

FARMERS MARKET COOKING CLASS TOOLKIT

Created by:



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The Leopold Center for Sustainable Agriculture
and
Mason City Clinic**



Before we dive into planning, here’s a bit about Healthy Harvest of North Iowa:

Our **Vision** is that Healthy Harvest of North Iowa will serve as **the** resource for creating, developing, and supporting a community-based North Iowa regional food system.

Our **Mission** is to lead and strengthen diverse partnerships to build a sustainable regional and local food system that brings health and vitality to our communities.

In other words: we see food is a critical platform for community and economic development as well as for public health – and we hope you will too!

Healthy Harvest of North Iowa piloted Kids Cooking Classes in farmers’ markets in Mason City and Clear Lake in the Summer of 2017. The information in this toolkit is based on those experiences. Every community and market is different, so base your plans on the resources and needs of your community. Just remember: the most important part is increasing kids’ confidence in using local products when cooking at home!

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Farmers Market Kids Cooking Class - Sample Plan

Locations

(Insert Name of Farmers Market) – List your location: at the market or at a nearby local site

Dates

(List Date(s)) - Are you doing one date or a series?

Breakdown of Time *(Based on a 1.5 hour Cooking Class)*

4:30pm/9:30am – Gather together at the market/ Brief welcome/introductions

4:35pm/9:35am – Break into groups of 3-4 and shop the market (each leader have a set item)

4:50pm/9:50am – Meet back together at the prep area

5:00pm/10:00am – Quick reflection on market experience/Introduce recipes for day

5:05pm/10:05am – Stay in groups: Prep for recipe #1 – start with instruction from Chef; While they are prepping, Dietitian share the health benefits of the recipe and of cooking from scratch.

5:30pm/10:30am – Prep quick recipe #2 – Start with instruction from Chef; Dietitian share health talk during prep time

5:50pm/10:50am – Enjoy the completed dishes; Reflect on experience while eating.

6:00pm/11:00am – Pass out recipe cards; Release for the day

Lead Partners

We recommend partnering with a Chef who will be comfortable leading the class, and dietitian who can attest to the nutrition benefits, but you know your community resources best! If you do not currently work with any chefs, think about asking your local restaurants or grocery stores who purchase local product. You could also be creative and ask local caterers or even culinary teachers who might be interested in partnering in an after school program.

Target Number of Participants

We recommend 3-4 students per adults present, particularly if you will be using knives or other sharp equipment. It only takes a second for cuts to happen! Our pilot classes were 10-12 students with 3-4 adults each class.

Planning Timeline

Planning generally should allow about 2-3 months with monthly meetings, with regular email exchanges and delegated tasks to be completed between meetings.

- 3 months before program
 - Pull together interested team members to discuss event idea; Recruit Chefs and/or Dietitians interested in hosting
 - Decide on a target date(s) for event(s)
 - Identify location of class(es)/demonstration(s)
- 2 months before program
 - Determine program format, timeline, and additional partners necessary
 - Build budget, determine sponsorship needs, and plan for who will contact sponsors
 - Develop marketing plan (flyers, social media, radio, in-person promotion)
 - Develop registration form and process
- 1 months before event
 - Identify desired recipes and tools necessary
 - Develop supplies list (table(s), tools, cups/plates/utensils for sampling).
 - Finalize core program details for marketing (date/time, recipes, sponsors, etc.)
 - Begin publicity of program: press release, flyers, social media, radio, etc.
 - Seek necessary permits, such as one-day food permits
- 2 weeks before program
 - Finalize recipes and get products lined up from vendors/producers
 - Note: we suggest specifically telling some producers what products you'll be needing, to guarantee you'll have them for the class!
 - Continue with PR
 - Evaluate registrations - adjust plans as necessary.
- 1 week before event
 - Manage any last-minute registrations/changes
 - Finalize details with partners and assign day-of roles
 - Finalize supplies list
- Program Day
 - Host/manage program, including set-up and break-down as necessary
 - Take photos and video for post-event promotion
 - Enjoy the activity and your hard work!
- 1 week after the event
 - Debrief strengths/challenges of event; evaluate how well it met goals
 - Finalize all budget issues
 - Consider next steps

Supplies in Physical Kit:

- Folding Table (1)
- Table Cloth (2)
- Aprons (15 youth, 3 adult)
- Sets of Knives (3)
- Cutting Boards (12)
- Hand Blenders (3)
- Measuring cups for liquids (3)
- Measuring cups (3 sets)
- Measuring spoons (3 sets)
- Serving spoon/utensils (3 sets)
- Mixing bowls (3 sets)
- Sample cups/plates/bowls
- Box of single-use gloves
- 5-Gallon Water Cooler & Soap for hand washing
- First Aid Kit

You may want to add some staple food ingredients to your kit. For example, we recommend having salt, pepper, olive oil, honey, and other non-perishable basics that will likely be used in several recipes.

We highly recommend that you try to partner with somewhere that has a Serv-Safe kitchen that can be used by groups, so you can have access to running water, ovens, and burners.

Healthy Harvest does have some resources available that can be used by partner organizations, based on availability. We have a mobile cooking unit that has a convection burner and small oven that can transform almost any space into a classroom. We also have a blender bike, sponsored by Wayne’s Ski & Cycle, that can bring a fun “healthy movement” approach to any blended recipe.

See our sample recipes at the end of this toolkit to get your ideas flowing!



Marketing Hints

You likely know your market and community best. We suggest the use of a flyer or postcard that can be promoted at your market and at key locations around your community. Social media is also a great way to get the word out – build a Facebook event or schedule out some tweets on Twitter to raise awareness of your program. It's also a great idea to partner with another local youth program to cross-promote your programs, aka tap into an already formed audience! Maybe that's a school, local YMCA, children's afterschool program, etc. Then, of course, it never hurts to reach out to your media contacts with a press release, to hopefully get some promotion in the paper or on the radio (there's nothing cuter than kids' voices promoting your program!).

Sample Press Release

FOR IMMEDIATE RELEASE

CONTACT:

Contact name, phone number, email address

_____ Farmers Market Hosts Kids Cooking Classes
Connecting youth to hands-on healthy cooking experiences in support of local farmers

(City, IA) – date – The (NAME OF FARMERS MARKET) has partnered with local chefs/restaurants and local dietitians to host Kids Cooking Classes to be held at (FARMERS MARKET NAME/LOCATION) on (DATES). A brief statement about what makes the event unique to your community.

Quote from local chef/dietitian contributing to event.

The event will be hosted at (LOCATION) beginning at (TIME). Explanation of ages invited to participate, highlighting recipes, and how it connects back to the seasonality of farmers market products available and how to use them.

Quote from Planning Team Member about community impact.

(Thank you to list of sponsors for their commitment to our community and for support the development of our local food system – if applicable)

Registration details including pricing and where they can sign up. Spots are limited, so early reservation is encouraged!

###

(FARMERS MARKET NAME) – *Mission Statement and Contact Information.*

Come join us for a tasty
learning experience!

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learning experience!

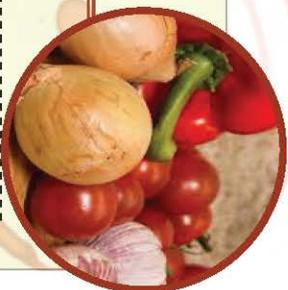
**Kids Cooking Classes
at the Farmers Market!**



**Kids Cooking Classes
at the Farmers Market!**

Prep Recipes w/Fresh
Ingredients w/a Local Chef!

INGREDIENTS:



Prep Recipes w/Fresh
Ingredients w/a Local Chef!

INGREDIENTS:



Register at:

Thanks to support from:

Register at:

Thanks to support from:

Cleanliness Helps Prevent Foodborne Illness

From: United States Department of Agriculture Food Safety and Inspection Service

Spring has long been the time of year for annual cleaning projects around our homes. However, when it comes to safe food handling, everything that comes in contact with food must be kept clean all year long.

Food that is mishandled can lead to foodborne illness. While the United States has one of the safest food supplies in the world, preventing foodborne illness remains a major public health challenge. USDA developed the **Be Food Safe** campaign in cooperation with the [Partnership for Food Safety Education](#), [FDA](#), and [CDC](#) because research shows that Americans are aware of food safety, but they need more information to achieve and maintain safe food handling behaviors. **Be Food Safe** means preventing foodborne illness through four easy steps: Clean, Separate, Cook and Chill.

- **Clean: Wash hands and surfaces often.**
- **Separate: Don't cross-contaminate.**
- **Cook: Cook to proper temperatures.**
- **Chill: Refrigerate promptly.**

Cleanliness is a major factor in preventing foodborne illness. Even with food safety inspection and monitoring at Federal, State, and local government facilities, the consumer's role is to make sure food is handled safely after it is purchased. Everything that touches food should be clean. Listed below are steps we can take to help prevent foodborne illness by safely handling food in the home:

1. Wash hands with warm, soapy water for 20 seconds:
 - before and after handling food
 - after using the bathroom
 - after changing a diaper
 - after handling pets
 - after tending to a sick person
 - after blowing your nose, coughing, or sneezing
 - after handling uncooked eggs or raw meat, poultry, or fish and their juices.
2. If your hands have any kind of skin abrasion or infection, always use clean disposable gloves. Wash hands (gloved or not) with warm, soapy water.
3. Thoroughly wash with hot, soapy water all surfaces that come in contact with raw meat, poultry, fish, and eggs before moving on to the next step in food preparation. Consider using paper towels to clean kitchen surfaces. If you use dishcloths, wash them often in the hot cycle of your washing machine. Keep other surfaces, such as faucets and counter tops, clean by washing with hot, soapy water.
4. To keep cutting boards clean, wash them in hot, soapy water after each use; then rinse and air or pat dry with clean paper towels. Cutting boards can be sanitized with a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water. Flood the surface with the bleach solution and allow it to stand for several minutes; then rinse and air or pat dry with clean paper towels.
Non-porous acrylic, plastic, glass, and solid wood boards can be washed in a dishwasher (laminated boards may crack and split). Even plastic boards wear out over time. Once cutting boards become excessively worn or develop hard-to-clean grooves, replace them.
5. Don't use the same platter and utensils that held the raw product to serve the cooked product. Any bacteria present in the raw meat or juices can contaminate the safely cooked product. Serve cooked products on clean plates, using clean utensils and clean hands.
6. When using a food thermometer, it is important to wash the probe after each use with hot, soapy water before reinserting it into a food.
7. Keep pets, household cleaners, and other chemicals away from food and surfaces used for food.
8. When picnicking or cooking outdoors, take plenty of clean utensils. Pack clean, dry, and wet and soapy cloths for cleaning surfaces and hands.

Because bacteria are everywhere, cleanliness is a major factor in preventing foodborne illness. By keeping everything clean that comes in contact with food, consumers can be assured they are helping to do their part to **Be Food Safe**.

Last Modified Dec 02, 2016

Note: This should be printed, laminated, and added to the Cooking Class/Demo kit

Kids Cooking Classes Liability/Risks Waiver

Acknowledgement, Assumption of Risks and Waiver of Claims for Minors

Please read carefully before signing. This document includes a release of liability and waiver of certain legal rights. You must fill out one for each child attending the class.

In consideration for my child _____ being permitted to participate in a Kids Cooking Class, I(we) _____, parent(s) / Guardian(s) of _____, agree to the following provisions:

ACKNOWLEDGEMENT OF RISKS

I understand there are numerous of inherent risks associated with participating in any cooking activities, including but not limited to using sharp knives, operating hot stove, boiling water, hot oil, oven, and operating kitchen equipment. I give permission for my child to participate in all cooking activities, including those described above. I acknowledge and assume the risks involved in these cooking activities and for any damage, illness and injuries resulting from such risks. There are no physical, emotional or mental problems or limitations associated with my child's participation in cooking class activities except as disclosed by me in writing to Healthy Harvest of North Iowa.

RELEASE, WAIVER OF LIABILITY AND INDEMNIFICATION

I, on behalf of my child, hereby release and waive any claim or prospective claim of liability by my child or by me on behalf of my child, against the Healthy Harvest of North Iowa, their employees and partner organizations, with respect to any injuries, illness, damage or death occurring to my child while he or she participates in any and all cooking activities.

Parent's Signature _____ Date _____

PHOTO RELEASE

Healthy Harvest of North Iowa and our Farmers Market partners are always looking to expand its photo archives of events and educational programs. We request the right to use these images for the following purposes; the Healthy Harvest of North Iowa website, Healthy Harvest of North Iowa newsletter, Healthy Harvest of North Iowa sponsorship and marketing materials and Healthy Harvest of North Iowa social media, or similar methods by our Farmers Market partners. By signing below, I hereby consent to and authorize the use by Healthy Harvest of North Iowa of any and all photographs that have been taken of me and/or my child for the kids cooking class without compensating me. All images are owned by Healthy Harvest of North Iowa and Healthy Harvest of North Iowa reserves the right to use these photographs for the purposes outlined above.

Parent's Signature _____ Date _____

Other References

We hope this manual is helpful in your cooking class/demonstration planning. All the information and advice provided is pulled from our experiences in the communities we've worked with in North Iowa. We encourage you to use this as a reference point, but hope that you bring creativity and originality to your program.

Other online resources that you could reference:

- <https://farmersmarketcoalition.org> - The Farmers Market Coalition is a great resource for Farmers' Market programming
- <http://kidshealth.org/en/kids/recipes> - Kids Health - Recipes for Kids. This is a great place to get some ideas for some simpler recipes.
- <https://www.tasteofhome.com/recipes/seasonal-recipes> - Taste of Home has some great, simpler recipes that can be healthy.
- <https://www.pinterest.com> - Pinterest has all sources of fun ideas, but also recipes! Search a product that you'd like to use (ex. Broccoli) and see what you can find.

We also recommend you reach out to your local Public Health department to see if their dietitian can assist in providing some healthy recipes that would be a good fit.

Contact Information

For more information, please contact a Healthy Harvest of North Iowa team member:

- Marie Boyd, Special Project Manager, 515-337-2445, marie@healthyharvestni.com
- Andrea Evelsizer, Program Director, 319-325-4222, andrea@healthyharvestni.com
- Jan Libbey, Executive Director, 515-851-1690, jan@healthyharvestni.com



Springtime Frittata



Ingredients:

2 T olive oil	½ tsp salt, divided	1 ½ cups of grated cheese
4 cups chopped fresh spinach	¼ tsp black pepper, divided	Chopped fresh herbs- thyme, basil, oregano, parsley
1 bunch greens onions sliced	4 eggs	
½ cup chopped cooked bacon (optional)	1 cup Half and Half	
1 cup chopped/cherry tomatoes	1 T. flour	

Instructions:

Sauté in heated skillet: olive oil, spinach, greens onions, bacon (optional), tomato, half the salt and half of the black pepper. Combine in a blender or whisk in a mixing bowl: eggs, Half and Half, the other half of the salt and pepper, flour, grated cheddar cheese, and chopped fresh herbs. Preheat oven to 400 degrees. Spray w/non stick spray a 12 cup muffin tin. Put a tablespoon of sautéed spinach filling in each muffin tin; Sprinkle with a tablespoon of cheddar cheese. Pour ¼ cup of combined egg mixture in each muffin tin. Sprinkle with chopped herbs. Place muffin tin in preheated oven and bake approximately 15 minutes or until eggs are set and beginning to lightly brown. Remove from oven. Let sit 5 minutes. Run a knife around the edge of each frittata and remove from tin.

From the Decker House Bed and Breakfast Kitchen in Mason City, IA

Yield: 12 Mini Frittatas

Oven Baked Whole Roasted Cauliflower



Ingredients:

1 medium head cauliflower	1 TB dried oregano	1 tsp salt
1/4 cup extra virgin olive oil	1 tsp dried chives	1/2 tsp ground black pepper
2 TB Dijon mustard	1 tsp garlic powder	1/2 tsp chili pepper flakes
2 TB apple cider vinegar	1 tsp onion powder	

Instructions:

Preheat the oven to 400°F. Trim the outer leaves off the cauliflower and cut the stem flush with the rest of the head so it can sit straight and then place the cauliflower in a 4½ quart Dutch oven; check the lid for proper fitting and trim the base of the cauliflower if necessary. Combine the rest of the ingredients in a glass measuring cup and mix well with a fork until well combined. Pour that mixture over the cauliflower and rub it all over the cauliflower with your fingertips until it's completely coated. Put the lid on and pop in the oven for about 35 minutes, or until tender. Take the lid off, set the oven to broil and place the cauliflower under the broiler for 5 minutes, or until it gets beautifully golden brown. Carefully transfer the cooked cauliflower to a plate, garnish with a handful of fresh chopped parsley and a drizzle of extra-virgin olive oil if desired, and serve without delay.

From The Healthy Foodie (<http://thehealthyfoodie.com>)

Yield: 4 servings

Basic Smoothie Recipe

Ingredients:

1/2 cup yogurt (any flavor)
1/2 cup liquid such as milk (dairy, almond, coconut), juice, or water
1/2 cup fruit (fresh or frozen)
1 banana (optional)
1/2 cup greens - spinach, kale, etc (optional)
1 Tablespoon sweetener such as honey, maple syrup, peanut butter (optional)
1/2 cup ice (optional)

Instructions:

Prep fruit and greens by removing skins or seeds that are not edible, such as husk of strawberry.
Mix all ingredients together in a blender.
Be creative with ingredients until you achieve your desired flavor and consistency.
Serve immediately & enjoy.

Note: Add the ice cubes if you'd like a thicker or colder drink;

Yield: 1 smoothie

Green Smoothie

Ingredients:

2 cups spinach
3 cups unsweetened almond milk
1 cup frozen mango chunks
1 cup pineapple, cubed
1/2 avocado

Instructions:

Combine all ingredients in a blender.
Blend until smooth.
Serve & enjoy!

From Blue Zones® (<https://bluezones.com/recipe/green-smoothie>)

Yield: 3 smoothie servings.

Strawberry Feta Salad



Ingredients:

Spinach or Mixed Greens
Feta Cheese
Sliced fresh Strawberries (from the Farmers Market!!)
Chopped Pecans

Instructions:

1. Start with a base of greens.
2. Add the feta cheese, sliced strawberries, and chopped pecans.
3. Dress it with your favorite dressing (recommend the strawberry balsamic vinaigrette)
4. Enjoy!

Yield: 1 Salad

Strawberry Balsamic Vinaigrette Dressing



Ingredients:

2 Tablespoons Honey
2 Tablespoons Balsamic Vinegar
4 Tablespoons Olive Oil
1 teaspoon Apple Cider Vinegar
4 Large Strawberries, hulled and sliced
Salt and Pepper to taste

Instructions:

1. In a food processor or blender, mix together honey, balsamic vinegar, olive oil, apple cider vinegar and the strawberries.
2. Blend until smooth.
3. Add salt and pepper to taste.
4. Enjoy over your favorite salad.

Yield: 4 - 2 Tablespoon servings.

'Good4You' Ranch Dressing

Ingredients:

1/2 cup - Greek yogurt, plain
1 teaspoon vinegar, cider
1/4 Tablespoon salt
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon dill weed, dried

Instructions:

1. In a medium bowl, whisk together the yogurt, vinegar, salt, garlic powder, onion powder, and dill. Taste, adding additional salt or vinegar to taste.
2. Serve with a rainbow of raw, sliced veggies or on a fresh green salad!

Yield: 4 - 2 Tablespoon servings.

Easy Shaker Greek Dressing

Ingredients:

1 clove of garlic, minced (garlic press, or ¼ cup fresh lemon juice (about one lemon from a jar)
1 teaspoon dried oregano
½ teaspoon kosher salt
¼ teaspoon ground black pepper
strained of pulp and seeds
½ cup EVOO (Extra Virgin Olive Oil)

Instructions:

1. In a glass Mason Jar, or container with a tight fitting lid, grate in (or add) your clove of garlic. Then measure in your Oregano, Salt, and Pepper.
2. Pour in the strained, fresh Lemon Juice and Olive Oil
3. Put on the lid nice and tight! Shake Shake Shake, Pour, and ENJOY!
-Store your dressing in the fridge. Take it out 10-15 minutes before serving. Shake before using, run under warm water if oil solidifies.

Yield: 6 - 2 Tablespoon servings.

Lemon Herb Mediterranean Chicken Salad



Ingredients:

2 Tablespoons Olive Oil
1/4 Cup Lemon Juice
2 Tablespoons Water
2 Tablespoons Red Wine Vinegar
2 Tablespoons Fresh Chopped Parsley

2 Tablespoons Dried Basil
2 teaspoons Garlic, Minced
1 teaspoon Dried Oregano
1 teaspoon Salt & Pepper, to taste
1 Lb. Skinless, Boneless Chicken Thighs

4 Cups Romaine Lettuce
1 Large Cucumber
2 Roma Tomatoes
1 Red Onion
1 Avocado
1/3 Cup Pitted Olives
Lemon Wedges, to serve

Instructions:

Whisk together all of the marinade/dressing ingredients in a large jug. Pour out half of the marinade into a large, shallow dish. Refrigerate the remaining marinade to use as the dressing later. Add the chicken to the marinade in the bowl; marinate chicken for 15-30 minutes (or up to two hours in the refrigerator if time allows). While waiting for the chicken, prepare all of the salad ingredients and mix in a large salad bowl. Once chicken is ready, heat 1 tablespoon of oil in a grill pan or a grill plate over medium-high heat. Grill chicken on both sides until browned and completely cooked through. Allow chicken to rest for 5 minutes; slice and arrange over salad. Drizzle salad with the remaining dressing. Serve with lemon wedges.

Source information: www.keyingredient.com

Yield: 4 Servings

Kiddie Cobb Salad



Ingredients:

Chopped Romaine or Iceberg Lettuce
Chopped Tomatoes
Chopped Cucumbers
Sunflower Seeds

Hardboiled Eggs
Colorful Peppers
Dressing of your choice

Instructions:

1. Start with a base of chopped lettuce
2. Add tomatoes, cucumbers, sunflower seeds, hardboiled eggs, and peppers, or other toppings that you like.
3. Dress with your favorite dressing (recommendation: homemade Ranch)
4. Enjoy!

Yield: 1 Salad, depending on size!

Smoothie Bowls

Ingredients:

1 Frozen Banana (Sliced prior to freezing)	1 Cup of seasonal produce, such as berries, peaches, greens and more
1 Handful of Fresh Spinach	1 Handful of additions, such as nuts, chocolate chips, and chia seeds
1/4 Cup of Milk (Cow, almond, or other)	
1 Scoop of Matcha (optional)	

Instructions:

Place all base ingredients into a blender.
 Cut up the seasonally available produce and add to the base ingredients.
 Blend until smooth.
 Pour into a bowl, and decorate with the whole ingredients (such as the berries, nuts, etc.).
 Serve and enjoy with a straw or a spoon!

Source information: Andrea Berger, local caterer

Yield: 1-2 smoothies

Basic Hummus

Ingredients:

1 (15-ounce) can chickpeas (aka garbanzo beans), drained and rinsed	1/4 cup water, plus more as needed	Seasoning of your choice, such as Greek seasoning, roasted red peppers, lemon pepper - to taste
1 medium garlic clove, peeled and smashed	1 tablespoon extra-virgin olive oil, plus more to serve	
Juice of 1 medium lemon	Big pinch of salt	
1/4 cup roasted tahini (optional)		

Instructions:

Place chickpeas, garlic, half of the lemon juice, tahini (optional), water, olive oil, salt, and any desired seasonings in a food processor fitted with a blade attachment and process until smooth.
 If the hummus is too thick, pulse in more water, a tablespoon at a time, until the desired consistency is reached.
 Taste, adding more salt and lemon juice as needed.
 To serve, place in a bowl and drizzle with olive oil, and enjoy with veggies, flat-bread, or pita chips.

Source information: <https://www.chowhound.com>

Yield: 3 Servings

Farmers' Market Pasta

Ingredients:



Olive oil	1 med. yellow squash, julienned	1 med zucchini, ribboned
1/2 white onion, sliced	2 med tomatoes, chopped	1/4 cup chopped basil
1/2 red onion, sliced	1 - 1/2 teaspoon salt, divided	1/4 cup chopped parsley
3 cloves garlic, minced	1/4 teaspoon pepper	1 TB sliced fresh chives
3 ears of corn - kernels off cob	1/2 teaspoon Greek seasoning	1 - 10oz box of pasta
		1 cup fresh grated Parmesan

Instructions:

Bring a large pot of water to boil. Add 1 tsp salt and a splash of olive oil to the water. Cook pasta according to the directions on the box. Drain in colander.

Heat 1 Tablespoon olive oil in a large skillet. Add onions and garlic. Saute for 5 minutes, stirring often. Add yellow squash, saute 5 more minutes. Add corn kernels, tomatoes, salt, pepper, and Greek seasoning. Saute an additional 5 minutes. Add zucchini and fresh herbs. Cook an additional 3-4 minutes.

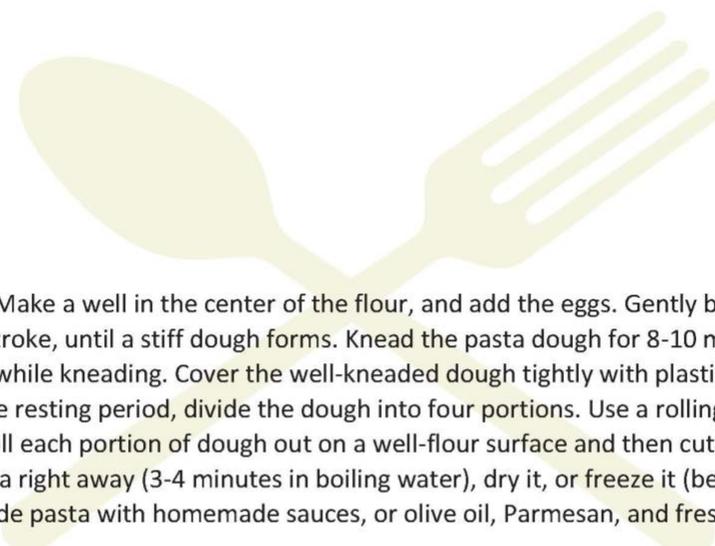
Add pasta to the skillet of vegetables. Toss and add Parmesan cheese. Garnish with fresh herbs. Serve immediately.

Source information: Decker House Bed & Breakfast

Yield: 6-10 servings

Homemade Pasta

Ingredients:



2 cups flour
1/2 teaspoon sea salt
3 large eggs

Instructions:

Combine the flour and salt. Make a well in the center of the flour, and add the eggs. Gently begin to mix the eggs, gradually drawing in flour with each stroke, until a stiff dough forms. Knead the pasta dough for 8-10 minutes, until smooth and satiny. Add water if too dry while kneading. Cover the well-kneaded dough tightly with plastic wrap, and allow it to rest for around 45 minutes. After the resting period, divide the dough into four portions. Use a rolling pin to roll each portion as thin as humanly possible. Roll each portion of dough out on a well-flour surface and then cut into thin strips.

Now you can cook your pasta right away (3-4 minutes in boiling water), dry it, or freeze it (be sure to separate it first). Serve your perfect homemade pasta with homemade sauces, or olive oil, Parmesan, and fresh herbs.

Source information: The Prairie Homestead

Yield: Approximately one pound of pasta

Fresh Corn Cakes

Ingredients:

1- 8.5oz box Jiffy Mix Corn Muffins
1 egg
2 TB corn or canola oil
1/2 C milk
1 C fresh corn kernels, removed from cob

1/2 t. minced fresh chives
1/4 cup grated fresh zucchini (optional)
Nonstick cooking spray
Butter and/or honey for serving

Instructions:

In a large mixing bowl, combine Jiffy Corn Muffin mix, egg, oil, and milk. Whisk until smooth. Add fresh corn kernels, chives and zucchini, if desired. Stir to incorporate the vegetables into the batter.

Preheat a large pancake griddle. Drop batter in 1/8 to 1/4 cup dollops on griddle. When bubbles begin to form on the pancakes, flip. Cook until golden brown. Remove from skillet and serve hot with butter and/or honey.

Source information: Decker House Bed & Breakfast

Yield: 8-14 cakes

Vegetable Farro Salad

Ingredients:

1 cup farro
2 cups water
1.5 cups vegetables, diced (such as cucumbers, red onions, corn, zucchini, tomatoes, etc).

.5 cup fruit, diced (such as apple, pear, or peach) - optional
1/4 to 1/2 cup fresh herb (dill, parsley, basil)
Salt and pepper, to taste

Instructions:

Pre-heat oven to 400 degree.

Toss diced vegetables with some olive oil and spread onto a cookie sheet, then bake for 25 minutes.

Prepare a medium saucepan with 1 cup Farro and 2 cups water. Place on medium-high heat and bring to a boil.

After water comes to a rolling boil, simmer until all water evaporated, stirring every 5 min.

Once all water is evaporated, spread cooked Farro evenly on sheet tray to cool.

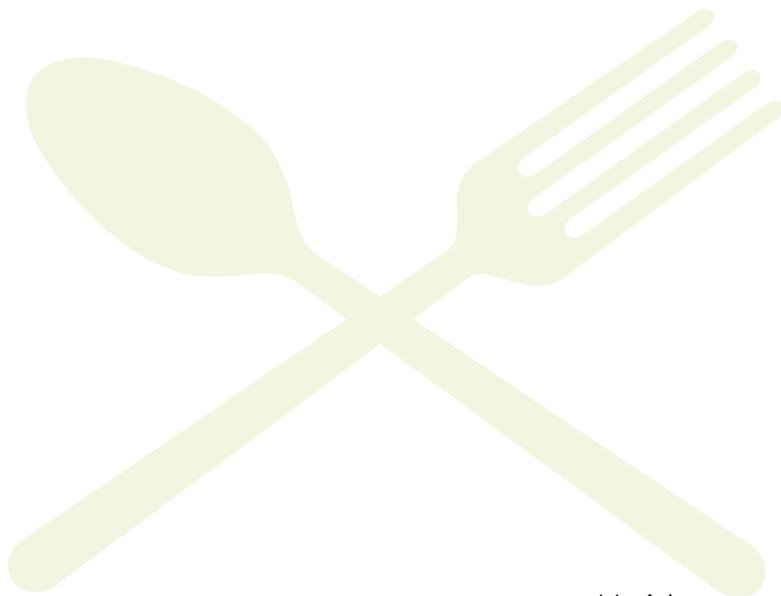
Once cool, pour into a box and mix with veggies, fruit (if desired) and herbs.

Serve at room temperate or chilled.

Yield: 4 servings

Ingredients:

Instructions:



Yield:
