



Locally grown certified organic vegetables
Rhems, NC – Jones County
252-229-2505 or scottfarmorganics@yahoo.com
www.scottfarmorganics.com



Spring Recipes...

Beet Salad (allrecipes.com) – “This slightly sweet salad of endive and mixed greens, topped with roasted beets and feta cheese, adds a classy accompaniment to any party!”

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| 4 bunches fresh small beets, stems removed | 1 teaspoon dried thyme, crushed |
| 2 tablespoons olive oil | ½ cup vegetable oil |
| 1 tablespoon lemon juice | salt and pepper to taste |
| 2 tablespoons white wine vinegar | 2 medium heads Belgian endive |
| 1 tablespoon honey | 1 pound spring lettuce mix |
| 2 tablespoons Dijon mustard | 1 cup crumbled feta cheese |

Preheat oven to 450 degrees F. Coat beets lightly with oil and roast for approximately 45 minutes, or until tender. Allow to cool thoroughly, then peel and dice. For the dressing, place lemon, vinegar, honey, mustard, and thyme in a blender. While blender is running, gradually add ½ cup oil. Season to taste with salt and pepper. Place spring lettuce mix in a salad bowl, pour desired amount of dressing over greens, and toss to coat. Rinse endive, tear off whole leaves, and pat dry. Arrange 3 leaves on each plate. Divide dressed salad greens among them, and top with diced beets and feta cheese. Makes 16 servings.

Beets and Greens (allrecipes.com) – “Roasted beet pieces nestled among their sautéed greens makes a beautiful, delicious side dish. If yellow beets are available, double the recipe using a bunch of red and a bunch of yellow – they’re gorgeous! These go especially well with pork or chicken. This recipe can easily be doubled, tripled, or expanded to whatever amount you need without adding very much to the preparation time.”

1 bunch beets – trimmed, leaving 1 inch of stems attached, greens washed and reserved
2 tablespoons olive oil, divided
1 small onion, halved and thinly sliced
Sea salt (optional)
Fresh-ground black pepper

Preheat oven to 350 degrees F. Line a baking sheet with aluminum foil. Rub the beets with 1 tablespoon of olive oil and place onto prepared baking sheet. Place in preheated oven, and bake until the beets can easily be pierced with a fork, 20-60 minutes depending on size. When done, allow to cool on baking sheet until cool enough to handle, then remove and discard the skin, and cut the beets into wedges or slices.

Meanwhile, cut the beet greens into ¼ inch wide ribbons. Heat the remaining tablespoon of olive oil in a large skillet over medium heat. Add the onion; cook and stir until it begins to turn golden brown, about 10 minutes. Once the onions have begun to caramelize, stir in the beet greens and cook until they wilt. Add the beet slices and continue cooking until heated through. Season with sea salt and pepper before serving. Serves 4.

Beets on the Grill (allrecipes.com)

6 beets, scrubbed
2 tablespoons butter
Salt and pepper to taste

Preheat an outdoor grill for high heat. Coat one side of a large piece of aluminum foil with cooking spray. Place beets and butter on foil; season with salt and pepper. Wrap foil over beets. Place packet on the grill grate. Cook 30 minutes, or until beets are very tender. Allow beets to cool about 5 minutes before serving. You don’t even need to peel to enjoy! Makes 2 servings.

Sweet and Buttery Turnips (allrecipes.com)

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| 2 pounds turnips, peeled and cubed | 1 pinch brown sugar |
| ½ cup butter | 1 pinch ground nutmeg |
| 1 cup sour cream | salt and pepper to taste |
| ½ cup half-and-half cream | |

Place turnips into a saucepan and fill with enough water to cover them. Bring to a boil, and cook until tender, about 20 minutes. Drain. Add butter to the hot turnips and mash with a potato masher or whisk. Once the butter has melted in, stir in the sour cream, half-and-half, brown sugar, nutmeg, salt and pepper. Mash to your desired consistency. Cover and keep in a warm oven until ready to serve. Makes 6 servings.

Turnips and Onions (allrecipes.com) – “This relish is made with turnips and sautéed onions. Serve as an appetizer with toast or crackers.”

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| 2 tablespoons butter | 1 large onion, sliced into rings |
| 1 tablespoon olive oil | 1 pinch salt and pepper to taste |
| 2 medium turnips, peeled and grated | |

Melt butter with olive oil in a skillet over medium heat. Add the onions, and cook until caramelized, 10-15 minutes. Transfer the onion to a bowl, and mix with the grated turnip. Season with salt and pepper. Refrigerate for 30 minutes to allow the flavors to mingle. Serve on small toast or crackers. Serves 2.

Sautéed Swiss Chard with Parmesan Cheese (allrecipes.com)

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| 2 tablespoons butter | ½ cup dry white wine |
| 2 tablespoons olive oil | 1 tablespoon fresh lemon juice, or to taste |
| 1 tablespoon minced garlic | 2 tablespoons freshly grated Parmesan cheese |
| ½ small red onion, diced | |
| 1 bunch Swiss chard, stems and center ribs cut out and chopped together, leaves coarsely chopped separately | |

Melt butter and olive oil together in a large skillet over medium-high heat. Stir in the garlic and onion, and cook for 30 seconds until fragrant. Add the chard stems and the white wine. Simmer until the stems begin to soften, about 5 minutes. Stir in the chard leaves, and cook until wilted. Finally, stir in lemon juice and Parmesan cheese; season to taste with salt if needed. Serves 4.

Chicken and Snow Pea Salad (allrecipes.com) – “This salad has an Asian flair. It is made with tender snow peas, crunchy water chestnuts and a luscious ginger/yogurt/mayonnaise dressing.”

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| 6 ounces chopped snow peas | ½ cup vanilla yogurt |
| 1 lb boneless chicken breast halves, cooked and diced | 1 teaspoon grated fresh ginger |
| ¼ cup diced red onion | 1 teaspoon grated lime zest |
| ½ (4 oz) can sliced water chestnuts | ¼ teaspoon salt |
| ½ cup mayonnaise | 1 pinch white pepper |

Whisk together the mayo, yogurt, ginger, lime rind, salt and pepper. In a mixing bowl, combine snow peas, chicken, onion, and water chestnuts. Pour dressing over salad and mix gently. Cover and refrigerate until chilled. Makes 6 servings.

Lemon-Butter Snow Peas (allrecipes.com)

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| ½ pound fresh snow peas | 1 tablespoon butter, melted |
| 1 tablespoon water | 1 teaspoon lemon juice |
| 1 teaspoon minced garlic | ½ teaspoon Italian seasoning |

In a microwave-safe dish, combine snow peas, water, and garlic. Cover and microwave on high for 3-4 minutes or until crisp-tender; drain. Combine butter, lemon juice, and Italian seasoning. Drizzle over peas; toss to coat. Serves 2.