

Carrots & Rutabaga with Lemon & Honey

1 1/4 pounds rutabagas, peeled, cut into matchstick-size strips
1 pound carrots, peeled, cut into matchstick-size strips
1/4 cup (1/2 stick) butter
1/4 cup fresh lemon juice
3 tablespoons honey
1 teaspoon grated lemon peel
1/2 cup chopped fresh chives

Cook rutabagas in large pot of boiling salted water 2 minutes. Add carrots and cook until vegetables are tender, about 6 minutes. Drain.

Melt butter in large pot over medium-high heat. Add lemon juice, honey, and peel. Bring to boil. Add vegetables; cook until glazed, stirring occasionally, about 6 minutes. Season to taste with salt and pepper. Remove from heat. Mix in fresh chives.

Hearty Rutabaga, Turnip & Carrot Soup

1 tablespoon olive oil
1 1/2 cups chopped leek (white and pale green parts only)
1/2 cup chopped celery
1 garlic clove, minced
2 cups 1/2-inch pieces peeled turnips
2 cups 1/2-inch pieces peeled rutabagas
2 cups 1/2-inch pieces peeled russet potatoes
2 cups sliced carrots
1 28-ounce can diced tomatoes in juice
4 14 1/2-ounce cans vegetable broth or low-salt chicken broth

Heat oil in heavy large pot over medium-low heat. Add leek, celery and garlic and sauté until vegetables begin to soften, about 5 minutes. Add turnips, rutabagas, potatoes, carrots, tomatoes with juices and 2 cans broth. Bring to boil. Reduce heat; cover and simmer until vegetables are very tender, about 45 minutes.

Transfer 4 cups soup to processor. Puree until almost smooth. Return puree to pot. Add remaining 2 cans broth; bring to simmer. Season with salt and pepper. Ladle soup into bowls and serve.

Rutabaga with Carmelized Onions

Serves 8, so you could halve for a smaller amount.

8 tablespoons (1 stick) butter
1 3/4 pounds onions, halved, thinly sliced
2 1/4 pounds rutabagas, peeled, cut into 1/2- to 3/4-inch pieces
2 tablespoons honey

Melt 5 tablespoons butter in heavy large skillet over medium-low heat. Add onions and sauté until brown, 40 minutes.

Meanwhile, cook rutabagas in large pot of boiling salted water until tender, about 20 minutes. Drain well.

Melt 3 tablespoons butter in large skillet over medium-low heat. Add rutabagas; sauté until heated through, about 10 minutes. Drizzle honey over. Gently stir in onions. Season with salt and pepper. (Can be made 3 hours ahead. Let stand at room temperature. Rewarm over medium-low heat.)

Honey Roasted Rutabaga

1 large rutabaga, peeled
3 T. butter
3 T. honey

Preheat oven to 400 degrees.

Slice the rutabaga horizontally into 3/4 inch rounds. Slice each round into 3/4 inch pieces. Cut pieces in half horizontally if large.

Combine butter and honey in a medium-large bowl. Heat for 30 seconds or so until butter is melted. Stir to combine. Add rutabaga slices and toss to coat evenly.

Spread rutabaga pieces onto a lightly oiled or parchment lined baking sheet. Roast 35-40 minutes, stirring every 10 minutes, until slices have golden brown spots and are crispy around the edges. Enjoy!

The following recipes can be made if you grind the flour corn we grew for you!

Broiled Polenta with Winter Tomato Sauce

For the basic polenta:

4 cups water
1 teaspoon salt
1 cup cornmeal or instant polenta (Grind your corn and use this for the cornmeal)

1/4 pound Fontina cheese, preferable Italian, grated (about 1 cup)

2 tablespoons olive oil plus additional for brushing
1 large onion
1 garlic clove, chopped
a 28- to 32-ounce can whole tomatoes including juice
1 tablespoon chopped fresh parsley leaves

Accompaniment: freshly grated Parmesan

To prepare basic polenta:

In a heavy saucepan bring water and salt to a boil and gradually whisk in cornmeal in a thin stream. Cook polenta over moderately low heat (it should be barely boiling), stirring constantly, until very thick and pulls away from side of pan, about 40 minutes for cornmeal and about 15 minutes for instant polenta. Remove pan from heat and cover to keep warm. Stir polenta just before using. Polenta will keep warm, covered, about 20 minutes. Makes about 3 cups.

To prepare the polenta:

In a bowl stir together warm polenta and Fontina until smooth. Pour polenta into a lightly oiled shallow 1 1/2-quart bowl and cool. Polenta may be made 2 days ahead and chilled, covered.

To prepare sauce:

In a large skillet heat 2 tablespoons oil over moderately high heat until hot but not smoking and sauté onion with salt to taste, stirring, until golden and tender, about 10 minutes. Add garlic and sauté, stirring, 1 minute. Add tomatoes with juice, stirring to break up tomatoes, and simmer, covered, 30 minutes. Stir in parsley. Keep sauce warm. Preheat broiler.

Unmold polenta onto a cutting board and cut into 3/4-inch-thick slices. Arrange slices in one layer in a lightly oiled shallow baking pan and brush slices with additional oil. Broil polenta about 3 inches from heat until edges are golden, about 5 minutes. Turn polenta over and broil until edges are golden, about 3 minutes more.

Arrange polenta on a platter and spoon sauce over it. Serve polenta with Parmesan.

Note: In the traditional method of cooking polenta, forty minutes of constant stirring is required to achieve a lumpless texture and fragrant flavor. However, Italian-food expert Marcella Hazan has developed a method that involves very little stirring during this time. We believe it produces a very good polenta, one nearly as flavorful and smooth as the traditional procedure. To make satisfactory polenta in a real hurry, an imported instant polenta (precooked cornmeal) is available. This cooks in a mere fifteen minutes.

Basic Polenta

4 cups water
1 teaspoon salt
1 cup cornmeal or instant polenta

In a heavy saucepan bring water and salt to a boil and gradually whisk in cornmeal in a thin stream. Cook polenta over moderately low heat (it should be barely boiling), stirring constantly, until very thick and pulls away from side of pan, about 40 minutes for cornmeal and about 15 minutes for instant polenta. Remove pan from heat and cover to keep warm. Stir polenta just before using. Polenta will keep warm, covered, about 20 minutes.

Old Fashioned Cornbread

2 T shortening (I use *Nutiva* organic extra virgin coconut oil from Vitamin Cottage)
2 tsp baking powder (Clabber Girl)
1 tsp soda
1 tsp salt
1 egg
2 c ground Corn Meal
2 T honey
1 3/4 c yogurt (I never have buttermilk on hand)

Put shortening in cast iron skillet in 400F oven (I used 8x8in pyrex). Mix cornmeal, baking powder, soda, salt together. (Here I change from original recipe)-->Mix yogurt, (warmed) honey and egg together in separate bowl with hand mixer until completely smooth. Add to dry ingredients and mix with spatula by hand with a few, quick strokes (20-30) until ingredients are moistened. Take pan out of oven and swish around to coat surface. Pour batter into pan (will sizzle) and smooth top. Bake 400F until done, about 25-30 minutes.

Hiroko's Kimpira Gobo (Stir-Fried Burdock And Carrots With Sesame And Soy) (Adapted from [Conscious Choice Web site](#))

2 cups prepared burdock
2 cups prepared carrots
1 Tbsp. vegetable oil
1 tsp. sesame oil
2 Tbsps. sesame seeds
1 Tbsp. soy sauce

1. Prepare the burdock and carrots in the same way, by washing and scraping the outer skin (don't peel), then cut into matchstick-sized pieces. As you're cutting the burdock, throw the pieces into a bowl of cold water to prevent them from turning brown in the air.

1. In a large skillet or wok, heat the vegetable oil and sesame oil together. When it's hot, sprinkle in the sesame seeds and cook, stirring, for about a minute.
2. Drain the burdock and add it and the carrots to the pan. Cook and stir over medium-high heat for about five to seven minutes.
3. Add soy sauce and continue stir-frying for about ten minutes. The burdock will change color from milky white to shiny gray/brown. It will be crisp, crunchy, earthy, and delicious.

Brown Rice With Burdock And Mushrooms (Adapted from [Conscious Choice Web site](#))

4 medium shiitake
1 Tbsp. vegetable oil (optional)
1 medium burdock root (about 1/4 pound)
Cold, salted water for soaking burdock root
2 cups cold water for cooking rice
1 cup long-grain brown rice
1 small carrot and/or parsnip, sliced
1/2 tsp. salt

1. Cut shiitake caps into thin strips.
2. Scrub burdock and whittle it off in slivers, placing them in cold salted water as you proceed. Soak five minutes. Drain burdock and place in a heavy ovenproof pan with 2 cups water, optional oil, mushrooms, rice, carrot, and salt. Bring to a boil, stirring occasionally.
3. Remove from the stove and cover. Bake in a 350 degrees F oven 45 minutes. Let stand 15-30 minutes. Uncover, fluff, and serve.

Spring Tonic Tea (From Linda Kingsbury)

Combine dried burdock root with dried dandelion root, dried red clover blossoms, and dried peppermint. Add 1 cup boiling water to 1 tsp. dried root mix. Steep covered 1/2 hour.