

**Arugula** - store in fridge for 5-7 days

- This spicy green can be served alone or mixed with other salad greens. It's flavor pairs well with feta or goat cheese and beets (especially quick pickle beets).
- Add this green to a chicken or turkey sandwich, topped with an herbed mayo or aioli.
- Add to your favorite pasta dish or on top of pizza.

**Asparagus** - store in fridge for 2-3 days, woody part of base will naturally snap off by hand.

- Serve raw in a salad - best with a citrus/tangy dressings
- Wrap 2-3 asparagus in prosciutto and place on lined cooking sheet. Drizzle olive oil and lemon juice on top, and sprinkle with sea salt and cracked pepper. Roast in 400 oven for 8 mins.
- Par boil asparagus for a few minutes. Remove from heat, squeeze fresh lemon juice and sprinkle sea salt on top. Serve as a "dipper" with a soft boiled (5-6 min) or poached duck egg and pasture raised bacon.
- Roast in a 375 oven for 10 mins. tossed with olive oil, garlic, salt, pepper and chili flakes. Squeeze lemon juice on top after you remove from heat.

**Beef Jerky** - Slice meat (lean roast) ¼ inch against the grain. Soy sauce, Worcestershire, garlic, onion, chili pepper flakes, brown sugar (enough to coat all meat). Soak overnight and dehydrate.

**Beets** - remove greens one inch above beet root. Store greens in fridge for up to 4 days and root for 2-3 weeks

- Roasted beets (carrots and turnips can also be added) - par boil beets for 15 mins in order to peel off skin and chop in half or even sections. Mix quartered beets, cubed carrots, 3 T olive oil, small sprig of rosemary and thyme, juiced orange or 1/4 cup fruit juice, 4 T of balsamic vinegar, 2 smashed garlic cloves and salt and pepper to taste in roasting pan. Cook at 425 for 30 mins.
- Quick Pickle - This recipe makes a great side dish or salad topper, and it's one of my kid's favorite recipes. Boil 8-10 beets for 15/20 minutes depending on size. You should be able to push a fork through most of the beet when they are done. Drain beets, but reserve at least a cup of water. Peel beets and cut into quarters or smaller bite size pieces and add back to reserved water. While still warm, pour 1/4 cup of apple cider or coconut water vinegar over beets. Add your choice of seasonings, like pepper, garlic, onion, ginger or soy sauce. Then sweeten with honey or maple syrup to taste.

**Broccoli** - leaves are also edible and can be used just like kale or collards. Store in fridge for up to 5 days.

- Chop raw broccoli into bit size pieces for salads or crudités.
- Sauté with garlic and onion in 1 T of butter and 1 T of olive oil until edges are golden brown.
- Crispy - coat broccoli in a half & half egg/milk mixture and dredge in salt, pepper and panko bread crumb mixture.
- Don't forget the greens! Broccoli greens are fantastic additions to any soup or sauté. Broccoli greens can be used in any recipe that calls for Swiss chard, mustard/turnip greens, collards or kale.

**Brussels Sprouts** - The leaves on this plant are edible, and are milder in flavor than the actual sprouts. Sprouts can be stored for up to 5 days.

- Steam in a sauté pan in a thin layer of water. Once water is close to cooking out, add 1 T of butter and 1 T of olive oil. Season with salt, pepper, onion and garlic. Reduce heat and cook until edges are golden brown. For extra flavor, add a few slices of chopped bacon and a T of whole grain mustard.

**Cabbage** - Store in fridge for up to 2 weeks

- The BEST way to eat cabbage is raw. There is so much flavor in raw cabbage vs. cooked cabbage. Raw cabbage pairs well with feta or goat cheese and an oil & vinegar based dressing, or try Asian flavors with peanut, ginger, soy and mustard.
- Homemade sauerkraut (probiotic) - ([link to video](#))

**Carrots** - Store in fridge for up to 2 weeks

**Cauliflower** - leaves are also edible and can be used just like kale or collards. Store in fridge for up to 5 days.

- Chop raw cauliflower into bit size pieces for salads or crudités.
- Sauté with garlic and onion in 1 T of butter and 1 T of olive oil until edges are golden brown.
- Crispy - coat cauliflower in a half & half egg/milk mixture and dredge in salt, pepper and panko bread crumb mixture.
- Add to favorite mac 'n cheese recipe so you can sneak more veggies into your kids meals.

**Chia Seed Pudding** - 2 cups milk - preferably raw for beneficial enzymes, or coconut, 2/3 cup chia seed, 1 tsp homemade vanilla, 2 Tbsp shredded coconut, 2-3 tsp ground cinnamon, 2-3 Tbsp raw honey. Pour all ingredients into quart size jar with lid. Shake until all ingredients are combined. Put jar in fridge, but shake in 5 mins and 10 mins to keep ingredients blended evenly. Pudding is ready to eat in 30 minutes. Can be stored in fridge for up to a week.

**Chicken** - Whole Organic Pasture Raised (of course!). Split down center of breast, flip chicken over and flatten out (bone side down). Coat in olive oil and seasoning (rosemary, thyme, garlic, onion, salt and pepper...or cajun). High for half, low for half...for 4 lbs. – 425 for 20 mins, 325 for 20 mins or until juice at joints runs clear. ALWAYS let meat rest and don't forget to keep the bones for stock.

**Collards** - Store in fridge for up to 4 days. Southern Style - braise for 30 minutes with water (enough to steam from the bottom of the pan), olive oil, garlic, onion powder, salt and pepper.

**Corn Salad (Mache)** - Treat this item as spinach or a hearty lettuce. Can be stored for up to 4 days.

**Eggs** - Other than the usual fried, scrambled, poached and boiled, our go to recipe for eggs is a frittata. I have a 15" cast iron skillet that will cook a large enough frittata to last two meals. Preheat oven at 400. Start with 2 T of ghee, or coconut oil. Sautee veggies (onions, mushrooms, diced potatoes, broccoli, spinach, asparagus, kale, etc) until just tender. Whisk a dozen duck eggs together in a bowl. Mix in 1 cup of organic sour cream and 1 1/2 cup (or 6 oz.) of organic shredded cheese. Pour mixture over sauteed veggies and let cook over medium heat until edges start to look cooked. Place cast iron skillet into oven and bake for 12-15 minutes. Let cool for a few minutes, slice into 8 wedges and serve. We like to add a spoonful of salsa and sour cream to the top of each serving.

**Fennel** - use base (white portion) shaved in salads and save the fronds (fringe) to use as an herb. The stalks can be saved for making vegetable stock. Store in fridge for up to 4 days. The best ketchup ever - Jamie Oliver's Homemade Tomato Ketchup. The recipe can be found in his book Jamie at Home or on Foodnetwork.com.

**Garlic Scapes** - store in fridge for up to 3 days. More versatile than garlic. Use raw on salads or sauté/roast with your favorite veggies.

**Ginger** - Detox Drink - 12 oz water, juice of ½ lemon, ½ inch knob of grated ginger (squeeze out juice with your hand), drizzle of honey and 2 tsp of chia seed.

**Herbs** - Store in fridge (with stems in a shallow cup of water) for 2-3 days. Dehydrate (or air dry) and store for 6 months in airtight container (preferably glass).

- Herb Infused Olive Oil - fill desired container 2/3 of the way with olive oil and pour into a sauce pan. Heat over low/medium heat. Place a tsp of each: peppercorn, rosemary, thyme, garlic powder and onion powder, into container and pour warmed olive oil on top. Seal container and slowly turn container until ingredients are blended. Use on chicken or potatoes prior to roasting.
- Herb Sea Salt - add dried rosemary, thyme, garlic and onion powder to Celtic sea salt and store in a glass container. Ratio of salt to herbs 2:1. Use on pork, chicken, potatoes, sprinkle on bread before baking and more.

**Kale** - Can be eaten raw or cooked. Store in fridge for up to 4 days. Kale Chips - another family favorite. Preheat oven to 375. Spread whole kale leaves out on a sheet pan. I make a large amount at one time (two sheet pans, loaded with leaves) and flip them often in the oven. Drizzle with olive oil and sprinkle salt, pepper, garlic and onion powder on top. With hands, massage seasonings and oil into each leaf. Place in oven for approximately 15 mins for a large batch, less for a smaller amount. Even with a small batch, you'll need to flip the leaves over to crisp evenly. Once leaves are crisp, remove from oven and immediately squeeze lemon juice on top and sprinkle red pepper chili flakes for an extra kick.

**Kohlrabi** - The leaves and bulb of this vegetable can be eaten. The leaves will store in fridge for 3 days and the bulb will store for up to a week.

- Radish and Kohlrabi salad - julienne or slice radishes and kohlrabi (bulb) into even pieces. Add a splash of coconut water vinegar (enough to coat), 1 T of dill and sea salt (white, gray or pink) to taste. This salad goes well with steaks or pork chops.
- Sauté in a pan with olive oil and garlic or roast with other brassicas or root veggies.
- The leaves of kohlrabi can also be made into chips (see kale chip recipe). Slice into bite size squares or ribbons first, and cut off stems.

**Leeks** - Sauté with broccoli and cauliflower, or add to potato soup.

**Lettuce** - Store in fridge for 3-4 days. There are endless salad recipes available, however, the question is whether you want salad as a meal or as a side. Meal - Add raw kohlrabi, asparagus, radishes, carrots, turnips, spinach, fennel, broccoli, cauliflower, beets (see quick pickle recipe) etc. and top off with a protein, like boiled duck eggs or (leftover) grilled chicken, or organic cheese (shredded, feta or goat). Choose your seasonings wisely. Too much richness in meat, cheese and dressing will overwhelm.

**Nasturtium** - The flowers are completely edible and can be added to salads or used as a garnish. The leaves taste just like arugula and can be added to salads also.

**Okra** (pickled) - (1-2 lbs.) clean and trim okra stems to 1/4 inch. In a sauce pan combine 2 cups of apple cider (or coconut water) vinegar, 2 cups of water, 3 T of Celtic sea salt and 1 T of sugar to a boil (reduce heat and reserve liquid for later). Add the following to (each) 4 pint wide mouth (sterilized) jars: 1 slice of lemon, 1 clove of garlic, 1 tsp of mustard seed, 2-3 springs of fresh dill, 1/4 tsp black peppercorn and 1 chili pepper. Pack each jar with okra, placed vertically, alternating ends. Pour reserved pickling liquid over each jar of okra until 1/2 from rim of jar. Water bath for 15 minutes, eat after 24 hours.

**Onions** (spring) - Store in fridge for 1-2 weeks. Serve chopped on raw salads, sautéed or roasted with other vegetables.

**Pac Choi** (aka Bok Choy) - The entire head can be used in any dish and it stores in the fridge for 4 days.

- Add to your favorite stir fry dish - Broccoli, carrots, onions (spring or scallion), snow peas, soy sauce, ginger, garlic and grilled chicken.
- Fried Rice - To feed my family of four, I use a 15" cast iron skillet (which occupies 2 burners on my stove top). I precook 2 cups of rice (less one minute, because I will continue to cook it in the skillet). Coat the bottom of skillet with your choice of oil (coconut oil or 1/2 olive - 1/2 butter). Sauté veggies first (combination of garlic, carrots, onions, pac choi, broccoli or whatever is on hand) for just a couple minutes on medium to medium high Push veggies to one side of the skillet and add the rice to the other side. Add soy sauce to entire dish along with salt and pepper. Let rice brown for a few minutes and then flip/stir to let rice on top brown. Add oil if necessary. Push the veggies over to create an open area to cook the eggs. Crack 6 eggs on to the open area of the skillet and mix with fork or whisk. Continue stirring the eggs until cooked. Now you can incorporate all of the ingredients together and serve.
- Lemongrass & Chili Pac Choi - cut off base of pac choi just enough to remove the stem. Continue to slice the entire head of pac choi in the same direction so that you are creating 1/2 in slices or ribbons with the leaves. Sauté chopped pac choi in 1/2 c. chicken or vegetable broth along with a pinch of chili pepper flakes, 1 clove of smashed garlic and grated lemongrass (about a 2 inch section). Cook for a few minutes. Salt and pepper to taste. You can easily add Israeli couscous to make this dish heartier. Just increase your broth to compensate.

**Pasta** - best with pasture raised chicken or duck eggs.

1. 4 chicken (or 3 duck) eggs, 2 cups of flour (your choice) and a hefty pinch of salt. For extra oomph, add a drizzle of olive oil and/or a few Tbsp of white wine.
2. Add ground peppercorn, or dried basil and garlic to the dough for more flavor.

3. Blend in food processor or in mixer (with dough hook) until ball forms and transfer to a floured surface. Work into a ball, cover with damp kitchen towel, and let rest for 10 minutes.
4. Dust heavily with flour, flatten and separate into 6 sections.
5. Feed through pasta roller until desired thinness (or use a rolling pin). Add flour as needed to keep the pasta from becoming too sticky.
6. Roll up sheet of pasta, and cut into ribbons and cook immediately in boiling stock for 5-10 mins, depending on thickness. Or use sheets for ravioli, drop filling every two inches, mist with water or brush egg wash on edges, fold pasta sheet and cut out ravioli.
7. To freeze - layer sheets of pasta in between parchment paper. I usually roll the entire stack of layers and store in a gallon size zip lock bag.

**Pea Shoots** - add to salads for extra sweetness and nutrition. Juice with kale, carrots and apples.

**Peas** (sugar snap in pod) - Mix sugar snap peas with cherry tomatoes and cubed cucumbers. Top with grated ginger, salt, pepper, a drizzle of olive oil and a splash of apple cider vinegar. Stir ingredients and tweak to taste.

**Potatoes** - There are so many recipes for potatoes, but my favorite for flavor and texture, is to par boil new potatoes with salt (until just fork tender). Strain water and spread potatoes onto a sheet pan (or boil and roast in a Dutch oven). Coat with olive oil, and sprinkle with salt, garlic powder (or 2 cloves of fresh chopped garlic) and cracked pepper. Roast in oven for 10 minutes at 400 until golden.

**Radish** - great raw with a sprinkle of Celtic sea salt. Add to your favorite salad for a little spice or if you don't like the heat of radishes, cook them like a turnip. Greens are also edible raw or cooked.

**Salad Dressing** - Extra Virgin Olive Oil to vinegar (apple cider or coconut water) ratio – 1:1 or 2:1 depending on your taste. Then add the flavor...lemons/limes, Organic Soy Sauce or Tamari, mustard (whole grain or Dijon), ginger, garlic, onion (fresh or powder), chili pepper flakes, honey, maple syrup or brown sugar (to sweeten).

**Shiitake Mushrooms** - Fresh will store in fridge for up to one week. Dehydrated will store for 6 months in cool dry place, or 1 year in freezer. To sauté fresh mushrooms, heat 2 T butter and 2 T olive oil.

**Spinach** - Great as a raw salad with pickled beets and goat cheese, or sauté with garlic, olive oil, shiitake mushrooms, salt and pepper.

**Swiss Chard** - Our favorite way to use Swiss Chard is as a wrap. Whether you are wrapping leftovers or ground lamb and rice, dip chard leaves into boiling water for just a few seconds. Then wrap your choice of ingredients before steaming or warming for 10 minutes.

**Trail Mix** - Dehydrate fruits (bananas, apples, grapes, etc) and mix with nuts, flake coconut, and organic chocolate chips.

**Vanilla Extract** - in an easy to pour pint jar/container, place 3 organic vanilla bean pods. Fill jar with organic vodka (Prairie is a good brand), and seal with lid. Shake jar daily, or ever other day for two weeks until liquid has darkened. As you use the vanilla extract, add vodka. Extract will last for one year. This is always a holiday gift project for me - that way I won't forget when it will expire.