

Foods For Thought

From the Vegetable Garden Team of Eden Mill

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Featuring:

YEAR END
THOUGHTS



Presented by
Harford County
Master
Gardeners
and
Family &
Consumer
Sciences
Educator

Apple Squash Soup

Ingredients

- 1 tablespoon butter
- 1 large onion, washed and chopped
- 1/2 teaspoon sage
- 1 can (14-1/2 ounces) chicken or veg. broth
- 2 medium tart apples, washed, peeled and chopped
- 3/4 cup water
- 1 package (12 ounces) frozen cooked winter squash, thawed
- 1 teaspoon ground ginger
- 1/2 cup fat-free milk



In a large saucepan, heat butter over medium-high heat. Add onion and sage; cook and stir 2-4 minutes or until tender. Add broth, apples and water; bring to a boil. Reduce heat; simmer, covered, 12 minutes. Add squash, ginger and salt; return to a boil. Reduce heat; simmer, uncovered, 10 minutes to allow flavors to blend. Remove from heat; cool slightly. Process in batches in a blender until smooth; return to pan. Add milk; heat through, stirring occasionally (do not allow to boil).

Nutrition Info per cup: Calories 119, Fat 5g; Sodium 441mg; Carbs 18g; Protein 3g

Sweet Potato and Chickpea Salad

Ingredients

- 2 medium sweet potatoes (about 1 pound), washed, peeled and cubed
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 can (15 ounces) chickpeas or garbanzo beans, rinsed and drained
- 4 cups washed spring mix salad greens
- 1/4 cup crumbled feta cheese, optional

In a large bowl, combine the sweet potatoes, oil, salt and pepper; toss to coat. Transfer to a 15x10x1-in. baking pan coated with cooking spray. Roast at 425° until tender, 20-25 minutes, stirring once. In a large bowl, combine chickpeas and sweet potatoes. Add a dressing of your choice to sweet potato mixture; toss to coat. Serve over salad greens; top with cheese.

Nutrition Info per serving: Calories 134; Fat 6g; Sodium 266mg; Carbs 18g; Protein 4g

Ravioli Vegetable Soup

Ingredients

- 1 tablespoon olive oil
- 2 cups diced bell pepper and onions
- 2 cloves garlic, minced
- 1/4 teaspoon crushed red pepper (optional)
- 1 28-ounce can crushed tomatoes
- 1 15-ounce can vegetable or chicken broth
- 1 1/2 cups hot water
- 1 teaspoon dried basil or marjoram
- 1 6- to 9-ounce package fresh or frozen cheese (or meat) ravioli
- 2 cups washed, diced zucchini
- Freshly ground pepper to taste

Heat oil in a large saucepan or Dutch oven over medium heat. Add pepper-onion mix, garlic and crushed red pepper (if using) and cook, stirring, for 1 minute. Add tomatoes, broth, water and basil (or marjoram); bring to a rolling boil over high heat. Add ravioli and cook for 3 minutes less than the package directions. Add zucchini; return to a boil. Cook until the zucchini is crisp-tender, about 3 minutes. Season with pepper.

Nutrition Information per serving: Calories 261; Protein 10g; Carbs 32g; Fiber 7g; Fat 8g; Sodium 354mg.



Who said this?

"Pies are a favorite dessert with my family. Everyone enjoys my blueberry, sour cherry, pumpkin, and apple crumb pies at family gatherings. Pie makes us happy. Be the pie maker in your family."

- Ginger Huller, Master Gardener

"My mom used her garden as a place to restore herself and heal. I never realized what she was doing until I had a garden of my own."

- Marlene Stamm, Master Gardener

"To forget how to dig the earth and to tend the soil is to forget ourselves. "

- Mahatma Gandhi, contributed by Taryn Gray, Master Gardener

"For several years when our children were young we had a very large vegetable garden. We started most plants by seed and preserved everything by either pickling, freezing or canning. During harvest time, we picked bucket-loads of tomatoes, corn, squash, peppers, cucumbers and green beans. The children would string the beans, and as a special treat watch videos while their fingers snapped and strung the beans. As a family we would stay up late into the evening until we heard the very last "pop" of the canning jar lid sealing."

- Cindy Monius, Master Gardener

Believe It or Not!

There are herbs and spices that are considered to be essential to the season of autumn: **rosemary, thyme, sage,** and **chives** among others. The most used spices are **cinnamon, cloves, ginger,** and **nutmeg.** Both herbs and spices come from plants but herbs are the fresh part of the plant while spice is the dried root, dried stalk, seed or dried fruit of the plant.

What is...Sharing

Both of my parents were born at the very start of the Great Depression. My grandfather was a minister, and when the family had dinner, my grandmother always set an extra place at the table. They did not have much; however, my grandmother made sure the guests were fed while she ate very little. Occasionally men would come to the back door where she would give them an outdoor job to do and then fix them a plate of food. These men would be called homeless today, but back then they were just down on their luck. My grandmother never saw the same man twice. She thought it very important they retain what dignity they had, hence the odd jobs around the yard.

- Sarah Burgess, Master Gardener

MASTER GARDENER
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Health Benefits

When possible, I always choose fresh vegetables over canned or frozen. However, growing up in the 1960's, most of my vegetables came out of a can – not that I ate them all! As a kid, I was a big fan of Popeye. ("I'm strong to the finish, 'cause I eats me spinach, I'm Popeye the sailor man!") Regardless of my fondness for the cartoon, I gagged on canned spinach. For my mom, though, canned vegetables were convenient and economical. And, whether she realized it or not, a healthy alternative to fresh.

As winter approaches, although available, much of the fresh produce you find in the grocery stores will have travelled all the way across the country before arriving in the produce aisle. Consequently, canned goods are a great option when local, fresh vegetables are out of season. In fact, over time, canned vegetables retain nutritional benefits beyond their fresh counterparts. Canned vegetables are generally processed at their freshest, so nutrients and flavors are locked in. Canned beans such as chickpeas and black beans, are packed with protein, fiber, and vitamins. Canned tomatoes are delicious and are the best source of the carotenoid pigment lycopene which is a powerful antioxidant.

One downside of canned vegetables is the amount of sodium (salt) added during the canning process. Check the label. If you are concerned about sodium, drain and rinse your canned vegetables prior to cooking. Bottom line, canned vegetables are good for you. So, sharpen your can-openers, winter is almost here.

- Ann Blocher, Master Gardener

Source:

<https://www.healwithfood.org/safety-concerns/pros-cons-canned-vegetables.php#ixzz78Vz7MHiS>

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