

Frozen Produce

IDEAS FROM THE FARM TO FOOD PANTRY COLLABORATIVE



APPLESAUCE

Enjoy as is for a snack, use it to top oatmeal or waffles, or serve as a side dish with pork chops or roast pork. Try using applesauce in your smoothies and even in your baking—you can substitute applesauce for half the oil or butter in any baking recipe!



BLANCHED CAULIFLOWER

Toss on top of a salad, add to a stir-fry, put in a blender with chicken or vegetable stock to make an easy soup, or mix with pasta and grated cheese!



BLANCHED EDAMAME

Protein-packed! Make an easy succotash (just a mix of summer vegetables) by mixing with defrosted corn kernels and fresh chopped tomatoes. Or toss on top of a salad, add to a stir-fry, or mix with pasta and grated cheese.



CORN

Just heat in butter and season with salt! Or enjoy on salads, in soups, or tossed with rice and black beans (top with sour cream and salsa!). Or try adding to cornbread or corn muffin batter before baking (or to pancake batter before cooking for a fun twist).



TOMATOES

Make the easiest tomato sauce ever! Heat a little chopped garlic in oil and then add the defrosted tomatoes and a pinch of salt and simmer until slightly thickened. Or turn the defrosted tomatoes into gazpacho by putting them in the blender with chopped cucumber and onion (season to taste with vinegar, garlic, and salt). Or combine with chopped cilantro, onion, and lime juice for fresh salsa.



ROASTED EGGPLANT

Roasted eggplant is very versatile! Defrost and toss onto a green salad, or mix with cooked rice and feta cheese for an easy, hearty salad. Toss with cooked pasta and tomato sauce. Or heat in a skillet with a little oil (or chopped bacon!) and top with fried eggs.



ROASTED RUTABAGA

Treat like a roasted potato. Warm in a 350°F oven or in a skillet and serve as a side dish, toss in a salad, or top with fried eggs. Try heating it up with some chopped bacon!



GREENS

(Asian Greens + Bok Choy + Swiss Chard)
Cleaned, cooked, ready to go! Defrost and squeeze dry and toss with pasta and cheese (add a can of white beans or chickpeas for protein), fold into scrambled eggs or an omelet, or eat with rice and a splash of soy sauce and some chopped peanuts. Or just warm in a little oil (or butter) with chopped garlic and serve as a side dish.



MASHED SQUASH

Serve mashed squash as a side dish (like mashed potatoes!). Season with brown sugar and cinnamon and add some butter or sour cream for richness. Or go savory and season with cumin, paprika, and salt. Or toss with cooked pasta, butter, and grated cheese. Substitute mashed squash for half the cheese in mac-and-cheese to make it a little healthier. Or substitute mashed squash for the oil in pancake batter.



STRING BEANS

Toss on top of a salad, add to a stir-fry, mix with pasta and grated cheese, or heat in a skillet with a little butter and garlic (and top with sliced almonds if you have them).

Fresh Produce

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CABBAGE

Shred and mix with a little mayonnaise, vinegar, salt, pepper, and sugar for coleslaw. Or toss shredded cabbage in a salad. Or shred and cook in a pot with butter or oil for a side dish. Or shred and coat with oil and season with salt and roast in a 400°F oven for a simple, delicious side dish.



EGGPLANT (Regular or Japanese): Trim off ends, cube, toss with olive oil (or coat with cooking spray), and roast on a sheet pan in a 400°F oven until tender. Toss onto a green salad, or mix with cooked rice (any grain) and feta cheese for an easy, hearty salad. Toss with cooked pasta and tomato sauce. Use to top a pizza or fill tacos.



SUMMER SQUASH:

Whatever type (pat-tyan, crookneck, yellow squash, zucchini, or whatever), simply slice off the tough root end and then chop up the squash and cook in olive oil or butter with just salt and call it a day, or add minced garlic or thinly sliced onion. Or toss with oil and salt and roast at 400°F until softened. Can serve on its own for a side dish, toss with rice or pasta and top with cheese, or add to a stir-fry, omelet, or tacos.



PARSNIPS

Peel and chop, coat with olive oil and salt, and roast in a 400°F oven for a simple, delicious side dish. Boil with potatoes and mash them together or coarsely grate them and combine with a little flour and egg and fry in a skillet to make potato-parsnip hash browns.



GREEN BEANS OR YELLOW WAX BEANS:

Trim off ends and cook in salted boiling water until tender (or toss with oil and salt and roast on a sheet pan in a 400°F oven until tender). Serve hot or let cool and serve cold as for a side dish or add to a salad, stir-fry, or pasta. Or melt butter and add some minced garlic and sliced almonds and drizzle on top.



CARROTS

Scrub or peel and eat as a snack— dip in salad dressing, hummus, salsa, or peanut butter for some extra flavor. Or coarsely grate and mix with oil, vinegar (or fresh lemon or lime juice), salt and pepper for a quick carrot salad. Or chop and coat with a little oil and salt and roast in a 400° oven until browned and tender (about half an hour) and serve as a side dish. Add to a stir-fry. Steam and serve with melted butter and salt. Or just simmer in a mixture of water, butter, and brown sugar. You can do no wrong with carrots!!



RADISHES

Thinly slice and add to salads. Grate and mix with cream cheese or butter and spread on bread or crackers. Cook in a skillet with butter or roast with olive oil for a side dish (their flavor gets mellow when you cook them).



KOHLRABI + TURNIPS

Use the greens as you would use fresh greens (see to the right). Use a peeler or pairing knife to trim off the tough outermost layer of the bulb. Then thinly slice the bulb and toss in a salad (like you would a cucumber or radish) or cut into cubes or wedges and then steam, roast, or sauté just as you would any other firm vegetable like a potato. Both great in stir-fries!!!



FRESH GREENS

(Arugula + Escarole + Kale + Mustard Greens + Dandelion Greens)
For heartier/tougher greens, cook some sliced onion and/or minced fresh garlic in oil and then add the greens and some salt and a splash of water and cook until wilted. Serve as is for a side dish or mix with pasta or rice plus a little cheese. Or add to an omelet or a grilled cheese sandwich. Tender greens like arugula and shredded kale can be eaten raw as a salad— dress with olive oil and vinegar or fresh lemon, plus salt, pepper, and toss-ins like toasted nuts, grated cheese, raisins, croutons and/or olives.