

Grow-a-Row 2021



Grow
a Row



SUMMER COOKBOOK



Summer Glazed
Snow Peas

Garlic Scape
Pesto

Whole Roasted
Radish Salad

Kale Chips

Sautéed Bok
Choy

Mixed Berry
Jam

Rhubarb Crisp

Chimichurri
Sauce

Tomato +
Cucumber
Summer Salad

Basil Tzatziki
Sauce

Squashed
Cheddar Tots

Sautéed Swiss
Chard

Zucchini Bread

Sweet Roasted
Beets

Honey Roasted Carrots
(and Swiss Chard Stems!)


Summer Glazed Snow Peas



 Snow
or Row

Ingredients


1 tablespoon of olive oil
Half a lemon juiced,
Salt and pepper
to taste



1 tablespoon of oregano
 $\frac{1}{2}$ tablespoon butter
2 minced cloves
of garlic

2 cups of
snow peas
1 tablespoon of
water

See, here is the beauty of these little guys, you can simply snack on them as is, raw and in all their green goodness, but if you desire to add some pizzazz, it will truly take you ten minutes. and You're barely gonna cook them, keeping in all that green goodness!



A vibrant, colorful background featuring several green peas in their pods. A prominent red banner with a white outline is positioned at the top, containing the title 'Cooking Instructions'. The background is composed of soft, overlapping shapes in shades of green, yellow, and purple.

Cooking Instructions

First, trim the peas after you rinse them. To trim snow peas, you don't need a knife, you just snap the stem off the top (it's little stem hat) and when,

you snap it off, you will notice a little string that connects the stem hat, to the bottom of the pea, like a spine. Take that off and the pea will stay intact, since the spine of the pea is truly thin as string.

Then, turn on your stovetop to a medium-high and melt the butter in a pan. Once melted, add in your minced garlic until you REALLY start to smell it, which should take 30 seconds, give or take.

Add your peas and seasoning and stir until the peas turn a shade brighter of green, which will take about 2 minutes

Stir in your olive oil, lemon juice, salt, and pepper to taste!

Enjoy!

The logo for 'Snow & Row' features a stylized purple swirl on the left, followed by the word 'Snow' in a brown, rounded font, and the word 'Row' in a green, rounded font below it.

Snow
& Row



Kale Chips

**Snow
& Row**

Ingredients

A Bunch of
Kale, say a
medium bunch

½ tablespoon of
pepper
1 tablespoon of
garlic powder
½ tablespoon of
paprika

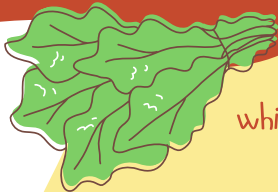
2-3 tablespoons
of olive oil
1 tablespoon of
salt

We like chips, yes, of course we do... and I don't know about you, but I LOVE chips! Now, what I love even more is that I can make chips out of a superfood and still LOVE them



Cooking Instructions

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First off, preheat your oven to 300. You are gonna deep clean the kale, not just rinse it, and than your going to want to make sure your kale is completely dry

Rip off the leaves of the kale off the stem, and while doing so, think, hmm... "what size chip do I want?" and rip the kale leaves into that size.

Place ripped kale onto a line baking sheet or nonstick sheet. Now, it's spa time for the kale, and with the olive oil, you're going to massage the oil into all the crevices and give these greens an overall light, but thorough coverage. You might feel like you want to add more oil, but please don't, it will make your chips soggy in the end :(

Season evenly, and place in the oven. Cook for 10 minutes at first, check on your chips, turn the pan around and maybe take a spoon or spatula and mix the greens around a bit for the most even bake. Bake for another 10 minutes, maybe allowing 5 extra minutes to reach a nice little browning, crispy moment, but keep a close eye on these guys for the last couple of minutes so you don't burn your chips!

Pull the chips out of the oven, and resist all urges to dive in immediately and give them about 5 minutes to chill and become the crispiest that they can!



Sautéed Bok Choy



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Ingredients

1 head of bok choy
2 tablespoons of
olive oil

4 minced
garlic cloves
A couple
pinches of red
pepper flakes

Half a lemon
Salt to desired
taste

Bok Choy is easily grown here in Vermont... but what is not common is how to cook with it. This beautiful head of green-ness always scared me away because how could something with such beauty be so easy to cook? Well... it is and this is one of my favorite ways to cook them!

Cooking Instructions

Grow
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First, take off any odd-colored or gross looking leaves off your head of bok choy, and rinse thoroughly, might even have to scrub it with your finger a little. You want it spotless!

Trim a little off the end of the bok choy (the stalk-like end, not the leafy end) and cut in half long-ways, and if your head of bok choy is a bigger, do another cut and make them into quarters.

In your pan, turn the stovetop on medium-high heat and add oil, garlic, and red pepper flakes and mix evenly. Wait for the garlic to release a REALLY strong smell of garlic.

Place your bok choy on the pan in one layer, sprinkle salt on top, and let it be for about 4 minutes, or until you see the bottom browning a bit. Flip the bok choy, and let it chill on this side for about two minutes, or until the white part gets a bit soft but doesn't lose its crunch.

Take off heat, juice the halved lemon atop them, and you have a pretty darn good salad, or even a nice bed for a protein/meat of choice!

Whole Roasted Radish Salad

 Snow
or Row

Ingredients

4 cups of halved
radishes
1 tablespoon of
melted butter

1 teaspoon of
dried herb, I love
oregano, but you
can use parsley or
thyme or
rosemary

2 minced garlic
cloves
1 teaspoon of pepper
1 teaspoon of salt

Like many vegetables, you can often use the whole thing, root and leaf included... how cool?! Not only are radishes a pretty color, but they are packed full of nutrients! Here is a simple easy way to use the whole radish and love every second of it!

Cooking Instructions

Grow
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Preheat your oven to 425

The first thing you are going to want to do is to trim the radishes by cutting off the top and bottom, taking off the root and all the green part (and stem!)

Don't toss the greens though, we're using them too

Cut the radishes into halves (or quarters if you are handling heavier radishes) and place them in a bowl, adding oil and seasoning and tossing to evenly coat all the radish beauties!

Spread out your seasoned radishes onto a lined or nonstick baking sheet, only laying them into one layer, don't stack them!

Bake for 25 minutes, checking on them here and there to stir them around, and you will know they are done if you can easily stick a fork into them!

While the radishes are roasting, let's make the dressing!



Whole Roasted Radish Salad Dressing

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Ingredients

2 egg yolks
2 large cloves of
garlic

2 lemons, juiced
1 cup of olive
oil

While the radishes are roasting, let's make a perfect dressing to pair it with them! With a bit of a tart flair, and a smooth finish, it's absolutely perfect in this whole radish salad!

Cooking Instructions

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In a blender, add egg yolks, garlic, and lemon juice and blend until smooth.

Turn the blender down to the lowest it can go and slowly trickle in the oil to evenly blend it all together.

If you add the oil too fast, it will get frustrating, so trust me that patience is really key here.


You want to avoid oil pockets and blend it very, very slowly. Now, we are going to pan fry our radish greens we saved!

Pan Fried Radish Greens




Ingredients

Radish greens
4 minced garlic cloves
2 tablespoons of olive oil



A couple dashes
red pepper flakes
Salt and pepper to
taste

Our radishes are about to be done roasting, our dressing is on deck to co-star in the radish salad show, and now the final part, the pan fried radish greens!



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or Row

Cooking Instructions

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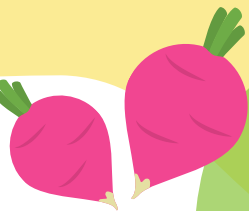
The key here is to make sure that your greens are CLEAN! It helps if you soak them in water for a bit.

After the greens are cleaned, heat oil in a saucepan over medium heat. Add in your minced garlic and brown it slightly until you smell the garlic goodness, which will be about 1-2 minutes.

Now, add the red pepper flakes into the pan with the oil and garlic for about 30 seconds to give the oil a bit of a red color, and then add the greens to the pan

Stir constantly until the greens are covered in oil and wilted, which will take about 3 minutes.

By this time, your radishes should almost be done roasting, and when they are, mix the roasted radishes with the radish greens and drizzle the dressing atop, and bam, just like that, a radish-themed salad, yum! And, it's quite the looker too!



Tomato + Cucumber Summer Salad



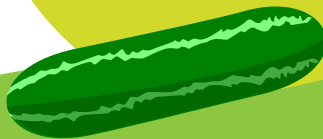
Ingredients

1 can of Chickpeas (optional)
Olive Oil

Oregano
Salt + Pepper to taste

This is one of my favorite things to make, one because it is so simple, there is no cooking required, just some chopping and tossing and you have a refreshing salad in the blink of an eye!

Tomatoes, chopped
Cucumber, chopped
Feta cheese



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Cooking Instructions

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First, you are going to want to chop the tomatoes and the cucumbers into bite size pieces. Toss the cucumbers and tomatoes in a bowl, crack open that can of chickpeas if you want, drain out the juices into a cup (save it for the zucchini bread!) or pour it out, crumble some feta in there, depending on your cheese preferences, add as much or as little as you want

Now, for the impromptu dressing, you want all your veggies and cheese and such to be coated lightly, so pour on some olive oil until all of it is coated slightly. Season with salt, pepper, and oregano to your tastings. Toss it all together, and there you have it, a summer-y, yummy salad!

Zucchini Bread

Ingredients

1/3 cup & 1 tbsp
chickpea water
1 cup of sugar
1/2 cup vegetable oil
1 3/4 cup flour

1/2 cup walnuts,
chopped (optional)
1/2 cup of chocolate
chips (optional)

1/2 teaspoon baking
powder
2 medium zucchini,
shredded

1/4 teaspoon salt
3/4 teaspoon baking
soda
Dash of cinnamon
1 teaspoon of vanilla
extract

A veggie in
a dessert?
Uh... YES
PLEASE!

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Cooking Instructions

Grow
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First thing, as always, preheat your oven to 350

Using a hand grater, or if you don't have one, finely chop the zucchini, which takes a little more elbow grease, but is very possible! While you're at it cutting things up, if you are adding the walnuts, chop them up

In the bowl, combine all the ingredients, adding in the chocolate chips if you so please and want a bit of a sweet moment. Line a loaf pan with oil, parchment paper, or use a nonstick pan, and evenly pour in the batter

Finally, you are going to bake this for 45 minutes, to maybe even an hour, or until a fork or knife can be poked in and comes out clean. Especially with this bread, it's important to not over-bake it since it will get dry quickly, so keep a close eye on it after the 40 min mark!




Chimichurri Sauce




Ingredients

½ cup parsley leaves
½ cup of cilantro
4 garlic cloves
⅓ cup olive oil




2 tablespoons red
or white wine
vinegar
½ lemon, juiced
1 tablespoon salt

½ tablespoon pepper
1 teaspoon red
pepper flakes
½ tablespoon
oregano

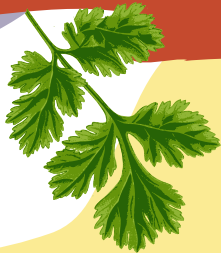


This is one of my favorite fresh sauces to pair with any protein, or even as a veggie dip of sorts, and one, because it's delicious, and two, no cooking involved, just blending! It is tangy, fresh, and light and an amazing pairing for anything!



Cooking Instructions

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And when I say just blending, I mean
it, add the ingredients into a blender,
blend, and Voilà, chimichurri sauce!



Garlic Scape Pesto

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Ingredients

10 garlic
scapes
 $\frac{1}{3}$ cup
walnuts,
chopped

$\frac{1}{3}$ cup
parmesan
cheese
 $\frac{1}{2}$ lemon, juiced

$\frac{1}{3}$ cup of olive
oil
Salt and pepper
to taste

You might be familiar with basil pesto, but this is quite the variation, and a delicious one! Garlic scapes are new to me, when I first saw them, I was so confused, but trust me, they are a wonderful discovery, and this is one of my favorite ways to prepare them...in sauce form! Over pasta, veggies, proteins, you name it!

Cooking Instructions

Grow
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Simply, place all the ingredients in a blender, and blend! This sauce is served best cold, so place in the refrigerator for a tad before serving, or make it ahead of time and have it for about a week of use!

Basil Tzatziki Sauce



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Ingredients



3-4 average
sized cucumbers
1 ½ cups plain
Greek yogurt

3-4 tablespoons
chopped fresh
basil

1 lemon, juiced
1 tablespoons of
salt



Use this as a
dressing, a dip, a
sandwich addition,
you name it, and you
will not be
disappointed

Cooking Instructions


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As always, it's important to wash the cucumbers.

Then, with a hand grater, grate the cucumbers, or if you do not have a hand grater, finely chop the cucumber as if it were grated. Over a bowl, take handfuls of grated cucumber and squeeze out as much water as possible.

Finely chop your basil leaves, making sure to keep the stems out of the equation.

In a bowl, add the yogurt, cucumber, basil, lemon juice, and a pinch of salt and mix it all until it's mixed all together.



Mixed Berry Jam

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Ingredients

3 cups of quartered
strawberries
2 cups of raspberries

2 cups of
blueberries
 $\frac{1}{3}$ cup maple
syrup or honey

$\frac{1}{3}$ cup sugar
Half a lemon,
juiced

Peanut butter and jelly has been an all time favorite thing of mine, and sure, I like peanut butter, but I LOVE jam, jelly, anything like it! For awhile, I was like, there is no way I could make this, and I was actually surprised when I made it under an hour! And.... its DELICIOUS!

Cooking Instructions

Grow
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Start by prepping your fruits, taking the stems off the blueberries and taking the leafy part off the strawberry

Choose the stovetop pot you are going to use to make the jam, I go for the bigger the better, and place all your berries in there and add your sugar and honey/maple syrup. There is no heat in this step, just simply pretend you're marinating these berries in the sugary goodness for about 15 minutes.

Now, you are going to turn on your stove to medium heat and start cooking your berries. You want them to reach a boil, stirring slightly to make sure they don't stick. Crank up the heat a bit

Now, its the stirring part... cook your berries, and continue to stir them pretty frequently for about 45 minutes. You want most of the moisture to evaporate until you reach a jam consistency (thick-ish!) It is SUPER important to keep stirring since the sugars are gonna sink and cause a perfect burning scenario, which you really, really do not want.

Once that thick-ish consistency is reached, juice your half a lemon into the boiling fruit, and stir in for about 5 minutes. Place in a container and refrigerate!

Sauteed Swiss Chard


Grow
or Row

Ingredients

2 large bunches
Swiss chard
2 tablespoons
olive oil

4 garlic cloves,
minced
2 teaspoons red
pepper flakes

Salt and pepper
to taste
1 lemon, juiced

Let me be honest with you and say that swiss chard was never a favorite of mine, yes its pretty, but it's a tough leaf and I had no idea what to do with it... but when I say there is a way to make them scrumptious, I am not lying!

Cooking Instructions

Grow
a Row

First, wash your swiss chard and remove the stems and ribs (the offshoots of the stem) and save the stem if you want to roast with carrots (see honey roasted carrot recipe). Rip the leaves into bite sized pieces into around 2 inch pieces

Heat oil in a large skillet/pan over medium heat on the stove. Add in your garlic, stirring it around until it becomes golden brown and smells really fragrant.

Add HALF of your swiss chard, and red pepper flakes, salt, and pepper, and stir it often, until the chard begins to wilt, which will happen very quickly, as in a matter of 5 minutes.

Add lemon juice and the rest of your chard and mix it all together until the added chard is also wilted, which will truly only take a couple of minutes.

Top with some more salt and pepper, and you just made a scrumptious and nutrition packed snack!

Honey Roasted Carrots


(and Swiss Chard Stems!)

Grow
or Row

Ingredients




2 tablespoons
olive oil
3 tablespoons
honey





6-8 carrots,
peeled
Swiss chard
stems left over
from the sauteed
swiss chard
(optional)

Salt and
pepper to taste



What is better than a
sweet vegetable? It is
both healthy and it
satiates the sweet
tooth? I think there's
nothing better!



Cooking Instructions

Grow
a Row

In a large bowl, mix together your prepared carrots (and your swiss chard stems if you want!) and the olive oil, honey, salt, and pepper, and mix them all together to make sure they are as evenly coated as possible.

Lay out into one layer on your baking sheet and put it in the oven and bake for about 30-40 minutes or until carrots are tender and browned. You might want to mix them around in the oven halfway through if you feel inclined, but its not really necessary.

They are best served right out of the oven, but I even like them cold :)





Rhubarb Crisp



Ingredients





**Grow
a Row**

6-8 stalks rhubarb,
cut into 3/4-inch
pieces
1 cup sugar
1/4 cup flour

1/2 teaspoon
cinnamon
1 cup flour
1 cup brown
sugar

1/2 cup rolled
oats
1/2 cup melted
butter



A vegetable...
dessert? Yes, you
read that right.... A
dessert made with
vegetables!

Cooking Instructions

Grow
or Row

Preheat oven to 375

Combine the rhubarb, sugar, flour and cinnamon and line the bottom of a nonstick or oiled rectangular pan

In a mixing bowl, Combine flour, brown sugar, rolled oats and melted butter and lay it atop the rhubarb base you just made

Pop it into the oven and bake for 40 minutes

Squashed Cheddar Tots


Squashed
or Row

Ingredients

3 small squashes (of any sort)
1 egg
½ cup grated cheddar cheese

¾ cup breadcrumbs
½ onion, finely chopped
3 garlic cloves, minced

1 tablespoon of salt
1 tablespoon of pepper

One of my favorite snacks is a tator-tot... and I truly did not think I could love something more... and than these came in my life... and the rest was history!

Cooking Instructions

Grow
a Row

Preheat your oven to 400 and get a nonstick baking sheet ready, or line one with parchment paper

With a hand grater, grate your squashes. If you do not have a hand grater, finely, and I mean FINELY chop your squash up.

Place your grated squash in a colander and sprinkle a tiny bit of salt on top. Press firmly on your squash in the colander to remove all the liquid you can. There is a lot of water in squash, and you want to try and get as much of it out as possible.

Now, put all the ingredients in a large bowl and mix well. The tot batter should be pretty sticky and moist... and if it is too runny, adding some more breadcrumbs will do the trick.

Now, scoop out about two tablespoons of the batter (just eyeball it) and form it into a ball, and place it on the sheet. Repeat this until you do not have any batter left.

Bake for about 30 minutes, or until golden brown. Take them out of the oven to chill for a couple minutes, and then easily take them off the pan.

Choose a sauce to dip them in, and enjoy!

Sweet Roasted Beets




Grow
a Row

Ingredients



1 tablespoon of
salt




1 tablespoon
honey/maple
syrup

1 tablespoon
red wine
vinegar

3 beets peeled &
diced

1 tablespoon of olive
oil

The color of beets is extravagant, and what a flavor they have too! This recipe will bring out all the goodness in those beets, with the perfect balance of acidity and sweet!



Cooking Instructions

Grow
or Row



Preheat oven to 425 and get a baking sheet ready, whether that be nonstick or line it with parchment paper or cooking spray

Now, peel and cut your beets into cubes, I like to shoot for smaller ones, like an inch cube, but go with what feels right to you. There is really no wrong way to cut them, just do so how you wish to eat them.

In a bowl, mix together all the ingredients, coating the beets, and lay evenly on the baking sheet

Bake the beets for about 45 minutes to an hour until they are tender. Be sure to check on them every 15 minutes to make sure they are not getting mushy, you want a tender bite, not a mushy one.

