

August

Hot Summer Nights – Full Bounty

Steve's Zesty Salsa

In a large bowl – dice 3 round tomatoes & 2 roma, dice 1 onion, 1 bunch of cilantro, 1 Anaheim, 1 green bell pepper dice, 1-2 tomatillo diced, Juice from one lime – zest too if you can. 2 cloves of garlic minced. Toss together with a dash of salt and pepper. To add heat, mince 1 to 2 Jalapenos – You decide on adding seeds – remember there is the heat! Serve with fresh Corn Chips, best fresh but can be kept for 2 or 3 days in fridge. We make gallons of Salsa every summer.

Boiled Omelets! Thanks Gerry and Ann!

Count 2 eggs per person, blend well and set aside. The next ingredients are for you to add to make your omelet. We set up a buffet of the following: Chop or dice peppers of all kinds keeping them separate, onions, tomatoes, ham, precooked bacon and sausage, shredded cheese, spinach, the sky is the limit!

Hand everyone a 1 quart Freezer Ziploc Baggie and write their name on it. Using a large pot bring water to a rolling boil, ladle in 1 to 1.5 scoops of egg, then let them add their choice of ingredients. Seal bag letting all air out, place in pot with zipper closure hanging over side and once loaded put lid on. Boil for 20. Once bell rings, take out and plop out your omelet on plate, top with sour cream, salsa, hot sauce etc. What is great about this meal, everyone makes their own, and we all eat together.

Thanks to Gerry and Ann, this has now become a tradition at Spyglass Gardens!

Eggplant Rounds

Cut eggplant into ¼” thick rounds leave skin on and do not soak in salt water (yuck!) When you eat fresh picked Eggplant you will love it and will love to cook with it too!

Dredge rounds in flour set aside, blend 2 eggs place in swallow dish, 1 cup bread crumbs in a swallow dish. On a pancake griddle (we use Avocado Oil or Peanut Oil) Dredge each round in egg and bread crumbs then to hot griddle. Brown each side, Place a thin slice of mozzarella cheese, top with basil leaves, thin slice of tomato, and leave on grill till cheese melts. Use different colors of tomatoes – makes an amazing colorful side to any meal.

Cantaloupe-Basil with Feta Salad

¼ of a large Cantaloupe, remove peel, dice into bite size chunks place in a pretty salad bowl. Cut basil leaves into ribbons, can use flowers from basil too! Toss in ¼ cup Feta Cheese and drizzle just a little Olive Oil. Serve Immediately ... Thanks Cheryl

Eggplant- Please Read---Most folks say “I don't like Eggplant”, well you need to ask yourself have you ever had fresh eggplant. Probably not! We have been playing with Eggplant for years. Many of our members now enjoy eggplant because of these great tips. Don't peel our eggplant or soak in salt water. Remember Eggplant is a sponge. Give it flavor – and it will give it to you! Grate for veggie burgers, grill and stuff. Add to stir fry dishes, use instead of meat. Please try our eggplant- you will be glad you did

Caramelized Onions with Fennel & Shrimp Pizza

4 pita flat breads brush with olive oil, set on cookie sheet or stone. In a skillet sauté 1 red onion, 1 sweet onion and 1 fennel bulb all thinly sliced – cook till browned and caramelized, smell the goodness! Place on flat breads, add salad size precooked shrimp (but drain and squeeze out all water), dice 4 med tomatoes different colors, sprinkle them evenly over top, add chopped basil leaves and crumbled goat cheese. Bake for 5-9 mins at 375 or till cheese is slightly browned. Can do on the BBQ with lid closed. Serve with Merlot wine ---- Totally Summer!

Stuffed Peppers – Hot or Mild Sweet

Take your choice of peppers – Bell, Anaheim or Albano, wash and cut off stem top, remove seeds and center piece. Can use without meat or you can add a slice of chicken (raw) - 1 tender size per pepper... In a large bowl combine 8 oz. cream cheese or ricotta, 1 cup grated sharp cheddar cheese, grated parmesan ½ cup, ¼ cup minced onion, 2 cloves of garlic minced – mix well, Slide meat into pepper and spoon in the cheese mixture. Bake in a baking dish 375 till done 30-45 mins, Serve as the meal or as a side. We make lots of these and freeze them raw vacuum sealed, Cook later for a wonderful treat for those cold Idaho winters!

Roasted Veggie Sauce for Fish or Chicken or Heck on Homemade Bread!

In 9 x 11 baking dish, toss together with a bit of oil diced summer squash all colors, eggplant, sweet onion, garlic, tomatoes...drizzle balsamic vinegar on top with dash of salt and pepper. Roast at 400, don't let them burn, will need to stir occasionally. BBQ your fish or chicken and serve as a topping or as a side. We use this medley on homemade bread! It is simple and amazing!

Diced Yellow Sweet Banana Peppers and Eggs! Not just for Breakfast!

Blend farm fresh eggs 2 per person, with a bit of milk salt and pepper, combine in a hot skillet with diced 3 yellow banana peppers, 2 mushrooms, 1 large roma – add grated mozzarella cheese fold over and garnish with a little cheese. You may add precooked ham or bacon. Serve with toasted garlic bread, wonderful on a hot summer night!

Cucumber Salsa for Grilled Halibut or Salmon

4 Cool Breeze Cucumbers diced, 2 ripe tomatoes diced, ¼ cup cilantro, 1 Jalapeno deseeded and minced, 1 large Anaheim diced, 2 cloves of garlic minced, juice from 1 lime zest too, salt and pepper to taste. Toss together with 1 cup Feta Cheese. This is fresh and different- Enjoy

Italian Summer Squash Casserole

Slice summer squash into ¼" rounds and dredge in seasoned flour, dip into egg wash and then in panko bread crumbs, fry in canola oil till golden brown. Place in bottom of 9x11 baking dish. Slice fresh roma tomatoes, layer over top, next basil leaves and finally shredded mozzarella cheese. Bake at 350 till bubbly and browning. Terrific dish from a terrific family! Thanks Birch Family!

Using Fresh All Natural Garden Fresh Produce Will Make a Difference!

Fried Green Tomatoes

Slice green tomato ¼ thick dip into seasoned flour that has garlic powder, ancho powder and a dash of cumin salt and pepper. Dip into egg wash then into panko bread crumbs...fry in Canola oil till brown, turn only once. Gerry and Ann make a dipping sauce from 1 cup mayo, juice from 1 lemon, 2 cloves of minced garlic, 2 Tbsp cilantro and dash of salt and pepper. Terrific as an appetizer!

Zucchini Cobbler

8 cups of Zucchini, 1 cup sugar, 3 Tbsp flour dash of salt, 1 tsp cinnamon, ¾ tsp cream of tartar, 1 Tbsp lemon juice, 1 10oz can crushed pineapple, 1 box yellow cake mix or white, ½ to 1 cup of melted butter, ½ cup chopped nuts. Cut Zucchini lengthwise take out seeds, if you use Italian Zucchini there are not many seeds. Cut into ¼ 'ribbons, cook in water till tender, drain, cool in Ice Water 3 mins. Drain well. Together in a bowl with squash, add all dry ingredients except cake mix then lemon juice, stir in pineapple with juice. Pour into greased 9 x 11 baking dish, spread dry cake mix over top and drizzle melted butter over cobbler. Bake at 350 for 60mins ---Absolutely amazing!!!! Great flavor too! Enjoy Thanks Mike and Stephany!

Kabobs – Spyglass Gardens Style!

We love kabobs of all sorts! Soak your bamboo skewers or use metal ones. In different dishes, cut chicken into 1 inch chunks, can do shrimp, sirloin, pork or lamb chunks. Keep all meat separate. Cut all colors of bell peppers, summer squash, Cherry Tomatoes, red and sweet onions, eggplant, corn...Place all veggies in a 1 gallon freezer bag with 1 can of Pineapple chunks or if you can use fresh pineapple and use orange juice for marinade. Marinade for at least 1 hour. We season all meats too – you be the judge! Build your kabobs, and cook on the BBQ or grilling plate. If you have odds and ends use a grill basket and cook up the combo! Use your marinade from the veggie bag to brush on while cooking.

Stuffed Eggplant

Take one medium eggplant cut in half lengthwise, gently scoop out center, take eggplant in a food processor and add ¼ lb of ground lamb, turkey or pork, season with salt and pepper, ¼ tsp oregano and chives, 1 clove of garlic, 1 sweet banana pepper, pulse till mixed, mound mixture back into eggplant boats, sprinkle with seasoned bread crumbs or panko and parmesan cheese. Bake 350 for 45 mins. The eggplant becomes buttery and all the flavors of the garden come together. Simple and delicious.

Peach Scones

As you know we are busy everyday picking and keeping the farm running. Our staff is amazing and this is a great treat for a mid-morning snack.

Chop 3 peaches leaving skins on of course remove pit, 3 cups of Biscuit Mix, 1 cup milk, dash of cinnamon, ¼ cup organic sugar cane, and toss together, it will be lumpy. Drop by spoon full onto a lightly greased cookie sheet, bake at 375 till brown, brush with butter before serving. Great with juice or coffee. If you have some left serve with ice cream for dessert!

Scones are made every week on the farm...Use your imagination, jams and jellies can be used instead of fresh fruit. Or simple cinnamon and raisins. Don't forget to brush on butter!

Cabbage Salsa

Chop in a food processor but be careful not to blend too much. ½ head of cabbage, 1/8 head of purple cabbage, 1 carrot and 1 red pepper. ¼ cup sweet onion and 2 cloves of garlic, 1 good bunch of Cilantro. Squeeze the juice from 1 lime, tear out the meat of the lime too. Salt and pepper to taste....Now for the heat, mince 1 to 2 Jalapenos add as you wish. Serve with chips. This is actually a real salsa recipe from Mexico. Notice there are no tomatoes. Sometimes you don't need them-Yup this is one of those!

Fennel and Green Beans with Red Potatoes if you wish---don't forget the bacon!

Remove one outer layer of fennel bulb and sweet onion, save ferny leaves of fennel for later. Brush Fennel bulb, 1 sweet onion with Olive Oil, bacon slices and roast at 350 till fork tender. Cut all into strips. In a steamer 1 ½ of yellow and green beans (we leave them whole for this dish) and small red potatoes whole, these will cook till fork tender on the tiny potatoes, beans will be still crunchy. Toss together in a serving dish and drizzle the juice from roasted fennel and onion over top. Garnish with sprigs of ferny fennel. This is a great dish with Lamb or Pork Roast!

Marinated Tomato, Eggplant, Cucumber Salad – Serve Warm or Chilled

Okay folks this was a brain storm, we needed an extra salad for a lot of folks and these veggies we had left from preparing all other foods. We were far away from our farm and a store. This salad turned out amazing and we have it every summer. 1 med sweet onion diced, 3 cloves of minced garlic, 1 eggplant leave skin on, diced, ½ of med size summer squash, place all in a large skillet with ¼ cup Olive Oil. Stir and brown a little, Toss together with 4 fresh tomatoes diced, 1 med size English cucumber, 1 cup fresh basil leaves, 1/8 cup balsamic Vinegar. Leave on counter till ready to eat. Can top with cherry tomatoes if you have them. This salad will surprise you.

Cucumber and Squash Ribbons

Making sandwiches can sometimes be boring and we all fall into a rut of sorts when topping sandwiches. Instead of using lettuce, try making "Ribbons" from Cucumbers, Summer Squash and Carrots, using your potato peeler simply make ribbons and layer for a crunchy healthy twist to that 'old Boring Turkey Sandwich!

Cucumber Water-Refreshing

While you are making those ribbons take a few and put in a tall glass with water and ice. You will be surprised how it tastes and how much you will actually drink!

Green Beans and Red Potatoes – Classically Delicious

We figure 1 cup of beans and potatoes per person, In a large pot, dice Red Potatoes leave skins on, bring to a boil and cook till just fork tender-Remember this will not take long. Drain off water, place potatoes in a bowl, in same pot melt ½ cube of butter and sauté ½ sweet onion diced and 3-4 strips of bacon chopped, once onions are softened add green beans that have been cut in thirds and potatoes, Steam till beans are just tender – Don't overcook the beans! Serve warm with just about anything!

Crisp Fresh Greens and Flavors intensifies your plate!

Zucchini Casserole

Super Easy, 1 can Cream of Mushroom Soup or Cream of Chicken Soup, 1 cup fat free Sour Cream mix together set aside. In a skillet 1 med sweet onion chopped sautéed with 4 cups diced summer squash of all colors, Mix together with soup pour into a greased baking dish. Using 1 stick of melted butter combine with 1 package of your favorite stuffing mix – sprinkle on top. Bake at 350 for 45 mins. You may add mushrooms, red pepper and garlic to this mix if you wish. Thanks Harry and Cherienne this is a wonderful dish.

Meatless Dinner – Roasted Tomatoes, Eggplant, Peppers and Pasta

In a roasting pan place chopped (4) tomatoes, all kinds of sweet peppers, 1 eggplant, 1 sweet onion, 1 summer squash. Sprinkle with Olive Oil, sea salt and pepper, roast at 400 till some of the veggies are browned, and caramelized onions. Take ½ of mixture and pulse in food processor then combine with remaining roasted veggies. Boil Pasta of your choice, drain and place in large serving dish top with veggie combination. Serve with warm bread and don't forget the wine!

Heirloom Tomato and Peach Salad

Gently slice all colors of Heirloom Tomatoes you will need 3 to 4 cups. Place in your serving dish, In a small pan bring water to boil and drop 2 peaches in for just 1 min, remove rinse under cold water and remove skin. Cut in half remove pit and chop add to tomatoes. In a separate dish mix 2 Tbsp Honey, 2 Tbsp Olive Oil, dash of salt and pepper with 1/3 cup balsamic vinegar, 1 garlic clove minced, 8 leaves of basil cut into ribbons. Spoon over tomato peach salad and sprinkle with goat cheese and toasted pecans.

Avocado Tomato Salsa

3 cups diced tomatoes of all kinds, 1 avocado diced, 1 Anaheim pepper remove seeds and dice, ½ cup chopped black olives, 3 green onions chopped, 1/3 chopped fresh cilantro 1 ½ tsp balsamic vinegar, salt and pepper to taste. You can add Jalapenos as you wish for heat. Stir gently and serve with chips or toasted flat bread.

Tomato, Corn, and Black Bean Salsa

2-3 ears of fresh corn remove kernels and place in med size bowl, combine with 1 can of rinsed black beans, 2-3 tomatoes of all kinds chopped, 2 cloves of garlic minced, 1-2 Jalapenos minced, 1 cup chopped cilantro, Juice from 2 limes and zest. Chill well and serve with cold beer and chips.

What do I do with all of the Summer Squash?

Grate summer squash and add to Cakes, Muffins and Breads. Remember that they will add moisture so add them with eggs then slowly add you're liquid. Once to the consistency you desire stop. Our rule of thumb is stop just a little thick. As the squash cooks it will break down and release more moisture.

We use Summer Squash in our Waffles, Pancakes, Cupcakes, Scones and all sorts of breads. We dehydrate some for using later in the winter to add to casseroles and soups. Sliced thin enough you can dry them into to chips-healthy crunchy snack.

Summer Squash Pickles, Relish and Chutneys are amazing...Look for these new recipes soon!

Grilled Artesian Bread Salad with Peppers and Onions

Using one loaf of Artesian bread of your choice (we make our own) tear into chunks and place in skillet or flat iron with Olive oil, garlic powder and a dash of salt and pepper, brown on sides and set aside. This can be done a day ahead.

Grill, all colors of Bell Peppers and chunks of onion – whole and you may include a few Anaheim's or a pablano for fun warm flavor. Once blistered on each side remove from heat let rest and slice in long pieces – remove seeds if you wish. (We like the rough look to this salad and will leave seeds depending on our guests) Combine all peppers onion and bread together in a large serving bowl. Dressing is simple and so tasty. ½ Red Wine and ¼ Olive Oil mixed together with ¼ cup chopped parsley and chives if you have them, salt and pepper to taste. This is a celebration of flavor and color, sometimes with serve this with wonderful local wine, unique hard cheeses and basically it is dinner!

Grilled Zucchini, Leeks and Walnuts with Herbs

Toast 1 cup of rough chopped walnuts in skillet for 5 min till fragrant, Toss them in 1 clove minced garlic, 2 Tbsp lemon juice, 2 Tbsp Olive oil, salt and pepper set aside. Brush 2 Leeks chopped and 1 Sliced / chopped Zucchini with 2 to 4 Tbsp Olive oil and grill or sauté till browned on each piece, be careful not to overcook Zucchini (use higher heat) Combine with Walnuts and garnish with ½ cup chopped Italian Parsley juice and all! Serve warm

Watermelon Salad – Nothing better than fresh melons from the field. We pick daily and strive to grow all colors – Yellow, Orange and Red, sometimes the vines cross and you get a surprise – what is really wonderful they are all sweet as a Red! Cut wedges then into chunks of all colors place in serving bowl. Add nothing! Enjoy! You may however like grilling melon of all kinds prior to your dinner. Intensifies the sugar and very pretty when served with Chicken or Pork Ribs.

Cantaloupe Basil Salad – Cut into bite size pieces removing skin and seeds. Toss together with ribbons of Basil leaves and White Wine, dash of salt and pepper....Fresh and beautiful served in a Wine Glass!

