

A close-up photograph of a person's hands holding a large, round wicker basket. The basket is overflowing with fresh vegetables, including several orange carrots and a head of green lettuce. The person is wearing a blue denim jacket and blue jeans. The background is blurred, showing more greenery and foliage.

food
to
health
forum

cuisine, community, conversation

Spring

Cookbook

Celebrating the Seasons!





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

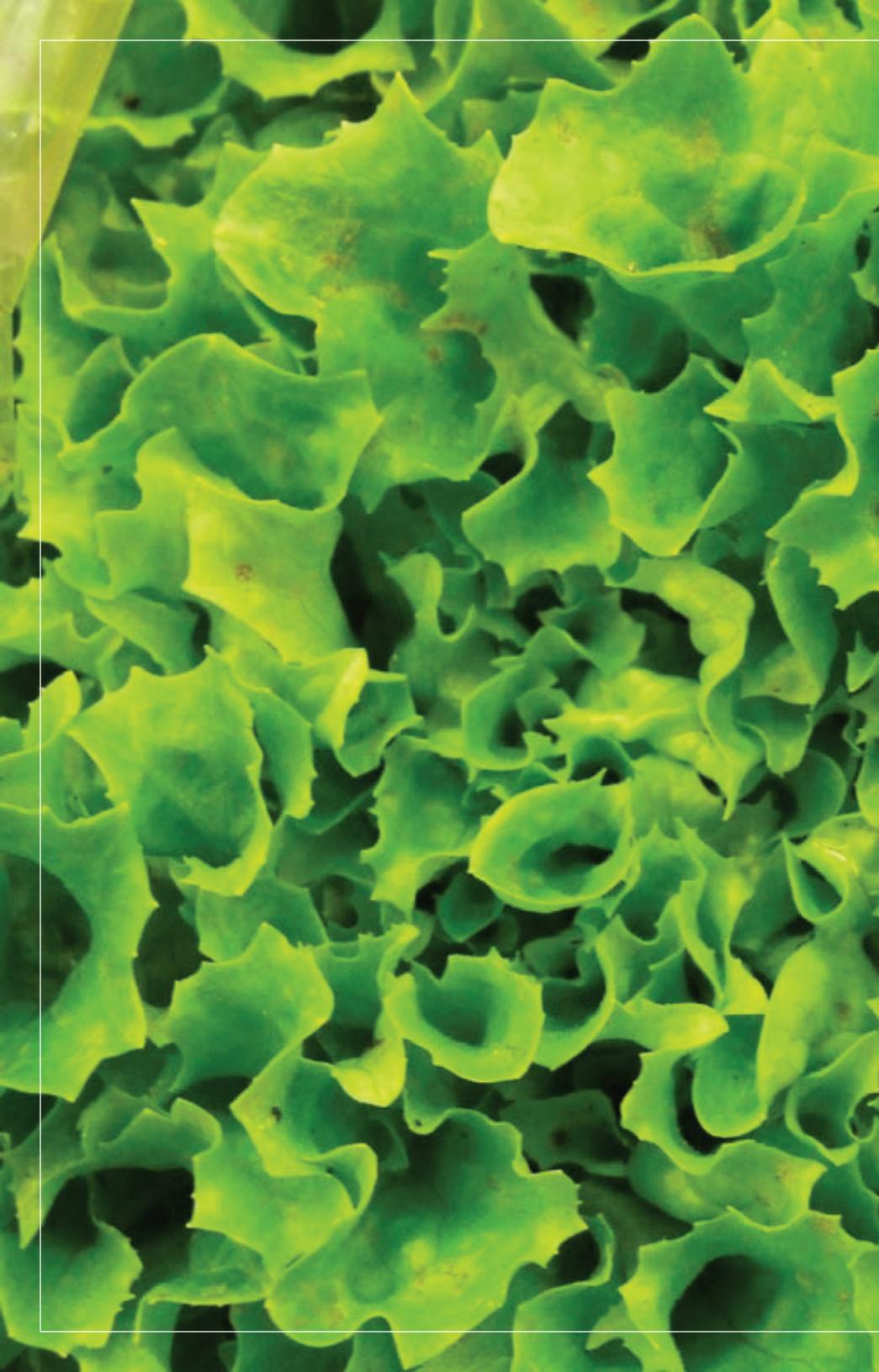
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INTRODUCTION

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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Spring Harvest



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



Red Bliss

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
1 teaspoon Gray Poupon mustard
salt and pepper

Directions:

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

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

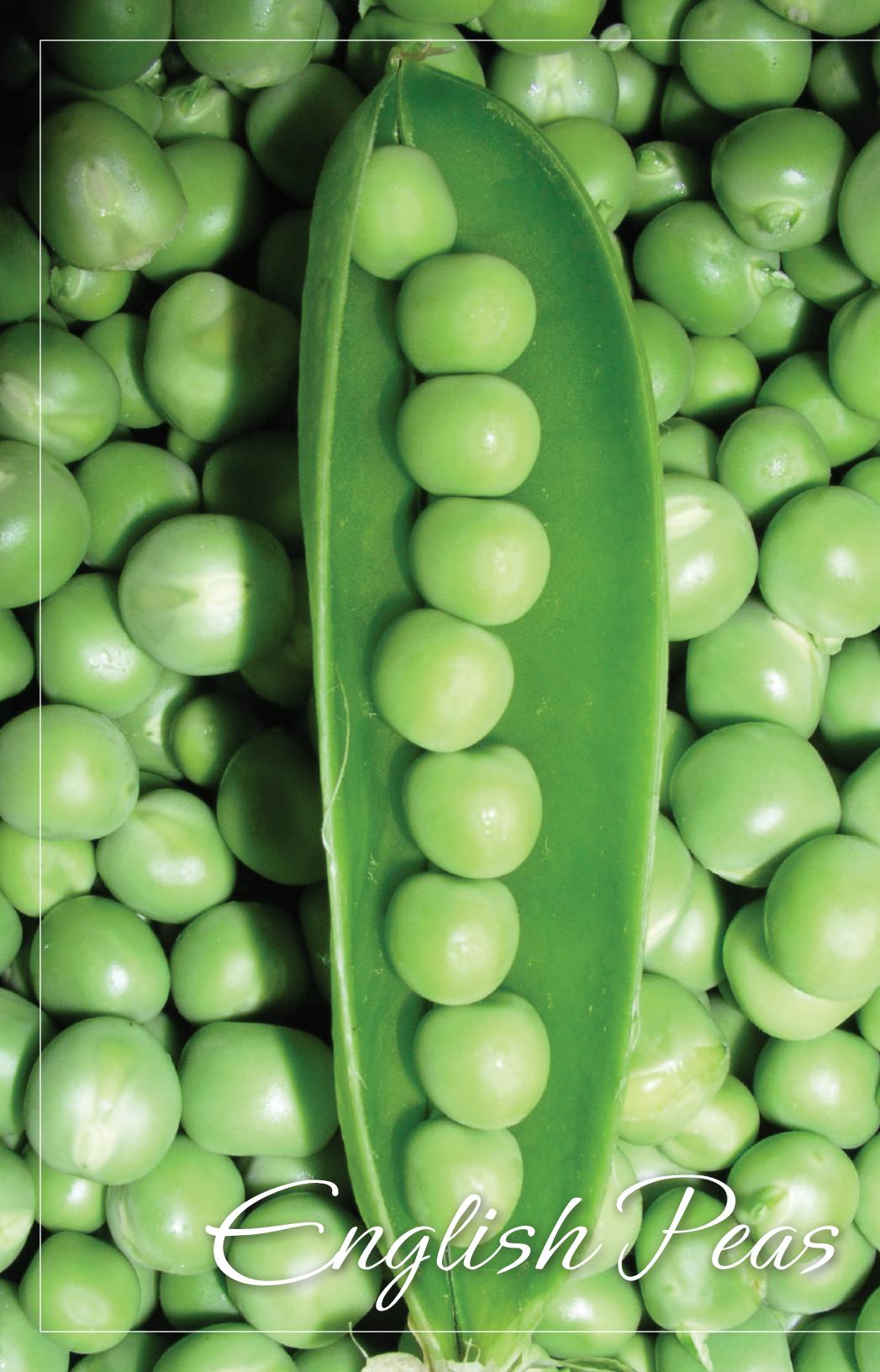
Directions:

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

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

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

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



English Peas

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 ¼ 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

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 possible.

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 &
MINT GREMOLATA
BY PHIL PHILBRICK**

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
- ¾ teaspoon salt
- ¼ 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:

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

Combine the remaining ingredients to make the gremolata.

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



LENTIL SALAD

BY KATH GALLANT

Ingredients:

1/3 cup lentil sprouts
1 avocado, chopped
1 tablespoon red onion, diced
1/2 cup tomato, diced
1/2 teaspoon salt
1 tablespoon fresh lime juice
pinch of cayenne
baby greens

Directions:

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





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
- ¼ cup Marsala Wine
- ¾ cup white wine
- 1 tablespoons white wine vinegar
- pepper to taste

Directions:

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

TOMATO AND GREENS

Ingredients:

- 1 large onion, chopped coarsely
- 3 cloves garlic, chopped
- 2 tablespoons olive oil
- 5 plum tomatoes, chopped (canned is fine)
- 1 bunch Swiss chard, chopped (or kale)
- salt and pepper to taste

Directions:

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

Tomatoes

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 heirloom tomatoes, diced
- 1/2 cup toasted pinenuts

Directions:

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





RHUBARB CAKE

BY KATH GALLANT

Ingredients:

½ cup butter
1 ½ cup sugar
1 egg
½ teaspoon salt
3 cups rhubarb, medium chopped
1 teaspoon baking soda
1 cup milk
2 cups flour

Directions:

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

Rhubarb



Arugula

SPRING PESTO

BY TRACEY MILLER

Ingredients:

4 cups fresh arugula leaves, rinsed and patted dry
1/2 cup fresh mint leaves
1/2 cup parsley
2 tablespoons fresh chives
3-4 cloves garlic, rough chopped
1/2 cups toasted pine nuts (pignoli)
Salt and pepper to taste
2/3 cup first cold pressed extra virgin olive oil (first cold pressed) (may need more depending on consistency)
Freshly grated parmesan cheese for garnish (optional)

Directions:

Combine the arugula, mint, garlic, 1/4 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
- Salt and pepper to taste

Directions:

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

Season with salt and pepper.

DID YOU KNOW?

Kale is rated 1000 out of 1000 by the ANDI* scoring system which rates the nutrient density of food! Chard gets a rating of 670! (Aggregate Nutrient Density Index)



SWEET & TANGY ASPARAGUS

BY TRACEY MILLER

Ingredients:

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

Dressing:

$\frac{3}{4}$ cup first cold pressed extra virgin olive oil
½ cup white balsamic vinegar (or white, rice or even balsamic vinegar)
Juice from half a lemon
4 cloves garlic- minced
1 tablespoon Grey Poupon mustard
1 teaspoon crushed red pepper
Salt and pepper to taste

Directions:

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

Asparagus





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:

For a list of winter farmers' markets and CSAs in the Seacoast: www.seacoasteatlocal.org.

For a list of summer/fall farmers' markets: www.seacoastgrowers.org.