



Garden Recipes

Volume 1

from Northern Berks Community Garden

Zucchini Cocoa Bars

Sift together:

2 cups flour

1 ¼ cups sugar

1 teaspoon salt

1 ½ teaspoons baking soda

½ cup cocoa

Stir well and add:

2 Tablespoons vanilla

½ cup vegetable or canola oil

2 cups grated zucchini (peeling is optional)

1/3 cup cold coffee

½ cup raisins

½ cup chopped walnuts

Mix well, spread in 11x15 inch greased and floured pan (jelly roll pan).

Bake at 350 degrees for 25 minutes. Cool and cut.

Zucchini Fritters

Recipe from the Keystone Military Families

2/3 cup flour

1 teaspoon baking powder

½ teaspoon salt

1 egg

Beat egg and add grated zucchini and cheese.

Fold in dry ingredients. If the mixture is too liquid, add more flour.

Drop by Tablespoon in hot oil.

Fry until golden.

1 ½ cups grated zucchini

1/3 cup grated cheese (parmesan or romano)

optional: ¼ cup sautéed onion

Swiss Chard (or kale) Frittata recipe

1 lb chopped and deveined Swiss chard (or kale), 5 eggs, 1/3 cup milk, 3 T parm cheese, 1/4 tsp salt, 2 cups cooked spaghetti or other noodles, 1 T butter, 1 cup provolone or mozzarella cheese.

Rinse chard. With a little water still on leaves, cook to wilt in skillet on medium heat 5-10 minutes. Remove chard. Add butter to coat pan. Preheat broiler. Combine chard, eggs, milk, parmesan, salt, noodles. Stir well so eggs are scrambled. Cook in skillet on stovetop until eggs are done. Add provolone cheese and place in broiler until melted.

Cabbage Casserole

½ cabbage, finely chopped

Salt

½ cup rice, uncooked

½ cup chopped onion

1 pound ground beef

Salt and pepper

1 ½ cups tomato juice

Preheat oven to 350 degrees. Spread half of cabbage in the bottom of a roasting pan.

Sprinkle with salt. Add rice, onions, and meat. Sprinkle remaining cabbage on top. Add salt and pepper to taste. Cover with tomato juice. Bake for 1 ½ hours or until done.

From the kitchen of Mrs. William Miller, Simple Life Devotional

Stuffed Zucchini Boats

Slice the zucchini in half. Slice off the bottom to keep it stable. Brush with olive oil and top with garlic or garlic powder. Top with sliced tomatoes, salt and pepper to taste. Top with shredded cheese - use mozzarella cheese, Parmesan cheese or mixed blend.

Bake 375 for 20 to 30 minutes until soft.

You can also add mushrooms, onions, green pepper and even some crumbled sausage or bacon.

Grilled Zucchini or Yellow Squash

Slice zucchini or yellow squash lengthwise ½ inch thick. Drizzle with olive or vegetable oil, sprinkle with salt and pepper. Grill over medium-high heat, turning once, until lightly charred and tender, about 3-4 minutes per side.

Zucchini Bread

2 cups sugar

3 tsp vanilla

1 cup oil

3 eggs, beaten

2 cups chopped/shredded zucchini

Mix above ingredients together, then add:

3 cups flour

1 tsp baking soda

½ tsp salt

¼ tsp baking powder

3 tsp cinnamon

Add raisins and nuts if you like.

Grease and flour 2 loaf pans. Bake for 1 hour at 325 degrees.