

Chef Lynette's Farmstand Fresh Stewed Vegetables topped with Savory Granola

This dish is inspired by a savory (salty or spicy versus sweet) tart that is one of Chef Lynette's favorite recipes to cook and share with others. The ingredient options are endless. Choose the ingredients or flavor profile based on what ingredients you have on hand, what vegetables are fresh, or what flavors you are craving. That is a way a lot of chefs are inspired when they cook and create recipes, and many even have personal gardens or gather foods.

There are many ways to build this dish and layer the recipes! A tart could be made by spreading plain yogurt, seasoned cream or goat cheese and stewed vegetables over a tart or puff pastry crust and baking at 400 degrees F until crust is browned. Top with granola after baking. Or top stewed vegetables over pasta, rice, couscous, baked potato or other grain and top with granola and plain or spiced yogurt with fresh or dried herbs.

Lowered travel distance and time for how far your ingredients came from where you live increases the chance they were harvested at the peak of ripeness and are very fresh.

This also means supporting your local bees and benefiting from their work pollinating the plants you eat.

**Any Season Farmstand Stewed Vegetables

Stewed vegetables are packed with flavor, barely covered with liquid (like water or broth) and then while cooking, the liquid turns into a flavor packed gravy.

Ingredients:

- 2 Tablespoons vegetable oil (or try avocado, butter, coconut, ghee, olive or a mix)
- 1 medium onion, diced (1 cup) (or try garlic, ginger, leeks, shallots or a mix)
- 2 medium green apples, diced (or any type)
- 1 large red or green tomato, diced
- 1 medium zucchini, diced (or any summer squash like yellow crookneck, patty pan or white scallop)
- ¼ to ½ a Jalapeno pepper, de-seeded and minced (or other chili pepper, ½ teaspoon chili powder or use ¼ to ½ bell pepper for a mild dish)
- ¼ to ½ cup rose hip powder (or try 2T cornstarch or arrowroot)
- Salt and pepper to taste

Directions:

1. Wash hands with soap and water. Gather ingredients and cooking tools.
2. Heat oil in a large pot over medium heat.
3. When heated oil is shiny, add onion and cook until softened and starting to turn brown, 4 to 5 minutes.
4. Add apples and tomatoes and cook until slightly softened.
5. Add the zucchini and hot or mild pepper. Cook for 5 minutes.
6. Stir the mixture for a few minutes.
7. Sprinkle rosehip powder or starch or arrowroot over mixture and stir often to thicken.
8. Season with salt and pepper to taste.

Top over pasta, rice, baked potato, or other grains.

Flavor profile ideas!

• Fall Squash and Orchard Fruits

o Granola: coconut oil, maple syrup, oats, pumpkin seeds, ½ cup walnuts, ½ cup dried apples or apricots (add dried fruit after granola has cooled), pumpkin spice.

o Vegetables: butter, leeks, apples, roasted pumpkin, sage and rose hip powder.

What is a food plant you would like to grow, and why?

• Early Spring Harvest

o Granola: butter, agave syrup, oats, almonds, breadcrumbs, fennel seeds.

o Vegetables: butter, shallots, garlic, asparagus, fennel, herbs de Provence.

• Warming Curry Inspired

o Granola: coconut oil, honey, oats, sesame seeds, peanuts, dried ginger (add after granola has cooled), curry powder or garam masala.

o Vegetables: sesame oil, carrots, potatoes, bell peppers, jalapeno, ginger, curry powder or garam masala.

o Pro tip: add a layer of seasoned yogurt (salt, lime zest & juice)

***Forest Seasoning Blend

Ingredients:

- ¼ cup light brown sugar
- 1 t salt
- 1T male alder catkins, roasted and ground (or try ground regular or decaf coffee, any type) (optional for youth)
- 1 ½ t Fir tips (any variety), dried and ground (or try lemon, lime or orange zest), optional
- 1 T Cocoa powder
- ½ t paprika
- ¼ t garlic powder
- ¼ t ground cumin
- 1/8 t cayenne or chili powder

Directions:

1. Wash hands with soap and water. Gather ingredients and cooking tools.
2. Wash hands with soap and water.
3. Mix ingredients well and store in an airtight container.