



A few cooking ideas...



Beets: Bring water to boil. Wash beets gently and cut stem leaving around 1 inch. Save the greens for another dish. Add the whole beets to the boiling water and simmer for around 15 minutes or until tender when pierced with knife. When cool, peel the boiled beets and cut into slices. Add a dash of salt, pepper and lemon juice.

OR: Boil beets as above. Peel and grate. Add yogurt, salt and pepper.

Red Pepper: Wash, cut in strips and eat as a snack with bean dip

OR: Add washed, chopped raw peppers to burritos or tacos

OR: Roast the peppers whole and peel skin. Add the roasted peeled pepper to your favorite sandwich.

Pumpkin: Boil or bake the pumpkin after removing seeds and string. Use the puree in soups, beans dishes, muffins.

OR: Use peeled chunks in meat or bean stew.

Acorn Squash: Preheat oven 375° F. Cut squash in half and scrape out the seeds. Place face down in baking dish and bake till done. When done fill the halves with your favorite savory stuffing – rice, beans, meat.

Butternut Squash: Cut lengthwise and remove seeds. Peel and cut into cubes or bake face down until soft. In a skillet, sauté some garlic, hot pepper and add the cut pumpkin chunks. Cover and cook on medium-low until done, stirring occasionally. Add salt to taste. Sprinkle with chopped cilantro.

OR: Boil or bake until soft. Make soup with sautéed onions, garlic, carrots, herb, pureed squash, broth, milk, salt, and pepper.

Summer squash: All summer squashes taste great when lightly sautéed in some oil. Sprinkle with favorite herb. If you like more flavor, try adding some onion, garlic, pepper, and basil.

Beet Greens, Swiss Chard, or Kale: Sauté chopped garlic in some oil. Add washed, chopped stems and stir for a few minutes. Then add the chopped leaves. Cook till done. Add salt, pepper, and lemon juice to taste.

Kale: Make soup with potatoes and kale. Sauté onions, garlic. When soft, add potatoes, water or broth, and herbs. Bring to boil. When potatoes are almost done, add chopped kale and tomatoes. If desired one can add meat and cooked beans. Season with salt and pepper.

Okra: Cut okra in circles. Sauté chopped garlic for a minute. Add ground cumin to taste. Add chopped okra and stir. Cover and cook on medium-low for 5-7 minutes, stirring periodically. Remove cover and add some lemon juice. Continue cooking until done. Add salt to taste. Note that the lemon juice reduces sliminess.

