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RECIPES

◆ SIDES ◆

BREAD & OIL

9 Bean Row Loaf
4oz Herbs De Provence Olive Oil
2oz 18 Year Old Balsamic Vinegar
Salt of choice
Fresh cracked pepper

Combine the olive oil and balsamic vinegar together in a shallow dish, add in a little salt and a few twists of fresh cracked pepper. Dip and enjoy!

ROASTED BLUE ADIRONDACK POTATO WEDGES & TURNIP AIOLI

Blue Potatoes
Turnips
1 Onion
1 Small bulb of garlic
1 Lemons
Fresh black pepper
Salt
Olive oil

1. Preheat the oven to 425 degrees Fahrenheit
2. Rinse and dry all produce.
3. Cut the potatoes into thick wedges and toss onto a sheet pan. Drizzle with olive oil, a couple pinches of salt and a few twists of black pepper. Toss together on the pan and spread the potatoes into a single layer. Once preheated, place the potatoes in the oven on the center rack, and bake for 20 minutes. After 20 minutes, move the potatoes around on the sheet pan to ensure even cooking. Bake for another 10 minutes, toss again and bake for a final 10 minutes, for a total of 40 minutes. Remember all ovens run different, and you're looking for a nice crisp on the potatoes without burning.
4. Dice turnips (rinsed, skin on) and onions into medium sized pieces, doing your best to get them roughly the same size.
5. Add diced turnips and onions to a medium sized pot and fill with water until the turnips are barely covered. Put on the stove over medium heat and cover with a lid. Bring to a gentle boil, and cook for about 20 minutes, until turnips are tender. A good measurement is sticking a fork in one and feeling just a little resistance. Once done, drain liquid and allow turnips and onions to cool slightly.
6. Into a blender or food processor, toss the turnips and onions, about 3 tablespoons olive oil, the juice of one lemon, 2-3 pinches of salt, a few twists of black pepper and 2 cloves of garlic. Blend very well. You want a silky smooth texture, which may take longer than you expect!
7. Taste the turnip aioli, you can always add more salt/garlic/lemon as desired.
8. Pour the aioli into a serving bowl and serve alongside the oven roasted potatoes.

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RECIPES

◆ SALAD: ◆

FALL HARVEST SALAD WITH HONEY DIJON DRESSING

DRESSING

4oz Fustini's Coratina Single Origin Olive Oil
2-3oz Fustini's & Iron Fish Distillery Barrel
Aged Honey Vinegar (to taste)
1 T. Dijon Mustard
1-2 twigs Fresh Oregano
1 tsp. Salt

1. Strip the oregano off its stem and finely mince with a knife.
2. Add all ingredients into a jar or container with a tight fitting lid.
3. Tighten the lid and shake very well. If you don't have a mason jar, use a whisk or spoon and stir vigorously.
4. Let sit until ready to use. Refrigerate after use.

SALAD

Spring Mix
Arugula
Baby Kale
Carrots
Watermelon Radish
Apples
Salt

1. Rinse and dry all produce
2. In a large bowl, add the bag of baby kale and a few small pinches of salt. With clean hands, massage the salt into the kale. Add the arugula and toss lightly to mix the two together. Keep the spring mix separate.
3. Keeping the skin on, grate the three using the large holes of a box grater or grater attachment of a food processor. Mix together in a bowl.
4. To keep ingredients fresh, keep greens and shredded ingredients separate. Allow guests to build their own salad by adding their desired amount to their bowl.
5. Feel free to add nuts, seeds or dried fruit if desired!

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RECIPES

◆ ENTRÉE: ◆ THE MITTEN BOWL

ITALIAN ROASTED VEGETABLES & CHICKPEAS

Sweet Potatoes
Purple Daikon Radish
Beets
Cabbage (entire head)
1 - 29oz Can of Garbanzo/chickpeas
Sage, Oregano & thyme herb bundle
Salt
Olive oil

1. Preheat the oven to 400 degrees Fahrenheit.
2. Rinse and dry all produce.
3. Starting with the herb bundle, set aside 2 sprigs of fresh oregano for salad dressing. Strip all leaves off the stems and center on a cutting board. Using a knife, finely mince herbs.
4. Keeping the skin on, dice the beets, radish and sweet potatoes into medium sized pieces. Cut the core of the cabbage out and chop the cabbage into bite size pieces. Add all vegetables into a mixing bowl. Drizzle with 2-3 tablespoons of olive oil, half of the minced herbs and a few pinches of salt. Mix well with clean hands or a spoon. Spread out the vegetables into an even layer on a baking sheet. Depending on the size of your baking sheet, you may need to use two in order to spread out evenly.
5. Drain the liquid from the chickpeas, and spread them out into a single layer on a baking sheet. Drizzle with olive oil, other half of the minced herbs and a few pinches of salt. Using clean hands or a spoon, toss to incorporate. Spread out evenly.
6. Once preheated, place trays into the oven. Set a timer for 20 minutes. After 20 minutes, move food around on each tray to ensure even cooking. After the first 20 minutes, check every ten minutes or so to prevent sticking or burning, toss or move if needed. The longer the cooking time, the more crispy both will get. Depending on your preference of tender or crispy, pull them out when they look perfect to your preference. Usually it's a minimum of 30 minutes at 400 degrees, up to 50 minutes for rather crispy and well done vegetables/ chickpeas.

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RECIPES

◆ ENTRÉE: ◆ THE MITTEN BOWL

TURMERIC RICE

2 Cups Basmati/Jasmine Rice
1/8 Cup Amaranth
1 tsp ground turmeric powder
1/2 teaspoon fresh cracked pepper
2 tsp salt
2 1/4 cup water (4 1/4 cups if cooking on a stove top!)

1. Using a strainer, rinse the rice under cold water for 15 seconds or so. If you don't have a strainer, fill a bowl with water, add the rice, swish it around and drain.
2. Add the rice to your pot or rice cooker. Add the amaranth, black pepper, turmeric and salt to the rice.
3. Add the water (2 1/4 cups if using a rice cooker, 4 1/4 cups for stove top) stir well. It's important to stir these before cooking to ensure nothing sticks during the cooking process.
4. Follow directions according to your rice cooker. If cooking on a stove top, bring the rice to a boil, turn the heat down to low. As you turn the heat down, be sure to stir gently to prevent sticking. Cover and let cook for twenty minutes. After twenty minutes, be sure to check rice. If the water has evaporated before the rice is finished cooking, you may add a small amount of water at a time to continue cooking. If it's done, turn off the heat, fluff rice and cover again for 10 minutes.

'THE GREENERY' MARINADE

Parsley
Cilantro
Fennel
2 Lemons
3 T. Olive oil
Salt to taste

1. Rinse the parsley, cilantro and fennel.
2. Using a sharp knife, finely mince herbs. Once minced, add herbs to a small mixing bowl.
3. Squeeze the lemon juice directly into the bowl with the herbs, along with the olive oil and two pinches of salt.
4. Mix very well to really work the salt, lemon and oil into the greens.

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