

2009 Recipe Archive from Klein's Newsletters

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KLEIN'S RECIPES OF THE MONTH (NEWSLETTER OF DECEMBER 2009)--

Celeriac (root celery) is a fantastic old world root vegetable that is (after generations of being neglected) reappearing on Madison area dinner tables. A Klein's staff member recalls a not-so-long-ago visit to Woodman's where he surprisingly found celeriac in the produce section. Later in the check out aisle, not a single employee knew what it was. This odd looking, knobby vegetable hadn't even been programmed into the system! The cashiers had to take his word on the price per pound, lest they hold up the long line for a price check. Since that time a number of years ago, now even Woodman's carries celeriac almost year round.

Klein's is probably the only local garden center to carry root celery as starter plants in the springtime. That's probably due to the German heritage of the Klein family. Root celery, rather than stalk celery, is grown throughout most of northern and eastern Europe where stalk celery is virtually unheard of. In fact, root celery was very common in local gardens in the 19th century, but fell out of favor as bonds to ethnic roots weakened and supermarkets, rather than gardens, became the source for the family vegetable supply. Root celery requires a long growing season (120+ days) and is, therefore, best planted as starters in Madison gardens.

Root celery has a mild, almost sweet, celery flavor and can be used as a substitute in nearly all dishes requiring celery. Celeriac is especially delicious in soups and stews or oven roasted, cut into chunks, with other root vegetables. Though most often cooked, it is equally delicious shredded raw in salads. Under proper conditions, root celery can be stored for up to 8 months.

CELERIAC & WILD RICE CHOWDER--You'd swear this recipe came directly from L'Etoile's own kitchen, when in fact it was picked up from the Willy St. Co-op newsletter (October 2006).

1 cup wild rice
2 lbs. (2 lg.) peeled, diced celeriac (root celery)
4 lg. leeks, chopped
4 Tbs. butter
2 stalks celery, diced
2 cups thinly sliced potato
1/2 cup chopped fresh parsley
2 bay leaves
1 tsp. crushed dried thyme
salt and pepper
4 cups chicken or veggie broth
4 cups half & half and/or milk combo (the more half & half used, the richer)

Cook the wild rice per package instructions in 10 cups of water. Drain the rice through cheese cloth or a clean kitchen towel, reserving the cooking water. Set aside. Melt the butter in a large soup pot. Add the prepped veggies, parsley, bay leaves, thyme and 1 Tbs. salt. Cook the veggies to "sweat" them over medium heat, covered, stirring them occasionally. Add the broth, increase the heat and bring to a boil. Reduce the heat and simmer, uncovered, 30 minutes. Add the half and half/milk and bring to a simmer. Season to taste with salt and pepper. Puree a few cups of the soup in a blender and return to the pot or if you have a hand blender, blend lightly, leaving the soup a little chunky. Stir in reserved rice. Thin with the rice cooking water to desired consistency. Garnish with additional chopped parsley. Makes 10-12 servings.

NOTE: The remaining rice cooking water freezes well and is a fantastic broth to use in future soups and stews. Freeze in 1 or 2 cup increments to make measuring easy.

PARSNIPS AND CELERIAC WITH NUTMEG--This recipe originally appeared in Bon Appetit magazine in November of 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 celery leaves, minced (optional)

Melt the butter in a large skillet over medium-high heat. Add the onion and sauté until almost tender. Add the parsnips and celeriac and toss to coat. Add the broth, cream and

nutmeg and bring to a boil. Reduce the heat to medium, cover and simmer until tender and the liquid is almost absorbed, stirring occasionally, about 10 minutes. Add water by the tablespoons if it starts to get too dry. Season to taste with salt and pepper, stir in the celery leaves and serve. Serves 8.

GLAZED CELERIAC WITH ONIONS, GRAPES & PISTACHIOS (or Almonds)--This as-of-yet untested recipe from the January 2005 pages of Cook's Illustrated sounds amazing. Let us know what you think!

4 TBS. chopped, roasted, unsalted pistachios or almonds
1 1/2 TBS. butter
1 medium red onion cut into 1/4" wedges
2 medium celeriac, trimmed, peeled and cut into 3/4" cubes (or about 4 cups)
1 cup chicken or vegetable broth
3 TBS. sugar
4 tsp. red wine vinegar
1 tsp. salt
1/4 tsp. pepper
2 cups seedless red grapes, halved

Toast the nuts over medium heat in a large skillet until lightly browned. Set aside. Heat the butter in the same skillet on medium high. Once the foaming subsides, swirl to coat the pan. Add the onion, then the celeriac, in even layers and cook without stirring until browned. Stir and continue cooking until browned on all sides, stirring occasionally. Add the broth, sugar, vinegar, salt and pepper. Cover the pan and reduce the heat to medium low and simmer until tender, about 10 minutes. Uncover and increase the heat to high. Add the grapes and cook, stirring often, until the liquid is reduced to a glaze--just a few minutes. Serve, sprinkled with the reserved nuts. Serves 8.

MASHED POTATOES AND ROOT VEGETABLES--Another recipe from Cook's Illustrated; this one from November 2007.

1 stick (8 TBS.) butter
1 lb. root veggies of choice, cut into 1/4" rounds or 1/2" dice. (choose from celeriac, parsnips, carrots, turnips, etc.)
3 lbs. potatoes (peeled if desired), cut into 1/4" dice.
2/3 cup chicken broth
salt
1 1/2 cups half & half
1/4 cup fresh chives (if available)
pepper to taste

Melt the butter in a large Dutch oven. Cook the root veggies over medium to medium high heat, stirring often, until the butter is browned and the veggies are dark brown and caramelized, about 12-15 minutes. Add the potatoes, broth and 1 1/2 tsp. salt. Stir. Cook, covered over low-ish heat, stirring occasionally, until very tender and the liquid has been absorbed, about 40 minutes. Remove from the heat and gently mash with a potato masher. Gently fold in the cream and the chives. Reseason with salt and pepper and serve. Serves 8.

Note: If chives are unavailable, try this! Toast paprika (regular or smoked) in a pan for 30 seconds and fold into the cooked, mashed veggies with 1/4 cup chopped parsley.

KLEIN'S RECIPES OF THE MONTH (NEWSLETTER OF NOVEMBER 2009)--

Though not new to the Thanksgiving dinner table in Wisconsin, the sweet potato is a relative newcomer to the Wisconsin garden. Locally grown sweet potatoes are showing up more frequently at farmers' markets and in area CSA vegetable shares. Traditionally served sweet, with brown sugar or maple syrup, juice, fall spices, pecans and topped with marshmallows, there are also many wonderful and savory sweet potato recipes to be found. In many soups and stews, sweet potatoes and winter squashes, like pumpkins or butternut squash, can be used almost interchangeably and, in fact, some sweet potato pie recipes taste nearly identical to their pumpkin counterparts.

In the garden, sweet potatoes (sometimes called yams in the south, but not related to true yams) are a member of the morning glory family of plants (Ipomoea) and are actually the same ornamental sweet potato vine species found at all garden centers in the springtime. Though ornamental sweet potato vines produce small edible tubers, they are grown for their robust and colorful foliage. Like their ornamental siblings, edible sweet potatoes require a lot of room in the garden and do best in a long and hot growing season. Though we're able to grow sweet potatoes here in the north, they fare better in the southern parts of the country. For that reason, most store bought sweet potatoes originate from Louisiana, North Carolina and Georgia. Sweet potatoes do quite poorly under cool conditions and are unable to tolerate even the lightest frost. Sweet potatoes are a native to Central and South America and were brought to Europe by Columbus.

SPICY SWEET POTATO WEDGES--This delectable recipe was passed on to us from a Vermont Valley CSA member and says it's a favorite of kids and adults alike and that nothing could be easier!

8 smallish sweet potatoes
4 TBS. extra virgin olive oil
1 tsp. ground cumin
1 tsp. salt
1/2 tsp. pepper
1/4 tsp. allspice

Preheat oven to 500°. Lightly oil a large and shallow roasting pan (or one lined with foil for quick clean up). Cut the potatoes lengthwise into 8 wedges each. Combine the oil, cumin, salt, pepper and allspice in a large bowl and mix well. Add the potato wedges and toss to coat. Arrange in a single layer in the prepared pan. Place on a rack in the lower third of the oven. Roast, 20-25 minutes or until the potatoes are browned and crisp, turning once. Serves 8.

ROMANI STEW OVER BROWN RICE--This absolutely delicious recipe appeared in the Willy Street Co-op newsletter just this past March (2009) and, though it looks like a lot of ingredients, the reviews say "easy & delicious".

2 TBS. olive oil
4 cups chopped onion
2 stalks celery, diced
4 large cloves garlic, minced
2 sweet potatoes, diced (4 cups)
2 carrots, diced
2 tsp. salt
2 tsp. paprika
1 tsp. turmeric
2 tsp. dried basil
1/4 tsp. cayenne
a large dash of cinnamon
2 bay leaves
2 tsp. tamari (Japanese soy sauce)
6 cups water
2 x 15 oz. cans garbanzoes (chick peas)
2 sweet bell peppers, diced
2 x 15 oz. cans diced tomatoes with juice
Cooked brown rice

Sauté the onion, celery, sweet potato and carrot in a large pot in the oil until tender. Add the garlic, salt, paprika, turmeric, basil, cayenne, cinnamon and bay leaves and cook a few minutes. Add the tamari and the water. Bring to a boil, then reduce the heat, cover, and simmer until everything is soft; about 20 minutes. Add the garbanzoes, peppers and tomatoes. Cover and simmer 10-15 minutes more or until of desired consistency. Serve over cooked brown rice.

SWEET POTATO WEDGES WITH SOY DIPPING SAUCE--Another simple and savory sweet potato recipe from one of the Klein's family. Original source unknown.

Sauce:
2 TBS. soy sauce
2 TBS. rice vinegar
1/4 tsp. toasted sesame oil

The Rest:
4 medium sweet potatoes in 3/4" thick wedges
1 TBS. + 1 tsp. olive oil
1/4 tsp. coarse salt
1 1/2 tsp. sesame seeds

Combine the sauce ingredients and set aside. Preheat oven to 500°. Toss the wedges with the oil and salt in a large bowl. Arrange them in a single layer on a rimmed pan and roast, turning once, until tender and lightly browned, about 20 minutes. Transfer to a serving bowl and sprinkle with the seeds. Serve with the sauce. Serves 6.

KALE, SWEET POTATO AND SAUSAGE SOUP--A very simple and hearty recipe that appeared in the March 2007 issue of Cooking Light magazine.

2 TBS. olive oil
4 cups chopped onion
1 tsp. salt, divided
1/2 tsp. red pepper flakes
6 cloves garlic, thinly sliced
1 lb. sweet Italian turkey or pork sausage
8 cups coarsely chopped sweet potato (2 1/4 lbs.)
5 cups water
4 cups chicken broth
1 lb. torn fresh kale
1 x can cannellini (white kidney beans), rinsed and drained

Heat the oil in a pot over medium-high. Sauté the onion until tender. Add 1/2 tsp. salt, the pepper flakes and the garlic and cook 1 minute more. Remove the casings from the sausage and add to the pot. Cook until lightly browned, stirring to crumble. Add the sweet potato, water and broth and bring to a boil. Reduce the heat and simmer 8 minutes. Gradually add the kale. Return to a boil, reduce and cook 10 minutes or until the kale is tender. Stir in the rest of the salt and the beans and cook 5 minutes or till hot. Reseason as desired. Serves 10.

Note: No sausage on hand? It's also delicious with leftover cooked chicken or ham.

KLEIN'S RECIPES OF THE MONTH (NEWSLETTER OF OCTOBER 2009)--

The health benefits of garlic (*Allium sativum*) are so well-known and tested that little more need be said here. Garlic is said to ward off not just disease and assorted ailments (heart disease, certain cancers, infections and high blood pressure-just to name

a few), but vampires and witches alike. This close onion relative is irreplaceable in dishes where it is an ingredient. When sautéing with vegetables, garlic is best added during the last minute. Garlic burns quickly and overcooking can increase its bitterness. For strongest flavor, add toward the end of cooked dishes. For increased health benefits, garlic is best eaten raw. Mash potatoes with cooked garlic, butter and a little cream or half and half for a simple taste sensation. Roasted garlic spread over crusty bread is one of the simplest and most flavorful of appetizers (recipe follows).

In the garden, garlic is best planted in the fall. Each bulb yields several cloves which are then planted individually and harvested the following season. Garlic scapes (the flower stalks) are a delicious spring addition to recipes both raw and sautéed. 'Spanish Roja' and 'California' bulbs are currently available at Klein's for fall planting and are sold with our other spring bulbs.

ROASTED GARLIC--Nothing could be simpler, more flavorful or healthier!
Preheat the oven to 350°. Cut the tops off the garlic, leaving the bulbs in tact and exposing the tips of the cloves. Brush or dab each bulb with a little olive oil and wrap individually in foil. Place in the preheated oven and bake for 1 hour. To serve, simply squeeze each clove onto a piece of crusty French bread or crackers. The texture will be that of softened butter and the flavor will be sweet and mild.

ONION AND GARLIC BEER SOUP--This absolutely delicious recipe appeared in the Willy Street Co-op newsletter sometime in the late 1990's and remains a favorite.
4 lbs. sweet onions, thin sliced (about 10 medium)
4 large cloves garlic, minced
2 TBS. olive oil
1 x 12 oz. bottle of beer (not dark)
5 1/4 cups beef broth (3 x 14.5 oz. cans)
2 TBS. sugar
2 TBS. butter
4 slices of day old bread, cut into 1/2" cubes
fresh parmesan cheese

In a large kettle, cook the onion and garlic in the oil over medium heat, until lightly browned, stirring occasionally (about 30-40 minutes). Stir in the beer and broth and simmer, covered, 45 minutes. Stir in the sugar and season with salt and pepper to taste. While the soup simmers, melt the butter in a skillet on medium heat. Add the bread and cook, stirring, until the croutons are golden. Serve the soup, topped with croutons and sprinkled with parmesan.

GARLIC & OIL SAUCE FOR PASTA--Long a standard in the family of one of Klein's staff members. This easy recipe is from Quick and Easy Pasta Recipes by Coleen and Bob Simmons. For extra flavor, add onions, mushrooms or green beans, sautéed in butter.
16 oz. dry pasta
1/2 cup fruity olive oil
4-6 cloves chopped garlic
1 tsp. dried basil
salt and pepper to taste
While the pasta is cooking, warm the oil in a saucepan. When it is quite warm, remove the saucepan from the heat and add the remaining ingredients. The oil should not be so hot as to brown the garlic. Let the sauce steep while the pasta continues to cook. Toss the sauce with the hot, drained pasta. Serve immediately. Serves 8.

GINGER TAMARI MARINATED BAKED TOFU--Probably one of the more flavorful and easiest of the tofu marinades we've tried. The longer the tofu is allowed to marinate, the more intense the flavor becomes. The marinade stores very well and can be used up to three times when stored in an airtight container. Note the serving tip at the end of the recipe for a truly unique experience! The recipe first appeared in the Wisconsin State Journal in July 2002.
1/2 cup tamari (Japanese soy sauce, available in all stores)
2 1/2 cups water
4 cloves pressed or minced garlic
2 TBS grated ginger (jarred minced works OK)
1-2 lbs. firm tofu
Cooked rice or stir fried vegetables of choice

Combine the tamari, water, garlic and ginger in a bowl and pour into a shallow glass pan or baking dish for marinating. Cut the tofu into 1/3" thick slices and place in a single layer in the marinade. Allow to marinate at least 30 minutes or more. Preheat the oven to 350°. Lightly oil one or more baking sheets. When ready, place the tofu on the sheet(s) in a single layer. Bake 20 minutes until the top is browning and slightly drying. Flip and bake 10 minutes more until browning and slightly drying. Serve over rice or stir fried vegetables. Simply lay the slices over the top and serve with Asian condiments of choice.

Serving Tip: Our favorite way of serving the tofu is over a bed of brown rice that has been stirred with a spoonful (to taste) of Maesri Thai chili paste available at local Asian markets. The paste is available in many flavors--each with its own unique contribution to the dish so experiment! The paste is very hot so be wary at first!

KLEIN'S RECIPES OF THE MONTH (NEWSLETTER OF SEPTEMBER 2009)--
Edamame: Japanese for "beans on a branch". If ever you've received this delectable edible soybean from one of our many local CSA's, you surely know this to be an accurate description. Typically one receives the entire plant, literally dripping with these

fuzzy, podded beans. Only recently have edible soybeans made their appearance at nearly all supermarkets. They are most commonly found in the frozen vegetable aisle--both whole and shelled. The best way to describe the flavor is "naturally buttery". Shelled beans are delicious on their own per package instructions. However, the best way to experience edamame is fresh, in the pod, and as the natives do. Simply drop the edamame, shell and all, into a pot of salted, boiling water for five to eight minutes. Drain well, dump them into a bowl and slip the tender beans out of the pod between your front teeth, disposing of the shell. It's great fun for young and old alike and makes for a great and very healthy snack.

SOYBEAN HUMMUS--From Cooking Light magazine, July 2006

2 cups frozen edamame
1/2 cup water
6 TBS. olive oil
4 TBS. fresh lemon juice
2 tsp. salt
2 cloves minced garlic
1/4 tsp. Tabasco sauce
4 TBS. chopped parsley
Pita, crackers or fresh veggie dippers

Combine the edamame and water in a saucepan and bring to a boil. Reduce the heat and simmer 10 minutes. Drain. Combine the cooked beans, oil, juice, salt, garlic and Tabasco in a food processor and process until smooth. Add the parsley and process until just blended.

EDAMAME & BARLEY SALAD--Another recipe from the same issue of Cooking Light magazine as above.

Dressing:
5 TBS. olive oil
1 TBS. lemon zest
2 TBS. lemon juice
1 TBS. Dijon mustard
1/2 tsp. pepper

Salad:
1 cup pearled barley
1 cup chopped red bell pepper
3/4 cup chopped red onion
1/4 cup chopped cilantro
1/4 cup chopped fresh mint
1 1/4 tsp. salt
1x 16 oz. bag frozen edamame, thawed

Whisk together the dressing ingredients and set aside. Cook the barley per package instructions. Combine the cooked barley, bell pepper, onion and the rest of the ingredients in a large bowl and toss well. Add the dressing and toss gently to coat. Allow to rest 15 minutes or chill before serving. Serves 8.

SOY WASABI SPREAD--This recipe appeared in Martha Stewart Living from July of 2005.

16 oz. frozen, shelled edamame
8 oz. silken tofu
1 tsp. lemon zest
2 TBS. fresh lemon juice
1 TBS. Chinese hot mustard
2 tsp. wasabi paste
1 tsp. coarse salt
Crackers, cucumber slices &/or carrot sticks for serving

Bring a pot of water to a boil. Add the edamame and cook 5 minutes. Drain and rinse in cold water. Drain again. Puree the edamame, tofu, zest, juice, mustard, wasabi and salt in a food processor and serve. Makes 3 cups.

EDAMAME WITH ASIAN SAUCE--And yet another delicious recipe from From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce.

1 lb. fresh edamame in the shell
2 TBS. soy sauce
1 TBS. sesame oil
1 TBS. canola oil
1 TBS. rice vinegar
2 cloves minced garlic
1 tsp. brown sugar or honey
2 TBS. sesame seeds

Boil the edamame in salted water 5-8 minutes. Combine the other ingredients in a saucepan and bring to a simmer, stirring, to dissolve the sugar or honey. Toss with the hot, cooked and drained edamame. Serve immediately. This sauce also works well tossed with cooked, shelled edamame. Serves 6.

KLEIN'S RECIPES OF THE MONTH (NEWSLETTER OF AUGUST 2009)--

Summertime, family picnics and fresh, cold, summer salads all go hand in hand. Its now that the early cabbages are making their appearance at local markets and produce stands. Nothing could be easier to make than a fresh slaw. For the easiest of cabbage salads, simply shred a head of cabbage and a few carrots. Chop an onion and a green pepper and

toss with one of the many jarred, ready-made slaw dressings available at all grocery stores or make a simple dressing combining mayo, vinegar, sugar and some poppy or celery seeds. For something a little more unique, try one or more of these Klein's employee family favorites.

CABBAGE & APPLE COLESLAW--There are many slaw recipes that combine cabbage, apples and grapes, but we've found this old, tried-and-true recipe from Better Homes & Gardens to be the most flavorful and reliable. Having withstood the test of time, this is a sure crowd pleaser.

- 1/3 cup mayo
- 2 TBS. cider vinegar
- 2 TBS. sugar
- 2 tsp. coarse brown mustard
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 4 cups coarsely shredded cabbage
- 2 medium, tart apples, chopped
- 3 whole dill pickles, chopped (1 cup)
- 1/2 cup halved grapes
- 1/4 cup chopped onion

In a bowl, whisk together the mayo, vinegar, sugar, mustard, salt and pepper. Combine the rest of the ingredients in a large serving bowl. Add the dressing and toss to coat. Cover and chill. Stir before serving. Serves 6-8.

ENSALADA DE REPOLLO (Cabbage Salad)--A Spanish twist from a 2004 issue of Cooking Light magazine.

- 7 cups shredded cabbage
- 1 cup chopped red bell pepper
- 1/4 cup chopped onion
- 1/4 cup chopped cilantro
- 3 stalks celery, chopped
- 3 medium plum tomatoes, chopped
- 1 medium cucumber, chopped
- 1/4 cup fresh lime juice
- 2 tsp. olive oil
- 3/4 tsp. salt
- 1/4 tsp. pepper

Combine all of the veggies in a large bowl. Whisk together the oil, salt and pepper in a small bowl. Drizzle the dressing over the veggies and toss to coat. Allow to rest at least 30 minutes. Serves 8.

ASIAN COLESLAW--Our employee's review for this salad says "beautiful and unique with strong flavors." Oddly, this wonderful recipe comes from an issue of Horticulture magazine (date unknown).

- 1 head red cabbage, cored and shredded
- 1 green bell pepper, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 bunch of green onions, chopped
- 3 carrots, shredded
- 1/2+ cups golden raisins
- 1/2 cup toasted sesame seeds

Dressing:

- 3/4 cup toasted sesame oil
- 1/4 cup rice vinegar
- 2 tsp. sugar
- 1 tsp. soy sauce
- 1 tsp. molasses
- 1 tsp. grated ginger
- 1 tsp. minced garlic

Combine the salad ingredients in a large bowl. Whisk together the dressing ingredients in a small bowl until the sugar is dissolved. Toss the dressing with the salad ingredients until well coated. Sprinkle with the sesame seeds. Serves 6-8.

GRILLED COLESLAW--Something easy and unique from the July 2008 issue of Bon Appetit magazine.

- 1/2 cup tarragon vinegar
- 1/2 cup sugar
- 1/2 cup+ canola oil
- 2 TBS. Dijon mustard
- 1 tsp. tarragon
- 1 medium head green cabbage, quartered
- 1 medium head red cabbage, quartered
- 1 bunch green onions, trimmed but left whole

Prep grill to medium high heat. Whisk together the vinegar, sugar, 1/2 cup oil, mustard and tarragon in a small bowl and set aside. Season with salt and pepper to taste. Brush the cabbages and onions with oil and season with salt and pepper. Grill the cabbage pieces 3-4 minutes per side until grill marks appear. Grill the onions just 2-3 minutes without turning. Once grilled, shred the cabbage and chop the onions. Toss together with the dressing in a very large serving bowl and reseason to taste.

KLEIN'S RECIPES OF THE MONTH (NEWSLETTER OF JULY 2009)--

Green beans are probably America's number one vegetable and certainly a favorite for most children. It's been just in the last few weeks that locally grown beans have begun appearing at the local markets and should soon pop up on the tables of home gardeners; signifying the beginning of the summer harvest. Beans, along with corn, tomatoes, potatoes and members of the squash family, are natives to the Americas. Fresh, raw green beans are irresistible while picking in them garden and equally irresistible steamed or boiled, buttered and lightly salted. Green beans are at their most delectable when simply spiced or in simple salads and in marinades and vinaigrettes. Pick beans while young and crisp and before the beans inside mature and the outside becomes woody and tough. Though green beans take longer than most vegetables to cook, be equally careful not to overcook them, allowing them to remain tender crisp and bright green.

GREEN BEANS WITH LIME--An easy and interesting side dish from the May 2007 issue of Better Homes & Garden magazine.

1 lb. green beans cut into 2" lengths
1 TBS. extra virgin olive oil
1 tsp. fresh lime zest
1 fresh lime
1/4 cup sliced almonds

Cook the beans in hot oil in a large skillet over medium heat until the beans are tender crisp and lightly browned, about 18-20 minutes, adding the almonds during the last 5 minutes. Cut the lime in half. Add the zest to the beans, cooking and stirring for 1 minute. Season lightly with salt and drizzle with lime juice.

TOMATOEY GREEN BEAN CASSEROLE--A Klein's staff member once made this nontraditional green bean casserole for a Thanksgiving dinner and says it was the surprise hit of the party. Originally from The Joy of Cooking.

1 lb. tender crisp cooked green beans, fresh or frozen
1 can cream of tomato soup
3 TBS. prepared horseradish
2 tsp. Worcestershire sauce
1/4 tsp. salt
1/4 tsp. paprika
dry bread crumbs
butter
shredded cheddar

Preheat oven to 325°. In a bowl, combine beans, soup, horseradish, Worcestershire sauce, salt and paprika and spread into a greased casserole. Bake, covered, for one hour. Remove from the oven and cover with a layer of dried bread crumbs, dotted with butter and sprinkled with cheese. Return to the oven, uncovered, and broil a few minutes till golden.

POTATO AND GREEN BEAN SALAD--A family favorite from Jane Brody's Good Food Book (1985).

1 lb. green beans, cut into 2" lengths, steamed to tender crisp and kept warm
4 large potatoes, cooked until just soft, cubed and kept warm (about 4 cups)
2 chopped green onions

Dressing:

2 TBS. olive or vegetable oil
2 TBS. white wine or other light vinegar
1 large clove garlic, crushed
1 small red onion, thinly sliced
1 tsp. dried oregano
1/2 tsp. salt
1/8 tsp. pepper

Combine prepared salad ingredients in a large bowl and set aside. In a jar, combine dressing ingredients, cover and shake well. Pour the dressing over the vegetables. Toss the salad gently till well mixed. Cover and chill several hours or overnight. Serves 6.

GREEN BEAN FRIES--A REALLY easy way to prepare green beans from a 2003 issue of Organic Gardening magazine.

Preheat oven to 475°. Place trimmed green beans, cut to desired length, in a single layer on a rimmed cookie sheet or baking dish. Drizzle with olive oil, balsamic vinegar, a little salt and pepper and some fresh rosemary. Bake 10 minutes. Serve sprinkled with parmesan.

KLEIN'S RECIPES OF THE MONTH (NEWSLETTER OF JUNE 2009)--

In just a few short weeks and as the weather warms, the first harvesting of fresh sweet basil is close at hand. Few herbs evoke thoughts of summer days more than the fragrance of freshly snipped basil. Easy-to-grow basil requires little; a sunny spot and rich, well-drained soil to do well. Dwarfier varieties such as Genovese Compact are excellent in containers. Harvest leaves as needed for fresh greens or vegetable salads. Leaves, soft stems and even the flowers are all usable and the main ingredient in pesto. Harvesting the growing tips regularly encourages better branching and prolonged harvests. Cut fresh basil wilts and browns rather quickly, so it's best to use as soon as possible after harvesting. To store basil for longer periods, place stems in a glass of water as you would with cut flowers. Sprigs will keep for days on the counter top or even longer in the refrigerator. For long term storage, freeze fresh, finely chopped basil in ice cubes in usable increments and simply add to soups or stews throughout the year for a

burst of fresh basil taste. Prepared pesto will keep up to a year in tightly sealed containers or freezer bags.

RICK'S FAVORITE PESTO--This robust pesto recipe is from Jane Brody's Good Food Book (1985). It's simple, flavorful and stores exceptionally well.

3 cloves garlic, chopped (1 TBS.)
1/4 tsp. salt
1/4 cup extra virgin olive oil
2 cups fresh, packed basil leaves
1/4 cup pine nuts or walnuts
1/2 cup grated parmesan

In a processor, combine the garlic, salt and oil and process till smooth. Add the basil and nuts and blend the mixture until smooth, stopping and scraping the sides down a few times as needed. Transfer mixture to a bowl and stir in the parmesan. Stir into warm, cooked and drained pasta. Makes 1 1/4 cups or enough for 16 oz. or 1 lb. pasta. Freeze in containers in these single meal batches. Once frozen, transfer to freezer bag if desired. Will keep for up to 1 year. Thaw before using.

BASIL BUTTER--A super simple way to step up flavor when served on corn on the cob, grilled steak or chicken, baked potatoes or cooked beans or peas--WHATEVER! From Martha Stewart's 'Everyday Food' of June 2006.

In a bowl, combine 2 sticks room temperature butter, 1/2 cup finely chopped basil and a little coarse salt and fresh ground pepper to taste. Stir well and transfer to an 11 x 10" piece of waxed paper. Roll into a cylinder 6" long and 2" wide. Twist the ends to seal and refrigerate until firm. To serve, unwrap and slice as needed. To freeze for future use, transfer the still wrapped butter to a ziplock bag. Stores for up to 1 year.

PESTO VINAIGRETTE--Serve this easy to make delight over grilled fish, grilled vegetables or especially grilled eggplant slices. First appeared in the May 2007 issue of Cooking Light magazine.

1/2 cup fresh basil
1/3 cup extra virgin olive oil
2 TBS. toasted pine nuts
2 TBS. grated parmesan
3 TBS. white wine or similar vinegar of choice
2 TBS. water
1/2 tsp. salt
1/2 tsp. pepper
2 cloves garlic

Combine all ingredients in a food processor or blender until smooth. Makes 2/3 cup.

TOMATO SALAD--Ever so easy! Reprinted from The Isthmus.

2-3 lbs. cherry tomatoes, quartered, or Roma tomatoes, sliced.
2 TBS. red wine vinegar
4 TBS. extra virgin olive oil
1/2 tsp. salt
1/2 oz. (about 1 dozen) finely chopped, fresh basil leaves

Toss & Serve!

BASIL CHEESECAKE--Though the combination may sound a little strange, this moist cheesecake is absolutely amazing and will be the talk of your dinner party! This relatively simple cheesecake recipe first appeared in the Madison Herb Society Cookbook and then later in From Asparagus to Zucchini: A Guide to Farm-Fresh, Seasonal Produce. You'll say WOW to this one!

2 large eggs
1 cup sour cream
3/4 cup sugar
1 cup fresh basil leaves (no stems)
2 TBS. cornstarch
2 TBS. lemon juice
1 tsp. vanilla
2 lbs. (32 oz.) cream cheese at room temperature
2 TBS. softened butter
1 cup crushed vanilla wafers or graham crackers

Preheat oven to 450°. In a food processor or mixer, lightly beat the eggs. Add the sour cream, sugar, basil, cornstarch, lemon juice and vanilla. Process until smooth. Add the cream cheese, 8 oz. at a time, and process to incorporate. Spread softened butter on the bottom and halfway up the sides of a 9 or 10" springform pan. Cover the buttered area with cookie crumbs, pressing to be sure they stick. Pour in the cheesecake batter and bake 35-40 minutes or until a toothpick inserted in the center comes out clean. Run a knife around the edge of the cake as soon as it comes out of the oven. Cool on a wire rack 5 minutes, then remove the side of the pan. Finish cooling. Cut with dental floss into thin wedges. Serves 10.

KLEIN'S RECIPES OF THE MONTH (NEWSLETTER OF MAY 2009)--

Strawberry season is a number of weeks away yet, but it's never too soon to go into the new pick-your-own season with a few new recipes in hand. With the local farmers' markets in full swing, hoop house, locally raised berries will be appearing in short order. Some say homegrown berries taste the best of all! Klein's offers several varieties of both June and Everbearing varieties for the home garden. In addition, we sell hanging baskets of an everbearing variety known to produce handfuls of the sweetest berries all summer

long.

SPINACH STRAWBERRY SALAD--Talk about fresh spring flavors! This favorite of adults and kids alike is from Asparagus to Zucchini: A Guide to Farm-Fresh Seasonal Produce.

2 TBS. sesame seeds, toasted and set aside
4 TBS. sugar
4 TBS. red wine vinegar
Minced garlic to taste
1 tsp. dry mustard
coarse salt and pepper to taste
1/2 cup vegetable oil (not olive)
2 bags of spinach
2+ cups sliced strawberries
1 tsp. dried dill

Combine the sugar, vinegar, mustard, garlic, salt and pepper in a bowl. Whisk in the oil in a thin stream. Toss together with the spinach, berries, dill and sesame seeds.
Serves 8.

RHUBARB STRAWBERRY SAUCE--We don't remember the source for this one, but it's absolutely delicious over ice cream or pancakes. A sure family favorite!

3 cups rhubarb in 1/2" chop
3/4 cup sugar
1/4 cup water
1 pt. strawberries, halved
2 TBS. fresh, chopped mint

Combine the rhubarb, sugar and water in a saucepan over medium heat. Bring to a simmer, stirring occasionally, until the sugar is dissolved. Simmer gently for 7 minutes. Remove from the heat and stir in the strawberries. Transfer to a bowl and stir in the mint. Serve either warm or chilled.

ROSY CHAMPAGNE PUNCH--This party pleaser will become a favorite for its sheer ease and refreshing qualities. Appeared in a December 1989 issue of Parade. The punchbowl quantity shown here can be easily adjusted as needed.

8 cups ripe strawberries
1 cup sugar (fine if possible for easy dissolving)
2 bottles (750 ml) chilled dry white wine, e.g.. chablis
4 bottles (750 ml) chilled champagne
2 cups chilled strawberry juice or any berry juice.

Wash and hull the berries, halving the large ones as needed. Place the berries in a large punch bowl. Sprinkle with the sugar and toss gently. Pour the wine over the berries and let rest in a cool place for 2-3 hours. Just before serving stir in the champagne and the juice.

RHUBARB STRAWBERRY CRISP--Strawberries and rhubarb are a match made in heaven; hence the hundreds of recipes that combine the two. Both appear at the same time in the garden perhaps making the pairing inevitable. The following appeared in the April 2008 issue of Cooking Light magazine.

6 cups sliced rhubarb
2 1/2 cups halved strawberries
3/4 cup sugar
3 TBS. cornstarch
1 tsp. orange zest
1/2 tsp. cinnamon
2/3 cup flour
1/2 cup brown sugar
1/2 cup rolled oats (not quick cooking)
1/4 tsp. more cinnamon
a dash of salt
6 TBS. chilled butter cut into small pieces

Preheat the oven to 375°. Combine the rhubarb, strawberries, sugar, cornstarch, orange zest and 1/2 tsp. cinnamon. Spoon into a 9 x 13" baking dish coated with cooking spray. Combine the flour, brown sugar, oats, 1/4 tsp. cinnamon and salt in a bowl. Cut in the butter with a pastry blender. Sprinkle over the filling. Bake for 30 minutes until bubbly. Let stand 10 minutes.

KLEIN'S RECIPES OF THE MONTH (NEWSLETTER OF APRIL 2009)--

Arugula (*Eruca sativa*) is an easy-to-grow European green with a very distinct and unique peppery flavor. Like most cool weather greens, arugula is most readily available in mid to late spring and then again in the fall (though its available in supermarkets year round). Arugula is delightful fresh in mixed salads, in soups or lightly braised. Braised arugula with olive oil and pine nuts is a simple and delicious sauce for over fish. Arugula is also known as rocket or roquette and is easily grown from seed just like lettuce or spinach. Klein's also sells arugula plants available in late April or early May. Here are a few of our arugula favorites:

TOMATO & ARUGULA PASTA--A real treat for the arugula lover who wants something different from arugula than just a salad. This recipe appears in The Better Homes and Gardens New Cookbook, 12th Edition.

16 oz. dried ziti or mostaccioli
2 medium onions, thin sliced

4 cloves minced garlic
2 TBS. olive oil
6 cups chopped tomatoes
2 tsp. salt
1 tsp. pepper
1/2 tsp. crushed pepper flakes (optional)
6 cups arugula and/or spinach, coarsely chopped
1/2 cup toasted pine nuts or slivered almonds
4 TBS. crumbled Gorgonzola or blue cheese of choice

Cook pasta per directions. Meanwhile, in a heavy saucepan, cook the onion and garlic in hot oil on medium heat until tender. Add the tomatoes, salt, pepper and pepper flakes. Cook and stir on medium-high for a few minutes until the tomatoes are warm and release their juices. Stir in the arugula and heat just until the greens are wilted. Serve over the cooked pasta, topped with the nuts and cheese. Serves 8.

ARUGULA PESTO--This is a WOW recipe from the June 2006 issue of Cooking Light magazine. It makes enough pesto for 1 lb. of pasta.

5 cups arugula
1/2 cup grated parmesan
1/4 cup + 2 TBS. toasted pine nuts
1 TBS. lemon juice
3/4 tsp. salt
1/4 tsp. pepper
1 clove minced garlic
1/3 cup water
2 TBS. extra virgin olive oil
2 cups halved cherry tomatoes

In a food processor, process the arugula, parmesan, 1/4 cup pine nuts, lemon juice, salt, pepper and garlic until finely minced. With the processor running, slowly pour in the water and oil until well blended. Stir into 1 lb. of warm, cooked pasta. Serve, topped with the tomatoes and more toasted pine nuts. Serves 8.

ARUGULA & CUCUMBER SALAD--A light and refreshing salad from the May 2007 issue of Everyday Food magazine.

4 TBS. red wine vinegar
2 TBS. extra virgin olive oil
2-4 tsp. honey to taste
1 tsp. ground coriander
coarse salt and pepper to taste
24 oz. cleaned arugula
2 medium cucumbers, peeled, halved lengthwise, seeded and thinly sliced.

Whisk together the vinegar, oil, honey, coriander, salt and pepper. In a large bowl, toss together the arugula, cucumber and the dressing. Serve immediately or chill lightly. Serves 8.

ARUGULA, ENDIVE & RADICCHIO SALAD--Talk about a salad of mixed European greens! This one was the star of a Martha Stewart TV show from September of 2006.

2 small endive heads, thinly sliced
1 radicchio head, cored and thinly sliced
3-4 cups arugula
2 TBS. extra virgin olive oil
2 TBS. red wine vinegar
1 TBS. honey
coarse salt and pepper to taste
juice from 1/2 orange

Toss together greens in a large bowl. Whisk together oil, vinegar, honey, salt, pepper and the juice. Toss lightly with the greens and serve.

KLEIN'S RECIPES OF THE MONTH (NEWSLETTER OF MARCH 2009)--

With the new gardening season just a few weeks away, it's hard to imagine that some of us are still enjoying vegetables from last season's bounty. Beets are among the easiest vegetables for long term storage. They, along with carrots, potatoes and many root vegetables, can be stored for many, many months as long as they're kept cool and dark. Beets are oftentimes the last vegetable in the refrigerator bin from last season's garden. In the garden, beets are sown directly and on the early side, usually sometime in mid to late April. Plants need to be adequately thinned for greatest success. Each knobby seed capsule actually holds a few seeds. This means that plants usually come up a little more densely than you had intended. Harvest occurs anytime from late spring through fall depending on the size desired. Golf ball sized, early summer harvests yield the sweetest beets for fresh summer salads. Look for white or pink varieties to avoid "bleeding". Raw beets can be grated or shredded into fresh green salads. To cook beets, do not peel. Simply remove the tops and boil or roast in foil. The tops are also delicious raw in mixed salads or cooked in sautés or wilts like spinach or chard (a close relative).

SPINACH & BEET SALAD--Rave reviews on this recipe even from people who say they don't like beets. A very easy recipe from a July 2000 Capital Times article.

3 large beets, trimmed
salt & pepper to taste
2 TBS. balsamic vinegar

1 tsp. Dijon mustard
4 TBS. extra-virgin olive oil
1/2 cup chopped green onions
1/4 cup chopped fresh mint leaves
4 cups spinach

Preheat oven to 350 degrees. Combine beets, salt and pepper in a roasting pan. Cover with foil and bake 1 hour or more till tender. Let cool, peel off skins and cut into 1/4" wide strips. In a bowl, whisk together the vinegar and mustard. While whisking, slowly add the olive oil. In a large bowl combine the beets, half of the vinaigrette, some salt, pepper, the onions and half of the mint. Toss to coat and let stand 30 minutes. Add the spinach and the rest of the vinaigrette and mint. Toss and serve.

SAVORY BEET SOUP--This hot beet soup appeared in Cooking Light magazine in October of 2004. Cold beet soup, borscht, is also a very popular way to use up beets and makes for a cool summer side dish.

1 tsp. olive oil
1 cup chopped onion
4 cups chicken broth
2 cups water
1/2 tsp. salt
1/4 tsp. pepper
3 medium beets, peeled and halved
1 medium potato, peeled and halved crosswise
1 bay leaf
1 tsp. lemon juice
sour cream

Heat oil in a Dutch oven or soup pot over medium-high. Add the onion and cook until tender. Add the broth, water, salt, pepper, beets, potato and bay leaf. Bring to a boil, reduce the heat and simmer, uncovered, 20 minutes or until the beets and potato are tender. Remove the bay leaf. Puree the soup in food processor, blender or with a hand held blender until smooth. Rewarm if necessary until heated through. Remove from the heat and stir in the lemon juice. Combine 1/2 cup of the soup with 2 1/2 TBS. sour cream with a whisk. Serve the soup and swirl in the sour cream mix with the tip of a knife. Makes 8 servings.

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.

BEET SALAD WITH RASPBERRY VINAIGRETTE--Yet another beet recipe from the 2004 Cooking Light magazine issue.

2 1/2 lbs. beets
1/2 cup chopped red onion
1/2 cup chopped celery
2 TBS. raspberry vinegar
1 TBS. honey
2 1/2 tsp. olive oil
1/4 tsp. salt
1/8 tsp. pepper

Preheat the oven to 425°. Place the whole beets on a foil lined baking sheet and bake 45 minutes or until tender. Allow to cool. Trim off the roots and the tops and slip from their skins. Chop the beets coarsely. Combine the beets, onion and celery in a large bowl. Combine the vinegar and the rest of the ingredients and pour over the beets. Toss to coat. Serve either chilled or at room temperature. Serves 6.

KLEIN'S RECIPES OF THE MONTH (NEWSLETTER OF FEBRUARY 2009)--

Though extremely popular in the South, collard greens remain relatively unknown to Midwest gardeners. This extremely nutritious member of the cabbage family is even easier to grow in the Wisconsin garden than its more familiar relatives. Unlike kale, collards can tolerate a fair amount of summer heat--perhaps a reason they are so popular in the South. In many recipes, collards, kale, mustard greens, turnip greens, chard and spinach are interchangeable; each adding its unique personality to recipes featuring cooked greens. Collard plants are extremely productive so successive plantings are not necessary. Use the leaves as desired and new ones will soon replace them. Klein's sells

'Georgia' collard starts in the spring and again in late summer for a fall harvest.

RICE WITH COLLARDS--A super-simple and tasty side dish.

2 cups chicken or veggie broth
1 cup long grain rice (white or brown)
1 tsp. butter
3 cups chopped collard greens
salt and pepper to taste

Bring the broth to a boil in a medium saucepan. Add the rice and the butter. Stir the rice and add the collards in 3 batches, stirring after each addition. Return to a boil, reduce the heat, cover and simmer 20 minutes for white rice or 35 minutes for brown or until the rice is done. Season as desired. Serves 4.

BRAISED COLLARDS--This gentle cooking method is probably the most popular way to cook collards. This delicious recipe appeared in the October 2008 issue of Bon Appetit magazine.

2 TBS. butter
2 TBS. vegetable oil
1 onion, chopped
3 cloves garlic, chopped
2 lbs. collards or chard, trimmed and coarsely chopped
2 cups chicken broth
1 TBS. red wine vinegar
salt and pepper to taste

Melt the butter with the veggie oil over medium-high heat. Add the onion and the garlic and sauté until tender. Add the greens (in batches if necessary) and sauté until they just begin to wilt. Add the broth and bring to a boil. Reduce the heat, cover and simmer until very tender, stirring occasionally, about 45 minutes. Stir in the vinegar and season to taste. Serves 6.

CREAMED COLLARDS--This very popular way of preparing collards in the South appeared in the March 2007 issue of Better Homes and Gardens magazine and has since become a family favorite.

3 lbs. collards or chard, trimmed and chopped
1/4 cup butter
1 large onion, chopped
2 cloves garlic, minced
1 cup whipping cream
1/2 tsp. salt
1/4 tsp. pepper

In a pot, cook the collards in lightly salted water for 20 minutes (5 minutes if using chard). Drain and place the greens in ice water to cool. When cool, drain well in a colander, pressing out any excess water. Lay out the leaves on paper towels and pat to dry. Set aside. In a large skillet, heat the butter over medium. Add the onion and garlic and cook until tender. Add the cream, salt and garlic. Bring to a boil, reduce and simmer, uncovered, 2 minutes or until slightly thickened. Add the greens and heat through. Serves 8.

COLLARDS WITH RICE VINEGAR AND TAMARI--This delicious and easy use for collard greens comes from a ***Kripalu Yoga cookbook whose title has been lost over time.

1 cup water
8 cups (10 oz.) sliced collard greens
1 TBS. tamari (Japanese soy sauce)
2 1/4 tsp. brown rice vinegar
1/3 cup roasted sunflower seed kernels (@ 275° for 5-6 minutes, stirring occasionally)

In a large and deep skillet or wok, heat the water and the greens, sautéing over medium-high heat until the greens are tender, about 20 minutes. Off heat, stir in the tamari, the vinegar and the seeds. Mix well and serve either hot or cold. Serves 4-6.

***"Kripalu Yoga is an interplay of body, mind and energy. Within the physical body is a subtle flow of rhythmic, energy pulsations that we call prana, or life force. The practice of Kripalu Yoga, which uses the body as a vehicle for accessing spirit, can have profound effects on the mind and emotions as well as the physical body. As mental and emotional disturbances are dissolved, tremendous amounts of prana are released to affect healing" (from www.discoveryyoga.com).

KLEIN'S RECIPES OF THE MONTH (NEWSLETTER OF JANUARY 2009)--

Pasta and pizza are favorites of young and old alike. Tired of Prego or Ragu jarred sauces? Check out these from the Klein's family that are sure to please all.

BOLOGNESE SAUCE FOR PASTA--This easy sauce makes enough for two meals and freezes well. From the October 2005 issue of 'Everyday Food' magazine.

1 TBS. olive oil
2 cups finely chopped onion
3 shredded carrots (1 cup)
6 cloves minced garlic
1 lb. ground beef
1 lb. ground pork (use 2 lbs. ground beef if pork unavailable)
1/4 cup tomato paste
coarse salt and ground pepper

1 cup dry white wine
1 x 28 oz. can tomato puree
1 cup milk
Grated parmesan

Heat the oil in a Dutch oven over high heat. Add the onions, carrots and garlic and cook, stirring, until softened. Add the beef and the pork and cook, breaking up, until no longer pink. Stir in the tomato paste and cook 1 minute. Season generously with salt and pepper. Add the wine and tomato puree and bring to a simmer. Simmer, part covered, stirring occasionally, for 1 hour until thickened. Add the milk and simmer 15 minutes. Reseason as desired. Serve over hot pasta with parmesan.

GARLIC & OIL SAUCE FOR PASTA--Long a standard in the family of one of Klein's staff members. This easy recipe is from Quick and Easy Pasta Recipes by Coleen and Bob Simmons. For extra flavor, add onions, mushrooms or green beans, sautéed in butter.

16 oz. dry pasta
1/2 cup fruity olive oil
4-6 cloves chopped garlic
1 tsp. dried basil
salt and pepper to taste

While the pasta is cooking, warm the oil in a saucepan. When it is quite warm, remove the saucepan from the heat and add the remaining ingredients. The oil should not be so hot as to brown the garlic. Let the sauce steep while the pasta continues to cook. Toss the sauce with the hot, drained pasta. Serve immediately. Serves 8.

PARSLEY PASTA SAUCE--A rich and flavorful sauce that is similar to a creamy pesto. Another great recipe from From Asparagus to Zucchini: A Guide to Farm-Fresh Seasonal Produce.

1 lb cooked pasta
1 cup+ packed chopped parsley
1/4 cup olive oil
2 tsp. dried basil
1 1/2 tsp. dried marjoram
1 tsp. dried oregano
1/2 tsp. salt
2 cloves garlic
1/2 tsp. pepper
1 cup sour cream
1/4 cup grated parmesan
Sunflower seeds

While cooking the pasta, prep the sauce. In a processor, process the parsley, oil, basil, marjoram, oregano, salt, garlic and pepper until the parsley is finely chopped. Add the sour cream and the parmesan and puree. Place the mix in a saucepan and heat until it is almost, but not quite boiling. Serve over hot pasta and sprinkle with sunflower seeds.
Serves 8.

RICK'S MARINARA SAUCE--A sweet marinara sauce the kids will love. This simple recipe appeared in our very first newsletter from December 2006.

1 large onion, chopped
1 sweet bell pepper, chopped
1 cup chopped carrot
3 Tbs. olive oil
2 cloves garlic, minced
1 x 28 oz. can whole tomatoes with juice
1 x 6 oz. can tomato paste
2 tsp. sugar
1 tsp. dried oregano, crushed
2 tsp. dried basil, or 1/4 cup chopped fresh basil
1/4 tsp. salt
a dash of black pepper
a dash of ground cayenne, or to taste
1/2 cup or more dry red wine (Port creates a sweeter sauce)
1 tsp. crushed fennel seed, optional

Cook onion, bell pepper, garlic and carrot in hot oil over medium heat till tender but not browned. Add tomatoes, paste, sugar and herbs and spices. Bring to a boil, reduce heat and simmer, uncovered, 35-45, adding the red wine for desired consistency and taste. (The alcohol boils off so OK for the kids) Add salt to taste. Makes enough sauce for 2 x 16 oz. packages of pasta.

EASY HOMEMADE PIZZA SAUCE--This recipe makes enough for two 12" pizzas. Double the recipe and freeze half for down the road. This recipe appeared in the September 2006 issue of 'Cooks Illustrated' magazine.

Oil
1/4 cup finely chopped onion
1 clove minced garlic
1/4 cup white wine
2 TBS. tomato paste
1 tsp. dried oregano
1/8 tsp. pepper
1 x 14.5 oz. can crushed tomatoes
1 tsp. dried basil
1/2 tsp. balsamic vinegar

Heat the oil in a saucepan and sauté the onion on medium-high heat until tender. Add the garlic and sauté 30 seconds. Stir in the wine and cook 30 seconds. Add the paste, oregano, pepper, tomatoes and basil. Reduce the heat and simmer 20 minutes or more until thick. Remove from the heat and stir in the vinegar. Makes 1 1/3 cups.