



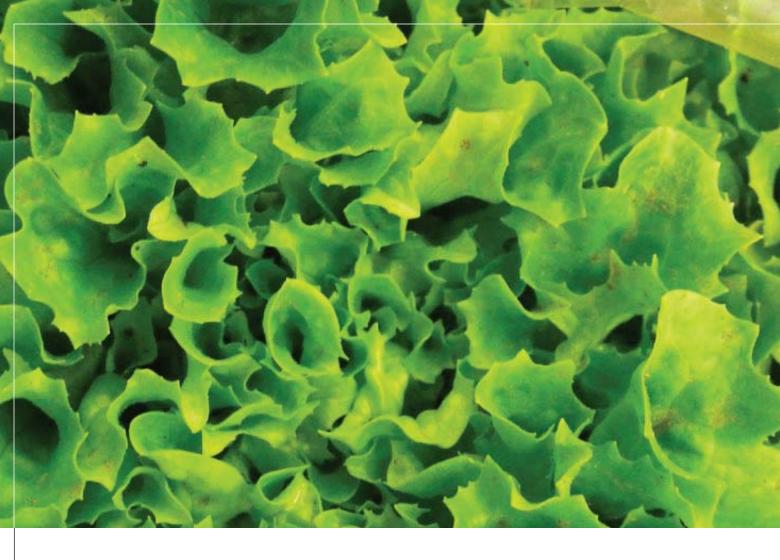
to the farmer in each and every one of us. Dedicated to all the farmers who work hard to grow our food and

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INTRODUCTION

When spring finally comes 'round in New England, our bodies are craving lighter foods after a long heavy winter of soups and stews.

Greens like kale, parsley and arugula often get over looked and end up as a garnish. The recipes we feature in this Spring Cookbook put greens at the center of the plate, instead of on the sidelines!

A big part of eating well, is taking the time to prepare quality foods. It doesn't need to be complicated, just start with wholesome, unprocessed ingredients and don't mess them up! We hope you enjoy some of our simple, fresh recipes to help you celebrate the spring harvest!

In good health, *Tracey, Kath, Phil*

Authors:

Kathy Gallant, owner of Blue Moon Evolution restaurant, is a pioneer in the Southern New Hampshire food movement. www.BlueMoonEvolution.com.

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Phil Philbrick is founder and owner/operator with Vicki Turner of Philbrick's Fresh Markets in Portsmouth and North Hampton. Created as an alternative to the big corporate chains these medium size markets feature organic, healthy foods, specialty items, and farm direct local food. www.philbricksfreshmarket.com







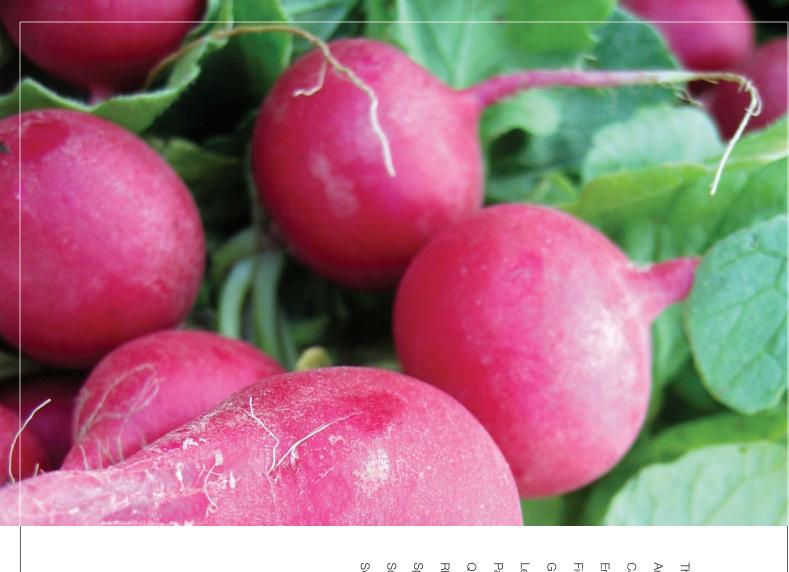


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WHAT'S IN SEASON?

Arugula – April through June

Asparagus - late May through June

Broccoli - end of June into October

Carrots – June into November

Chives - May - August

Fiddleheads - April and May

Garlic scapes/green garlic- May and June

Green onions - May through October

Lettuce - May through November

Mint - June through October

Morels - spring

Mushrooms (wild) – spring through fall

Nettles - spring

Pea Greens - May and June

Peas - June into August

Ramps - April and May

Radishes - May into September

Rhubarb - May and June

Spinach - June



ARUGULA POTATO SALAD WITH BACON BY TRACEY MILLER

Ingredients:

2 pounds small red potatoes

½ cup thinly sliced red onion

2 cups cherry tomatoes sliced in half

1 cup chopped arugula leaves

3-4 slices cooked crisp bacon

3 tablespoons white wine vinegar

1-2 cloves minced garlic

6 tablespoons good first cold pressed extra virgin olive oil

salt and pepper

Directions:

with crumbled bacon. until emulsified. Pour over the vegetables and toss gently with dressing. Sprinkle onions, tomatoes, and arugula. Toss gently. Mix vinegar, oil and mustard and garlic water and cut each potato in three pieces. When potatoes have cooled, add the Clean potatoes and steam over boiling water until tender. Cool potatoes under cool

Try local bacon from New Roots Farm or Kellie Brook Farm.



CARROT APPLE GINGER SOUP BY KATH GALLANT

Ingredients:

1/4 lbs. butter or margarine

1/2 cup ginger, chopped fine

1 large yellow onion, cut into 1/8th's

1-3 cups water (to sauté)

3 medium cooking apples

2 lbs. carrots, cut into 1 inch chunks

4 cloves garlic

2 cups apple cider

4 cups water

1 tablespoon maple syrup

1 1/2 teaspoon salt

pinch of cayenne

2 tablespoons chopped fresh parsley

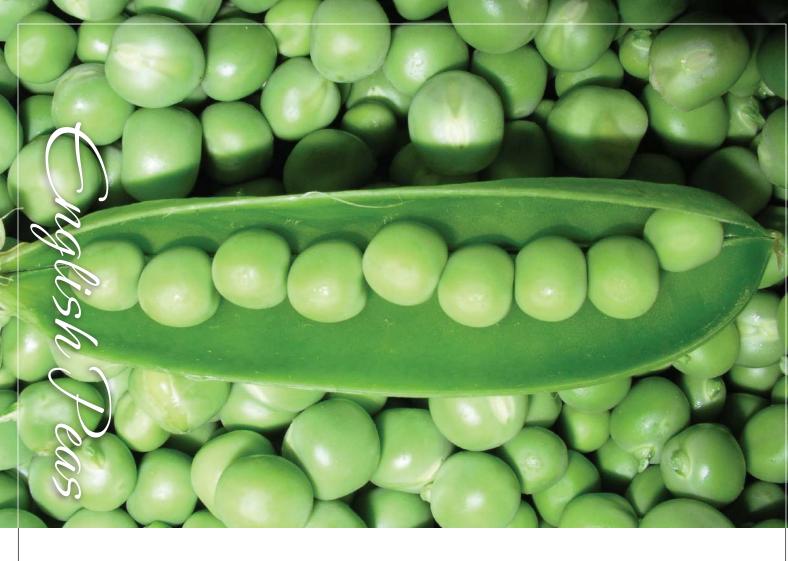
Directions:

clear.*add water as needed to prohibit browning. onions, salt, and 1 cupwater. Let simmer for a 10 minutes, until onions are just In a heavy bottomed pot, melt butter with grated ginger for 2 minutes. Add in

minutes Add carrots & apples, raising temp to a sweat, stirring occasionally, for about 20

about 1 hour. Add cider, maple syrup, and 4 cups water. Cook uncovered at a gentle boil for

parsley. In batches, puree equal amounts of broth and vegetable. Finish with cayenne &



ENGLISH PEAS BY PHIL PHILBRICK

This basic preparation brings out the deep green color and maintains the wonderful flavor and texture of this vegetable. Please freely modify quantities to suit your taste.

Ingredients:

2 ounces pearl onions

4 ounces butter divided

1 1/4 lb shelled English peas (need about double weight unshelled fresh peas)

4 ounces chicken stock

3 tablespoons flour Salt and pepper

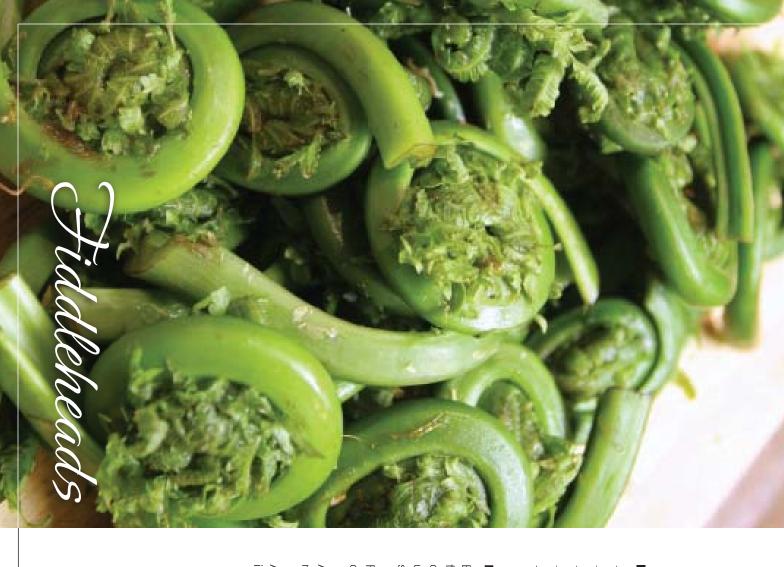
Directions:

Start with the pearl onions, add them to salted boiling water for about 1 min, use strainer to plunge in a large bowl filled with ice water. The skins will come off easily, set aside.

Add peas to boiling salted water for 1-2 mins. Peas should float to surface when they are about ready, plunge in the ice water and set aside. The ice bath will stop the cooking and set the bright color. It is really worth the effort.

Add 2 ounces of the butter and onions to pan on low and cook for about 8 minutes until onions are translucent. Add the peas and chicken stock, simmer for 3-4 minutes while you mash the remaining butter and flour into a paste. Slowly add this paste to thicken the liquid, you are making a bit of a rue sauce.

Season to taste, serve right away and enjoy peas like never before!



FIDDLEHEADS SAUTÉED WITH BACON AND CHÈVRE CHEESE BY PHIL PHILBRICK

Ingredients:

- 1 tablespoon kosher or sea salt
- 1 pound fiddlehead ferns
- 1/4 pound sliced apple wood smoked bacon, cut into 1-inch lengths
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup crumbled Chèvre

Directions:

Bring a large pot of water to a boil over high heat. Add 1 tablespoon salt. Trim fiddlehead stems and drop them into the water; then reduce heat to medium and cook, uncovered, 4–8 minutes or until crisp-tender. Drain in a colander; then run under cold water to stop cooking. Shake gently to remove as much water as pos-

Fry bacon in a large sauté pan over medium heat until crisp, 10–15 minutes. Drain on paper towels and set aside.

Add fiddleheads to the sauté pan, toss to coat evenly and stir over medium heat 1 minute or until warmed through. Season with pepper.

Add bacon then transfer to a serving dish. Top with crumbled Chèvre and serve immediately.



GRILLED LAMB STEAKS WITH PRESERVED LEMON & BY PHIL PHILBRICK MINT GREMOLATA

Ingredients:

For the marinade:

- 2 tablespoons olive oil
- juice of ½ lemon
- 1 tablespoon finely chopped fresh rosemary
- 2 teaspoons fresh rosemary, minced
- 2 cloves garlic, minced
- 34 teaspoon salt
- 1/4 teaspoon black pepper
- 4 lamb steaks, (6 to 8 ounces each)

For the Gremolata:

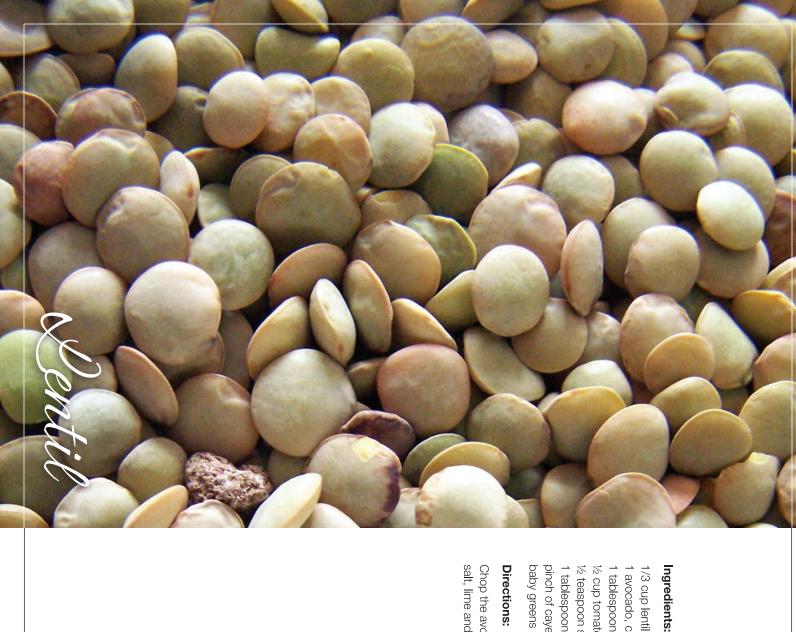
- 1 garlic clove, peeled and minced
- 4 tablespoons mint, finely chopped
- 2 tablespoons cilantro, minced
- 1 teaspoon preserved lemon rind, minced
- 1 pinch sea salt (or "regular" course salt)

Directions:

hour or overnight. Combine the marinade ingredients and marinate the lamb steaks for at least one

Combine the remaining ingredients to make the gremolata.

gremolata and serve. or the lamb will be tough. Let lamb steaks rest for 5-10 minutes. Top with the internal temperature), 3 to 4 minutes per side. Avoid cooking beyond medium-rare, rectly over the heat until marked by the grill and medium-rare in center (about 135°F Heat the grill for medium-high heat. Pull the steaks from marinade, and grill them di-



BY KATH GALLANT LENTIL SALAD

Ingredients:

1/3 cup lentil sprouts 1 avocado, chopped

1 tablespoon red onion, diced

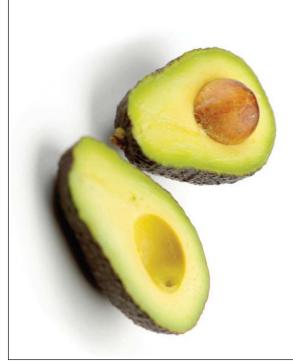
½ cup tomato, diced

½ teaspoon salt

1 tablespoon fresh lime juice pinch of cayenne

Directions:

salt, lime and cayenne. Serve on a bed of baby greens and enjoy. Chop the avocado, red onion and tomato and gently toss with the lentil sprouts,





PARMESAN RISOTTO WITH TOMATO & SWISS CHARD BY KATH GALLANT

Ingredients:

2 large onions, chopped

4 tablespoons olive oil

2 tablespoons butter

1 clove garlic, minced

1 teaspoon salt 1 teaspoon sage

5 cups hot veggie broth, approx...

1 ½ cups Arborio Rice

34 cup white wine 1/4 cup Marsala Wine

pepper to taste 1 tablespoons white wine vineagar

Directions:

another, stirring very often till the rice becomes thick and creamy. Use as much temp to a simmer and stir the risotto with a wooden spoon (while this simmers broth, stir well and serve in bowls topped with greens and tomato dish, garnish with Parmesan and correct the seasoning with salt and pepper. Stir in another ½ ladle of broth as you need to achieve a tender but firm rice approx. 25 minutes. Add the I start my tomato and greens). As the broth is absorbed add another ladle, and white wine and vinegar, stir till absorbed. Add the broth 1 cup at a time, lower the Add rice to the onion mixture and stir constantly for two minutes. Add the Marsala heat for 3-4 minutes, add salt and age. Reduce heat and cook till onions are clear. Heat oil and butter in a large sauce pan. Add onions and garlic and stir over high

TOMATO AND GREENS

Ingredients:

1 large onion, chopped coarsely

3 cloves garlic, chopped

5 plum tomatoes, chopped (canned is fine) 2 tablespoons olive oil

salt and pepper to taste 1 bunch Swiss chard, chopped (or kale)

Directions:

cooked, turn off heat. Serve over risotto. minutes. Add greens, keep heat low and cover. When greens brighten and are just and simmer till onions just begin to turn clear. Stir in tomato and let simmer for 5 In sauté pan, slowly cook onions in olive oil and add a pinch of salt. Stir in garlic



QUINOA WITH ASPARAGUS & HEIRLOOM TOMATOES BY PHIL PHILBRICK

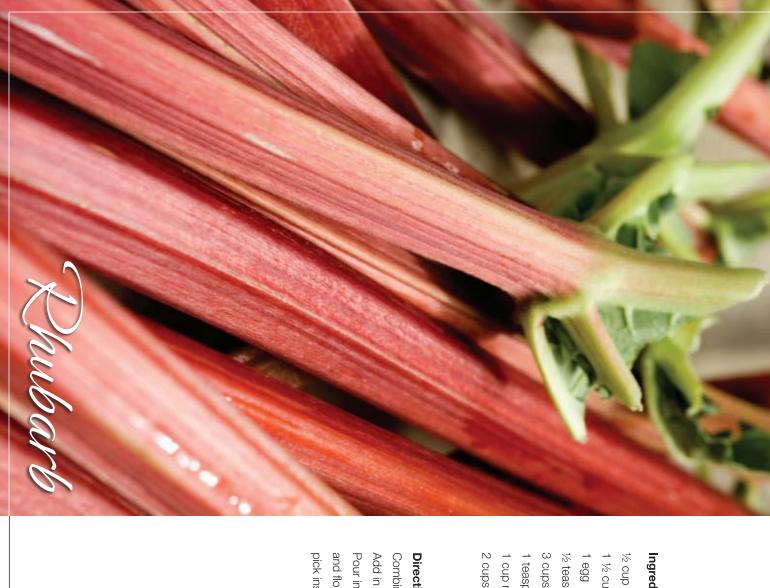
Ingredients:

- 1 teaspoon olive oil
- 1 cup finely chopped red onion
- 1 teaspoons garlic, chopped
- 2 cups vegetable stock
- 2 tablespoons lemon juice
- 1 cup uncooked quinoa, rinsed
- 1/2 teaspoon pepper
- 1/2 pound asparagus, trimmed and cut into 1 1/2-inch pieces
- 1/2 cup toasted pinenuts

Directions:

and keep warm. Stir gently to combine the tomatoes, asparagus and quinoa, then garnish with pinenuts and serve. for 2 minutes. Add stock, lemon juice, quinoa and pepper. Cover and simmer for Heat oil in a medium sauce pan over medium heat. Add onions and garlic, sauté 15 minutes. While quinoa is cooking, steam the asparagus





BY KATH GALLANT RHUBARB CAKE

Ingredients:

½ cup butter

1 ½ cup sugar

½ teaspoon salt

3 cups rhubarb, medium chopped

1 teaspoon baking soda

1 cup milk

2 cups flour

Directions:

pick inserted in center comes out clean. and floured 9x13 pan, pour cake batter and bake until cooked throughout - tooth-Pour in alternately the milk mixture and flour until just incorporated. In a greased Add in egg and salt, blend well. Add rhubarb until well mixed throughout the batter. Combine baking soda and milk, set aside. Cream together shortening and sugar.



BY TRACEY MILLER SPRING PESTO

Ingredients:

4 cups fresh arugula leaves, rinsed and patted dry

½ cup fresh mint leaves

½ cup parsley

2 tablespoons fresh chives

3-4 cloves garlic, rough chopped

½ cups toasted pine nuts (pignoli)

2/3 cup first cold pressed extra virgin olive oil (first cold pressed) (may need more Salt and pepper to taste

Freshly grated parmesan cheese for garnish (optional) depending on consistency)

Directions:

Combine the arugula, mint, garlic, ¼ cup of the pine nuts and salt and pepper in a food processor and process until coarsely chopped. Slowly add the olive oil as you pulse the greens. You can add the parmesan into the mixture and pulse or just sprinkle on top.

This works great with pasta, on crackers , pizza, brown rice or a baked potato. Serves 4-6.





SUPER SIMPLE CHARD OR KALE SAUTÉ BY TRACEY MILLER

Ingredients:

- 1 ½ pounds red or Swiss Chard or Kale
- 1 tablespoon first cold pressed extra virgin olive oil

Chopped onion (quarter cup or so)

2 garlic cloves, thinly sliced

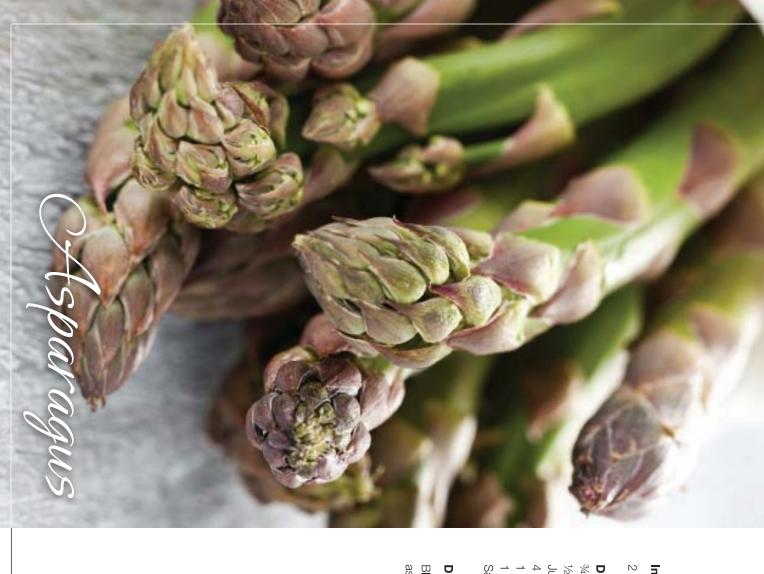
2 tablespoons water

Directions:

out. Water can be substituted with wine or chicken stock for more flavor. greens bright and a little crisp for best flavor. Continue to add water if greens dry minutes for chard and 6-7 for kale. Do not over cook! Taste as you go. Keep the stir to coat with oil. Add water and sauté until greens are wilted and soft, about 5 then add garlic and sauté for another 3-4 minutes or until golden. Add greens and skillet heat oil over medium. Saute onions, and stalks for about 4-5 minutes and the chard leaves on top of each other and cut the greens into ribbons. In a large Wash the chard leaves and strip the leaves from the stalks. Chop the stalks. Stack

Season with salt and pepper.

DID YOU KNOW?



SWEET & TANGY ASPARAGUS BY TRACEY MILLER

Ingredients:

2 lbs asparagus - blanch 2-3 minutes and then plunge into ice bath

Dressing:34 cup first cold pressed extra virgin olive oil

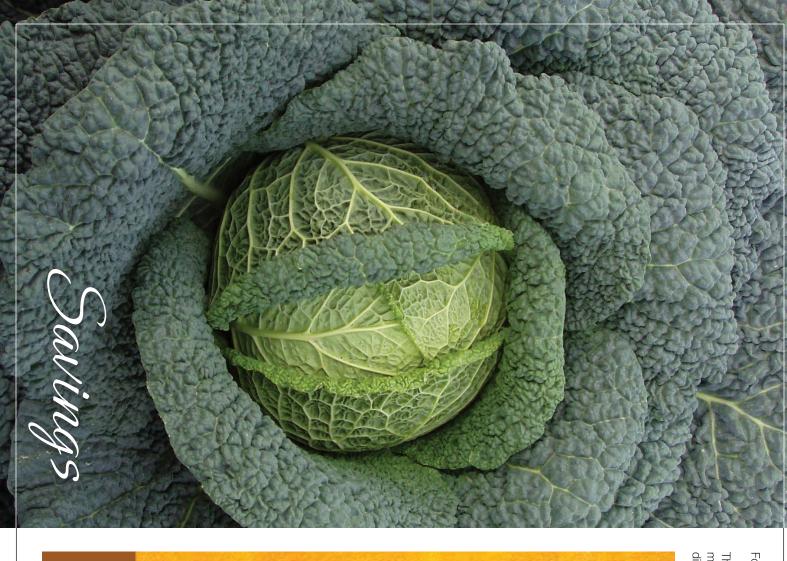
- Juice from half a lemon ½ cup white balsamic vinegar (or white, rice or even balsamic vinegar)
- 4 cloves garlic- minced
- 1 tablespoon Grey Poupon mustard
- 1 teaspoon crushed red pepper

Salt and pepper to taste

Directions:

asparagus. Marinate for 4-8 hours. Serve chilled or room temperature. Blend all ingredients except the asparagus and emulsify until smooth. Pour over





Food and Health Forum

The Food and Health Forum was conceived as an educational and inspirational community to counter the impact of the Standard American Diet today which is resulting in a disconnect between consumers and the foods they eat.



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Resources:

r a list of winter farmers' markets and CSAs in the Seacoast: www.seacoasteatloca r a list of summer/fall farmers' markets: www.seacoastgrowers.org.