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Fresh Garden Recipes

Courtesy of [Recipe Goldmine](#) and [Homestead Harvest](#)

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Appetizers

Stuffed Cherry Tomatoes

36 cherry tomatoes
1 package (8oz) cream cheese, softened
1 tablespoon Good Season Zesty Italian dry mix
2 tablespoons milk
3 tablespoons chopped fresh parsley

Stem-sides down, carefully cut off the top 1/8 inch of each tomato. Carefully scoop out a small amount of tomato. Place tomatoes on a platter.

Combine cream cheese, dressing mix, and milk. Mix well. Fill each tomato with 1 teaspoon of the cream cheese mixture and sprinkle tops with chopped parsley. Refrigerate for up to 6 hours before serving.

Fruit-Cheese Kabobs

15 strawberries
30 seedless green grapes
26 mandarin orange segments
30 pineapple chunks
24 cheese cubes (caraway, Colby, cheddar, or Monterey Jack)

Place any combination of 3 fruit and cheese onto wooden or plastic picks.

Serve with Ginger Dip.

Melon and Prosciutto

1 3 lb. melon (cantaloupe, honeydew, casaba, or Spanish melon)
¼ lb. Prosciutto (Italian ham)

Cut melon lengthwise into halves. Scoop out seeds. Cut each half into 6 wedges and remove rind. Cut crosswise slits into the wedges every 1 ½ inches.

Cut thinly sliced prosciutto into 1 inch strips. Place several strips over each melon wedge and push into the slits.

Chocolate Covered Strawberries

1-12 ounce bag of milk chocolate morsels
1 tablespoon of shortening
24 large strawberries

Wash and dry strawberries. Melt chocolate in a double broiler. Add shortening and mix thoroughly.

Line a cookie sheet with wax paper. Hold strawberries by the stem and dip into chocolate. Place on cookie sheet and refrigerate to harden chocolate. Remove from refrigerator ½ hour before serving.

Fruit Salsa and Cinnamon Chips

2 kiwis, peeled and sliced
2 Golden Delicious apples, peeled, cored, and sliced
8 ounces raspberries
1 lb. strawberries
2 tbsp. sugar
1 tbsp. brown sugar
3 tbsp. fruit preserves, and flavor

10 – 10" flour tortillas
Butter flavored cooking spray
2 cups cinnamon sugar

Combine apples, kiwi, raspberries, strawberries, white sugar, brown sugar, and fruit preserves in a large bowl. Cover and refrigerate.

Preheat oven to 350 degrees F. Spray one side of tortillas with cooking spray. Cut into wedges and line on cookie sheet in a single layer. Sprinkle with cinnamon sugar. Spray with cooking spray a second time. Bake for 8-10 minutes. Let cool and serve with chilled fruit mixture.

Stuffed Jalapeno Peppers

10-12 Jalapeno peppers
4 oz. Philadelphia Cream Cheese, softened
1 tablespoon sour cream
1/4 tsp. garlic salt
1 tablespoon onion, finely chopped

Cut peppers in half, length-wise, and remove seeds and veins. Combine and mix cream cheese and sour cream. Add onion and garlic; mix. Stuff jalapeno peppers with cheese mixture. Chill before serving.

Fresh Herb Vegetable Dip

½ cup sour cream or plain yogurt
½ cup mayonnaise
½ teaspoon salt (more or less to taste)
½ cup spinach leaves, not chopped
½ cup parsley, not chopped
¼ cup basil leaves, not chopped
2 small green onions (partially cut)

Blend ingredients in food processor and until greens are chopped.

Guacamole Dip

4-6 ripe avocados
½ cup mayonnaise
¼ cup minced onions
2 teaspoons chili powder
1 teaspoon garlic powder
½ teaspoon Tabasco sauce
3 tablespoons lemon juice
Salt to taste

Peel and mash avocados. Combine with mayonnaise, onions, seasonings and lemon juice. Chill for 3 hours.

May substitute Worcestershire sauce for Tabasco for milder flavor.

Dill Vegetable Dip

8 ounces sour cream
1 cup mayonnaise
2 tbsp. dill weed
1 tbsp. minced onion
1 tbsp. minced garlic

Thoroughly mix ingredients in a bowl and refrigerate for 2 hours before serving.

Radish Dip

6 radishes, quartered
4 cloves garlic, peeled
2 – 8 ounce packages cream cheese, softened

Mince radishes and garlic in a food processor. Combine cream cheese and minced radishes and garlic; mix thoroughly. Chill before serving.

Spinach Dip

10 ounces spinach
1 cup mayonnaise
1 pkg. dry onion mix
1 can water chestnuts, chopped
1 cup sour cream
3 green onion, chopped

Chop spinach. Thoroughly mix all ingredients; chill for 3 hours.

Yogurt Fruit Dip

1 cup vanilla yogurt
¼ cup flaked coconut
8 oz. crushed pineapple, drained
2 tbsp. packed brown sugar

Mix all ingredients, cover, and refrigerate for at least 1 hour.

Ginger Fruit Dip

1- 8 ounce package softened cream cheese
1 cup plain yogurt
¼ cup honey
2 teaspoons crushed gingerroot
8 ounces crushed pineapple, drained

Mix cream cheese, yogurt, honey, and gingerroot thoroughly. Fold in pineapple. Refrigerate for 1 hour.

Vegetable Salads

Creamy Cucumber Salad

1 cucumber
½ Medium Onion
Salt
Pepper
Mayonnaise

Peel, wash, and cut cucumber into thin slices. Thinly slice onion. Combine ingredients and salt and pepper to taste. Refrigerate.

Dilled Cucumber Salad

2 medium cucumbers, thinly sliced
1/3 cup cider vinegar
1/3 cup water
2 tablespoons sugar
Dill weed to taste
½ teaspoon salt
1/8 teaspoon pepper

Place cucumbers in a bowl. Mix remaining ingredients; pour over cucumbers. Cover and chill.

Cold Beet Salad

1 Quart fresh beets
1 small sweet onion
salt & pepper

Cook beets in boiling water until tender. Peel and slice when cool. Slice onion and add to beets; stir. Salt and Pepper to taste. Refrigerate 4 - 6 hours.

Kidney Bean Salad

3 cups kidney beans
6 radishes
½ small onion
¾ cup celery, chopped
2 hard boiled egg, chopped
Mayonnaise

Combine ingredients and mix well. Add mayonnaise to desired creaminess.

Broccoli Sunflower Seed Salad

4 to 5 cups fresh broccoli
1 cup raisins
1/4 cup diced red onion
10 strips bacon, fried and crumbled
1 cup sunflower seeds

Dressing

3 or 4 tbsp. sugar
1/2 cup mayonnaise or creamy salad dressing
1 tbsp. vinegar

Place washed bite sized pieces of broccoli in a large bowl. Add onion, raisins, sunflower seeds and bacon.

Combine and mix dressing ingredients and pour over salad.

Makes 6 servings.

Garden Pea Salad

15 ounces young early peas
1/4 cup chopped onions
2 boiled eggs, crumbled
2-3 tbsp. mayonnaise
Salt and freshly ground pepper
Chopped pimento, optional

Place washed and drained peas in a bowl. Add onions, crumbled eggs, and mayonnaise. Mix well. Salt and pepper to taste. Add pimento if desired.

Green Bean Salad

2 pounds snap beans, 3 inch lengths, ends trimmed

Dressing

1 large sweet onion, thinly sliced
1/4 cup white wine or herb vinegar
1/2 cup olive oil
1 teaspoon fresh ground pepper
2 teaspoons fresh lemon juice
1 1/2 teaspoons salt
2 tablespoons fresh parsley, finely minced
3/4 teaspoon sugar

Boil snap beans in lightly salted water for 10-12 minutes or until tender. In a colander, drain and cool for 10 minutes. In a bowl, combine beans and dressing ingredients. Gently mix. Cover and refrigerate for 2 hours.

Carrot-Raisin Salad

2 ½ cups shredded carrots
1 medium stalk celery, sliced
½ cup raisins
½ cup mayonnaise or salad dressing
1 teaspoon lemon juice

Mix ingredients thoroughly.

Serves 5

Ratatouille Salad

1 small eggplant
2 medium tomatoes, chopped
1 medium zucchini, sliced thin
1 small onion, sliced
1 small green pepper, chopped
1/3 cup parsley

Basil Dressing

1/3 cup olive or vegetable oil
2 tbsp. lemon juice
1 tsp. salt
½ tsp dried basil leaves
½ tsp. dry mustard
1/8 tsp. pepper

Wash eggplant and cut into ½ inch cubes. Add eggplant to boiling salted water (½ tsp. to 1 cup water). Cover and heat to boiling; reduce heat. Boil for 5-8 minutes or until tender. Drain and let cool.

Combine eggplant, tomatoes, zucchini, onion, green pepper, and parsley. Add Basil dressing and toss. Cover and refrigerate for 4 hours.

Serves 8.

Spinach With Hot Bacon Dressing

1 pkg. Spinach leaves
12 slices bacon fried crisp and crumbled (save drippings)
8 oz. mushrooms sliced thin
3 hard boiled eggs sliced thin
Red onion sliced thin
Arrange on plates in order

Dressing

Add vegetable oil to bacon drippings to make 1/2 to 1 cup
1/4 c. sugar
1/6 c. ketchup

1 T. Worcestershire Sauce

Blend dressing ingredients in saucepan and pour over spinach salad when hot.

Makes 6 servings.

Potato Salad

3 lbs. cooked red potatoes cut up
3 thin slices onion chopped fine
3 large radishes chopped fine
1/2 stalk celery chopped fine
1 tsp. yellow mustard
Salt & pepper to taste
Miracle Whip or Mayonnaise to moisten

Combine ingredients and add enough mayonnaise for desired consistency.

3 Bean Salad

1 lb. kidney beans
1 lb. cut green beans
1 lb. cut wax beans
1 medium onion, thinly sliced
3/4 cup sugar
2/3 cup vinegar
1 tsp. salt
1/2 tsp. pepper
1/2 cup oil

Combine ingredients and let marinate overnight.

Makes 6 servings.

Cole Slaw

4 Cups cabbage
1 tsp. salt
1/4 tsp. pepper
1/2 tsp celery seed
2 T. sugar
1/2 tsp. onion salt
2 tsp. vinegar
Add Miracle whip or mayonnaise to moisten

Combine ingredients and add enough mayonnaise for desired consistency. Refrigerate 6 or more hours.

Fruit Salads

Cantaloupe Fruit Salad

2 medium cantaloupes, peeled and cut into chunks
1 pineapple, cored, peeled, and cut into chunks
1 cup raisins
1 cup freshly shredded coconut
1 cup finely chopped walnuts or pecans
1 large apple, cored, peeled, and cut into chunks
1 cup plain yogurt
1 tsp grated orange peel

Combine yogurt and orange peel. Stir and chill.

In a large bowl, combine all fruits. Upon serving, add nuts and pour chilled yogurt mixture over fruit. Toss and serve.

Green Fruit Salad

3 honeydew melons
1 cup green seedless grapes
2 kiwi fruit
1 star fruit
1 green-skinned apple
1 lime
1 cup sparkling white grape juice

Cut and remove seeds from melons. Cut off outer shell and dice. Remove stems from grapes and cut in half. Peel kiwi and chop into quarters. Thinly slice star fruit. Core apple and slice thinly. Combine fruits in a bowl.

Thinly pare lime rind and cut into thin strips. Blanch strips for 30 seconds in boiling water. Drain and rinse in cold water. Squeeze juice from lime and toss into fruit. Refrigerate for 1 hour. Serve in bowls and add sparkling grape juice to top. Sprinkle with lime rind.

Serves 6.

Summertime Fruit Salad

½ cup orange juice
¼ cup honey
1 pint strawberries, stemmed and cut in half
1 half-pint raspberries
1 half-pint blueberries
2 oranges, peeled and cut into sections
1 cup cantaloupe or honeydew melon balls
3 tbsp. mint leaves

Whisk juice and honey in a medium bowl. Add remaining ingredients and toss gently. Chill for 1 hour.

Makes 4 servings.

Waldorf Salad

2 large apples, coarsely chopped
1 ¼ cups celery, chopped
½ cup coarsely chopped walnuts
1/3 cup mayonnaise
2 tsp. sugar
Dash allspice
1 tsp. lemon juice

Combine apple, celery, and walnuts in a bowl. Combine lemon juice, mayonnaise, sugar, and allspice in a separate bowl. Mix mayonnaise and apple mixture together.

Serves 4-6.

California Fruit Salad

8 apricots, halved and pitted
2 oranges, peeled and sliced
12 cooked prunes, drained and pitted
½ cup lemon juice
4 tbsp. olive oil
8 lettuce leaves

Place washed and dried lettuce leaves onto 4 plates. Place fruit on lettuce leaves. Sprinkle lemon juice over fruit and add 1 tbsp olive oil on each dish.

Serves 4.

Cranberry Fruit Salad

2 cups fresh cranberries, chopped coarsely
¾ cup granulated sugar *
2 clementines, peeled and chopped
1 banana, chopped
1 Granny Smith apple, cored and chopped
Bibb lettuce or endive

Combine cranberries and sugar; mix thoroughly coating cranberries. Add clementines, banana and apple; stir. Place mixture on lettuce and serve. Can make 1 day ahead and refrigerate.

Gingered Fruit Salad

2 oranges, peeled and sectioned
2 apples, cored and chopped
2 peaches, sliced
1 cup strawberry halves
1 cup vanilla or peach yogurt
2 tablespoons packed brown sugar
½ teaspoon ginger

Toss fruit. In a small bowl, blend remaining ingredients with a whisk. Toss with fruit.

Serves 8.

Cherry Fruit Salad

2 cups fresh sweet cherries, pitted
1 small fresh pineapple, pared and cut into segments
1 orange, peeled and cut up
½ small honeydew melon, cut into spears
¼ cup toasted almond slices

Dressing

½ cup plain yogurt
3 tablespoons orange juice
2 tablespoons mayonnaise
1 tablespoon lemon juice
1 tablespoon sugar
1 teaspoon orange peel

Combine all dressing ingredients except orange peel. Blend until smooth. Sprinkle with orange peel. Arrange fruit on dish, sprinkle with almonds, top with dressing.

7 Layer Fruit Salad

3 cups shredded lettuce
2 cups cantaloupe or honeydew, cubed
20 ounces pineapple chunks, drained
1 pint strawberries, sliced
1 large banana, sliced
1 -8 ounce pineapple or lemon yogurt
1 cup shredded Gruyere or Swiss cheese

Layer in the order given in large bowl. Chill for 2 hours.

Avocado Fruit Salad

½ cup salad oil
3 tablespoons cider vinegar
2 tablespoons sugar
½ teaspoon salt

2 medium avocados, peeled and sliced
8 cups salad greens, torn
2 medium oranges, peeled and sectioned
1 large grapefruit, peeled and sectioned
1 medium pear, thinly sliced
1 cup green grapes
¼ cup chopped walnuts

Combine vinegar, oil, sugar and salt in a small bowl. Add sliced avocados. Toss remaining ingredients in a large bowl. Pour avocado mixture over salad and gently toss to coat. Serve immediately.

Watermelon Basket

1 watermelon
1 cantaloupe
2 cup strawberries
2 cup fresh peaches
2 cup canned pineapple chunks
2 cup grapes
1 cup cherries
Nuts-optional

Cut watermelon into the shape of a basket with handle. Scoop out watermelon into small balls. Scoop cantaloupe into small balls.

Mix all ingredients, except for nuts, in a large bowl. Place all ingredients back into watermelon. Refrigerate until serving. Place in small salad bowls and garnish with nuts.

Serves 25.

Cold Soups

Chilled Strawberry Soup

1 quart strawberries
¼ cup sugar
¼ cup water

Process strawberries in a food processor. Pour into a large bowl; add water and sugar. May use more or less sugar to taste. Chill and serve.

Gazpacho

1 lb. tomatoes, cut up
1 cup tomato juice
1 medium green pepper, sliced
1 medium red pepper, sliced
1 medium cucumber, peeled, seeded, and sliced
1 tsp. minced garlic or 2 cloves garlic, minced
1 cup iced water
¼ cup red wine vinegar
2 tbsp. olive oil
2 slices bread, broken up
¼ tsp. paprika
2 oz. sweet dark Spanish sherry (optional)
Salt to taste

Combine ingredients in a blender or food processor, half at a time. Chill. Serve with desired garnishes.

Serves 8.

Cucumber Soup

1 lb. cucumber, peeled and cut
¼ cup onion, chopped finely
1 pint milk
½ pint heavy cream
1 small clove garlic, finely chopped
1½ tsp. fresh dill
Salt and pepper to taste

Combine ingredients in a blender and mix thoroughly. Refrigerate 4-6 hours before serving.

Serves 4.

Borscht

2 c. beef stock
2 c. finely diced beets
4 med. carrots, diced
1 lg. onion, finely chopped
2 tbsp. butter
1 c. shredded cabbage
1 tsp. lemon juice
1/2 c. thick sour cream

In 2 cups of boiling salt water, cook beets, carrots and onion. Add cabbage, beef stock and butter. Cook for 15 minutes. Add lemon juice and stir thoroughly. Serve in bowls topped with a spoonful of sour cream.

Makes 4-6 serving

Vichyssoise/Potato Soup

2 leeks, chopped
1 onion, chopped
2 tbsp. unsalted butter
3/4 cups thinly sliced potatoes
2 1/3 cups chicken stock
Salt to taste
Ground black pepper to taste
1 1/8 cups heavy whipping cream

Gently sauté leeks and onion in butter until soft. Do not let them turn brown. Add potatoes and chicken stock to the saucepan. Salt and pepper to taste. Bring to a boil; reduce heat. Simmer gently for 30 minutes. Puree in a blender or food processor until smooth. Cool. Stir in a swirl of heavy cream.

Makes 4-6 servings.

Peachy Ginger Soup

3 1/2 lbs. fresh peaches-peeled, pitted and chopped
1 teaspoon ground ginger
1 1/3 cups heavy cream
2 tablespoons rum

In a food processor, puree peaches and ginger. Stir in cream and rum. Refrigerate and serve cold.

Makes 6 servings.

Avocado Soup

2 ripe avocados
3 cups chicken broth
2 tablespoons lemon juice *
2 tablespoons chopped chives

1/2 tsp chili powder
salt to taste

In a food processor, blend avocados. Add remaining ingredients and blend until smooth. Chill before serving. Serve with a spoonful of sour cream.

Squash Soup

2 tbsp. butter
4 medium yellow squash, chopped
2 whole green onions, chopped
14 ½ ounces of chicken stock
1 ½ -2 heavy cream
Fresh dill
Salt and pepper to taste

Heat butter in soup pot. Saute squash and green onions for 3 minutes. Add chicken stock. Bring to a boil and simmer until vegetables are tender; cool.

Puree in food processor or food mill. Whisk in 1 ½ cups cream, adding the last ½ cup only if desired. Season with dill, salt and pepper.

Apple-Onion Soup

2 large sweet onions, peeled and chopped
3 tablespoons unsalted butter
4 cups apples-cored, peeled and sliced
3 cups chicken broth
2 cups heavy cream
Salt, pepper, grating of nutmeg to taste
Bit of cinnamon-optional

In a heavy saucepan, melt butter over low heat. Add onions and sauté until soft. Add apples and broth; bring to a boil. Reduce heat; simmer until apples are soft. Puree mixture. Add cream, salt, pepper, nutmeg and cinnamon and puree. Let cool and chill. Garnish with nutmeg.

Sweet Pepper Soup

1 tablespoon butter
½ medium onion, chopped
3 sweet red bell peppers, roasted or grilled, peeled and seeded
2 cups chicken broth
½ teaspoon salt
½ teaspoon finely ground white pepper
1 tablespoon sherry vinegar
½ cup sour cream
Finely chopped fresh sage or basil

Melt butter in a large saucepan over medium heat. Add onion and cook until soft. Add peppers and broth. Bring to a boil; reduce heat. Cover and simmer 10 minutes. Remove from heat and allow to cool slightly. Process soup in a food processor. Add salt, pepper, vinegar and sour

cream. Blend with a whisk until smooth. Cover and refrigerate. Serve in bowls; garnish with sage or basil.

Spiced Cherry Soup

1 lb. sweet red cherries
½ lemon rind
6 whole cloves
1-3 inch cinnamon stick
1/3 cup sugar
½ teaspoon salt
3 tablespoons quick-cooking tapioca
1 cup red wine
4 lemon slices
Sour cream
3 cups water

Remove rind from lemon in strips. Stick cloves into rind. Combine cherries, lemon rind with cloves, cinnamon, sugar, salt and water in a saucepan. Simmer uncovered for 15 minutes. Slowly stir in tapioca and bring to a boil. Remove from heat. Stir in wine and let cool. Remove lemon rind, cloves and cinnamon. Chill. To serve, pour soup into bowls and top with a lemon slice and spoonful of sour cream.

Vegetables

Asparagus and Hot Bacon Dressing

1 pound asparagus, cooked
2 medium slices of bacon, finely chopped
½ medium onion, finely chopped
¼ cup vinegar
¼ cup water
¼ tsp. salt
2 tsp. sugar

Brown bacon until crisp. Drain well. Saute onion and cook until tender. Add bacon and toss gently. Add vinegar, water, and salt. Bring to a boil; remove from heat. Add sugar. Pour dressing over cooked asparagus and serve.

Greek Tomatoes

2 ½ lbs. tomatoes, thinly sliced
1 red onion, thinly sliced
3 oz. ripe olives, pitted and sliced
½ lb. feta cheese
Oregano to taste
½ cup olive oil
2 Tbsp. cider vinegar
¼ cup red wine vinegar

Layer tomatoes, onions, and olives in a 9 x 13 glass dish and sprinkle with feta cheese and oregano. In a small bowl, combine oil and vinegars. Pour over tomato mixture. Cover and refrigerate for several hours.

Fried Green Tomatoes

3 large green tomatoes, sliced
1 cup cornmeal
¾ cup whole wheat flour
1 tsp. onion powder
1 tsp. garlic powder
1 tsp. sugar
½ tsp. salt
½ teaspoon black pepper

Combine cornmeal, whole wheat flour, onion powder, garlic powder, sugar, salt, and pepper. Coat sliced tomatoes in mixture. Preheat cooking oil in a skillet. Fry over medium heat until brown.

Fresh Summer Peas

1 quart fresh purple-hull, crowder, or lady peas, shelled
1 whole onion
1 tsp. sugar
3-4 slices bacon or smoked ham
Salt and pepper to taste

Clean and rinse peas. Combine all ingredients in a large saucepan. Add water; just covering ingredients. Bring to a boil. Reduce heat and simmer for 2 hours.

Baked Italian Zucchini

2 medium zucchini, sliced 1/2"
1 medium onion, sliced
1 teaspoon oregano
1 tomato, sliced-optional
½ teaspoon dried basil
dash of salt
dash of pepper
2 cup tomato sauce
1 cup cubed bread, buttered *
½ cup grated parmesan cheese

In a 1 quart baking dish, layer zucchini, onion, tomato and seasonings. Cover slightly with tomato sauce. Cover and bake for 45 minutes at 350 degrees F. Uncover and top with bread cubes and grated cheese. Bake uncovered for 10 minutes.

Black-Eyed Peas and Collard Greens

1 cup dried black-eyed peas
1 ½ cups water
2 teaspoons canola oil
1 small onion, chopped
½ green pepper, chopped
4 oz. mushrooms, sliced
2 cloves garlic, minced
12 oz. collard greens, coarsely chopped
½ cup tomato sauce
¼ cup ketchup
1 tablespoon molasses
3 tablespoons honey
1 ½ teaspoons dry mustard
¼ cup chopped fresh parsley
2-3 drops hot pepper sauce

Combine black-eyed peas and water in a large saucepan; let soak overnight. Bring beans and water to a boil over high heat; reduce heat. Cover and simmer for about 50 minutes until tender over medium-low heat. Place mixture in a 3 quart no-stick baking dish.

Warm oil in saucepan over medium heat. Add onions, green peppers and mushrooms; sauté for about 5 minutes. Add collards and garlic. Cover and cook for 5 minutes, stirring occasionally until collards begin to wilt.

Preheat oven to 350 degrees F. Add tomato sauce, ketchup, molasses, honey, mustard, parsley and hot pepper sauce to black-eyed peas and water. Mix well. Cover and bake for 20 minutes.

Glazed Carrots

1 ½ pounds fresh carrots, cooked
½ cup packed brown sugar
½ teaspoon salt
2 tablespoons butter

Stir and cook butter, brown sugar, and salt until bubbly. Add cooked carrots. Cover and simmer over low heat, stirring occasionally; for about 5 minutes.

Serves 6.

Creamy Sweet Corn

2 cups corn
¼ cup half and half
2 tablespoons butter
1 tablespoon sugar
½ teaspoon salt

Combine ingredients in a saucepan; bring to a boil over medium heat. Simmer uncovered for 6-8 minutes.

Serves 4.

Stuffed Artichokes

3 large artichokes
5 ounces Parmesan cheese, grated
1 large clove garlic, minced
1 cup Italian bread crumbs
¼ cup olive oil
Lemon juice

Remove stems and tops of artichokes. Mix cheese, garlic and bread crumbs. Spread leaves and fill each layer of artichoke with crumb mixture. Place artichokes in a pot with 1-2 inches of water. Drizzle olive oil and lemon juice over top of artichokes. Cover and steam for 45 minutes. Check that water does not evaporate. Artichokes are done when leaves can be removed easily.

Apple and Red Cabbage

2 ½ cup Coarsely shredded red or green cabbage
1 small onion, thinly sliced
¼ cup water
1 tablespoon lemon juice
½ teaspoon instant chicken bouillon granules
¼ teaspoon Caraway seed
1 medium Apple, cored and cut into bite-size pieces
Apple slices-optional

In a 2 quart saucepan, combine cabbage, onion, water, lemon juice, bouillon granules and caraway seed. Bring to a boil; reduce heat, cover and simmer for 7-8 minutes until cabbage is tender. Stir in apple and cook for 2-3 minutes until apple and cabbage are tender. Garnish with apple slices.

Makes 4 servings.

Cider Maple Squash

2 acorn or pepper squash
1 teaspoon salt
2 large cooking apples, unpeeled
¼ cup butter
¼ cup maple syrup
¼ cup apple cider or juice

Cut squash in half and remove seeds. Sprinkle with salt; place cut side down in baking pan. Cover and bake for 40 minutes until tender at 375 degrees F. Peel and cut into thick slices or wedges.

Arrange squash and apples in a baking dish overlapping slightly. Heat butter, syrup and cider. Pour over squash and apples. Bake for 20 minutes until tender, basting often.

Green Bean Casserole

2 cups green beans
¾ cup milk
10 ¾ oz. can condensed cream of mushroom soup
1/8 tsp. black pepper
1/2 can 2.8 oz. Durkee French Fried onions

Combine and mix ingredients in a 1 ½ quart casserole dish. Bake uncovered at 350 degrees for 30 minutes until golden..

Makes 6 servings.

Succotash

1 cup whole kernel corn
1 cup lima beans
2 tablespoons butter
½ cup broth or cream
Salt and pepper to taste

In a saucepan, melt butter over medium heat. Add corn and sauté until brown. Add remaining ingredients and simmer for 15-20 minutes until tender.

Creamed Brussel Sprouts and Onions

2 pts. Brussels sprouts or 2 (10 oz.) pkgs. frozen Brussels sprouts
1 lb. sm. white onions, peeled
2 tbsp. butter
2 tbsp. flour
2 c. milk
Salt & pepper

In boiling salt water, cook brussel sprouts and onions for about 15 minutes until tender. Drain and cover.

In a medium size saucepan, melt butter. Add flour, stirring until mixture bubbles; cook 1 additional minute. Remove from heat and stir in milk. Return to heat; stir about 5 minutes until sauce begins to bubble and thicken. Pour cream sauce over brussel sprouts and onions; stir to coat. Salt and pepper to taste.

Eggplant Rollatine

1 (1 1/4 lb.) eggplant
1 egg
1/4 c. milk
1 c. bread crumbs
Olive oil
1 (15 oz.) can tomato sauce
2 tsp. sugar
1/4 tsp. pepper
1 tsp. oregano
1/2 lb. Mozzarella cheese
1 c. Ricotta

Cut eggplant ¼ inch thick, lengthwise. Combine and beat milk and egg. Dip eggplant in milk then dip and cover in bread crumbs. Place on a cookie sheet oiled with olive oil and broil on both sides for 6 minutes.

Combine ricotta, pepper, sugar, and oregano. Put 2 tablespoons of cheese mixture on each slice of eggplant and then roll up. Pour some of the tomato sauce into a baking dish. Place eggplants, seam side down, into the pan. Top with remaining sauce and bake at 350 degrees F for 30 minutes. Top with Mozzarella and melt.

Autumn Chard with Creamy Cashew Sauce

8 cups Swiss chard, washed and chopped

Sauce

3 tablespoons olive oil

4-5 tablespoons whole wheat flour

1-2 cups hot water

2 tablespoons cashew butter

1-2 tablespoons tamari or soy sauce

Freshly ground black pepper to taste

Steam chard over boiling water, covered until soft.

Heat olive oil in a heavy saucepan; slowly add flour, stirring to make a paste. Cook over low heat to toast the flour. Slowly add hot water to create a thick creamy sauce.; whisking constantly. Stir in cashew butter, tamari and pepper; mixing thoroughly. Pour over chard and serve.

Makes 6 servings.

Turnips Remoulade

2 cups turnips, cleaned and sliced finely-julienne style

Sauce

1 cup mayonnaise

1 tablespoon cucumber pickle, drained and finely chopped

1 tablespoon capers, drained

2 teaspoons French mustard

1 teaspoon parsley, finely chopped

½ teaspoon tarragon, chopped

½ teaspoon chervil

Combine ingredients for sauce and pour over turnips; chill.

Makes 4 servings.

Condiments

Corn Relish

4 c. fresh corn kernels
1 1/2 c. chopped green bell pepper
1 1/2 c. chopped celery
1 1/2 c. chopped onion
1 1/4 c. sugar
2 tsp. English style dry mustard
1 tsp. salt
2 tsp. turmeric
2 tsp. celery seeds
2 1/2 c. distilled white vinegar

Combine ingredients and ¼ cup water in a large saucepan. Bring to a boil; reduce heat and simmer for 15 minutes. Spoon vegetables into jars then pour liquid over them; let cool.

Will keep for 1 month when covered and chilled.

Makes 3 pints.

Herb Butter

4 oz. butter
2 tbsp. mixed herbs (chives, mints, parsley, sage, tarragon)
1 tsp. lemon juice

Soften butter at room temperature. Combine butter, juice and herbs; mix well. Return to refrigerator to harden.

Tomato-Onion-Pickle Relish

2 tomatoes
1 sweet onion
1 Deli-style pickle
Olive oil
Basil

Dice tomatoes, onion, and pickles. Combine ingredients in a bowl and drizzle with olive oil; sprinkle with basil; stir well. Refrigerate.

Great on sub sandwiches.

Salsa

4 medium tomatoes, peeled and chopped
1/2 cup finely chopped onion (up to 1 cup)
1/2 cup finely chopped celery
1/4 cup finely chopped green pepper
1/4 cup oil

2 tbsp finely chopped green chiles
2 tbsp red wine vinegar
1 tsp mustard seed
1 tsp cilantro (coriander) seed, crushed (or fresh cilantro leaves)
1 tsp salt

Combine and mix all ingredients. Cover and chill.

Fresh Horseradish

1 lb. horseradish root, scrubbed and peeled
1 cup white vinegar
4 tsp. salt

Cut horseradish roots and run through blender or food processor. Mix with vinegar and salt. Pour into sterilized jars, cover and keep in refrigerator for 1 week before using.

Pesto

2 cups firmly packed fresh basil leaves
 $\frac{3}{4}$ cup grated Parmesan cheese
 $\frac{3}{4}$ cup olive oil
4 cloves garlic
2 tablespoons pine nuts

Combine ingredients in a blender. Cover and blend on medium speed for about 3 minutes scraping sides occasionally until smooth.

Makes 1 $\frac{1}{4}$ cups sauce

Herbed Vinegar

1 cup white vinegar combined with any of the following:

- $\frac{1}{4}$ cup snipped chives
- $\frac{1}{4}$ cup snipped dill weed
- 1 clove garlic, cut into fourths
- $\frac{1}{3}$ cup snipped mint

Combine and shake vinegar with choice of herb in a tightly sealed jar. Refrigerate for at least 4 days and strain before serving.

Makes 1 cup herbed vinegar.

Desserts

Peach Melba

4 fresh peaches, peeled and sliced
250g fresh raspberries
1 tbsp. icing sugar
Juice of 1 lemon
4 scoops vanilla ice cream
1 handful hazelnuts or flaked almonds – optional

Remove skins from peaches by peeling or immersing in boiling water for 30 seconds.

In a bowl, combine raspberries, lemon juice, and sugar. Using a spatula or spoon, press the mixture through a sieve.

Place peaches in serving dishes. Add one scoop of ice cream. Top with raspberry sauce. If desired, sprinkle with hazelnuts or almonds.

Makes 4 servings.

Cherries Jubilee

3 cups fresh Bing cherries
1/3 cup kirsch
¾ cups sugar
3 tbsp. fresh lemon juice
½ cup brandy
4 tbsp. butter
1 pint vanilla ice cream

In a stainless steel bowl, cover cherries with kirsch. Let sit for 30 minutes.

Combine cherries with sugar and lemon in a skillet set over med-high heat. Bring to a boil. Reduce heat and simmer for about 5 minutes until juices are syrupy. Add brandy and ignite. Continue to simmer after flames die down. Stir in butter while boiling. Serve over ice cream.

Makes 6 servings.

Fruit Ambrosia

6 navel oranges
1 pineapple, peeled, cored and cubed
1 cup coconut
1 large banana
1 small (4 1/2-ounce) bottle maraschino cherries, drained well (optional)

Peel the oranges removing white pith. Slice the oranges over a bowl so that you catch any juice.

Add pineapple and coconut to the orange slices and gently toss. The ambrosia can be refrigerated up to two days, covered.

When ready to serve, slice the banana and toss it with other fruits. Add the cherries last.

Glazed Apple Rings

1/4 c. butter
4 apples, cored & sliced in 1/2" rings
1/2 c. apple juice
1/4 tsp. ground ginger
1/4 tsp. ground cinnamon
1/2 c. sugar
1 tbsp. lemon juice

In a skillet, heat butter. Add apple rings and fry until brown, turning once. Combine and mix lemon juice, ginger and cinnamon. Pour mixture over apples and sprinkle with sugar. Cover and cook until tender and glazed.

Zucchini Bread

2 cups zucchini, shredded
3 eggs
1 cup oil
1 3/4 cups sugar
1/4 teaspoon baking powder
2 teaspoons baking soda
2 teaspoons cinnamon
1 teaspoon salt
2 teaspoons vanilla
1 cup chopped nuts
2 cups flour

Squeeze excess liquid from zucchini through a strainer.

Combine eggs, sugar and oil; beat. Add flour, baking powder, baking soda, cinnamon, salt, vanilla and nuts. Mix by hand. Add zucchini; beat mixture. Pour into 2 greased and floured loaf pans. Bake at 350 degree F for 1 hour.

Garden Rhubarb Cobbler

4 cups fresh picked rhubarb
1 cup fresh all purpose flour
3/4 cup oatmeal
1 teaspoon freshly ground cinnamon
1 cup brown granulated sugar
3/4 cup fresh butter
1 cup white granulated sugar
1 1/4 cups water
3 Tablespoons cornstarch
1 teaspoon fresh vanilla extract

Fresh Vanilla Ice Cream
Fresh Whipping Cream
Fresh Chopped Walnuts
Jar of cherries

Remove leaves and wash rhubarb. Slice into ½ inch long pieces. Combine flour, oatmeal, cinnamon and brown sugar in a mixing bowl. Melt butter in a separate saucepan and then add to mixture; mix well. In a 8" x8" baking pan, press half of the mixture into the bottom of the pan. In a medium saucepan, cook sugar, water, cornstarch and vanilla until it becomes a thick sauce over low heat.

Preheat oven to 350 degrees F. Combine rhubarb and sauce; mix thoroughly. Spread mixture into the baking pan and top with remaining flour mixture. Bake for 1 hour.

Serve warm with vanilla ice cream, whipped cream, and topped with chopped nuts and a cherry.

Fruit Cocktail

2 cups apple juice
1 tablespoon lemon juice
½ teaspoon grated orange or lemon peel
dash salt
2 cinnamon sticks
2 Red Delicious apples, cored and diced
1-1/2 cups diced fresh pineapple
1 orange, peeled and sectioned

Bring apple juice, lemon juice, orange or lemon peel, salt, and cinnamon sticks to a boil in saucepan. Reduce heat and simmer, uncovered for 10 minutes. Allow to cool slightly. Remove cinnamon sticks.

Combine apples, pineapple, and orange. Pour syrup over fruit and refrigerate.

Raspberries Romanoff

1 pint fresh raspberries
2 tablespoons sugar
½ teaspoon grated orange peel
1/3 cup whipped topping
½ pint vanilla ice cream, slightly softened

Combine raspberries, sugar, and grated orange peel. Mix and cover. Refrigerate for 2 hours, stirring occasionally.

Right before serving, mix ice cream and whipped topping. Fold into berry mixture.

Serves 5.

Corn Pudding

½ cup butter
2 eggs, beaten
2 teaspoons salt
2 tablespoons sugar
Ground black pepper to taste
2 cups milk
¾ cup all-purpose flour
2 cups fresh corn

Preheat oven to 350 degrees F. Heat butter in oven in a 9x13 inch baking pan.

Combine and whisk eggs, salt, sugar, pepper, milk and flour. Stir in corn when mixture is smooth. Remove butter from oven and pour into corn mixture; stir well. Pour corn mixture into baking pan.

Bake for 1 hour or brown on top.

Pears Helene

2 2/3 cup water
2 cup sugar
1 teaspoon vanilla
8 ripe, small whole pears

2 squares of unsweetened chocolate
1 cup corn syrup
1/2 teaspoon vanilla
1 tablespoon butter

Combine water, sugar, and vanilla in a large saucepan and boil for several minutes. Add pears, cover and simmer until tender. Approximately 10-15 minutes. Harder pears may take 30-50 minutes to soften. Drain and cool.

Melt chocolate. Add corn syrup. Remove from heat. Add vanilla and butter. Stir well. To serve, arrange pears upright on serving dish. Place scoop of vanilla ice cream on plate. At the last minute pour the chocolate sauce over the pears.

Makes 8 servings.

Blueberry Buckle

Batter
¾ cup sugar
¼ cup vegetable shortening
2 eggs
½ cup milk
1 ½ cups all purpose flour
2 tsp baking powder
½ tsp salt
½ tsp ground nutmeg

1/4 ground cloves
2 cups fresh Blueberries, rinsed and drained

Topping

1/2 cup sugar
1/3 cup flour
1/2 tsp ground cinnamon
1/4 cup soft butter or margarine

Preheat oven to 375 degrees F. Mix sugar, shortening, eggs, and milk; blend thoroughly. Stir in flour, baking powder, salt, nutmeg, and cloves. Fold in blueberries. Spread batter into a greased 9 inch square pan.

Combine remaining ingredients and mix until crumbly. Sprinkle crumbs over batter, Bake 45 to 50 minutes or until top springs back when lightly touched. Serve warm.

Beverages

Old Fashioned Lemonade

6 lemons
1 cup sugar
6 cups cold water

Firmly roll lemons between hand and counter top before cutting. Cut in halves and squeeze 1 cup of juice. In a gallon pitcher, combine 1 cup lemon juice, 1 cup sugar, and 6 cups cold water. Adjust water to taste. Serve over ice.

Fresh Tomato Juice Cocktail

11 cups fresh tomatoes
3 cup chopped celery
¾ cup chopped green bell pepper
2 bay leaves
3 tablespoons chopped onion
1 ½ teaspoons salt
3 teaspoons Worcestershire sauce
1 ½ teaspoons horseradish
3 dashes Tabasco sauce

Cook tomatoes, celery, green pepper, bay leaves and onion for 20 minutes. Put mixture through a sieve. Add remaining ingredients. Chill.

Apple Cooler

1 quart chilled apple juice
1 pint vanilla ice cream
½ tsp. cinnamon

Mix ingredients in a blender until frothy. Serve immediately.

Makes 2-3 servings.

Carrot Juice

2 lbs. carrots
5 cups water
1 cup condensed milk
1 tsp. nutmeg, finely grated
1 tsp. vanilla

Scrape skins of carrots and cut into chunks. Puree in blender and pour through strainer. Add condensed milk and vanilla and mix thoroughly. Sprinkle top with nutmeg. Serve with crushed ice.

Banana Nog

1 banana
1 cup milk
1 tbsp sugar
¼ tsp. vanilla
5-7 ice cubes

Combine ingredients in blender at slow speed to break up ice. Blend for 1 minute at high speed.

Homemade V8 Juice

15 pounds fully ripe, chopped tomatoes
2 cups chopped celery
3 large chopped onions
3 cloves minced garlic
¼ cup sugar to taste
Salt
¾ teaspoon pepper
2 teaspoons prepared horseradish
1/3 cup lemon juice
Worcestershire to taste

Bring vegetables to a boil over a medium high heat. Boil gently for 20 minutes. Drain water. Put vegetables through a blender or food processor until smooth. Strain pulp and discard. Add seasonings and chill. If canning, bring to just under a boil.

Strawberry Smoothie

8 strawberries, hulled
½ cup skim milk
½ cup plain yogurt
3 tbsp. white sugar
2 tsp. vanilla extract
6 ice cubes, crushed

Combine ingredients in a blender. Blend until smooth. Pour and serve.

Orange Julius

5-10 ice cubes
1 frozen cup of orange juice
1 c. milk
1/2 c. sugar
1 c. water
1 tsp. vanilla

Combine and mix ingredients in a blender.

Vegetable Juice

4-5 carrots
1/4 of a beet
handful of parsley
1-2 ribs of celery
a wedge of cabbage
a little of a cucumber
an apple

Juice ingredients in a juicer and serve.

Watermelon Strawberry Slush

1 cup hulled fresh strawberries
1 1/2 cups cubed, seeded watermelon
3 tablespoons granulated sugar
3 tablespoons fresh lemon juice
1 cup ice cubes

Place all ingredients in a blender and process until smooth. Pour into 2 glasses and serve.

Peaches and Cream

4 fresh peaches, quartered
1 cup chilled pineapple juice
1/2 - 1 cup cream of coconut, chilled
2 teaspoons rum extract or 2 ounces light rum
15 ice cubes

Cut 1 peach quarter into slices and set aside. Blend quartered peaches in a blender until smooth. Add remaining ingredients and blend until slushy. Pour into glasses and garnish with peach slice.

Snacks

Baked Sunflower Seeds

Sunflower seeds are ready for roasting when they can be easily rubbed from the head.

Remove seeds. Mix 1 quart of water with ¼ cup salt. Soak seeds in this mixture overnight. Spread on cookie sheet and roast until completely dry in oven at 150-200 degrees F. Stir once or twice. Will take 3-4 hours.

Baked Pumpkin Seeds

Remove seeds from pumpkin. Discard pulp. Wash seeds thoroughly in warm water. Spread seeds on cookie sheet in a single layer. Sprinkle with salt. Place in 350 degree F preheated oven and bake for approximately 20 minutes. Stir every 5 minutes. Done when insides are dry.

Caramel Apples

5 apples
50 Kraft caramels
2 tablespoons water

Wash and dry apples. Insert sticks into stems. In a large saucepan, heat 50 Kraft caramels and 2 tablespoons water over medium-low heat. Stir until caramels are melted and smooth.

Dip apples into melted caramel. Spoon to coat. Place on greased wax paper; let stand for 15 minutes until caramel sets.

Makes 5.

Frozen Chocolate Bananas

6 ripe bananas, peeled
1 cup semi-sweet chocolate chips

Cut peeled bananas in half crosswise. Insert a wooden stick into the flat end of each banana half. Place on a shallow pan and freeze for at least 3 hours. Melt chocolate chips over hot water; quickly spread over each banana until coated.

Spicy Pumpkin Cookies

¼ cup soft butter or margarine
½ cup light brown sugar
½ cup strained pumpkin, cooked
1 egg
1 cup flour
½ cup raisins
½ cup chopped almonds

2 teaspoons baking powder
1 teaspoon cinnamon
¼ teaspoon ginger
¼ teaspoon nutmeg
¼ teaspoon salt
¼ cup candied orange peel, diced

Preheat oven to 350 degrees F. Sift flour with baking powder, cinnamon, ginger, nutmeg and salt; set aside. Beat butter and sugar in a large mixing bowl until fluffy. Add egg and pumpkin; beat. Stir in flour mixture. Add nuts, orange peel and raisins; mix well. Place rounded teaspoons of dough onto cookie sheet. Flatten slightly with spoon. Bake for 20 minutes.

Garden Pizza

Crust

2 pkgs. of crescent rolls

Unroll and place pieces covering bottom of cookie sheet. Press up around the sides to form the crust edge. Bake 5 - 10 minutes. Let cool.

Pizza

2 - 8 oz. pkgs. of cream cheese, softened
¾ cup salad dressing
¼ cup skim milk
1 tsp. of dill weed
1 tsp. of basil
1 tsp. of garlic salt
broccoli
cauliflower
green peppers
onions
carrots
sliced black olives
grated cheese

Combine and mix cream cheese, salad dressing, skim milk, dill weed, basil and garlic salt; spread over cooled crust. Cut up cauliflower, broccoli, green peppers, carrots, onions and olives; press into cheese mixture. Top with grated cheese.

Yogurt Fruit Pops

1 cup plain or vanilla-flavored yogurt
1 cup pureed fresh fruit
¼ cup water
2 tbsp. sugar, if desired.

Combine yogurt, fruit, water and sugar. Pour into containers and freeze.

Makes 10 – 3 oz. pops.

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