

# HONEY BALSAMIC BRUSSEL SPROUTS



Makes: 6 servings   Serving Size: 1-1/2 cups

## INGREDIENTS

2-1/2 pounds Brussels sprouts  
1/3 cup olive oil  
1-1/2 teaspoons salt, divided  
1/3 cup honey  
1/3 cup balsamic vinegar  
1 Tablespoon Dijon mustard  
2 cloves garlic, minced  
1 teaspoon red pepper chili flakes  
3 Tablespoons butter, unsalted  
*Optional garnish: green onions and lemon zest*



## DIRECTIONS

1. Preheat oven to 425°F and set a baking sheet to the side.
2. Trim the ends of the Brussels sprouts and cut in half. Remove any flimsy leaves if desired.
3. Toss Brussels sprouts in a large bowl with olive oil, 1 teaspoon salt, and black pepper until lightly and evenly coated.
4. Arrange cut side down on a baking sheet (use 2 baking sheets if it seems crowded). Roast in oven for about 20 minutes. They should be tender and deeply golden. Be sure not to flip Brussels while roasting.
5. Meanwhile, make the honey balsamic sauce: Heat honey in a saucepan over medium-high heat until it begins to bubble, about 1-2 minutes.
6. Remove from heat and add in balsamic, Dijon mustard, garlic, chili flakes, and the remaining 1/2 teaspoon salt.
7. Return to medium-low heat, add the butter and cook until sauce thickens. About 5 more minutes.
8. Spoon glaze over roasted Brussels and toss to coat or serve sauce on the side. Garnish with lemon zest and green onions, if desired. Enjoy!

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### Nutrition Facts

Calories 313, Total Fat 19 g, Saturated Fat 6 g, Total Carbohydrate 35 g, Protein 7 g, Sodium 610 mg, Sugar 22 g, Cholesterol 16 mg, Dietary Fiber 7 g, Calcium 90 mg

# ROASTED EGGPLANT AND SQUASH MEDLEY



*Makes: 6 servings*

## INGREDIENTS

1/2-1 eggplant depending on size, cubed  
1/2 butternut squash, peeled and cubed  
into small 1/4-inch cubes  
1 zucchini, cubed  
1/2 cauliflower, cut into small florets  
1/2 shallot, minced  
2 tablespoons smoked or regular paprika  
1/2 tablespoon salt  
1/3 cup olive oil

## DIRECTIONS

1. Preheat oven to 400°F.
2. Spray two cooking sheets generously with cooking spray.
3. On one sheet, spread the cubed zucchini and eggplant (keep vegetables separate).
4. On the other sheet, spread cauliflower and squash (again, keeping separate). Keep the vegetables separate so that if one is ready it can be removed from the oven before the others.
5. In a bowl, mix together shallot, paprika, salt and oil.
6. Spread 1/4 mixture on each vegetable and mix to coat well.
7. Bake for 20 minutes. Toss each vegetable. Check eggplant and zucchini for readiness - they should be crispy on the outside.
8. Return to oven for another 10 minutes and check. Toss the vegetables. The eggplant should be ready now. Remove and place into a bowl.
9. Place sheet back in oven for other vegetables that may need another 30 minutes.
10. When done, place all vegetables in one bowl, toss to combine. Serve warm and enjoy!



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# How to: Blanch Vegetables



Blanching refers to scalding vegetables in boiling water for a short time, followed by quick, thorough cooling in very cold or ice water. It helps preserve the foods' color, texture, and nutrient levels. You can use blanched vegetables in salads, pasta dishes, and as appetizers with dips. You might also blanch and shock raw vegetables before canning or freezing!

## How to Blanch Vegetables

1. Have ready a large bowl of ice water, a slotted spoon, and a plate lined with a cloth or paper towel.
2. Boil a large pot of water over high heat.
3. Meanwhile, cut vegetables into uniform pieces to ensure even cooking.
4. Just before blanching the vegetables, add couple of tablespoons of salt to the boiling water.
5. Add the vegetables to the pot in small batches so that the water continues to boil. If blanching more than one type of vegetable, blanch each one separately and blanch lighter colored ones first.
6. After about 30 seconds, test for doneness by removing one piece, dipping it into the ice water, and tasting. Keep tasting every 30-60 seconds until the vegetables are cooked to your liking. Most vegetables take between 2-5 minutes.
7. When the vegetables are done, quickly remove them from the boiling water with a slotted spoon and plunge them into the ice bath to stop the cooking process.
8. When the vegetables are completely cool, remove them from the ice bath and drain on the towel-lined plate, pat dry if needed.





# *What is "Local" and Why Buy It?*

"Local" can be defined in many ways, but one of the most common factors used to define local is the distance from the point of production to the point of sale. Some would define local as "within 250 miles" while others may define it as "Arizona grown". While the price of local goods may be higher upfront, it costs less in the long run through its community benefits and added value. Buying local is a way to practice conscious consumerism as it is a more sustainable option in terms of the planet, people, and profit.

- **Less Environmental Impact**

Sourcing locally reduces the environmental impact of transportation costs associated with our food and other goods. It takes less gas, and thus puts fewer greenhouse emissions into the air, to drive a truck of apples from town to town, as opposed to across the nation or globe. Buying local helps mitigate the effects of climate change.

- **Better for Our Health**

Because of the shorter transit distance, local foods are also more likely to be fresh upon arrival, and more nutrient-dense compared to items that are transported over long distances. We can also feel the benefits of a stronger sense of community and connecting to where our food comes from. Additionally, the reduced impact on climate change is beneficial for our long term health.

- **Strengthens the Local Economy**

Purchasing from locally owned businesses directly impacts the local economy and surrounding communities. When we buy from these small-scale, independent businesses, rather than national chains, a significantly greater portion of our money is then cycled back through our local economy. Small local companies are the largest employer nationally and provide the most jobs to residents. Our purchases can directly impact our friends' businesses, aid our neighbors in need, and to support our local producers.

- **Ethical Practices and Community Benefit**

Buying local contributes to improved public infrastructure, and is an investment in your community both socially and economically. Additionally, local products are more likely to be ethically sourced, follow organic trades, and support fair labor wages, diversity, and inclusion. Studies show that the increasing size of corporations are driving inequality, while local and dispersed business ownership strengthens the middle class. Local businesses also donate more money per sale to local nonprofits compared to large, national competitors - ultimately strengthening the base of our whole community.



# MELON FRUIT SALAD WITH HONEY, LIME AND MINT DRESSING

## INGREDIENTS *Makes 12 servings. Half the ingredients for less*

- 1 mini seedless watermelon , diced into small cubes (about 5 cups)
- 1 cantaloupe , diced into small cubes (about 5 cups)
- 1 honeydew , diced into small cubes (about 5 cups)
- 1 pineapple , diced into small cubes (about 3-1/2 cups)
- 1/3 cup honey
- 1/4 cup fresh lime juice
- 1/4 cup chopped fresh mint

## DIRECTIONS

1. Prepare fruit. Dice fruit and drain any excess liquid.
2. Add fruit to a large salad bowl
3. In a jar or bowl whisk together honey, lime juice and mint.
4. Pour over fruit and toss to evenly coat. Serve immediately and enjoy!

*Melon Fruit salad with beautiful colors and refreshing flavors! It's so easy to throw together and the perfect side at any cook-out or summer party.*



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# MARINATED CHERRY TOMATOES



Makes: 8 servings Serving Size: 1/2 cup

*From salads to pasta to bruschetta, there are so many things you can do with these simple marinated cherry tomatoes with garlic, fresh herbs and onions.*

## INGREDIENTS

- 1 pound cherry tomatoes, halved
- 2 garlic cloves, minced
- 1/4 cup finely chopped onions
- 2 tablespoons red wine vinegar
- 3 tablespoons olive oil
- 1 tablespoon minced chives
- 1 tablespoon chopped parsley
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 pound cherry tomatoes, halved

## DIRECTIONS

1. In a large bowl, whisk together the garlic, onions, vinegar, olive oil, chives, parsley, salt and pepper.
2. Stir in the tomatoes. Let them marinate for 1-2 hours at room temperature. You can also marinate the tomatoes in the refrigerator for 12-24 hours. Just make sure to let them come to room temperature before serving.
3. Store the tomatoes in an airtight container in the refrigerator up to 5 days.

### Serving suggestions

- Salad with or without greens
- On top bruschetta or toasted crostini
- Tossed in pasta salad
- Stirred into cooked brown rice, quinoa, barley, or other grains
- Poured over grilled fish or chicken

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# PAN-SEARED CHICKEN WITH OYSTER MUSHROOMS

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## INGREDIENTS

- 6 boneless skin-on chicken breasts
- 1/2 cup extra virgin olive oil, divided
- 2 lbs oyster or other mushrooms, trimmed
- 1 bunch rosemary, divided
- 1 bunch thyme, divided
- 1 bunch parsley, leaves picked
- 1/2 stick unsalted butter, divided
- Salt and pepper to taste

Makes: 6 servings Serving Size: 1 each



## DIRECTIONS

1. Marinate the chicken: rub both sides of each chicken breast with 4 tbsps olive oil and season to taste with salt and pepper. Place the chicken and half of the whole sprigs of thyme and rosemary in a large freezer bag. Gently massage the herbs into them and refrigerate overnight, if possible.
2. Gently clean the mushrooms by trimming off any tough stems and cut them into bite-sized pieces. Pick the leaves of the remaining thyme and rosemary sprigs. Roughly chop the leaves together. Chop the parsley leaves separately (since they have a bit more moisture than the other herbs). Set aside the chopped herbs.
3. In a large, non-stick pan over low-medium heat, place the chicken breasts skin-side down and sear for about 8 minutes until skin is crispy and golden brown. Flip the breasts over and sear for an additional 5 minutes. Add 2 tablespoons butter and baste the breasts with butter for 3-4 more minutes. Cook the breasts in batches if you don't have a pan large enough to fit all 6. *(Note: cooking times may vary depending on the size of the chicken breasts. You want the internal temperature of the chicken to reach 165°F.)*
4. Once done, transfer the chicken to a cutting board and set aside to rest.
5. Wipe the sauté pan clean and return it to the stove. Heat the pan over high heat until it starts to smoke a little. Quickly add the remaining olive oil and add the prepped mushrooms. Sauté the mushrooms for 2 minutes, making sure to stir them frequently. Add salt and pepper to taste. Add the chopped thyme and rosemary and continue sautéing. Add 2 tablespoons butter and the chopped parsley. Sauté until the butter is melted, about 1 minute.
6. To plate, place the mushrooms in the center of each dinner plate. Slice the chicken on the bias and arrange on top of the mushrooms. Drizzle with your favorite finishing olive oil, sea salt, and freshly ground black pepper *(optional)*.
7. Serve over potatoes or whole grain pasta and enjoy!



# Leafy Greens and Parmesan Cheese



Makes: 4 servings    Serving Size: 1/2 cup

## INGREDIENTS

- 1 bunch Swiss chard (or substitute for kale)
  - Stems and center ribs cut out, chop together
  - Coarsely chop leaves separately
- 2 Tablespoons un-salted butter
- 2 Tablespoons olive oil
- 1 Tablespoon garlic, minced
- 1/2 small red onion, diced
- 1/2 cup dry white wine (substitutes: apple cider vinegar, diluted white wine vinegar, chicken or vegetable broth, additional lemon juice)
- 1 Tablespoon fresh lemon juice, or to taste
- 2 Tablespoons freshly grated Parmesan cheese
- 1 pinch salt to taste



For recipe video, visit:



## DIRECTIONS

1. Prepare all ingredients
2. Melt butter and olive oil together in a large skillet over medium-high heat.
3. Stir in garlic and onion, and cook for 30 seconds until fragrant.
4. Add the Swiss chard stems and the white wine.
5. Simmer until the stems begin to soften, about 5 minutes.
6. Stir in the chard leaves, and cook until wilted.
7. Finally, stir in lemon juice and Parmesan cheese; season to taste with salt if desired.
8. Enjoy!

### Nutrition Facts

Calories 165, Total Fat 14 g, Saturated Fat 5 g, Total Carbohydrate 5 g, Protein 2 g, Sodium 202 mg, Sugar 2 g, Cholesterol 18 mg, Dietary Fiber 1 g, Calcium 67 mg

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# Marinated Cucumber Salad



*There are nearly 100 varieties of cucumbers grown in most countries around the world. There are three main varieties of cucumber — slicing, pickling, and burpless/seedless. "Slicing" cucumbers such as Armenian, English, lemon, and Persian are best for eating fresh and used in this recipe!*



*Makes: 4 servings    Serving Size: 3/4 cup*

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## INGREDIENTS

- 2 cucumbers, sliced
- 3 cloves garlic, peeled and thinly sliced
- 2 stalks green onions, sliced
- 1/2 cup cilantro, chopped
- 1/2 cup mint, chopped (*optional*)
- 3/4 cup rice vinegar (or more, enough to coat cucumbers)
- 1 pinch crushed red pepper flakes or more, to taste
- Salt and pepper to taste
- Peanuts chopped, (*optional*) for garnish
- *optional add-ins: red onion, radishes, tomatoes, corn*



## DIRECTIONS

1. Wash and prepare ingredients.
2. Combine cucumbers, garlic, green onions, cilantro and mint in a large bowl.
3. Add rice vinegar, crushed red pepper, salt and pepper; toss gently to combine.
4. Chill and allow to marinate for at least one hour.
5. Taste and adjust seasonings.
6. Top with chopped peanuts before serving.
7. Enjoy!

### Nutrition Facts

Calories 151, Total Fat 11 g, Saturated Fat 1 g,  
Sodium 454 mg, Total Carbohydrate 8 g,  
Dietary Fiber 3 g, Protein 7 g



# Roasted Romanesco Arugula Pasta



## INGREDIENTS

- 2 heads Romanesco or 1 head cauliflower (or a mix of both!)
- 2 oz. baby arugula (about 2 handfuls) or kale
- 2 Tablespoons olive oil, separated
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 10 oz. whole wheat pasta, shape of choice
- 2 garlic cloves, minced
- Juice of 1 lemon
- 1/4 cup grated pecorino cheese
- 1/4 teaspoon red pepper flakes



*Make the most of multi-tasking and prepare the pasta while the veggies are in the oven for this easy roasted Romanesco arugula pasta with lemon and garlic!*

## DIRECTIONS

1. Preheat the oven to 425°F.
2. Trim the leaves and stem from the Romanesco or cauliflower and break it into small florets.
3. On a sheet pan, toss the Romanesco or cauliflower with 1 Tablespoon olive oil, salt and pepper and spread into an even layer, making sure the florets are not overlapping. Roast for 20-25 minutes until the Romanesco is brown at the edges.
4. While the Romanesco is roasting, cook the pasta until al dente according to the package instructions.
5. In the last couple minutes the pasta is cooking, heat 1 Tablespoon olive oil in a large skillet. Sauté the garlic until fragrant, about 30 seconds.
6. Use a slotted spoon to transfer the pasta from the pot to the skillet along with the roasted Romanesco/cauliflower.
7. Stir in the lemon juice and arugula. Then fold in the pecorino and red pepper flakes.
8. Enjoy!

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# Baked Sesame Orange Cauliflower



## INGREDIENTS

- 1 large head orange or regular cauliflower, cut into florets
- 3 eggs
- 1-1/4 cups Panko bread crumbs
- 2 teaspoons cornstarch
- 1 Tablespoon sesame oil or olive oil
- 4 cloves garlic, grated
- 1 Tablespoon fresh grated ginger
- 1/2-1 teaspoon chili flakes
- 1 cup fresh orange juice + 1 tablespoon orange zest
- 1/3 cup tamari or soy sauce
- 2 Tablespoons rice vinegar (or substitution)
- 2 Tablespoons honey
- 2 Tablespoons toasted sesame seeds (*optional*)
- Green onions for garnish (*optional*)

## DIRECTIONS

1. Preheat the oven to 425° F. Line a baking sheet with parchment paper.
2. Wash cauliflower and prepare all ingredients.
3. Beat the eggs in a large bowl, add the cauliflower and toss well to coat.
4. In a separate bowl, add the Panko bread crumbs.
5. Dredge the cauliflower through the crumbs, covering fully. Place on the prepared baking sheet. Repeat with the remaining cauliflower. Bake for 15 minutes, then switch the oven to broil and broil until crisp, about 2-3 minutes.
6. Meanwhile, whisk together the corn starch and 2 Tablespoons water.
7. Heat a large skillet over medium heat. Add the oil, garlic, ginger, and chili flakes. Cook 1-2 minutes.
8. Add the orange juice, tamari/soy sauce, rice vinegar, and honey. Bring to a boil, then whisk in the cornstarch and cook until slightly thickened. Remove from heat.
9. Toss the cauliflower with the sauce. Garnish with with sesame seeds and green onions.
10. Serve over steamed brown rice and enjoy!

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# Spicy Quick Pickled Radishes



*Makes about 1-1/4 cups*

*Super simple, spicy pickled radishes that are ready to eat immediately! These pickled radishes are amazing on tacos, burgers, salads and more.*

## INGREDIENTS

- 1 bunch radishes
- 3/4 cup white wine vinegar or apple cider vinegar
- 3/4 cup water
- 3 Tablespoons honey or maple syrup
- 2 teaspoons salt
- 1 teaspoon red pepper flakes (this yields very spicy pickles, so use 1/2 teaspoon for medium spicy pickles or none at all)
- 1/2 teaspoon whole mustard seeds (*optional*)
- Optional add-ins: garlic cloves, black peppercorns, fennel seeds, coriander seeds

## DIRECTIONS

1. To prepare the radishes: Slice off the tops and bottoms of the radishes, then use a sharp chef's knife or mandolin to slice the radishes into very thin rounds. Pack the rounds into a pint-sized canning jar. Top the rounds with red pepper flakes and mustard seeds (*optional*).
2. To prepare the brine: In a small saucepan, combine the vinegar, water, honey or maple syrup and salt. Bring the mixture to a boil, stirring occasionally.
3. Once boiling, pour the mixture over the radishes.
4. Let the mixture cool to room temperature. You can serve the pickles immediately or cover and refrigerate for later consumption. The pickles will keep well in the refrigerator for several weeks, although they are in their most fresh and crisp state for about 5 days after pickling.

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# Squash Blossom Quesadillas

*Squash blossoms are also sometimes called zucchini flowers, but they can come from any summer or winter squashes. They are the edible flowers of the squash plant and usually come in yellow and orange shades. Squash blossoms are soft, delicate, and taste mildly like the squash itself.*

## INGREDIENTS

- 1 teaspoon olive oil
- 1/4 white onion, chopped
- 1 garlic clove, finely chopped
- 6 squash blossoms
- 1/2 teaspoon butter
- 4, 6-inch corn or flour tortillas
- 1 cup shredded Monterey jack or Oaxacan cheese
- Toppings: *optional* chopped green onions, cilantro, avocado, black beans, salsa, or queso fresco



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## DIRECTIONS

1. Prepare the squash blossoms. Check the insides of the blossoms for bugs or dust (especially if you've picked the squash blossoms from your garden). Rinse out if you find any, otherwise there should be no need to wash. Cut away the stems. Roughly chop the blossoms, stamens and all.
2. Heat the oil in a large sauté pan on medium-high heat. Add the chopped onion and sauté for 5-6 minutes. Add the garlic and sauté a minute more.
3. Add the squash blossoms and toss to coat with the garlic and onions. Cook for only a minute or two more, until the blossoms are just wilted. Remove from heat.
4. Heat a large cast iron pan or a large non-stick skillet on medium heat. Rub a little butter in the pan (just enough to give the tortillas a little flavor). Place tortilla in the pan and heat on both sides for 30 seconds or so, until bubbles begin to form in the tortilla.
5. Place a portion of the cheese on one side of the tortilla. Top with a tablespoon or two of the squash blossom mixture. Use a spatula to fold the other side of the tortilla over the side with the cheese and squash blossoms. Press down with a spatula. Cook until the cheese has melted and the tortilla lightly browned.
6. When the cheese has melted, remove the quesadilla from the pan and continue to make the remaining quesadillas in the same manner.
7. To serve, cut each quesadilla into triangles and serve with optional toppings.
8. Serve warm and enjoy!

# Berry Green Salad with Balsamic



*This strawberry salad recipe is perfect for spring and summer! It's bursting with flavor from cherry tomatoes, basil, creamy mozzarella, and tangy balsamic. Skip the cheese to make it vegan.*

## INGREDIENTS

- 1/4 cup balsamic vinegar
- Olive oil for drizzling
- 1 cup sliced strawberries (substitute blueberries, raspberries, or blackberries!)
- 1 cup halved cherry tomatoes
- 1 cup halved mini mozzarella balls
- 1 ripe avocado, pitted and diced
- 1/3 cup pecans, toasted (substitute for walnuts, almond slices, pistachios, etc.)
- 1/3 cup loosely packed basil, torn
- Salt and freshly ground black pepper to taste
- *Optional:* add spinach, arugula, spring mix, or kale as a base

## DIRECTIONS

1. In a small saucepan, bring the balsamic vinegar to a high simmer over medium heat. Stir, then reduce the heat to low and simmer until the vinegar has thickened and reduced by half, about 8-10 minutes. Set aside to cool.
2. Place the strawberries, cherry tomatoes, mozzarella, avocado, nuts, and basil in a shallow bowl or platter. Drizzle with olive oil, and season generously with salt and pepper. Gently toss. Drizzle with the reduced balsamic.
3. Enjoy as a side dish or add a lean protein for an easy main dish!

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# Blistered Shishito Peppers



*Shishito peppers are a mild, yet flavorful, pepper that make a great appetizer, side dish, or finger food. They are sweet and slightly smoky, not spicy. However, they are sometimes referred to as "roulette peppers" as you may occasionally find a spicy one in your batch! Originating from Japan, these peppers are now commonly found on restaurant menus in the U.S., but are so easy to make you can do it at home!*

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## INGREDIENTS *Makes 4 servings*

- 1/2 pound shishito peppers
- 1 Tablespoon olive oil, vegetable oil, or sesame oil
- Coarse sea salt or kosher salt, to taste
- 1 lemon, cut into wedges
- *optional* 1/4 teaspoon togarashi (a Japanese spice mixture), soy sauce or aioli for dipping!

## DIRECTIONS

1. Rinse and thoroughly dry shishito peppers.
2. Place the peppers in a medium bowl and toss with the oil; set aside.

### *On the stove*

3. Heat a large heavy skillet over medium-high heat.
4. When the skillet is hot, arrange the peppers in a single layer.
5. Sauté the peppers uncovered, turning occasionally, until they charred and blistered, about 6-8 minutes total.
6. When done, return peppers to a bowl, and toss with salt and togarashi (optional).
7. Squeeze lemon over peppers, to taste. Serve immediately and enjoy with dipping sauce if desired!

### *On the grill*

3. Preheat your grill to medium-high heat.
4. When the grill is hot, arrange the peppers in a single layer in a grill basket. (Alternatively, you can thread the peppers on skewers.)
5. Grill the peppers, turning occasionally, until they charred and blistered, about 6-8 minutes total.
6. When done, return peppers to a bowl, and toss with salt and togarashi (optional).
7. Squeeze lemon over peppers, to taste. Serve immediately and enjoy with dipping sauce if desired!



# Leeks: How to + Recipe

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## HOW TO PREPARE

1. Chop off the stringy roots and dark green leaves. You can save the tops for vegetable stock!
2. Slice the leeks in half length-wise. Lay them cut-side-down, and cut them into thin half-moons.
3. Transfer to a colander and rinse under cool running water, tossing to remove any debris. Use a towel to blot dry before you start to cook.



## ONE-POT VEGGIE PENNE PASTA RECIPE



### INGREDIENTS

- 6 oz. whole wheat penne pasta
- 1-1/2 cups sliced cherry tomatoes
- 1-1/2 cups thinly sliced leeks
- 1 cup zucchini, sliced into 1/4-inch thick half moons
- 1/2 cup thinly sliced red bell pepper
- 3 small garlic cloves, minced
- 2 Tablespoons olive oil
- 2 Tablespoons lemon juice, plus 1 teaspoon zest
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1/2 teaspoon red pepper flakes
- 1 sprig of basil
- 2-1/4 cups water
- *Optional* toppings: chopped parsley, toasted pine nuts, grated parmesan cheese

### DIRECTIONS

1. In a large pot, combine pasta, tomatoes, leeks, zucchini, bell pepper, garlic, olive oil, lemon juice and zest, oregano, salt, red pepper flakes and basil. Add the water and stir.
2. Bring to a boil, cover, and boil for 8 minutes. Stir around the 5 minute mark to make sure nothing is sticking to the bottom of the pan and put the the cover back on. At 8 minutes, test the pasta for doneness.
3. Remove the pot from the heat, stir, and let it sit for about 2 minutes to allow the sauce to thicken.
4. If using, serve with the chopped parsley, toasted pine nuts and/or parmesan cheese.
5. Enjoy!

# Vegetarian Stuffed Patty Pan Squash

## INGREDIENTS *Makes 6 servings*

- 6 patty pan squash, halved and cored
- 4 Tbsp olive or vegetable oil
- 1 cup onion, diced
- 2 carrots, finely diced
- 2 stalks celery, finely diced
- 1 red pepper, finely diced
- 4 sprigs rosemary
- 2 Tbsp garlic, minced
- 1 tsp salt
- 1/2 tsp black pepper
- 3 cups cooked wild rice
- 6 Tbsp parsley, chopped as garnish
- *optional* Feta/parmesan cheese, pine nuts, pepitas



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## DIRECTIONS

1. Preheat oven to 375°F. Lightly oil a baking pan.
2. Slice off some of the stem and bloom end of the squash to create a level surface and cut in half. The only purpose of this slice is to create a level surface to work with so don't take off too much.
3. Scoop out seeds and pulp, leaving about a 3/4 inch wall.
4. Lightly oil the inside and sides of squash. Bake in oven, cut side down, for approx. 15 minutes. Remove from oven, flip over, and get ready to fill it up.
5. Prepare rice per package directions.
6. Bring a large pan to medium high heat add add 2 tablespoon of olive oil. When hot add: onion, carrot, celery, pepper, rosemary, salt, and pepper. Cook about 7-9 minutes or until translucent and soft.
7. Add garlic and cook 1-2 minutes or until fragrant.
8. Remove from heat and stir in cooked wild rice. Add Parmesan or Feta cheese (*optional*), pine nuts or pepitas (*optional*). Salt and pepper to taste.
9. Generously fill up the squash with the mixture.
10. Bake uncovered for about another 15 minutes or until squash is tender.
11. Garnish with parsley if desired. Serve immediately and enjoy!





# *Thank you to our local farms and producers!*

Al-Hamka Farm *Phoenix, AZ*  
Aguiar Farms *Paulden, AZ*  
Becks Best Eggs *Cochise, AZ*  
Blooming Reed Farms *Paulden, AZ*  
Blue Sky Organic Farms *Litchfield Park, AZ*  
Bonita Beans *Willcox, AZ*  
Coffee Pot Farms *Dilkon, AZ*  
Coldwater Coffehouse and Bakery *Avondale, AZ*  
Crooked Sky Farms *Phoenix, AZ*  
Crow's Dairy *Buckeye, AZ*  
Desert Fruit Farms *Somerton, AZ*  
Dwight Bond Farms *Mesa, AZ*  
The Farm at Agritopia *Gilbert, AZ*  
Green City Harvest *Mesa, AZ*  
Green Valley Pecans *Sahuarita, AZ*  
Hypha Farms *Phoenix, AZ*  
J and J Poms *Waddell, AZ*  
Justice Brothers Ranch *Waddell, AZ*  
LEHR Innovations *Tempe, AZ*  
Maya's Organic Farm *Phoenix, AZ*  
Noble Bakery *Phoenix, AZ*  
Orchard Community Learning Center *Phoenix, AZ*  
Pinnacle Farms *Phoenix, AZ*  
Ramona Farms *Sacaton, AZ*  
Rhiba Farms *San Tan Valley, AZ*  
Spaces of Opportunity *Phoenix, AZ*  
Tracy Dempsey Originals *Tempe, AZ*  
Vilardi Gardens *Phoenix, AZ*  
Whipstone Farms *Paulden, AZ*  
YoBro Farms *Phoenix, AZ*

Americano Foods *Phoenix, AZ*  
Arizona Farms Cheese Company  
*Tempe, AZ*  
Mama Lola's Authentic Tortillas  
*Phoenix, AZ*  
Mrs. Kleins Pickle Company  
*Phoenix, AZ*  
Queen Creek Olive Mill *Queen Creek, AZ*  
Rango Honey *Tempe, AZ*  
Venezia Bakery *Tempe, AZ*

*Stern*  
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# Southern Stewed Okra & Tomatoes



No one truly knows where okra first came from. Scientists believe the growing of the okra plant began as early as 12th century BC in Ethiopia. The plant most likely made it to the Southern United States with the beginnings of the slave trade in the 1500s.

The farming of the okra plant on Southern soil allowed ancient Western African culinary and agricultural traditions to continue. "Gumbo" is Swahili for okra. The plant lends its unique texture to various soups and stews as the roux – providing thickness to a combination of vegetables and proteins. Variations of these ancient dishes became Louisiana's roux gumbo, South Carolina and Georgia's roux-less gumbo, and Maryland's crab gumbo. Other dishes like fried and stewed okra with tomatoes soon became a hallmark of African American and Southern cuisine.

## INGREDIENTS *MAKES 8 SIDE SERVINGS*

- 4 thick slices of bacon, cut into pieces
- 1 medium/large onion, diced
- 1 (28 oz.) can diced tomatoes with juice (or fresh!)
- 1.5-2 lbs. fresh okra, sliced
- 2 cups vegetable or chicken stock
- Salt to taste
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon garlic powder (or substitute fresh minced garlic)
- *optional* 1/2 teaspoon Creole seasoning

## DIRECTIONS

1. Begin by sautéing the bacon pieces until browned over medium heat. Remove the cooked bacon and reserve for garnish later.
2. In the same pan, add the diced onion to the bacon fat rendered and sauté for 2-3 minutes until softened.
3. Next, add in the canned diced tomatoes and the sliced okra. Stir to combine.
4. Add the stock and seasonings. Stir to combine.
5. Bring to a simmer. Cover and cook for 20-30 minutes. Make sure to not overcook.
6. Serve hot topped with bacon pieces as a side dish or topped over cooked rice.
7. Enjoy!

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# Sautéed Mustard Greens with Garlic & Lemon



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## INGREDIENTS *MAKES 4 SIDE SERVINGS*

- 1 Tablespoon olive oil
- 2 garlic cloves, thinly sliced
- 1-2 pounds mustard greens\*, washed, trimmed, and chopped (about 10 cups)
- 1 Tablespoon fresh lemon juice (about 1/2 lemon)
- 1/4-1/2 teaspoon crushed red pepper, depending on how much spice you want!
- Salt and ground black pepper to taste

*\*Can substitute any other kind of tender winter green like collard, baby kale, Swiss chard, or even spinach*

## DIRECTIONS

1. Heat olive oil in a Dutch oven or deep skillet over medium heat.
2. Add sliced garlic to skillet. Cook, stirring often, until garlic is golden brown and crispy, about 1 minute.
3. Stir in chopped mustard greens in batches; cook until wilted for about 1-2 minutes, before adding more greens.
4. Cover and cook, stirring occasionally, until tender and crisp, approximately 8-10 minutes.
5. Stir in lemon juice and desired amount of crushed red pepper. Season with salt and pepper to taste.
6. Enjoy!



# Roasted Beets, Potatoes, and Peppers

## INGREDIENTS

- 4 large red beets
- 4 large golden beets (or substitute for carrots)
- 4 large Yukon gold or red potatoes
- 3-4 poblano peppers (stems, seeds, and ribs removed)
- *optional* 1 jalapeno pepper (stem, seeds, and ribs removed)
- 1 white or yellow onion
- 3 Tablespoons olive oil
- 2 Tablespoons chopped fresh or dried rosemary
- 1 Tablespoon fresh or dried thyme leaves
- Salt and ground black pepper, to taste

## DIRECTIONS

1. Preheat oven to 350° F. Set out a medium baking dish (such as a 7x11 inch) and a 9x13-inch baking pan.
2. Trim the red beets, peel them and cut into small chunks. Place them in the smaller baking dish and set aside. Rinse your hands to avoid staining.
3. Trim the golden beets, peel and cut into small chunks. Place them in the larger baking pan.
4. Cut the potatoes into chunks the same size as the beets and add to the larger pan. Chop the poblano peppers and onion into pieces about 1/2-inch-square and add to the potatoes and golden beets.
5. Drizzle the red beets with 1 Tablespoon of the oil and pour the remaining 2 Tablespoons over the potato mixture in the larger baking pan. Sprinkle both pans with some of the rosemary, thyme, salt, and pepper. Toss until everything is coated with the olive oil and the seasonings are evenly distributed.
6. Cover both baking dishes with foil and bake for about 30-45 minutes. Check the beets and remove from the oven when they are easily pierced with a fork.
7. Remove from the oven and let cool slightly. Carefully remove the foil cover and add the red beets to the other vegetables, tossing well.
8. Serve immediately and enjoy!



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# Easy Roasted Acorn & Butternut Squash with Herb Brown Butter

## INGREDIENTS MAKES 8 SIDE SERVINGS

- 1 butternut squash, cut into 1-inch cubes
- 1 acorn squash, cut into 1-inch cubes
- 2 Tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 6 Tablespoons butter
- Approx. 10-15 fresh herb leaves (sage recommended but can use thyme or rosemary)
- Sea salt, *optional for garnish*

## DIRECTIONS

1. Preheat oven to 400°F.
2. Use a sturdy vegetable peeler or knife to peel both squashes.
3. Cut each squash in half. Remove seeds and membranes and discard.
4. Cut squashes into 1-inch cubes and place in a single layer on a cookie sheet. If crowding is an issue, use two cookie sheets. This will help make sure the squash get a crisp outside.
5. Drizzle with olive oil and sprinkle with salt and pepper to taste. Stir to coat.
6. Roast in oven for 45-60 minutes, until edges brown and caramelize.
7. Meanwhile, melt butter in a small sauce pan or skillet.
8. When butter comes to a foamy simmer, add fresh herb leaves. Cook for 1-2 minutes and then flip leaves with a fork.
9. Cook an additional 1-2 minutes. Remove herbs from skillet and place on a napkin to drain and dry.
10. Continue cooking butter, stirring often, until the color deepens to a golden brown. Remove from heat.
11. Place roasted squash in a serving bowl. Top with either whole or roughly chopped herbs from earlier. Drizzle squash with the the brown butter.
12. Garnish with sea salt if desired. Serve and enjoy!



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# *What is "Local" and Why Buy It?*

"Local" can be defined in many ways, but one of the most common factors used to define local is the distance from the point of production to the point of sale. Some would define local as "within 250 miles" while others may define it as "Arizona grown". While the price of local goods may be higher upfront, it costs less in the long run through its community benefits and added value. Buying local is a way to practice conscious consumerism as it is a more sustainable option in terms of the planet, people, and profit.

- **Less Environmental Impact**

Sourcing locally reduces the environmental impact of transportation costs associated with our food and other goods. It takes less gas, and thus puts fewer greenhouse emissions into the air, to drive a truck of apples from town to town, as opposed to across the nation or globe. Buying local helps mitigate the effects of climate change.

- **Better for Our Health**

Because of the shorter transit distance, local foods are also more likely to be fresh upon arrival, and more nutrient-dense compared to items that are transported over long distances. We can also feel the benefits of a stronger sense of community and connecting to where our food comes from. Additionally, the reduced impact on climate change is beneficial for our long term health.

- **Strengthens the Local Economy**

Purchasing from locally owned businesses directly impacts the local economy and surrounding communities. When we buy from these small-scale, independent businesses, rather than national chains, a significantly greater portion of our money is then cycled back through our local economy. Small local companies are the largest employer nationally and provide the most jobs to residents. Our purchases can directly impact our friends' businesses, aid our neighbors in need, and to support our local producers.

- **Ethical Practices and Community Benefit**

Buying local contributes to improved public infrastructure, and is an investment in your community both socially and economically. Additionally, local products are more likely to be ethically sourced, follow organic trades, and support fair labor wages, diversity, and inclusion. Studies show that the increasing size of corporations are driving inequality, while local and dispersed business ownership strengthens the middle class. Local businesses also donate more money per sale to local nonprofits compared to large, national competitors - ultimately strengthening the base of our whole community.