

2014 & 2015

Farmer's Market

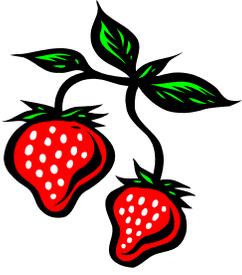


Thursdays 11am-2pm



Recipes for this and other
Farmer's Market Samplings
Can be found at
<http://go.ncsu.edu/2014marketrecipes>





Summer Strawberry and Yogurt Parfait

$\frac{3}{4}$ cup vanilla yogurt
(or other flavor of choice)

$\frac{1}{4}$ cup granola
(or granola based cereal)
 $\frac{1}{2}$ cup fresh strawberries



Layer half of the amount of granola, yogurt, and strawberries and then repeat with the other half of each ingredient. Enjoy!!

-Morgan McKnight,
FCS Agent



Tomato Cucumber Salad

4 tomatoes on the vine, cored and chopped

$\frac{1}{2}$ seedless English cucumber, chopped

3-4 tablespoons your favorite Italian Salad Dressing,
or more if needed

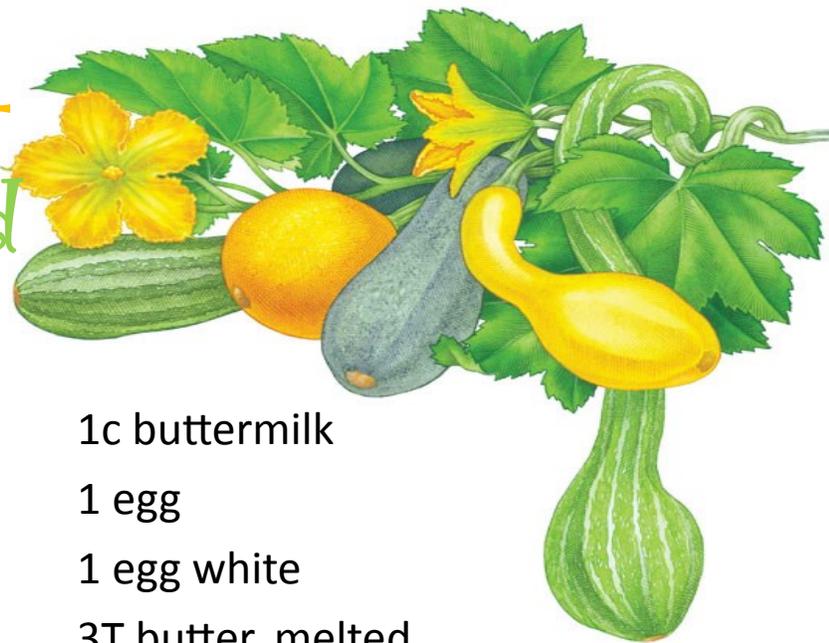
salt and ground black pepper to taste

Mix tomatoes, red onion, cucumber, olive oil, oregano, salt, and black pepper together in a bowl; stir to coat. Let sit for 30 minutes to blend flavors.

For variety, try adding chopped red onions, feta and/or black olives



Summer Squash & Basil Cornbread



Summer Squash & Basil Cornbread

Recipe by Shannon

yield: 3 mini loaves, or 1 9x5" loaf

1c white whole wheat flour

3/4c cornmeal

1 1/2t baking powder

1/2t baking soda

1/4c evaporated cane juice (sugar)

3/4t salt

1c buttermilk

1 egg

1 egg white

3T butter, melted

1 1/3c shredded summer squash
(pat dry with paper towel)

1/3c thinly sliced basil

2oz goat cheese (1/2c crumbled)



Recipes for this and
other Farmer's Market
Samplings

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Thursdays 11am-1pm



Communities
Transforming
For a healthier North Carolina

Zucchini Tots



Zucchini Tots

Skinnytaste.com

yield: 3 Servings, serving size: 4 tots

Weight Watchers points: 3 points; Calories 108

Ingredients:

1 Cup Zucchini, grated

1 large egg

1/4 medium onion, grated

1/4 reduced fat sharp cheddar cheese, grated

1/4 cup seasoned breadcrumbs

Salt and pepper to taste

Cooking spray

Preheat oven to 400 degrees. Spray mini muffin tin with cooking spray.

Grate zucchini into a clean dish towel. Wring all the excess water out of the zucchini. In a medium bowl, combine all of the ingredients and season with salt and pepper to taste. Fill each muffin section to the top pushing down on the filling with your spoon so it's nice and compacted so they don't fall apart when you take them out of the tin. Bake for 16-18 minutes, or until the tops are golden. Cool and serve.



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Thursdays 11am-1pm





Secretly Healthy Blueberry Banana Bread

Secretly Healthy Blueberry Banana Bread (or muffins)

Makes 2 8-inch loaves or 1 10-inch loaf

- 2 large eggs
- 1/2 cup honey (or maple syrup, sugar, or other sweetener)
- 3/4 cup unsweetened applesauce
- 1 teaspoon vanilla
- 1 1/2 cup oat flour (or any other type of flour; gluten-free, all-purpose, or whole wheat. I actually used white rice)
- 1/2 teaspoon salt
- 3/4 teaspoon baking soda
- 1 teaspoon baking powder
- 1/4 teaspoon cinnamon (more or less as you prefer)
- 1 1/2 cups mashed ripe bananas (use four smallish brown speckled bananas, mashed well)

Optional mix-ins (blueberries, chocolate chips, dried cherries or cranberries, pecans, walnuts, etc.)

Grease two 8 inch loaf pans or a 10 inch loaf pan. Preheat the oven to 350° F. Mix together the eggs, honey, applesauce, and vanilla. Mix together the flour, salt, soda, powder, and cinnamon and add to the wet ingredients. Stir in the mashed bananas and mix well. Add in any mix-ins. Divide even in the pans and bake about 45 minutes for two loaves or an hour for one (until a toothpick comes out clean or with a few crumbs attached). I cut each 8 inch loaf into about 12 pieces.

Read more at:

<http://www.yammiesglutenfreedom.com/2013/02/secretly-healthy-banana-bread-with.html#fo2URtyqfV167zE.99>



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Farmer's Market



Thursdays 11am-1pm





Grape Melon Medley

4 cups cantaloupe chunks
2 cups halved grapes

Refreshing Flavored Waters

Refreshing Cucumber

2 cucumbers sliced
2 limes sliced
Small handful of mint leaves scrunched

Strawberry Basil Blast

3 cups strawberries,
2 lemons sliced,
small handful of basil leaves scrunched



Instructions for all waters:

Put fruit in bottom of pitcher or glass and muddle with a wooden spoon to release some of the juices. Pour ice and water on top and stir. Let sit in refrigerator at least one hour. Serve cold

*Can also use agave nectar for a sweeter taste if desired.



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Farmer's Market



Thursdays 11am-1pm



Baked sweet potato chips that are incredibly flavorful and crispy. Perfect alongside sandwiches, burgers, chili and the like.

Author: Minimalist Baker

Recipe type: Side Dish

Cuisine: Vegetarian

Serves: 2-3

Baked Sweet Potato Chips



INGREDIENTS

2 organic sweet potatoes
2 Tbsps. olive oil
1/4 tsp sea salt (optional)

INSTRUCTIONS

Preheat oven to 250 degrees F and position oven rack in the center of the oven.

Rinse and dry your sweet potatoes thoroughly and slice them as uniformly thin as possible. If you have a mandolin, use it. Otherwise, use a very sharp knife to get these uniformly thin. Know that chips that are too thick in parts won't crisp up all the way. Still delicious, just not "chip" crispiness.

Toss slices in a touch of olive oil to lightly coat, then sprinkle with salt. Lay out in a single layer on a baking sheet and bake for about 2 hours, flipping chips once at halfway point to ensure even cooking. I also rotated mine for more even cooking (optional but recommended). Remove once crisp and golden brown. Some may feel a little tender in the middle but take them out and let them rest for 10 minutes or so to crisp up before sampling. Serve immediately.

NOTES:

*Note: Know that chips that are too thick in some spots may not crisp up all the way. They're still delicious, just not as crispy as the uniformly thin chips. It takes practice!

*I recommend organic sweet potatoes for taste and health reasons, since you don't peel off the skin where pesticides can reside.

NUTRITION INFORMATION

Serving size: 3 servings; per serving Calories: 198 Fat: 9.5 g Saturated fat: 1.4 carbohydrates: 27 g Sugar: .5 g Sodium: 9 mg Fiber: 4 g Protein: 1.5 g



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Thursdays 11am-1pm



Peach Jam



INGREDIENTS

- 3 1/3 cups Peaches—pitted, peeled and finely chopped
- 3/4 Cup + 1 Tbsp. unsweetened fruit juice, water or thawed concentrated fruit juice
- 3 Tbsp. + 2 1/4 tsp Ball Real Fruit Low or No-sugar Needed Pectin (up to) 1 1/4 Cups granulated sugar, sugar substitute or honey
- 2 Tbsp. + 1 1/2 tsp bottled lemon juice

MAKE YOUR JAM

1. Prepare water bath canner, jar and lids according to manufacturer's instructions, if preserving. * Prepare and measure ingredients for recipe.
2. Combine prepared fruit with fruit juice in a large saucepan. Gradually stir in Ball Real Fruit Pectin. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.
3. Add sugar, sugar substitute or honey, if using. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam if necessary.

ENJOY NOW

1. Ladle HOT JELLY/JAM INTO HOT JARS. Cool to room temperature, about 30 minutes.
2. Refrigerate jelly/jam or serve immediately.

FRESH PRESERVE

1. Ladle hot jelly/jam into hot jars, one at a time leaving 1/4 inch headspace. Wipe rims. Center lids on jars, apply bands and adjust to fingertip tight.
2. Place filled jars in canner, ensuring jars are covered by water. Place lid on canner. Bring water to a gentle, steady boil.

3. Process jars for 10 minutes, adjusting for altitude. Turn off heat, remove lid and let jars stand for 5 minutes.
4. 4 Remove jars and cool. Check lids for seal after 24 hours. Lid should not flex up and down when center is pressed. Clean and store jars according to manufacturers instructions.



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Farmer's Market



Thursdays 11am-1pm



Pindo Palm Jelly

PINDO PALM JELLY

Juice:

- 3 quarts fully ripe fruit
- 6 cups water

Jelly:

- 5 1/2 cups strained juice
- 1 box powdered pectin
- Few drops red food coloring (optional)
- 7 1/2 cups sugar

Directions:

To prepare juice:

Sort fruit, wash and remove sepals if still attached. Barely cover with water, bring to a boil, cover and simmer for about 30 minutes. Collect juice as it drains through a colander, then strain juice through cheese-cloth. Let sit in refrigerator overnight because it will still contains lots of solids. The next day pour off juice, leaving residue in bottom and strain again. May be tinted with red food coloring.

To Make Jelly:

Sterilize canning jars. Measure palm fruit juice into a 6-8 quart sauce-pan. Stir pectin into juice until dissolved, add food coloring (optional) and bring quickly to a hard boil, stirring occasionally. Add sugar all at once. Stir until sugar dissolves. Bring to full rolling boil and boil for 1 minute and 15 seconds, stirring constantly. Remove from heat; quickly skim off foam with metal spoon and fill into clean, hot two-[piece metal canning lids. Process in a boiling water canner.



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Thursdays 11am-1pm

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Black Bean Dip



INGREDIENTS

- 1 (15 OUNCE) CAN BLACK BEANS, DRAINED
- 1 TBLS FINELY CHOPPED GREEN AND/OR RED PEPPERS
- 1/4 CUP ONION, CHOPPED
- 1/4 CUP CHOPPED TOMATOES
- 1/4 CUP FAT-FREE SOUR CREAM
- 1/2 TSP SALT
- 2 TBLS SALSA
- 1 1/4 CUPS CHEESE, GRATED (MILD CHEDDEAR OR A COMBINATION OF CHEDDAR AND MONTEREY JACK)
- 2 (15-OUNCE) CANS WHOLE KERNAL CORN
- FRESHLY GROUND PEPPER
- BAKED TORTILLA CHIPS

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Mash beans with a fork, leaving some chunks (do not use blender or processor).
3. Add remaining ingredients, reserving 1/4 cup cheese, and mix well.
4. Pour into a 2-quart baking dish that has been coated with non-stick cooking spray. Sprinkle with remaining cheese. (may be prepared ahead to this point and refrigerated).

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Thursdays 11am-1pm





Blueberry Smoothie

Ingredients

- 1 cup Plain, Unflavored Yogurt
- 1 cup Fruit (your Choice - Blueberries, Peaches, Pineapple, Etc)
- ¼ cups Milk
- 1 dash Honey
- Ice

Preparation

Place yogurt, fruit, milk, a handful of ice and honey to taste all into a blender. Blend until smooth. Taste it for sweetness and add more honey if needed. Pour, drink and enjoy!

-Ree Drummond, The Pioneer Woman



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Thursdays 11am-1pm





Pear Crisp

INGREDIENTS:

6 Pears—peeled, cored and sliced
2 Tbsps white sugar
1/2 tsp ground cinnamon
1 cup brown sugar

3/4 cup old fashioned oats
3/4 cup all-purpose flour
1 tsp ground cinnamon
1/2 cup cold butter



DIRECTIONS;

1. Preheat oven to 350 degrees F
2. Toss pears with white sugar and 1/2 tsp cinnamon in a medium bowl to coat; pour into a 9-inch square baking dish.
3. Mix brown sugar, oats, flour and 1 tsp cinnamon in a separate bowl. Use a pastry cutter or 2 forks to mash cold butter into the oats mixture until the mixture resembles coarse crumbs; spread over the pears to the edges of the baking dish. Pat the topping gently until even.
4. Bake in preheated oven until golden brown and sides are bubbling, about 40 minutes.

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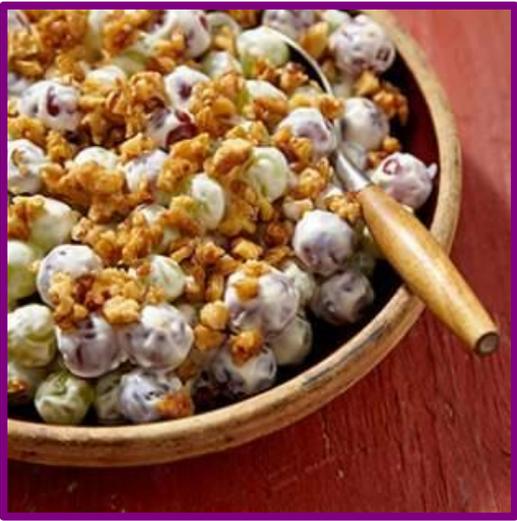
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Thursdays 11am-1pm





Grape Salad with Candied Walnuts

INGREDIENTS

CANDIED WALNUTS

1/2 cup chopped walnuts
2 teaspoons water
1 tablespoon light brown sugar
Pinch of salt

GRAPE SALAD

1/2 cup reduced fat greek yogurt (or reduced fat sour cream)
4 ounces reduced-fat cream cheese, at room temperature
3 tablespoons honey (or agave nectar)
1 teaspoon vanilla extract
6 cups seedless grapes, preferably red and green (about 2 pounds)

PREPARATION

To prepare walnuts: Line a small baking pan with parchment paper or foil; coat with cooking spray. Preheat oven to 400°F.

Toss walnuts in a bowl with water. Sprinkle with brown sugar and salt; toss to coat well. Transfer to the prepared pan. Bake until the sugar is melted and the nuts are barely starting to brown, 6 to 8 minutes. Cool in the pan until the sugar hardens, about 6 minutes.

To prepare salad: Meanwhile, combine greek yogurt, cream cheese, honey and vanilla in a food processor and puree until smooth and creamy. Transfer to a large bowl. Add grapes and gently stir to combine. Transfer to a serving dish. Crumble the candied walnuts on top just before serving.

Makes: 12 servings

Serving Size: 1/2 cup each

Active Time: 20 minutes

Total Time: 20 minutes

NUTRITION

Per serving: 143 calories; 7g fat (2g sat, 1g mono); 11mg cholesterol; 21g carbohydrates; 5g added sugars; 2g protein; 1g fiber; 50mg sodium; 198mg potassium.

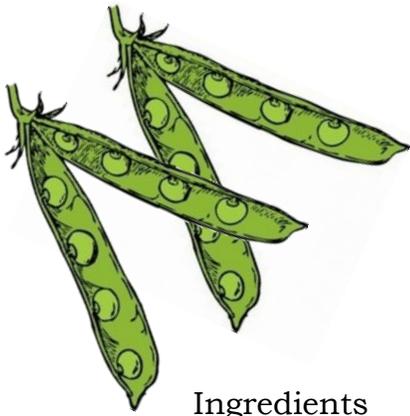
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Thursdays 11am-1pm



Green Pea Hummus

Ingredients

- 1 cup fresh or frozen, thawed sweet peas
- 1/4 cup olive oil
- 2 Tbls. Chopped fresh mint
- 1 garlic clove
- 1/4 tsp. salt

Cook peas in boiling salted water to cover, 1 to 3 minutes or just until crisp-tender; drain, plunge sweet peas into ice water to stop the cooking process; drain. Pulse blanched sweet peas, olive oil, mint, garlic and salt in food processor 4 to 5 times until smooth. Store in refrigerator up to 3 days. Serve with assorted vegetables and toast or crackers.



Smoothie

1/2 frozen banana

1/2 cup yogurt (your choice of flavor)

1 cup strawberries

1/4 cup orange juice

1 cup greens

Drizzle of honey

Combine in a blender and blend until smooth.



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**The
Bolivia
Brief**

LOCAL, SEASONAL FARMERS MARKET

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my name
is kale.

I am one of the healthiest vegetables on the planet. I have fiber, calcium, vitamin B6, C, K & A. I am also a good source of minerals: copper, potassium, iron, manganese and phosphorus!!

Baked Kale Chips

INGREDIENTS:

- 1 Bunch Kale
- 1 Tbsp. olive oil
- 1 tsp seasoned salt

DIRECTIONS:

1. Preheat an oven to 350 degrees F. Line a non insulated cookie sheet with parchment paper.
2. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.
3. Bake until the edges are brown but not burnt - 10 to 15 minutes





Blueberry Pineapple Salsa

Ingredients

2 cups fresh blueberries

1 cup finely diced fresh or canned pineapple

1 jalapeno pepper, seeds and membrane removed, minced

2 to 3 Tablespoons lime juice, divided

1/2 teaspoon lime zest

3 Tablespoons chopped cilantro

1/4 cup diced red onion

Kosher salt as needed

Instructions:

Combine blueberries, pineapple, jalapeno, lime juice, zest, cilantro and onion. Season with salt and additional lime juice as needed. Serve with tortilla chips or as an accompaniment to fish or chicken. 7 servings



NUTRITION

40 calories
.5 grams protein
10 grams carbohydrates
1.5 grams dietary fiber
2 grams fat
0 grams saturated fat

Marinated Two-Tomato Salad

~Serves 4-6 ppl~

- 2 yellow tomatoes, halved & sliced
 - 2 red tomatoes, halved & sliced
 - 3 cups red grape tomatoes, halved
 - 1/3 cup sun-dried tomatoes, julienned
 - 1/3 cup diced red onion
 - 2/3 cup balsamic vinegar
 - 1/3 cup olive oil
 - 1/2 TSP oregano
 - 1/2 TBL chopped garlic
 - 1/2 TSP basil
 - Salt & Pepper to taste
- Mix all ingredients and let marinade 30 minutes or until ready to use.
- Serve over fresh spinach or your choice mixed greens.





Ingredients

- 2 cups old fashioned oats
- 1/4 cup creamy peanut butter
- 1/4 cup honey
- 2 Tbsp packed light-brown sugar

Directions

- Preheat oven to 325 degrees. Pour oats into a mixing bowl, set aside. In a microwave safe mixing bowl (or it can also be melted in a saucepan), combine peanut butter, honey and brown sugar and heat mixture in microwave until runny and smooth, about 25 seconds. Pour mixture over oats in mixing bowl and toss mixture with a spatula until evenly coated.
- Spread mixture onto a Silpat or parchment paper lined baking sheet into an even layer and bake in preheated oven until golden brown, about 18 - 20 minutes, stirring once halfway through baking. Allow to cool completely (it wont be crunchy until it cools) and store in an airtight container.

Recipe Source: inspired by [Peanut Butter Fingers](#)



Cole Slaw with Honey Vinegar Dressing

~Serves 8~

Ingredients:

- 1 head cabbage, shredded
- 1 small onion, finely chopped
- 1 carrot, grated
- 1 green pepper, finely chopped
- 2 tbsps. honey
- 1 tbsp. canola oil
- 1 1/2 tbsps. vinegar
- 1/2 tsp ground black pepper



Directions:



1. In a large bowl, add cabbage, onions, carrot, and green pepper.
2. In a separate bowl, mix together honey, oil, vinegar and pepper, stir well.
3. Pour honey mixture over vegetables and stir well.

4. Cover and refrigerate until chilled.

Per serving: 48 calories; 2 g fat (0g saturated fat),
1 g protein; 8 g carbohydrate; 1 g dietary fiber;





Grilled Vegetable Panzanella

- 1 demi whole wheat baguette (about 6 inches long), cut into 1/2-inch slices
- 1 medium zucchini, cut into 1/4-slices
- 1 medium yellow summer squash, cut into 1/4-slices
- 1 red bell pepper, quartered
- 1 pint cherry tomatoes, halved, divided
- 2 tablespoons white balsamic vinegar
- 2 cloves garlic
- 1 teaspoon fresh oregano leaves
- 1 teaspoon fresh thyme leaves
- 1/4 cup fresh basil leaves, thinly sliced, plus more for garnish



WHOLE
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MARKET

Prepare a grill or grill pan for high heat cooking. Grill bread, zucchini, squash and bell pepper about 5 minutes. Flip and grill on the second side until vegetables are tender and bread is toasted, about 5 minutes more. Remove from the grill and keep warm.

Combine half of the tomatoes with vinegar, garlic, oregano, thyme and basil in a blender or food processor and purée until a smooth dressing forms.

Cut bread, zucchini, squash and bell pepper into bite-size pieces. Place in a medium bowl and add remaining tomatoes and dressing. Toss well to combine. Let sit for at least 30 minutes (and up to 2 hours) before serving. Garnish with more basil and serve.

Per Serving: 180 calories (5 from fat), 0.5g total fat, 0g saturated fat, 0mg cholesterol, 320mg sodium, 36g carbohydrate (4g dietary fiber, 6g sugar), 6g protein



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Cilantro-Lime Cucumber Salad

Ingredients

- 1 jalapeno, seeded and finely diced
- 2 cloves garlic, finely minced
- 3 tablespoons fresh lime juice
- 1/4 teaspoon crushed red pepper
- 1/2 teaspoon salt, or to taste
- black pepper to taste
- 3 tablespoons olive oil
- 2 cucumbers, very finely sliced
- 4 tablespoons minced cilantro, to taste



Instructions

1. Dice the jalapeno and garlic and add to a medium-sized bowl.
2. Add 3 tablespoons of fresh lime juice, crushed red pepper, salt, and pepper. Use a whisk to incorporate the 3 tablespoons olive oil. Set aside.
3. Finely slice the cucumbers. Use a mandolin if you have it, but a very sharp knife will do the trick. (See photos below.) Add the cucumbers to the dressing and stir together.
4. Finely mince the cilantro and add it to the bowl. Stir to combine. You can either let it sit in the fridge to marinate for a couple hours, or serve immediately.

