

Kids In The Garden Recipes Summer 2015

Refrigerator Pickles

Slice 6 medium cucumbers. Place in a bowl with 1/2 cup fresh dill (all parts are fine) and 4t. salt. Mix.

To a quart jar, add 2 pinches mustard seed, 3 whole peppercorns, ¼ c. vinegar and 1 cup water. Then, add the cucumber mixture to the jar. Put a cover on. Shake. Place in the refrigerator. Wait as long as you can, but at least 2 days. A week is better.

Refrigerator Dilly Beans (Minnesota Food Association)

For kids in the garden we served these pickles with lots of sliced zucchini and green pep-pers. The pickled beans were DELICIOUS and the pickled onions were out of this world!

2 cups of green beans
1 cup vinegar
1 cup water
2½ tablespoons of sugar
2 cloves of garlic
1½ teaspoons of kosher salt
½ of a medium onion, sliced thinly
2 sprigs of fresh dill
½ teaspoon of whole black peppercorns
¼ to 1 teaspoon of red pepper flakes
Glass jar with a lid

Make your brine. This is the longest part of this process (and it only takes a few minutes!) so do this first. Add your water, vinegar, salt, sugar, and minced garlic to a saucepan and bring it to a boil. Once it is boiling, turn it off and set it aside to cool down to room temperature. Trim the beans. You want them all to fit in your jar with about an inch at the top so the brine covers them completely. You can trim both ends, or just the stem end.

Blanch the beans. Bring a saucepan of water to a full boil, then dump the beans in and boil them for thirty seconds. Drain them, and quickly add them to a bowl of iced water to shock them and stop the cooking process. Drain the beans and set them aside. Add your onions, dill, red pepper flakes, and pep-percorns to your jars.

Now add your beans to the jars. Go ahead and pour your brine in once it has reached room temperature. Fill the jar to 1/2 inch below the top of the jar, and put the lid on. Place the jar of dilly beans in the fridge, and let them sit for at least two days before eating them. They'll keep for up to six months in the fridge, unless you eat them all in one day!

Pesto

We used various green leafy produce for our pesto. The key with preparation is to add everything to the food processor (except the oil and lemon juice), chop the ingredients and then drizzle the oil and lemon in while you finish chopping until it is a smooth paste. Add lemon only if desired. Serve on pita, bread, pasta or crackers.

1 c. blanched (30 seconds) chard, spinach, kale etc. Shock this in ice water after blanching.

2 c. fresh basil or parsley

1/3 c. walnuts or sunflower seeds or other nut or seed that you like

½ c. grated Parmesan cheese

3 cloves garlic (coarsely chopped)

Add these last:

½ c. olive oil

Salt and pepper to taste

Lemon zest and ½ lemon, juiced