

2011 Recipe Archive from Klein's Newsletters

Click on a link to Scroll to:

[December 2011--Squash Soup Recipes](#)

[November 2011--Cauliflower Recipes](#)

[October 2011--Apple Recipes](#)

[September 2011--Watermelon Recipes](#)

[August 2011--Fruit Salad Recipes](#)

[July 2011--Recipes Using Honey](#)

[June 2011--Rhubarb Recipes](#)

[May 2011--Carrot Recipes](#)

[April 2011--Asparagus Recipes](#)

[March 2011--Horseradish Recipes](#)

[February 2011--Parsnip Recipes](#)

[January 2011--Spaghetti Squash Recipes](#)

KLEIN'S RECIPES (NEWSLETTER OF DECEMBER 2011)--

Last month, owner Sue Klein, put out the word at work that she wanted/needed some squash soup recipes. Staff members came out of the woodwork with suggestions and tried-and-true family favorites. Here are a few we'd like to share with you for holiday get-togethers. Happy Holidays from all of us at Klein's!

SQUASH SOUP--A great way to use up a couple kinds of squash all at once. From the Orange Tree Imports Cookbook. Although the recipe lists specific squash, buttercup or hubbard can be substituted.

1 x 2 lb. butternut squash
1 x 2 lb. acorn squash
4 TBS. butter
4 tsp. brown sugar
1 medium onion, thin sliced
2 carrots, cut in half lengthwise (10 baby carrots)
5 cups chicken broth
1/2 tsp. ground ginger
1/2 tsp. ground mace
A pinch of cayenne

Preheat oven to 350 degrees. Cut the squash lengthwise, scoop out the seeds and place, face up, in a 9 x 13" pan. Divide the butter and brown sugar evenly among the cavities. Place the onion and carrots in the pan around the squash. Pour in 1 cup of the broth and a bit of water. Cover with foil and bake for 2 hrs. Cool the squash a bit and scoop the flesh into a food processor. Process till smooth. Put the squash into a soup pot along with the 4 cups broth and the rest of the ingredients. Simmer 10 min. Serves 4.

INDIAN-SPICED SQUASH SOUP--This super-tasty and brand new favorite comes to us from the November 2011 issue of Cooking Light magazine.

1 cup chopped onion
4 cloves garlic, peeled
1 x 1 lb. butternut squash, peeled and cut into 1/2" cubes
1 x 8 oz. acorn squash, quartered
2 TBS. olive oil
1/2 tsp. pepper
2 cups water
1 tsp. curry powder
1/2 tsp. garam masala (Indian spice mix found in the spice aisle at all supermarkets)
1/4 tsp. ground red pepper
2 x 14 oz. cans chicken broth
1/4 tsp. coarse salt

6 TBS. Greek yogurt (optional)
2 TBS. honey (optional)

Preheat oven to 500°. In a very large bowl, toss together the onion, garlic, squashes, oil and pepper. Roast at least 30 minutes on a large, rimmed cookie sheet or jelly-roll pan or until the veggies are tender, turning once. Cool 10 minutes. Peel the acorn squash. In a large soup pot, combine the roasted veggies, water, curry powder, garam masala, red pepper and broth. Puree with a handheld immersion blender until smooth. Bring to a boil. Cook for 10 minutes, stirring occasionally. Stir in the salt. If desired, combine the yogurt and honey. Serve with the soup. Serves 6.

SQUASH AND KALE SOUP--Unlike so many squash soup recipes, this soup has a savory, rather than sweet, flavor. It comes to us from the Isthmus, November 2009.

1 butternut squash, peeled and cubed (about 4 cups)
2 leeks, sliced
1 bunch kale, chopped
1 TBS. butter
1 TBS. olive oil
6 cups water, broth of choice or a combination
1 tsp. salt
1/2 tsp. pepper
nutmeg
roasted seeds (pine nuts, pumpkin seeds or sunflower seeds)

Saute the leeks in oil and butter in a soup pot until tender. Add the squash and saute a few minutes. Add the water or broth, salt and pepper and bring to a boil. Reduce the heat and simmer, covered, 25-30 minutes until tender yet a little chunky. Add the chopped kale. Cook 10 minutes until tender, "yet vibrant". Serve topped with nutmeg and seeds. Delicious with a hearty bread!

SPIKED PUMPKIN SOUP--Think about it . . . bourbon, apple cider and maple syrup all together in this belly-warmer from the November 2005 issue of Cooking Light magazine.

1 cup chopped onion
1/2 tsp. minced ginger
1/2 tsp. ground cumin
2 cloves minced garlic
1 1/2 cups apple cider
1/3 cup bourbon
1/2 cup pure maple syrup
1 x 29 oz. canned pumpkin
1 x 14 oz. can chicken broth
2 cups milk
1 tsp. flour
1/2 tsp. salt
1/4 tsp. pepper
9 TBS. sour cream
3 TBS. chopped fresh parsley (optional)

Heat a Dutch oven on medium-high. Saute the onion, ginger, cumin and garlic in a little oil until lightly browned. Stir in the cider, bourbon, syrup, pumpkin and broth. Bring to a boil, reduce and simmer 10 minutes. Puree the mixture with a handheld immersion blender until smooth. Stir in the milk, flour, salt and pepper. Heat well, but do not allow the soup to boil, stirring often. Serve, topped with sour cream and parsley. Serves 9.

BUTTERNUT SQUASH SOUP WITH SHRIMP--Another brand new recipe and this one from the pages of Everyday Food, October 2011.

4 TBS. butter
2 lbs. peeled and deveined shrimp, thawed
2 medium onions, diced
2 TBS. dried sage
1 x 3 lb. butternut squash, peeled and cut into 1/2" cubes
1/4 tsp. cayenne pepper
6 cups chicken broth
coarse salt

1/2 cup sour cream

In a large Dutch oven, melt 2 TBS. of the butter on medium heat. Add the shrimp and cook until opaque, 6-8 minutes. Set aside in a bowl, covered with foil to keep warm and moist. Increase the heat to medium-high. Add the rest of the butter. Saute the onion together with the sage until tender. Add the squash, cayenne and broth. Bring to a boil, reduce the heat and simmer about 20 minutes. Season with salt to taste. Transfer 1/2 of the mixture to a blender. Add the sour cream and blend until smooth. Return back to the pot and stir in the shrimp. Serve hot. Serves 8.

[To Top](#)

KLEIN'S RECIPES (NEWSLETTER OF NOVEMBER 2011)--

Cauliflower is a member of the 'cole crop' family of plants that includes: cabbage, kale, brussels sprouts, kohlrabi, broccoli and many more. These are all essentially the same species of plant that has been modified over time.

In general, cauliflower is grown like cabbage and like most all cole crops. High fertility and an abundant supply of moisture throughout the season are most important. Plant 18" apart with 24-36" between rows. When small white heads become visible through the leaves, it's time for "blanching" by gathering the outer leaves over the head in tying them together with twine to preserve the white curd color. Although this practice is culturally not necessary, it helps prevent yellowing of the curd due to exposure to the sun. Cauliflower tends not to head well during very hot weather. Cauliflower is ready for harvest when heads are firm and still tightly clustered and adequately sized.

Unlike cabbage, cauliflower doesn't store well for long periods and should be eaten shortly after harvesting or purchasing.

TUSCAN CAULIFLOWER--A Rachel Ray recipe from September 2007. A nice twist for normally bland cauliflower.

1/2 cup olive oil
1 clove crushed garlic
4 cups canned tomatoes, drained and chopped
1 head cauliflower in 1" florets
1/2 cup boiling water
salt & pepper to taste
1/2 cup chopped fresh parsley

Heat the oil in a large skillet over medium heat. Add the garlic and cook 1 minute. Add the tomatoes and cook, stirring, about 5 minutes. Stir in the cauliflower and the water. Cook, stirring occasionally, until tender, about 30 minutes. Season and garnish with the parsley. Serves 6.

CURRIED ROAST CAULIFLOWER--Easy, easy, easy!!! From Cooking Light magazine, September 2010.

1 medium head cauliflower cut into florets
1 1/2 TBS. olive oil
1/2 tsp. coarse salt
1/2 tsp. curry powder (Madras if possible)

Preheat the oven to 475°. Toss all of the ingredients together in a large bowl and spread onto a lined cookie sheet sprayed with non-stick spray. Bake 18 minutes or until browned and crisp tender, stirring occasionally. Serves 4.

CAULIFLOWER AND SWEET POTATOES--Delicious and wonderfully easy. From the pages of Everyday Food, March 2010.

1 lb. sweet potatoes, peeled and sliced 1/4" thick
1x 2 lb. head cauliflower cut into medium florets
3 TBS. extra virgin olive oil
coarse salt & pepper to taste
4 TBS. sherry or red wine vinegar

Preheat the oven to 450°. In a large bowl, toss together the veggies with the oil and salt and pepper. Roast on a large, rimmed cookie sheet until tender and browning on one side--about 30 minutes. Put into a serving bowl and toss with the sherry/vinegar. Serves 8.

CAULIFLOWER GRATIN--A classic, kid friendly casserole favorite from the pages of Everyday Food, March 2007.

3 bread slices torn into pieces

2 TBS. parmesan cheese
3 TBS. butter
1/3 cup flour
2 cups milk
1x 2 lb. head cauliflower in small florets
coarse salt and pepper to taste
1 cup shredded Gruyere or cheese of choice

Preheat the oven to 350°. In a food processor, pulse together the bread and the parmesan into coarse crumbs-- about 3 or 4 times. Set the crumbs aside. Melt the butter in a saucepan over medium heat. Add the flour and stir and cook 1 minute. Slowly whisk in the milk. Add the cauliflower, season with salt and pepper and bring to a boil. Reduce the heat, cover and simmer 5 minutes. Remove from the heat and stir in the Gruyere. Pour the mixture into a buttered 2 qt. casserole. Sprinkle with the crumb mix. Cover and bake 20 minutes. Uncover and bake 20 minutes more. Serves 4.

CAULIFLOWER PUREE--A delicious and easy side dish for the upcoming holidays.

1x 2 lb. head cauliflower, cooked
1/2 cup half & half
2 cloves garlic, smashed
coarse salt and pepper to taste
2 TBS. butter

While cooking the cauliflower, bring the half & half, garlic and butter to a boil in a small saucepan on high heat. Remove from the heat and allow to steep for 10 minutes. Discard the garlic. In a food processor, blend together the cauliflower and cream mix. Reseason to taste. Serves 4.

CURRIED CAULIFLOWER AND GARBANZO STEW--A hearty and belly-warming recipe from the May 2009 issue of Bon Appetit magazine.

2 TBS. vegetable oil
2 1/2 cups chopped onion
5 tsp. curry powder
1 small head cauliflower in small florets
2x 15 oz. cans garbanzo beans, drained
2x 10 oz. cans diced tomatoes with green chiles
1x 14 oz. can unsweetened coconut milk
1/2 cup chopped cilantro

Heat the oil in a large skillet on medium high heat and saute the onions until golden. Add the curry powder and stir 20 seconds until fragrant. Add the cauliflower and the garbanzos and stir 1 minute. Add the tomatoes, then the coconut milk and bring to a boil. Reduce the heat to medium-low. Cover and boil gently until tender and the liquid thickens a bit, stirring occasionally--about 16 minutes. Season with salt and pepper to taste and stir in the cilantro. Serve over cooked white rice. Serves 4.

[**To Top**](#)

KLEIN'S RECIPES (NEWSLETTER OF OCTOBER 2011)--

The crisp temperatures and longer nights certainly signify we're in the peak of the fall season and few fruits or vegetables exemplify autumn better than apples. Local reports say that 2011 has produced a bumper apple crop. After a slow start, the warm summer temps more than made up for lost time. Dry weather has made for smaller apples in some orchards. But in those orchards that irrigated, the crops are huge and the quality outstanding. Following are a few of Klein's very favorite tried-and-true apple dishes.

APPLE SPICE HUMMUS DIP--A delightfully sweet twist on a classic. Serve with apple slices, carrots, wheat crackers or the traditional pita wedges. From the pages of Better Homes & Gardens magazine from September 2006.

2 x 15 oz. cans garbanzo beans, drained and rinsed
1 sweet apple, peeled and chopped
1/3 cup lemon juice
1/4 cup creamy peanut butter
2-3 TBS. water

1/2 tsp. salt
1/2 tsp. apple pie spice
1/4 tsp. cayenne pepper

In a food processor, place half of the beans, apple, lemon juice, peanut butter, water, salt, spice and cayenne. Process until smooth and transfer to a bowl. Repeat. Mix well, cover and chill. Makes 3 cups.

APPLE RAISIN SLAW--A simple salad creating a unique and refreshing combination of flavors. From Cooking Light magazine, January 2007.

1/2 cup sour cream
3 TBS. mayonnaise
1 1/2 TBS. balsamic vinegar
1 tsp. sugar
1/2 tsp. ground pepper
1/4 tsp. salt
2 cups chopped apple
1 cup golden raisins
1 x 16 oz. package cabbage/carrot slaw (such as Dole)

Whisk together the sour cream, mayo, vinegar, sugar, salt and pepper in a large bowl. Add the apple, raisins and slaw and toss. Serves 8.

APPLE CRANBERRY SAUCE--This has become our favorite cranberry sauce for serving at the holidays. The combination with apples sweetens the sauce for those who aren't huge cranberry fans. Kids love it!! This recipe is a great way to introduce them to cranberries. This dish came to us in the mid-90's from the WISC-TV website.

4 cups apples, peeled and sliced
3/4 cup water
1/2 cup sugar
1 TBS. lemon juice
1/2 lb. fresh cranberries

Combine all ingredients in a saucepan. Bring to a boil and stir until the sugar is dissolved. Reduce the heat and simmer about 30 minutes until the apples are tender and the berries have popped. Serves 8.

BAKED APPLESAUCE--The house smells phenomenal while preparing this recipe. The result is a chunky and rich sauce--SO much better than store-bought and SO easy!

5 TBS. water
1/4 cup packed brown sugar
2 TBS. lemon juice
1 tsp. cinnamon
4 lbs. apples, peeled, cored and halved

Preheat the oven to 375°. Combine all ingredients together in a large bowl then place in a large Dutch oven (5 qt.). Cover and bake, 1 hour and 15 minutes, stirring after 45 minutes. Yields 5-6 cups.

AUNT MATHILDA'S GERMAN APPLESAUCE MEATLOAF--Of the dozens upon dozens of meatloaf recipes we've collected over the years, this remains among our favorites. The applesauce adds moisture and a delightful sweetness. Another kid favorite!!! We found this recipe nearly 20 years ago in the Wisconsin State Journal.

1 1/2 lbs. ground beef
1/2 lb. ground pork
1/2 cup finely dice onion
1 cup applesauce
1 large egg, lightly beaten
1 cup bread crumbs
3 TBS. ketchup
2 tsp. salt
1/4 tsp. pepper

Preheat the oven to 350°. Lightly oil a 9x5x3" loaf pan. Using your hands, combine all ingredients together in a large bowl. Place the mixture in the prepared pan. Bake

1 3/4-2 hours. Allow to cool 10-15 minutes before removing the loaf from the pan and slicing. Serves 6-8.

CURRIED APPLE PORK STEW--A hearty and belly-warming way to use up a few of those extra veggies from your CSA box. Quick and simple. From Better Homes & Gardens magazine, October 2007.

4 lbs. pork shoulder, cut into 1" cubes
8 apples
2 TBS. oil
2 large onions, cut into wedges
4 tsp. curry powder
2 x 14.5 oz. cans chicken broth
1 1/3 cups apple cider or apple juice
1/2 tsp. salt
1/2 tsp. pepper
1 1/2 lbs. carrots, halved and cut into 2" lengths (or baby carrots)
4 stalks celery, sliced
4 cups peeled and cubed butternut squash
Sour cream & orange zest for serving (optional)

Peel, core and chop 4 of the apples and set aside. In batches, brown the pork in oil in a large Dutch oven or stew pot over medium high heat. Return all of the browned meat back to the pot and add the chopped apples, onion and curry powder. Cook and stir for a few minutes. Add the broth, cider, salt and pepper. Bring to a boil, reduce the heat, cover and simmer 40 minutes, stirring occasionally. Add the carrots, celery and return to a boil. Reduce the heat, cover and simmer 20 minutes more, stirring occasionally. Cut the rest of the apples into 1/4" thick wedges. Add the apples and squash to the pot. Cover and cook until all is tender, about 15 minutes more. Serve in bowls with sour cream and orange zest. Serves 10-12. Serve with a hearty bread.

[To Top](#)

KLEIN'S RECIPES (NEWSLETTER OF SEPTEMBER 2011)--

We're in the peak of watermelon season and from all indications, this has been a phenomenal year locally. Ideal weather conditions have made for large and sweet melons. Melons are now plentiful and inexpensive at local produce stands and markets. Though a treat on their own, watermelons are outstanding in salads, drinks and even when paired with savory ingredients for an unusual twist. Here are a few of some of Klein's favorites.

WATERMELON SALAD WITH FETA AND BASIL--Sweet and savory, this easy salad should be served immediately after prepared so flavors remain distinct. From the pages of Everyday Food magazine from June 2006.

7 lbs. seedless watermelon (12 cups) in 1" cubes.
4 TBS. fresh lime juice
1 cup basil, cut into thin strips
coarse salt and pepper to taste
8 oz. block feta cheese, crumbled into large chunks

In a large bowl, toss together the melon, juice and half of the basil. Serve immediately with the cheese and extra basil as toppings. Serves 8.

WATERMELON & CUCUMBER TONIC--From the pages of the July 2009 issue of Cooking Light magazine. Makes 8 drinks.

6 cups cubed and seeded watermelon, divided
1/4 cup fresh mint leaves, divided
1/4 cup fresh lemon juice, divided
3 cups peeled, sliced and seeded cucumber, divided
2 1/2 cups chilled tonic water
1 1/4 cups gin

Blend half of each in a blender: the watermelon, mint, juice and cucumber. Strain the blended mixture in a bowl through 4 layers of cheese cloth lining a sieve. Squeeze out the liquid. Repeat the process with the rest of the ingredients and discard all solids. Combine 2 1/2 cups of the liquid, the tonic and the gin in a pitcher, stirring well. (Reserve the rest of the liquid for the next round of drinks or for another use.) Serve over ice.

WATERMELON MARGARITAS--Tried & true, this refreshing twist on a classic comes from the pages of Cooking Light magazine from July 2010. A staff member made pitchers of this easy concoction for a recent party and received great reviews.

2 tsp. sugar

1 lime wedge
3 1/2 cups cubed, seeded watermelon
1/2 cup tequila
2 TBS. sugar
3 TBS. fresh lime juice
1 TBS. Triple Sec or orange flavored liqueur
Extra lime wedges for serving

Place the two tsp. sugar in a saucer. Rub the rims of 6 glasses with the lime wedge to moisten. Coat the rims of the glasses with sugar and set aside.

Combine the watermelon, tequila, 2 TBS. sugar, lime juice and Triple Sec in a blender and blend until smooth. Fill each glass with 1/2 cup crushed ice and add 1/2 cup of the margarita. Garnish with lime wedges. Serves 6.

SPIKED WATERMELON SALAD--This delicious and not-so-kid-friendly dessert comes from the July 2002 issue of Bon Appetit magazine.

1 8 lb. watermelon, seeded and cut into 1" pieces
1 cup fresh lemon juice
2/3 cup sugar
1/2 cup vodka
6 TBS. creme de cassis (a black currant liqueur)
salt to taste
1/4 cup fresh, chopped mint

Place the watermelon in a large bowl. In another bowl, whisk together the juice and the sugar until the sugar is dissolved. Whisk in the vodka and the creme de cassis. Season to taste with salt and pour over the melon and lightly mix. Cover and chill at least 2 hours. Sprinkle with the mint and serve. Serves 8.

WATERMELON, ORANGE AND FETA SALAD--Though similar, this salad combines different flavors than the first salad recipe above--the onions add a whole new dimension. This recipe too comes from the pages of Everyday Food from July 2011 and is easily doubled.

Half of a 6" seedless watermelon cut into 1/4" thick slices
2 large oranges in slices
1/2 small red onion, thinly sliced
4 oz. crumbled feta
1/2 cup chopped fresh parsley
2 1/2 TBS. extra virgin olive oil
coarse salt and pepper to taste

Arrange the salad ingredients on a large platter, drizzle with oil and season to taste. Couldn't be easier than that!! Serves 6.

[To Top](#)

KLEIN'S RECIPES (NEWSLETTER OF AUGUST 2011)--

On June 30, one of Klein's staff members began picking up his bi-weekly fruit box along with his regular Vermont Valley vegetable share. He says that a fruit share allows him to sample seasonal organically grown fruits from around the country. For those of you not familiar with a CSA fruit share, the following comes from the Vermont Valley Community Farm website @ www.vermontvalley.com followed by a few of our very favorite summer fruit salad recipes. Enjoy!

"The Fruit Box is an opportunity to receive 10 deliveries of organic fruit beginning in July and lasting until December. Unlike our vegetables, which are grown by us, the fruit is not. We work with a fruit buyer in the Twin Cities, Everett Myers. Prior to being a fruit buyer, he was a CSA farmer. The Fruit Box follows the annual fruit harvest across the country. The goal is peak freshness, flavor and quality."

Members receive a box every-other week from July to October and then one box in November and one in December. Each box contains fruit that is at its pinnacle of quality. Every shipment comes with a write-up that talks about the grower and the fruit, gives tips on storage, and offers suggestions on how to use the fruit.

What's in the box?

Early July: Blueberries (12 pints)

Mid July: Cherries (8 lbs)

Early August: Mixed fruit*

Late August: Mixed fruit*

Early September: Colorado Peaches (9 lbs)

Late September: Mixed fruit*

Early October: Mixed Local Apples (10 lbs)

Late October: Mixed Pears (10 lbs.)

November 11: Apples, Pears, Cranberries (20 lbs)

December 9: Mixed Citrus: Oranges, Satsumas, Grapefruit, Clementines, Lemons (20 lbs)

*Mixed boxes contain some combination of the following fruit: grapes, nectarines, pluots, lemons, kiwi, Valencia oranges, avocados, mangoes, figs, and peaches. The fruit in each mixed box varies depending on what is available and at the peak of quality.

The fruit comes from organic farms around the country including the midwest.

STRAWBERRY BASIL SALAD--Simple and flavorful. This one comes from the June 2009 issue of Cooking Light magazine.

3 TBS. extra virgin olive oil

3 TBS. balsamic vinegar

1/2 tsp. salt

1/8 tsp. pepper

8 cups torn lettuce

1/2 cup sliced onion

1/4 cup torn basil

2 cups (1 lb.) sliced strawberries

Combine the oil, vinegar, salt and pepper with a whisk in a large bowl. Add the lettuce, strawberries, onion and basil and toss gently to coat. Serve immediately. Serves 6.

SUMMER BERRY MEDLEY WITH MINT--From the pages of the July 2006 issue of Cooking Light magazine.

1 cup raspberries

2 cups blueberries

2 cups quartered strawberries

2 cups blackberries

1/4 cup sugar

1 TBS. fresh lemon zest

2 TBS. fresh lemon juice

2 TBS. Grand Marnier or limoncello

1/2 cup torn mint leaves

In a bowl, combine everything but the mint and allow to sit 20 minutes in the refrigerator. Gently stir in the mint. Serve in chilled wine glasses for an extra special presentation. Serves 6.

SIMPLE FRUIT SALAD--Per six servings toss together the following and allow to steep at least 15 minutes or more:

2 sliced plums

2 sliced nectarines

2 sliced peaches

3 sliced apricots

1 cup blueberries

1 cup blackberries

2 tsp. honey

the juice of one orange

1/2 cup fresh chopped mint leaves

FRESH FRUIT SALAD WITH YOGURT MINT DRESSING--From the pages of Isthmus from sometime in the mid-1990's. Kids LOVE this one.

8 oz. vanilla yogurt

2 TBS. honey

1 tsp. fresh orange zest

1/2 tsp. fresh grated ginger

a dash of amaretto or Grand Marnier
2-3 TBS. fresh minced mint
6-8 cups assorted fruit--strawberries, melons, pineapple, berries, grapes, apples, etc.

Combine the yogurt, honey, zest, ginger, liqueur and mint. Mix well and chill. Serve the dressing over individual bowls of fresh, mixed fruit to taste.

FRESH FRUIT WITH RICOTTA AND HONEY--This fantastic seasonal recipe appeared in the Sunday Parade section of the newspaper in August of 2010.

1 1/2 lbs. fresh ricotta
1/2 cup heavy cream
2 tsp. vanilla extract
2 pts. halved strawberries or 6 sliced plums or nectarines (or a combo thereof)
1/2-2/3 cup honey
fresh ground pepper
fresh chopped mint (optional)

In a bowl, combine the ricotta, cream and vanilla. Whip until light and fluffy, about 2 minutes. Spread onto a large platter. Top with the fruit, drizzle with the honey, sprinkle with pepper and garnish with mint if desired. Serves 8.

[To Top](#)

KLEIN'S RECIPES (NEWSLETTER OF JULY 2011)--

Honey bees have been in the news a lot in recent years with the appearance and spread of Colony Collapse Disorder (CCD) and the resulting interest in backyard beekeeping. Though September is National Honeybee Month, we thought we'd get the celebration off to an early start by sharing some of our very favorite recipes that incorporate honey. Enjoy!!

SIMPLY SWEET SUMMER SALAD--Simple and flavorful. This one comes from a May 2000 Capital Times article and appeared in one of our very first newsletters in July of 2007.

3 large tomatoes, cut into wedges
3 cucumbers, sliced
1 onion, sliced
1/4 cup packed, slivered fresh basil

Marinade:

1/2 cup honey
1/2 cup vegetable oil
1/2 cup red wine or herb vinegar
1 tsp. salt
1/4 tsp. pepper

Mix marinade ingredients and toss with the salad ingredients in a bowl. Cover and refrigerate at least 2 hours. Will keep several days. Drain if desired after 24 hrs.

HONEY CHIPOTLE BAKED BEANS--From the pages of the July 2006 issue of Cooking Light magazine.

1/2 cup minced onion
1 TBS. ground cumin
1 TBS. minced garlic
1/2 cup tomato sauce
1 TBS. canola oil
1/4 cup honey
1/4 cup cider vinegar
2 TBS. molasses
1 TBS. Worcestershire sauce
1/4 tsp. salt
2 chipotle chiles in adobo sauce, seeded and chopped
2 x 28 oz. cans baked beans (plain)

Preheat the oven to 300°. In a pan, saute the onions in a little oil over medium-high heat about 4 minutes until golden. Add the cumin and garlic and cook 1 minute longer. Now add the puree and the oil and cook about 2

minutes until thick, stirring constantly. Add the honey, vinegar, molasses, Worcestershire sauce, salt and chiles. Reduce the heat and simmer 10 minutes, stirring occasionally. Combine the beans and the onion mixture in a 2 1/2 qt. baking dish. Bake 1 hour or until thick and bubbly. Serves 8.

HONEY MUSTARD SALMON--This super easy recipe was given to us by a regular Klein's shopper and is a family favorite.

2 lbs. skin-on salmon fillets
1/2 tsp. salt
1/4 tsp. pepper
2 TBS. honey
2 TBS. brown grainy or Dijon mustard
2 TBS. brown sugar
squeeze of fresh lemon juice

Preheat the oven to 365°. Spray all sides of the fillets with cooking spray and place on a foil lined, rimmed baking sheet. Sprinkle with salt and pepper. Mix together the honey, mustard, brown sugar and lemon juice. Drizzle the mixture and spread evenly over the salmon. Bake 25 minutes or until the fish flakes easily. Serves 4-6.

FRESH FRUIT SALAD WITH YOGURT MINT DRESSING--From the pages of Isthmus from sometime in the mid-1990's. Kids LOVE this one--maybe it's the amaretto!!!

8 oz. vanilla yogurt
2 TBS. honey
1 tsp. fresh orange zest
1/2 tsp. fresh grated ginger
a dash of amaretto or Grand Marnier
2-3 TBS. fresh minced mint
6-8 cups assorted fruit--strawberries, melons, pineapple, berries, grapes, apples, etc.

Combine the yogurt, honey, zest, ginger, liqueur and mint. Mix well and chill. Serve the dressing over individual bowls of fresh, mixed fruit to taste.

HONEY GINGER PEACH SAUCE (for grilled pork or chicken)--This fantastic seasonal recipe came along with the Weber grill and remains a standard.

4 medium peaches, peeled and pitted
2 TBS. honey
2 TBS. lemon juice
1 1/2 tsp. fresh minced ginger
1 tsp. balsamic vinegar
5 drops Tobasco sauce

Cut three of the peaches into large chunks. In a blender or processor, puree the peaches, honey, lemon juice, ginger, vinegar and Tobasco until smooth. Pour into a small saucepan. Bring the mixture to a boil, reduce the heat and simmer, uncovered, 15 minutes or until slightly thickened, stirring occasionally. Meanwhile, finely chop the last peach. Stir into the sauce once the sauce has cooked. Chill until ready to use. Brush the sauce on the meat just for the last few minutes of cooking time. Makes 1 1/2 cups.

[To Top](#)

KLEIN'S RECIPES (NEWSLETTER OF JUNE 2011)--

Late May and early June mark the arrival of rhubarb to the garden, farmers' markets and CSA shares. Rhubarb seems to be one of those love/hate tastes. Even among rhubarb lovers, there's disagreement over whether the red or green varieties taste better. Though the tart young stalks can be eaten raw, rhubarb is usually cooked in or later added cooked to sauces and desserts.

Rhubarb is a very hardy perennial here in southern Wisconsin. Clumps continue to grow larger as the years pass, but are most productive if, like all perennials, the clump is divided every few years. Rhubarb is a close relative of common dock. It probably originated in China thousands of years ago before making its way to Europe. Both potted and bareroot rhubarb are available at Klein's in the springtime.

RHUBARB PILAF--Yet another recipe from the indispensable From SASparagus to Zucchini: A Guide to Farm-Fresh, Seasonal Produce. Our employee reviews say, "Wonderful, easy and a deliciously sweet side dish."

1 cup uncooked bulgar

2 1/2 cups boiling water
1/2 cup chopped onion
1 TBS. oil
1 clove minced garlic
2 1/2 cups chopped rhubarb
7 dried apricots or peaches, chopped
1/4 cup apple juice
1 tsp. cinnamon
pinch of cayenne pepper
3 TBS. honey or brown rice syrup
1/2 tsp. tamari or soy sauce
1/4 cup slivered almonds
fresh mint

Place the bulgar in a medium bowl, stir in boiling water, cover and steep 30 minutes. In a large skillet, saute onion in oil until translucent. Stir in the garlic and rhubarb and saute 1 minute. Add the apricots, apple juice, cinnamon and cayenne. Cover and cook over medium heat until bubbly. Add the honey and tamari. Stir in the bulgar. Garnish with almonds and mint and serve warm. Serves 4.

RHUBARB CRUNCH--This super easy recipe is a family favorite that appeared in a St. Albert the Great church cookbook from a number of years ago. Wonderful served warm and with vanilla ice cream.

1 cup flour
1 cup packed brown sugar
1 tsp. cinnamon
3/4 cup oatmeal
1/2 cup melted butter
4 cups diced rhubarb
1 cup water
1 cup sugar
2 TBS. cornstarch
1 tsp. vanilla

Mix the flour, brown sugar, cinnamon, oatmeal and melted butter. Press 1/2 of the mix into the bottom of a 9x9" well-greased pan. Dump the rhubarb over the crust. Cook the water sugar and cornstarch until thick. Cool a bit and add the vanilla. Pour over the rhubarb and sprinkle the top with the rest of the crumb mix. Bake at 375° (or 350° in a glass pan) about 55 minutes or until bubbly and browning.

RHUBARB SOUR CREAM CAKE--This recipe comes to us from Vermont Valley Farm via one of our staff who is a CSA member.

1/4 cup butter
1 1/2 cups brown sugar
1 large egg
1 tsp. vanilla
2 1/3 cups flour
1 tsp. baking soda
1 tsp. salt
4 cups rhubarb cut into 1/2" pcs.
1 cup sour cream
1/2 cup sugar
1/2 tsp. nutmeg

Preheat oven to 350°. Cream together the butter and brown sugar. Beat in the egg and vanilla. Stir in the flour, baking soda and salt. Fold in the rhubarb and sour cream. Spoon the batter into a lightly greased 9x13" pan. Sprinkle with the sugar and nutmeg. Bake for 40 minutes. Serve with whipped cream or ice cream.

RHUBARB SAUCE--Serve this sauce warm with grilled chicken or pork or chilled with cheeses and sliced baguettes. This recipe comes to us from the June 2007 issue of Better Homes & Gardens magazine.

2 large red onions, coarsely chopped
1/3 cup vinegar
1/3 cup dried cherries or golden raisins
1/4 cup sugar
1/4 cup water

1 TBS. lime juice
1/4 tsp. salt
1/8 tsp. ground ginger
3 cups rhubarb, fresh or frozen, cut into 1/2" pcs. (thawed & drained if frozen)

In a saucepan, combine all ingredients except the rhubarb. Bring to a boil, reduce the heat, cover and simmer 25 minutes, stirring occasionally. Add the rhubarb, cover and continue to simmer 5 minutes to thicken (15 minutes if using frozen). Serve warm with meats or cold with cheese or baguettes. Makes 2 1/2 cups.

GINGERED RHUBARB FOR VANILLA ICE CREAM--From the Willie St. Co-op Reader of May 2002.

3 cups rhubarb, cut into 3/4" pcs.
1 TBS. fresh orange juice
1 TBS, minced fresh ginger
1/3 cup sugar
1 TBS. butter
vanilla ice cream

Combine everything in a saucepan and cook until tender, stirring. Serve warm with ice cream or cold as a compote. Makes 2 cups.

[To Top](#)

KLEIN'S RECIPES (NEWSLETTER OF MAY 2011)--

The very first of this season's carrots are beginning to show up at area markets. It's these very first jewels that are the sweetest of the season. The following is a selection of Klein's favorite carrot recipes. Enjoy!!

LOW-FAT CARROT CAKE--This incredibly moist, healthy and easy-to-make cake was passed on to us from an employee's mother-in-law so we don't know the original source. The perfect carrot cake recipe and without all the fat.

4 cups (10 oz.) shredded carrots (not packed)
2 cups sugar
1 x 8 oz. can crushed pineapple with the juice
1 cup fruit puree (an oil substitute) such as Smucker's Baking Healthy brand
2 eggs, lightly beaten
2 tsp. vanilla
2 cups flour
1 tsp. salt
2 tsp. baking soda
2 tsp. cinnamon
3/4 cup shredded coconut

In a large bowl combine the carrots, sugar, pineapple, fruit puree, eggs and vanilla. Stir thoroughly to blend. Add the rest of the ingredients except the coconut and mix well. Stir in the coconut and spread into a greased 9 x 13" baking dish. Bake at 325° for 50 minutes or until set in the middle. Cool on a baking rack and then frost.

Frosting:

8 oz. cream cheese
1 TBS. butter
3 cups powdered sugar
1/4 tsp. butter flavored extract
1/4 cup toasted chopped walnuts if desired

In a bowl, combine the cream cheese, butter, sugar and extract. Beat until smooth. Spread evenly onto the cooled cake and sprinkle with the nuts.

CARROT RAISIN SALAD--Another low-fat recipe! This delicious salad comes to us from '1001 Low-Fat Vegetarian Recipes' by Sue Spittler

2 1/2 cups shredded carrots
3/4 cup chopped celery
1/3 cup raisins
1/3 cup chopped walnuts

3/4 cup mayo
1/2 tsp. Dijon mustard
1-2 tsp. sugar
1/8 tsp. salt

Combine the carrots, celery, raisins and walnuts in a bowl. Add the rest of the ingredients and stir until blended. Chill. Serves 4.

CARROT PUREE--This easy side dish comes to us from the May 2007 issue of Everyday Food.

2 lbs. carrots cut into 2" lengths (or use baby carrots)
coarse salt and pepper to taste
1 TBS. butter
1/4 cup sour cream

Cook the carrots as desired until very tender. As with mashed potatoes, blend the cooked carrots with the butter and sour cream until smooth and then season to taste. Serves 4.

BALSAMIC CARROT SALAD--A very versatile salad that can be served either chilled or as a warm side dish. It comes to us from the July 2006 pages of Cooking Light magazine.

4 cups (2 lbs.) carrots in 1/4" thick slices
1/4 cup chopped cilantro
2 TBS. balsamic vinegar (white balsamic if possible)
1 TBS. extra virgin olive oil
3/4 tsp. dried oregano
1/4 tsp. salt
1/4 tsp. pepper
2 cloves minced garlic

Combine all ingredients and serve either immediately or allow to chill 4 hours or over night. Serves 8.

CARROTS FOR THE GRILL--A super easy side dish for chicken, pork or fish. Because it's prepared in foil, clean up is a breeze.

16 oz. baby carrots or carrots cut into 2" lengths
1/3 cup orange marmalade
1/4 cup packed brown sugar
1/4 tsp. cinnamon
1 TBS. butter

Prep the grill to medium-high heat or preheat the oven to 450°. Center the carrots in a 18 x 24" piece of foil. Combine the marmalade, sugar and cinnamon and spread over the carrots. Top with the butter. Bring up the sides of the foil to form a large packet, leaving room for steam to circulate. Grill on direct heat 20-25 minutes or until tender or bake for 25-30 minutes in the oven. Serves 4.

[To Top](#)

KLEIN'S RECIPES (NEWSLETTER OF APRIL 2011)--

Few vegetables say spring better than fresh locally grown asparagus. And though considered gourmet by many, asparagus plants are extremely long-lived and very easy to grow for any home gardener. When growing asparagus, the most important work is in preparing the beds correctly and then in the subsequent weeding. The plants themselves are very hardy in Wisconsin and require little care. In fact, asparagus can be found in many parts of the state in huge patches among roadside weeds.

Asparagus is an ancient vegetable and eaten in parts of the world. The word comes from the Persian 'Asparag' meaning sprout. After all, it's the delectable spears that we harvest early each spring as the poke through the soil. The foliage follows later. Asparagus is one of the earliest vegetables we're able to harvest from Wisconsin gardens.

To grow asparagus plant roots or potted plants in early to mid-spring. Asparagus likes a sunny or only partially shaded spot richly fertilized with compost or aged manure.

Set the crowns of bareroot asparagus 12-16" apart in a trench 6-8" below ground level. Lay out the roots flat and cover with 1-2" of soil. As the spears grow, gradually fill the trench with soil. Keep free of weeds and irrigate well. A marsh hay mulch may be applied mid-summer. The leaves feed the roots and must not be cut back until they die

naturally in the fall. Apply additional manure or compost each fall and spring. Full harvest will begin in the second season in mid-spring and thereafter for many years. Harvest by bending the spear until it snaps.

Asparagus is delicious both raw and cooked. Here in Wisconsin, asparagus is also commonly pickled and served as a garnish in Bloody Marys and Old-Fashioneds. When cooking asparagus it's crucial to avoid overcooking. Nero once said "Execute them faster than you cook asparagus." Roasting is a quick, easy and flavorful way to prepare this most treasured of spring treats.

At Kleins, we sell both bareroot and potted plants and both green and purple varieties.

BALSAMIC ROASTED ASPARAGUS-A fantastic and simple recipe from the pages of the January 2001 issue of Cooking Light magazine.

1 lb. asparagus
1 TBS. olive oil
1 TBS. balsamic vinegar
1/2 tsp. coarse salt
1/2 tsp. minced garlic
1/4 tsp. ground pepper

Preheat oven to 425°. Remove any tough ends from the asparagus, but leave the spears whole. Place the asparagus on a rimmed cookie sheet and drizzle with the oil and the vinegar. Sprinkle with salt, garlic and pepper and toss to coat. Bake 10 minutes, stirring once. Serves 4.

SPRINGTIME POTATO SALAD--This delightfully refreshing salad from the Wisconsin State Journal dated June 2001 can either be served chilled or at room temperature.

For the dressing:

6 TBS. red wine vinegar
1 TBS. sugar
1/4 cup fresh parsley, minced
1 TBS. dried basil
2 cloves minced garlic
salt and pepper to taste
2 TBS. minced green onion

For the salad:

1/1/2 lbs. small red potatoes, peels on
1 lb. asparagus
1 x 16 oz. can artichoke hearts, drained (not marinated)
12 cherry tomatoes.

Whisk together the vinegar, sugar, parsley, basil, garlic, salt and pepper. Add the onions and set aside. Cook the potatoes until just tender in simmering water, drain and cut in half. Cook the asparagus spears 1-2 minutes in a small amount of boiling water until barely tender. Drain and rinse in cold water. Cut the asparagus into 1" lengths. Slice the artichokes into pieces. Place the potatoes, asparagus and artichokes in a large bowl and refrigerate. Just prior to serving, pour the dressing over the veggies and toss gently. Garnish with the cherry tomatoes. Serves 6.

ASPARAGUS LASAGNA--This award-winning recipe comes to us from the pages of the Wisconsin State Journal from July of 1995.

1 1/2 lbs. asparagus, cleaned and cut into 1" pcs.
3 cups sliced carrots
2 green onions, chopped
1 cup mushrooms, chopped
3 TBS. butter
1/4 cup flour
1 tsp. salt
1/2 tsp. curry powder
2 1/4 cups milk
8 oz. lasagna noodles (9 noodles)
1 egg
8 oz. shredded provolone, mozzarella or Swiss
2 cups cottage cheese

Cook the carrots and asparagus until tender crisp and set aside. Sauté the onions and mushrooms together in the butter. Add the flour, salt and curry powder. Stir gently while slowly adding the milk. Bring to a boil. Allow to thicken at a low boil and set aside. Mix together the slightly beaten egg, cottage cheese and the shredded cheese. Cook the noodles per package instructions. Grease a 9 x 13" pan and place half of the mushroom sauce in the bottom. Top with 3 noodles, then 1/3 of the veggies, 1/3 of the egg mixture and 1/3 of the remaining mushroom sauce. Add another layer of noodles, repeating the layers twice again (ending with the sauce). Bake about 45 minutes or until done at 325°. Let rest 15 minutes before cutting. Serves 8.

CREAM OF ASPARAGUS SOUP--This classic comes to us from the original Moosewood Cookbook--still considered by some as the bible of vegetarian cooking.

1 1/2 lbs. asparagus
6 TBS. butter
1 1/2 cups chopped onions
salt and pepper to taste
6 TBS. flour
2 cups water or soup stock
4 cups scalded milk
dill weed
a dash of tamari (Japanese soy sauce)

Discard the tough ends from any asparagus spears. Break off the tips of the asparagus and set aside. Chop the remaining stalks. Melt the butter in a soup pot, add the stalks and onions; salt lightly. Cook 8-10 minutes. Sprinkle in the flour and cook on very low 5-8 minutes. Add the water or stock, bring to a low boil and cook 8-10 minutes, stirring until thickened. Puree, bit-by-bit with milk in a blender or in the pot using an immersion blender. Blend until smooth. If using a blender, return the puree to the pot. Add dill, salt, pepper and tamari to taste. Heat the soup gently--don't boil or cook it! As the soup heats, steam the asparagus tips until tender, but still green. Stir into the soup and serve immediately. Serves 4-5.

SAUTEED ASPARAGUS WITH MUSHROOMS--Use your favorite fresh mushrooms for this recipe. This dish is also excellent served chilled.

1 lb. asparagus, trimmed
1 1/2 TBS. extra virgin olive oil
1/2 cup fresh mushrooms, sliced
1 tsp. fresh thyme, chopped, or 1/2 tsp. dried
Freshly ground black pepper to taste

In a large skillet, bring 2 inches of water to a boil with a teaspoon salt. Prepare a bowl of ice water and set aside. Add asparagus to the boiling water and cook 4 to 5 minutes or until barely tender but still firm. Using a slotted spoon or tongs, remove the spears to the ice water bath. Leave in ice water 5 minutes or until cool. Drain and set aside. Discard blanching water. Using the same skillet, heat olive oil over medium-high heat. Add mushrooms, asparagus, thyme and salt and pepper to taste. Sauté until mushrooms are wilted and the asparagus is just heated through, about 3 to 4 minutes. Serve warm or chilled. Yields 4 servings.

[To Top](#)

KLEIN'S RECIPES (NEWSLETTER OF MARCH 2011)--

Introducing The International Herb Association's 2011 Herb of the Year:

Horseradish! The following comes from their website at www.iherb.org

The Oracle at Delphi told Apollo that the radish was worth its weight in lead, the beet its weight in silver, and the horseradish its weight in gold. We don't place such values on our plants today, but it's hard to imagine Passover or hot roast beef without grated horseradish or cold seafood without cocktail sauce. Actually, horseradish only appeared in the Passover seder as maror in the Middle Ages (ca. 1215-1293) as Jews migrated north and eastward into colder climates. Horseradish provides a unique pungency different from that of black and red peppers, and the tall, broad leaves provide a textural contrast in the herb garden. Horseradish is also notably high in vitamin C and has anti-microbial activities to preserve meat. The root of horseradish is considered GRAS (Generally Recognized As Safe). Excessive doses of horseradish may lead to diarrhea or night sweats. One case of a heart attack has been recorded—the patient survived.

Once you grow horseradish, you'll have this hardy perennial forever; even the smallest piece of horseradish root can grow a new plant, and whenever you are absolutely sure you've eradicated the horseradish bed this time, 'lo and

behold, it comes back. Superficially, horseradish resembles dock (*Rumex* spp.) with tall, stalked, slightly ruffled leaves.

Armoracia rusticana is one of three species in the genus, and may be an ancient hybrid of the other two species [*A. lacustris* (A. Gray) Al-Shehbaz & V. M. Bates and *A. sisymbroides* (DC.) Cajander]. All are smooth-leaved, perennial herbs with deep roots or rhizomes. The leaves are strap-like, either simple or dissected, and the flowers have four sepals and petals. *Armoracia* was the old Latin name for horseradish, while *rusticana* means rustic or of the country. The most primitive name seems to be *chren*, still common to Slavic languages and introduced into German and French dialects in variations. The German *Meerrettich* means literally sea-radish, as it sometimes naturalizes near seashores, and this name provided the later English name horseradish; *meer* seems to have been misunderstood by the English for *mähre*, an old horse, as if for the rankness and toughness of the roots. Some have made the apocryphal claim that horseradish, an herb of northern Europe, was cultivated prior to the Exodus of the Hebrew slaves (c. 1500 B.C.E.) from Egypt. In England, it only became popular in England in the late 1600s. From there it was transferred to North America.

In the past, commercial cultivation of horseradish in the U.S. was centered around Chicago; plants were brought to this area about 1856 by a German family named Sell, who gave roots to the Sass family. St. Louis was another commercial area, where horseradish has been grown since the 1890s. Today, the majority of horseradish is grown in Illinois, in the three counties closest to St. Louis.

If you grow horseradish in the home garden, early spring is the best time to plant the pencil-thin branches trimmed from larger roots. If you cannot plant the roots immediately, store them in plastic bags in the refrigerator until ready to plant. Choose a sunny location and work in plenty of rotted manure or compost to a depth of 10 inches. Depending upon your needs, plant one or two dozen roots, spacing them 12-to 18-inches apart. Set each piece so that the top is at ground level in a trench 3-to 5-inches deep. You may dig the roots as you need them, but after fall's first heavy frost is when the flavor is at its peak. In areas where the ground does not freeze, you may harvest throughout the winter! Remove only the largest roots, leaving the small ones to survive another season; roots that are more than three years old should be discarded as too tough.

To prepare horseradish sauce, scrape the roots, grate (with good ventilation to avoid asphyxiation), and combine 1/2 cup white vinegar and 1/4 teaspoon salt with every cup of grated root. Bottle tightly and refrigerate for up to two months; grated red beets or various mustards may also be added. For longer storage, freeze the grated horseradish. **Mix the sauce with ketchup to taste for shrimp cocktail sauce.** If you harvest too many roots in the fall, store them in damp sand or in the refrigerator for grating later. Serve horseradish only in porcelain or glass, never silver, which blackens on contact with horseradish.

Klein's will be carrying both the roots and potted plants this spring.

APPLE HORSERADISH GLAZED SALMON--A fantastic and simple recipe from the pages of the May 2004 issue of *Cooking Light* magazine.

1/3 cup apple jelly
! TBS. fresh snipped chives
2TBS. prepared horseradish
1 TBS. champagne vinegar
1/2 tsp. kosher salt, divided
4 x 6 oz. salmon fillets (about 1" thick)
1/4 tsp. pepper
2 tsp. olive oil

Preheat oven to 350°. Combine the jelly, chives, horseradish, vinegar and 1/4 tsp. salt with a whisk. Sprinkle the salmon with 1/4 tsp. salt and the pepper. Heat oil in a large, oven-safe, non-stick skillet over medium heat. Add the salmon and cook skin side up 4 minutes. Turn the salmon and brush with half of the apple jelly mixture. Bake for 5 minutes or until the fish flakes easily. Brush with the rest of the apple mixture and serve. Serves 4.

BLOODY MARYS FOR A CROWD--Horseradish is an integral part of any great Bloody Mary recipe and for many, their only encounter with the herb.

4 cups tomato juice
1 cup vodka (or tequila or rum for a twist)
2 TBS. fresh lemon juice
1 to 1 1/2 TBS. prepared horseradish
2 tsp. Tabasco
2 tsp. Worcestershire sauce
1/4 tsp. pepper

1/2 tsp. brown sugar
1/4 tsp. ground celery seed or celery salt to taste if a saltier drink is desired.
Celery sticks, sliced pickles, lemon slices for garnish

Combine all ingredients and mix well in a pitcher. Serve over ice and garnish. Serves 10.

GERMAN BEET SALAD--This is a family favorite from the "old country". Enjoy!

1 lb. beets, peeling on and greens removed
1 TBS. prepared horseradish
1 medium onion
5 TBS. vegetable oil
3-5 TBS. vinegar
1/2 tsp. caraway seed, lightly crushed
salt and pepper to taste
pinch of sugar or to taste
1/2 tsp. mustard seed, lightly crushed
chopped parsley

Boil the beets in plenty of water for 40-60 minutes, depending on the size of the beets, until tender. Once tender, plunge into cold water and let cool. Trim the roots and tops and slip the beets from their skins. Dice or slice the beets as desired. Chop or slice the onion. In a bowl, combine the beets, onion and horseradish. In a small bowl, whisk together the oil, vinegar (to taste), caraway, salt, pepper, sugar and mustard seed. Pour over the beet mixture, toss lightly and allow to stand at least 1 hour before serving, or overnight. Garnish with parsley. Keeps at least a week in the refrigerator and freezes well. Serves 4.

ROAST VEGETABLE GRATIN--From Vermont Valley Farm's CSA newsletter, [Plow Shares](#), of October 17, 2002.

8 cups root vegetables of choice (potatoes, sweet potatoes, carrots, daikon radish, turnips, rutabaga, leeks, beets, onions, etc.), cut into chunks
2 TBS. olive oil
1/4 cup white wine, sherry or broth
1 TBS. fresh snipped or 1 tsp. dried rosemary
1 TBS. chopped garlic
salt and pepper
2 TBS. butter
3 TBS. flour
1 1/2 cups milk
2 TBS. horseradish
1 cup shredded smoked Swiss or cheese of choice
3 TBS. dried bread crumbs

Heat oven to 400 degrees. Toss veggies, oil, wine, rosemary, garlic, salt and pepper together in a very large bowl. Spread into a large baking dish. Cover tightly with foil and bake 25 minutes. Remove the foil, turn the veggies and bake until the veggies are tender and browning, about 20-30 minutes more. Meanwhile, melt the butter in a saucepan. Stir in the flour and cook over low heat for a few minutes. Gradually whisk in the milk and bring to a boil, whisking constantly. Lower the heat and cook gently 10 minutes. Season with salt and pepper. Stir in the horseradish. When the veggies are tender, stir the sauce into the veggies. Sprinkle with the cheese and bread crumbs and continue to bake for 15-20 minutes. Serves 6-8.

COLE SLAW WITH HORSERADISH AND DILL--This recipe comes to us from the International Herb Association's own website.

5 cups coarsely grated or finely shredded green cabbage
1 medium grated carrot
1/3 cup diced grated red or yellow onion
About 1/2 to 1 teaspoon salt
Freshly ground black pepper
Scant 1 cup good-quality mayonnaise
2 tablespoons freshly grated or prepared horseradish, or to taste
About 2 to 3 tablespoons chopped dill (about 1 tsp. dried)
About 2 tablespoons apple cider vinegar
About 1 1/2 tablespoons sugar or pure maple syrup
1/2 teaspoon Hungarian-style paprika, optional

Combine the cabbage, carrot and onion in a large bowl, season with salt and pepper (start with about 1/2 teaspoon of salt and scant 1/2 teaspoon pepper), and toss well. Add the mayonnaise, horseradish, dill, vinegar, and sugar or maple syrup. (I find if you use the syrup--you need a little more than when using sugar.) Sprinkle with the paprika if desired.

Cover and refrigerate for at least an hour. Remove from refrigerator, stir, and taste for seasoning. Adjust with a little more horseradish, vinegar, sugar, salt and pepper, or mayonnaise according to taste. Keep refrigerated until ready to serve; keeps about 3 to 4 days. Serves 6.

[To Top](#)

KLEIN'S RECIPES (NEWSLETTER OF FEBRUARY 2011)--

Parsnips are, sadly, one of the most underutilized vegetables available in American supermarkets. Though readily available, few people have actually tried these delectable, white, carrot-like root vegetables. Their sweet taste is absolutely delightful in any recipe that uses mixed roasted root vegetables and they add a unique sweetness when added to winter soups, stews or with pot roast. Harvested during the late fall, parsnips are at their peak during the winter months. They are usually sold in one pound bags alongside turnips, celeriac, beets and other similar root vegetables and are sometimes sold with a natural wax coating that must be peeled away before use. Though they store very well for the long term, the wax coating increases the amount of storage time. Parsnips are delicious both cooked or raw in salads or as a crudite with veggie dips.

Parsnips are very popular all over Europe, where they grew wild until the Middle Ages. In fact, the invasive, roadside wild parsnip was brought to America for it's delicious and edible root and escaped from East Coast gardens generations ago. In the garden, parsnips have a very long growing season and are best harvested after the first frosts in the fall. Their flavor improves in cool temperatures and as their starch transforms into sugar. Parsnips are high in potassium and vitamin C.

PARSNIP AND APPLE SOUP--The reviews say this is a "perfect and easy recipe" from the pages of the March 2003 issue of Bon Appetit magazine.

3 TBS. butter

3 large leeks, white and pale green parts, finely chopped; dark green parts reserved

5 large parsnips (1 1/2 lbs.), peeled and cut into 1/2" pcs.

2 medium Gala or Fuji apples, peeled, cored and cut into 1/2" pcs.

4+ cups water

1 1/2 cups whole milk (or skim/half & half blend)

a large pinch of sugar

salt & pepper to taste

Melt the butter in a large, heavy pot on medium-high heat. Add the leeks, parsnips and apples. Cover and cook until the veggies begin to soften, stirring often, about 20 minutes. Add 4 cups water and bring to a boil. Reduce heat to medium and simmer, uncovered, until the veggies are very tender, about 20 minutes. Cool slightly, add the milk, and puree in the pot with a hand blender or in batches in a blender, until smooth, thinning with more water as desired. Return the soup to the pot (if using a blender) and season to taste with sugar, salt and pepper. Cut the remaining greens into match-sized strips to get about 1 cup. Cook the strips in a small saucepan of boiling water about 10 minutes and drain. Bring the soup to a simmer. Serve the soup garnished with the leek strips. Serves 6.

PARSNIPS AND CELERIAC WITH NUTMEG--Another super-easy recipe from the pages of Bon Appetit, November, 2002)

4 TBS. butter

1 cup chopped onion

2 lbs. parsnips, peeled and cut into 1/2" cubes

1 1/4 lbs. celeriac, peeled and cut into 1/2" pcs. (2 cups)

1 1/4 cups chicken broth

1/2 cup whipping cream

1/2 tsp. ground nutmeg

1/2 cup fresh celery leaves, minced

salt & pepper to taste

Melt the butter in a large skillet over medium high heat. Add the onion and saute until almost tender, about 4 minutes. Add the parsnips and celeriac and toss to coat. Add the broth, cream and nutmeg and bring to a boil. Reduce heat to medium, cover and simmer until tender and the liquid is almost absorbed, stirring occasionally and

adding water by the tablespoonfuls if it gets too dry--about 10 minutes. Season with salt and pepper. Stir in the celery leaves and serve. Serves 8.

GLAZED PARSNIPS AND CELERY--This yummy recipe comes to us from the pages of Cooks Illustrated (January 2005). Great with simple pork or chicken recipes.

1 1/2 TBS. butter
1 lb. parsnips peeled and cut into 1/2" pcs.
3 stalks celery, sliced 1/2" thick, bias cut
1/2 cup chicken or vegetable broth
1 TBS. sugar
1/2 tsp. salt
1/8 tsp. pepper

Heat the butter in a large skillet on medium high heat. When foaming subsides, swirl to coat the skillet. Add the parsnips in an even layer and cook without stirring on medium high until browned, about 2-3 minutes. Stir in the celery and cook, stirring occasionally until well-browned, about 2 minutes longer. Add the broth, sugar, salt and pepper. Cover the skillet, reduce the heat to medium-low and simmer until tender, about 6 minutes. Uncover, turn the heat to high and cook, stirring, until the liquid reduces to a glaze, about 1 minute. Makes 4 side-dish servings.

PARSNIP FRIES--How easy could this recipe be?? From the November 2005 issue of Martha Stewart's Everyday Food.

2 1/2 lb. parsnips, peeled and cut into even-sized sticks
2 TBS. olive oil
coarse salt and pepper to taste

Preheat the oven to 450°. In a large bowl, toss together the parsnips, oil and season to taste. Spread onto two rimmed sheets in a single layer and roast until tender and golden, about 25-30 minutes, rotating the sheets and tossing the parsnips about halfway through. Serves 4.

AROMATIC PARSNIPS AND CARROTS--From the November 2005 issue of Better Homes & Gardens magazine.

1 1/2 lbs. parsnips, peeled and halved lengthwise
1 1/2 lbs. carrots, peeled and halved lengthwise
3 TBS. olive oil
1/2 tsp. ground coriander
1/4 tsp. ground cinnamon
4 cloves garlic, thinly sliced
2 TBS. fresh cilantro
1 tsp. lemon zest
3/4 tsp. fennel seeds
2 TBS. lemon juice
1/2 tsp. salt
1/8 tsp. pepper
1 TBS. olive oil

Cut the long carrot and parsnip sticks in half crosswise. In a large skillet, cook the parsnips in a small amount of salted boiling water, covered, 2 minutes. Add the carrots, return to a boil and cook 4 minutes. Drain the veggies and set aside. Wipe the skillet dry. Heat 3 TBS. oil on medium. Add the fennel, coriander and cinnamon and cook 1 minute until fragrant. Add the parsnips, carrots and garlic and cook 10-12 minutes, until the veggies are tender, turning occasionally. Remove from the heat and stir in the cilantro, zest, juice, salt and pepper, then drizzle with the remaining 1 TBS. oil. Serves 10.

[**To Top**](#)

KLEIN'S RECIPES (NEWSLETTER OF JANUARY 2011)--

Spaghetti squash is a unique winter squash in that once cooked, the flesh scoops out in spaghetti-like strands. Also called "Vegetable Spaghetti", spaghetti squash is delicious served hot with butter and sprinkled with cheese or with your favorite pasta sauce. Squashes store for months and are available now nearly year round. To cook, simply cut the squash in half lengthwise, scoop out the seeds and bake cut side down at 375° on a n oiled tray or baking sheet for about 30-40 minutes or until easily pierced with a fork. Once removed from the oven, allow to cool slightly for easier handling. As you scoop out the insides with a fork, you'll see that they come out in strings. Spaghetti squash is very sweet and an excellent low-calorie alternative to pasta. Grow spaghetti squash in the garden as any member

of the squash (Cucurbit) family; in full sun and with lots of room for the vines. Klein's sells spaghetti squash starter plants in the spring.

BAKED SPAGHETTI SQUASH--An excellent main course dish. We forgot to jot down the original source of this recipe.

1 medium spaghetti squash (2 1/4 lb.)
12 oz. bulk Italian sausage
1 1/2 cups sliced mushrooms
1 green pepper, chopped
1/3 cup fine-chopped onion
3 cloves garlic, minced
1 x 4.5 oz. can chopped black olives
1/2 tsp. Italian seasoning
1 1/2 cups red pasta sauce of choice
1 1/2 cups shredded Mozzarella, Monterey Jack or Italian blend cheese
1/4 cup fresh, chopped parsley

Halve the squash lengthwise and scoop out seeds. Place the cut sides down in a 9 x 13" baking dish. Add 1/4 cup water and bake at 350 degrees until tender, 40-50 min. Meanwhile, in a large skillet, cook the sausage, mushrooms, pepper, onion and garlic over medium heat until the meat is no longer pink. Drain the fat. When cooked, scrape out the squash, with a fork into a large bowl (you'll notice the squash flesh separates into strands similar to spaghetti). Coat the same 9 x 13" pan with cooking spray. Spread 1/2 of the squash into the pan. Top with 1/2 of the sausage mix and 1/2 of the olives. Sprinkle with seasoning and 1/8 tsp. ground pepper. Top with 1/2 of the sauce and 1/2 of the cheese. Repeat layers, except for the cheese. Bake 30 min. Sprinkle with the remaining cheese and continue baking until bubbly. Allow to rest 10 min. before serving. Garnish with the parsley. Serves 6.

SPAGHETTI SQUASH CASSEROLE--A classic recipe from the original Moosewood Cookbook.

1 8" spaghetti squash
1 cup chopped onion
2 medium cloves garlic, crushed
2 fresh tomatoes, chopped
1/2 lb. sliced mushrooms
1/2 tsp. dried oregano
salt & pepper to taste
1 cup cottage cheese or ricotta cheese
1 cup mozzarella
1/4 cup chopped parsley
1 tsp. dried basil
a dash of dried thyme
1 cup fine bread crumbs
Parmesan cheese
Butter

Preheat the oven to 375°. Slice the squash in half lengthwise, scoop out the seeds and bake, sliced side down on an oiled tray for 30 minutes, or until easily pierced with a fork. Cool a bit and scoop out the insides into a large bowl. While the squash bakes, sauté the onions and garlic with salt, pepper, mushrooms and herbs. When the onions are soft, add the chopped tomatoes and cook until most of the liquid has evaporated. Combine all of the ingredients except the parmesan and pour into a buttered 2 qt. casserole. Top with parmesan and bake, uncovered, about 40 minutes. Serves 4.

SPAGHETTI SQUASH WITH VEGETABLE SAUCE--A simple recipe from Rodale's Natural Food Book.

2 spaghetti squash
4 tsp. oil
2 large stalks celery, minced
2 large carrots, fine chopped
2 cloves garlic, pressed
2 tsp. dried basil
2 tsp. dried oregano
3 cups tomato puree
1/2 cup parmesan

Prepare squash as desired until cooked. Meanwhile, place the oil in a large saucepan and heat over medium. Add the celery and allow steam to form. Cover tightly, do not stir and allow to steam until tender, about 15 minutes. Add the seasonings and cook 5 minutes. Stir in the puree and the parmesan and cook until thickened, about 15 minutes. Serve over cooked squash or on the side if desired. Sprinkle with extra parmesan. Serves 6-8.

JEWELLED SPAGHETTI SQUASH--This recipe comes to you from the December 2006 issue of Better Homes & Gardens magazine.

1 spaghetti squash
1/2 cup orange juice
3/4 cup dried cherries
2 TBS. butter
1/4 cup chopped walnuts
1/4 cup chopped parsley
1/2 tsp. salt
1/8 tsp. pepper

Prepare the squash as desired until cooked. Meanwhile, in a saucepan, bring the juice to a boil. Remove from the heat and add the cherries. Allow to steep 10 minutes. In a skillet, cook the nuts in butter on medium heat for 2-3 minutes, stirring occasionally, until toasted. Add the cherries, nuts, parsley, salt and pepper to the cooked squash in a large bowl and toss to coat. Serves 8.

SPAGHETTI SQUASH IN A SOY GINGER SAUCE--A delicious alternative from the Isthmus.

1 spaghetti squash, washed
4 TBS. soy sauce
4 TBS. apple juice
1 TBS. maple syrup
a pinch of ground ginger
1 small onion, sliced thin

Preheat the oven to 400°. Pierce the squash in several places and place in a baking pan. Bake, uncovered, 1 1/2 hours, turning once. The squash is done by this method when the shell gives to pressure. Allow to cool a bit. Split the squash in half and remove the seeds. Whisk together the soy sauce, juice, syrup, ginger and the onions. Fork the flesh into a serving bowl and pour the sauce over all. Serves 6.

[**To Top**](#)