

Wash greens well in lukewarm water or swirl them in lukewarm water in a large bowl (dirt will sink to the bottom of the bowl). Remove any roots, rough ribs, and the center stalk if it is large or fibrous. To use greens in salads, thoroughly drain and dry them. This allows the salad dressing to
stick to the leaves. Allow about 8 ounces of greens per serving. Mild-flavored greens such as chard, kale, or spinach should be steamed until barely tender. Strong-flavored greens such as collard, mustard, or turnip greens need longer cooking in a seasoned broth. To avoid bitterness, Blanch strong-flavored greens before adding them to soups and stews.

**Basic Green Salad:** Wash and dry 1 bunch arugula, 1 small head radicchio, 1 small head Boston lettuce, and 12 ounces fresh spinach. (One bunch of romaine lettuce may be substituted for the arugula and radicchio.) Into a large salad bowl, tear the greens into bite-size pieces. Drizzle with desired dressing and serve immediately.

**To cook:** Add washed greens to a medium saucepan with 1/4 inch of water in the bottom of the pan. Salt to desired, using 1/2 teaspoon salt for every pound of greens. Bring the water to a boil. Cover and cook until tender. For leafy greens, cook 1 to 3 minutes, until they are wilted. For other greens, cook until they are crisp-tender (about 5 to 10 minutes). Many seasonings and herbs are available that will enhance the flavor of greens without adding sodium. Try allspice, lemon, onion, nutmeg, or vinegar. Or, braise the greens by adding 1/2 cup olive oil and 1 to 2 cloves of minced garlic to 1 pound of greens and then cook them an additional 20 minutes. (Do not use an aluminum pan when cooking greens. Natural acids in the greens may pit the aluminum pans.)

**To freeze:** Wash young tender green leaves thoroughly and cut off woody stems. Greens must be blanched before freezing, so blanch collards in water 3 minutes and all other greens 2 minutes. Cool, drain, and package, leaving 1/2-inch headspace. Seal, label, and freeze. Greens store well for up to one year. Blanching and freezing instructions are outlined in the UK Cooperative Extension publication *Freezing Vegetables* (FCS3-335). This publication is available on the Web at <http://www.ca.uky.edu/agc/pubs/hepubs.htm> or from your local Extension office.

**Greens with Basil Vinaigrette**

**Salad:**
4 cups salad greens, washed and torn
1 apple, quartered, cored, and sliced
1/4 cup fresh mushrooms, sliced

**Dressing:**
1/4 cup unsweetened pineapple juice
1 tablespoon white wine vinegar
1 tablespoon vegetable oil
1/8 teaspoon fresh basil, snipped
Salt and pepper to taste

Toss salad greens, apple slices, and mushrooms in a large salad bowl. Combine dressing ingredients. Cover and shake well. Drizzle dressing over salad and toss to mix. Yield: 4 servings. **Nutritional Analysis:** 70 calories, 1 g protein, 13 g carbohydrate, 3 g fiber, 3 g fat, 200 mg sodium.

**Kale and Potato Gratin**

1 bunch (1 lb) kale, washed and trimmed
1 1/2 lb all-purpose potatoes, peeled and sliced
2 small onions, chopped
1 tablespoon margarine or butter, cut into pieces
1/2 teaspoon fresh tarragon, minced
1/2 teaspoon salt
1/4 teaspoon pepper
1 1/2 cups low-fat milk

Steam kale about 10 minutes. Drain and cool.
Press out excess water and chop coarsely. In a greased, 2-quart gratin dish, alternate layers of potatoes, onions, and kale, beginning and ending with potatoes. Combine remaining ingredients and pour over potato mixture. Bake in a 350°F oven until potatoes are tender (about 30 to 45 minutes). Yield: 6 servings. **Nutritional Analysis:** 170 calories, 7 g protein, 30 g carbohydrate, 3 g fiber, 4 g fat, 5 g cholesterol, 190 g sodium.

For additional in-season recipes, check the home page of Family and Consumer Sciences, University of Kentucky College of Agriculture, at <http://www.ca.uky.edu/agc/pubs/fcs.htm>.

**References**

Vegetables for Wellness:

Kentucky Cabbage

Sandra Bastin, Ph.D., R.D., L.D., Food and Nutrition Specialist

From June through July and September through November, Kentuckians can enjoy the freshness and flavor of locally grown cabbage. Cabbage, quite popular for the last 2,500 years, was originally found growing wild on the shores of England, southern Europe, and Denmark. If you don’t have a garden of your own, farmers’ markets offer green cabbage along with other seasonal fruits and vegetables.

Cabbage varieties include green, red, savoy, and napa. Green cabbage is grown more often than the red or savoy types, but red cabbage has become increasingly popular in cooked dishes and in salads for color. The savoy varieties are grown for slaws and salads. Varieties that take a longer time to mature in the field usually grow larger heads, which are more suitable for making sauerkraut than those that are quick growing. The publication Vegetable Cultivars for Kentucky Gardens—1999 (ID-133), produced by the University of Kentucky College of Agriculture Cooperative Extension Service, has more information on successful varieties. It can be viewed on the Web at <www.ca.uky.edu/agc/pubs/pubs.htm>.

Nutrition Facts

There are good reasons to try to consume all the cabbage from the garden or to buy a plentiful amount from your local farmers’ market. Like broccoli, cabbage is a member of the cruciferous vegetable family. That means it may reduce the risk of some forms of cancer, including colorectal cancer. Cabbage is also low in fat and in calories—1 cup has 24 calories. Vitamin A, needed for vision, normal growth, reproduction, and a healthy immune system, can be found in abundance in Chinese cabbage. As a strong antioxidant, vitamin A also has great potential for preventing disease. About 20 percent of our daily need for vitamin A can be supplied by a half-cup of cooked Chinese cabbage.

Selection

Choose well-thinned heads of cabbage that are heavy for their size and solid for the variety of cabbage that is being purchased. Leaves should be crisp and free of insects and decay. Yellow, wilted leaves indicate age. Avoid burst or broken heads. Farmers’ markets usually have a good selection of cabbage, allowing you to purchase what you need, whether it’s for dinner or to preserve.

Storage

Fresh, uncut heads of cabbage can be stored in the refrigerator for up to two weeks. However, if you plan to eat the cabbage raw or make sauerkraut, it is best to use it within a few days, while the sugar content is highest. The cabbage should be loosely covered. To prevent molding, wash cabbage just before use. Savoy cabbage deteriorates rapidly, so buy it just before you plan to use it.

Preparation

Cabbage may be served in a variety of ways. For example, you can stuff it; scallop it; make coleslaw, freezer slaw, and sauerkraut; and use it in soup. One medium head of cabbage, about 2½ pounds, yields about 9 cups of shredded raw cabbage or 7 cups of cooked cabbage.

Remove any wilted leaves, then rinse. To cut, use a large, heavy knife to halve or quarter the cabbage through the stem. Cut around the core and remove it. Cut the head into wedges or slice it into thin shreds or ribbons, depending on how you plan to use it. The inner part of the core can be sliced and substituted in recipes calling for water chestnuts.

Because of the potential for spoilage caused by bacteria, you should follow USDA-recommended procedures when making homemade sauerkraut.
Instructions for making sauerkraut are outlined in *Preparing and Curing Fermented Foods and Pickled Vegetables* (FCS 3-330), a publication that is available from your local Extension office or on the Web at [www.ca.uky.edu/agc/pubs/fcs3/fcs330/](http://www.ca.uky.edu/agc/pubs/fcs3/fcs330.htm).

To boil: The strong—some people say unpleasant—odor of cooked cabbage has kept it from many dinner tables. Many people think of boiled cabbage as unpleasant smelling, but the cabbage is not to blame. The odor results from overcooking. Cabbage contains substances that break down into smelly sulfur compounds. The longer the cabbage is cooked, the smellier these compounds become, and the use of an aluminum pan causes the smell to be even stronger. To reduce the smell, cook cabbage until just tender in a stainless steel pan. For the mildest flavor, cook cabbage that has been cut into quarters or large wedges in boiling water until the pieces are tender, about 10 minutes for green cabbage and 15 minutes for red cabbage. Season if desired, drain, and serve hot.

To steam: Cabbage can be steamed in wedges, shreds, or whole leaves. It should be steamed in a steamer basket over 1 to 2 inches of boiling water. Allow about 15 minutes for red cabbage wedges and about 12 minutes for green cabbage wedges. Cabbage should be cooked until it is tender but still crisp. Ingredients that bring out the natural flavor of cabbage include apples, pears, raisins, curry, caraway, dill, and onions. For additional flavor combinations, try adding small amounts of anise, basil, celery seeds, mustard, fennel, nutmeg, oregano, black pepper, or tarragon.

**Scalloped Cabbage**

4 cups cabbage, shredded
1 cup American, Parmesan, or Swiss cheese, grated
1 cup canned tomatoes
Salt and pepper to taste

Cook cabbage in small amount of boiling water for 10 minutes. Drain. Grease large baking dish, using vegetable cooking spray or margarine. Place cabbage and tomatoes in layers and season if desired, sprinkling each layer with cheese and ending with a cheese layer. Bake at 350°F for 30 minutes. Yield: 8 servings.

**Nutritional Analysis:** 75 calories, 6 g protein, 4 g carbohydrate, 1 g fiber, 4 g fat, 10 mg cholesterol, 441 mg sodium.

—From the Mercer County Cooperative Extension Service.

**Cabbage Pecan Toss**

4 cups coarsely shredded cabbage
1/2 cup shredded carrot
1/4 cup sliced onion
2 tablespoons water
1 tablespoon margarine or butter, melted
1 teaspoon Dijon-style mustard
1/4 cup chopped pecans, toasted

In a large pan combine cabbage, carrot, onion, and 2 tablespoons water. Cook, covered, over medium heat for 5 to 7 minutes. Drain. Add margarine or butter, mustard, and pecans. Stir together and serve hot. Yield: 8 servings. **Nutritional Analysis:** 55 calories, 1 g protein, 4 g carbohydrate, 2 g fiber, 4 g fat, 4 mg cholesterol, 40 mg sodium.

For additional in-season recipes, check the home page of Family and Consumer Sciences Extension, University of Kentucky College of Agriculture, on the Web at [www.ca.uky.edu/agcollege/fcs](http://www.ca.uky.edu/agcollege/fcs).

**References**


Ohio State University Extension, Selecting, Storing, and Serving Ohio Cabbage, 1996.

The packer, the Produce Availability and Merchandising Guide, 1994.


**Cabbage Pecan Toss**

From Simpson County Cooperative Extension Service

Yield: 8 Servings

Nutritional Analysis: 55 calories, 1 g protein, 9 g carbohydrates, 2 g fiber, 4 g fat, 4 mg cholesterol

and serve hot

medium heat for 5-7 minutes. Drain. Add margarine or butter, mustard, and seasonings. Stir together.

In a large pan combine cabbage, carrots, onion, and 2 tablespoons water. Cook, covered, over

\( \frac{1}{4} \) cup chopped pecans, toasted
1 teaspoon Dijon-style mustard
1 tablespoon margarine or butter, melted
2 tablespoons water
\( \frac{1}{4} \) cup cheddar cheese
\( \frac{1}{4} \) cup shredded carrots
4 cups coarsely shredded cabbage

**Zucchini and Corn Salad**

From Kentucky Garden Baskets

Yield: 10 Servings

Nutritional Analysis: 62 calories, 2 g protein, 9 g carbohydrates, 2 g fiber, 3 g fat, 230 mg sodium

In a large skillet, sauté zucchini and peppers in oil until crisp-tender, about 4 minutes. Add

\( \frac{1}{4} \) teaspoon Italian seasoning
1 teaspoon garlic salt (optional)
2 cups fresh or frozen corn
2 tablespoons canola oil (optional)
1 medium sweet red pepper, thinly sliced
1 medium green pepper, thinly sliced
2 medium zucchini, thinly sliced

Prepare dressing by mixing:

1. In a small bowl, mix sugar, red wine vinegar, and red wine. Add 3 cups water and stir well.
2. In another small bowl, mix remaining ingredients (except cheese) until well combined.
3. Pour dressing over coleslaw mix (dressing should cover all of coleslaw mix).
4. Stir well until coleslaw mix is well coated. Cover and chill for at least 1 hour before serving.

Serve chilled.
Broccoli Salad Supreme

Kentucky Garden Basket

Nutritional Analysis: 100 calories, 8 grams fat, 5 mg cholesterol, 0 mg sodium

Ingredients:
2 cups broccoli florets
1 cup whole seedless grapes
1/2 cup sliced onions
1/4 cup red grapes
1/4 cup celery, chopped
1/4 cup red onion, chopped
1/4 cup red bell pepper
1/4 cup red bell pepper

Method:
1. In a large bowl, combine all ingredients. Toss gently.
2. Cover and refrigerate for 2 hours.

Yellow Squash & Onions

Kentucky Garden Basket
Nutritional Analysis: 275 Calories, 3 Grams Total Fat, 56 mg Cholesterol, 2 Grams Dietary Fiber, 182

Eggs and cinnamon. Pour filling into crust. Bake pie in preheated oven for 45 minutes.

To oven crust. Set aside. In medium bowl, stir together sweet potato, sweetened condensed milk,
soon 20 times. Coat hands with oil or baking spray and pat dough with hands into greased pie pan.
Brush over to 350 F. In small bowl, combine baking mix, commercial mix, and water. Beat with
1 tablespoon cinnamon
2 kg (I available)
1 can (14 oz) sweetened condensed milk
sweetened condensed milk
sweetened condensed milk
2 cups mashed sweet potato (1 large baked
cup water
1/4 cup commercial mix
1 cup baking mix (reduced fat, if available)

Kentucky Sweet Potato Pie

Kentucky Garden Basket

Nutritional Analysis: 68 Calories, 1 Grams Total Fat, 33 mg Cholesterol, 1 Grams Dietary Fiber, 7 g Carbohydrate

Flavor. Sprinkle each portion with 1-7 tablespoons of balsamic vinegar.

Tossed with 30 minutes. Serve at room temperature over one pound of cooked pasta. For added

Salt and black pepper, to taste
2 cloves garlic, finely minced
3 tablespoons extra-virgin olive oil
1/4 cup fresh basil, finely chopped
5 large ripe tomatoes, peeled

Fresh Tomato Sauce

I.D. Food and Nutrition Specialist
Adapred from RSHB 101, Vegetables for Wellness, Kentucky Tomatoes, Sandra Beshin, Ph.D., R.D.

Yield: 6 servings.

Kentucky Garden Basket
Freezing Vegetables

Most vegetables freeze very well. Fresh, tender vegetables right from the garden are best for freezing. Among the products easily frozen are some that are the most difficult to can—corn, peas, and green lima beans.

Tomatoes lose their firm texture and become soft and flabby, as do salad vegetables, such as celery, lettuce, green onions, and radishes. Tomato juice can be frozen satisfactorily but is so easy to can that you probably won't want to use premium freezer space for it.

Vegetables high in starch content, such as potatoes and mature lima beans, do not freeze well. Over-mature vegetables do not freeze well either.

Washing and Sorting

Washing is the first step in preparing most vegetables for freezing. Wash them thoroughly in cold water. Lift them out of the water because grit settles to the bottom of the pan. Sort vegetables according to size for heating and packing unless they are to be cut into pieces of uniform size. Broccoli and cauliflower may be soaked for 30 minutes in 1 tablespoon of salt per gallon of water to remove insects before blanching.

Heating before Packing

Vegetables for freezing must be blanched before packaging. With the exception of green pepper, vegetables maintain a better quality in frozen storage if they are heated before packaging.

Blanching slows or stops the action of enzymes that help vegetables grow and mature. After maturity, enzymes cause loss of flavor and color. If vegetables are not heated enough, the enzymes continue to be active during frozen storage. Then the vegetables may develop off-flavors, discolor or toughen, and lose nutritional value. Heating also softens vegetables and makes them easier to pack. Heating time varies with the vegetable and size of pieces.

The most satisfactory way to blanch most vegetables is in boiling water. Use a blancher, which has a blanching basket and cover, or fill a wire basket into a large kettle and add the cover. Using at least 1 gallon of boiling water for each pound of prepared vegetables, follow the blanching directions given for the vegetable you are freezing.

Broccoli, pumpkin, sweet potatoes, and winter squash can be either boiled or steamed. To steam, use a kettle with a tight lid and a rack that holds a steaming basket at least 3 inches above the bottom of the kettle. Put 1 or 2 inches of water in the kettle and bring the water to a boil. Put the vegetables in the basket in a single layer so that steam reaches all parts quickly. Cover the kettle and keep the heat high. Follow the directions given for the vegetable you are freezing.
<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Cut/Size</th>
<th>Blanching Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Small stalks</td>
<td>2 minutes</td>
</tr>
<tr>
<td></td>
<td>Medium stalks</td>
<td>3 minutes</td>
</tr>
<tr>
<td></td>
<td>Large stalks</td>
<td>4 minutes</td>
</tr>
<tr>
<td>Beans, green or wax</td>
<td>Regular cut</td>
<td>3 minutes</td>
</tr>
<tr>
<td></td>
<td>French cut</td>
<td>2 minutes</td>
</tr>
<tr>
<td>Beans, lima</td>
<td>Small</td>
<td>2 minutes</td>
</tr>
<tr>
<td></td>
<td>Medium</td>
<td>3 minutes</td>
</tr>
<tr>
<td></td>
<td>Large or Fordhook</td>
<td>4 minutes</td>
</tr>
<tr>
<td>Beets</td>
<td>Small</td>
<td>25-30 minutes</td>
</tr>
<tr>
<td></td>
<td>Medium</td>
<td>45-50 minutes</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Uniform stalk</td>
<td>3 minutes</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>Small heads</td>
<td>3 minutes</td>
</tr>
<tr>
<td></td>
<td>Medium heads</td>
<td>4 minutes</td>
</tr>
<tr>
<td></td>
<td>Large heads</td>
<td>5 minutes</td>
</tr>
<tr>
<td>Cabbage or Chinese cabbage</td>
<td>Medium wedges</td>
<td>1½ minutes</td>
</tr>
<tr>
<td>Carrots</td>
<td>Diced or sliced</td>
<td>2 minutes</td>
</tr>
<tr>
<td></td>
<td>Small whole</td>
<td>2 minutes</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>1-inch pieces</td>
<td>3 minutes</td>
</tr>
<tr>
<td>Corn, whole kernel</td>
<td></td>
<td>4 minutes</td>
</tr>
<tr>
<td>Corn-on-the-cob</td>
<td>Small ears</td>
<td>7 minutes</td>
</tr>
<tr>
<td></td>
<td>Medium ears</td>
<td>9 minutes</td>
</tr>
<tr>
<td></td>
<td>Large ears</td>
<td>11 minutes</td>
</tr>
<tr>
<td>Greens (beet, chard, kale, and mustard)</td>
<td>2 minutes</td>
<td></td>
</tr>
<tr>
<td>Greens (collards and spinach)</td>
<td>Tender leaves</td>
<td>1½ minutes</td>
</tr>
<tr>
<td>Okra</td>
<td>Small pods</td>
<td>3 minutes</td>
</tr>
<tr>
<td></td>
<td>Large pods</td>
<td>4 minutes</td>
</tr>
<tr>
<td>Peas, green</td>
<td>Plump</td>
<td>1½ minutes</td>
</tr>
<tr>
<td>Peas, sugar snap and snow</td>
<td>Small pods</td>
<td>1½ minutes</td>
</tr>
<tr>
<td></td>
<td>Large pods</td>
<td>2 minutes</td>
</tr>
<tr>
<td>Pepper, green</td>
<td></td>
<td>Blanching optional</td>
</tr>
</tbody>
</table>

**Cooling**

After vegetables are heated, they should be cooled quickly and thoroughly to stop the cooking. Flunge the basket of vegetables immediately into a large quantity of cold water (60°F or below). Change the water frequently, or use cold running water or ice water. If ice is used, you'll need about 1 pound of ice for each pound of vegetables. It will take as long to cool the food as it does to heat it. When the vegetables are cool, remove them from the water and drain thoroughly.
### Vegetable Yields

The number of pints of frozen vegetables from a given quantity of fresh vegetables depends on the quality, condition, maturity, variety, trim, and cut size. Yields given in the following table are approximate.

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Fresh</th>
<th>Frozen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>1 crate (12 2-lb bunches)</td>
<td>16 to 22 pt</td>
</tr>
<tr>
<td>Beans, lima (in pods)</td>
<td>1 bu (32 lb)</td>
<td>12 to 16 pt</td>
</tr>
<tr>
<td>Beans, green and wax</td>
<td>1 bu (30 lb)</td>
<td>30 to 45 pt</td>
</tr>
<tr>
<td>Beet greens</td>
<td>15 lb</td>
<td>10 to 15 pt</td>
</tr>
<tr>
<td>Beets (without tops)</td>
<td>1 bu (52 lb)</td>
<td>35 to 42 pt</td>
</tr>
<tr>
<td>Broccoli</td>
<td>1 crate (25 lb)</td>
<td>24 pt</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>4 qt boxes</td>
<td>6 pt</td>
</tr>
<tr>
<td>Carrots (without tops)</td>
<td>1 bu (50 lb)</td>
<td>32 to 40 pt</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>2 medium heads</td>
<td>3 pt</td>
</tr>
<tr>
<td>Chard</td>
<td>1 bu (12 lb)</td>
<td>8 to 12 pt</td>
</tr>
<tr>
<td>Collards</td>
<td>1 bu (12 lb)</td>
<td>8 to 12 pt</td>
</tr>
<tr>
<td>Corn, sweet (in husks)</td>
<td>1 bu (35 lb)</td>
<td>14 to 17 pt</td>
</tr>
<tr>
<td>Kale</td>
<td>1 bu (18 lb)</td>
<td>12 to 18 pt</td>
</tr>
<tr>
<td>Mustard greens</td>
<td>1 bu (12 lb)</td>
<td>8 to 12 pt</td>
</tr>
<tr>
<td>Peas</td>
<td>1 bu (30 lb)</td>
<td>12 to 15 pt</td>
</tr>
<tr>
<td>Peppers, green</td>
<td>½ lb (3 peppers)</td>
<td>1 pt</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>3 lb</td>
<td>2 pt</td>
</tr>
<tr>
<td>Spinach</td>
<td>1 bu (18 lb)</td>
<td>12 to 18 pt</td>
</tr>
<tr>
<td>Squash, summer</td>
<td>1 bu (40 lb)</td>
<td>32 to 40 pt</td>
</tr>
<tr>
<td>Squash, winter</td>
<td>3 lb</td>
<td>2 pt</td>
</tr>
<tr>
<td>Sweet potatoes</td>
<td>¼ lb</td>
<td>1 pt</td>
</tr>
</tbody>
</table>

### Packaging

Package vegetables in suitable freezer containers. Vegetables that package loosely, such as asparagus, Brussels sprouts, cauliflower, corn-on-the-cob, and hot peppers, need no headspace. Tomato juice and sections, as well as sweet potatoes, need a 1-inch headspace. All other vegetables need a ½-inch headspace. Seal, label, and freeze immediately.

*Prepared by Sandra Bastin, Ph.D., R.D.,
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