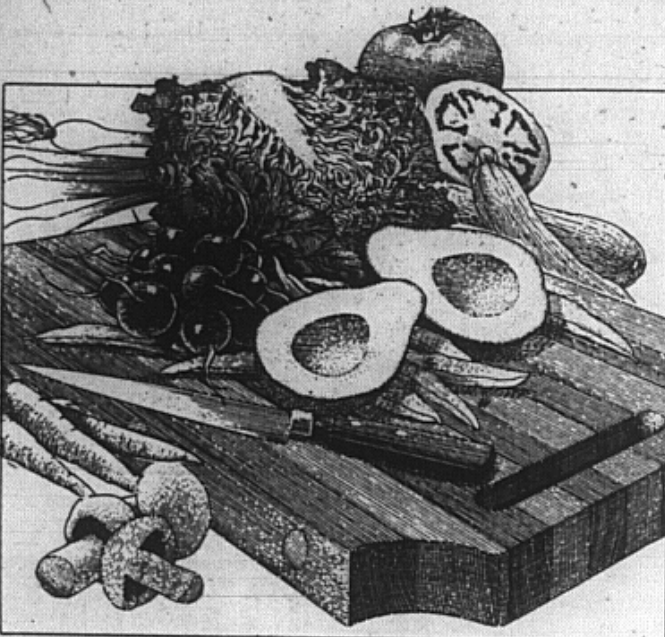


Home/Garden

Vegetables in the kitchen



It's fun to work in the garden, to play in the sun and the dirt, to grow healthy, flavorful vegetables without noxious chemicals and pesticides and it's fun to save a little money on the vegetable bill.

But as far as I'm concerned one of the main reasons for raising a vegetable garden is to be able to cook with the freshest, most succulent produce.

Summer is a time for picnics and barbecues in the backyard when all the family and friends arrive bearing their offerings to fun and friendship. It's at these potluck gatherings that you might find a twist on the old standby cole slaw like this Hot Cabbage Salad.

First add 1 tablespoon of Dijon mustard to 3/4 cup mayonnaise and set aside while you cook the vegetables.

- 1/3 c. white vinegar
- 1/2 t. salt
- fresh ground black pepper
- 4 T. butter
- 1 head shredded Savoy cabbage
- 2-3 stalks diced celery
- 1 cucumber, peeled, seeded and sliced

Mix the first 4 ingredients in a skillet til butter is melted. Add the vegetables, toss until well coated

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Between The Rows



and cook until wilted. Remove from the heat, put in a big serving bowl, toss with the dressing and serve while still hot. Serves 6-8.

There is a story about someone who moved to this area from the city and asked if they should lock their car when they parked it. The answer was that it probably wasn't necessary — except during August. If they left their car unlocked then they were apt to come back from their errands and find the back seat filled with zucchini.

Whether you find your zucchini in the garden or in the back seat of your car, here is a recipe that's a pleasant change from ratatouille and zucchini bread.

Squash and Green Chilies

- 1 large onion, diced
- 3 T. olive oil

- 6 diced young zucchini
- 1 t. salt - to taste
- 1/2 t. oregano
- Corn from 2 ears
- 1 c. chopped fresh or canned green chilies
- 1 c. grated cheese like Monterey Jack or cheddar.

Saute the onion in the oil in large, hot skillet. When soft, add the squash, and seasonings. Cover and steam about 5 minutes.

Add the kernels you have cut from the cob along with the chilies and cook about 5 minutes more. Sprinkle with the cheese and cover. Remove from the heat and serve when the cheese is melted. Serve immediately. Serves 6.

Carrots are among Americans ten most popular vegetables. They are extremely nutritious, high in potassium, calcium and phosphorous, and yet low in calories. Even so they are very sweet and for centuries they have been used in the preparation of pudding, pies, cakes and even jam. The Irish called them underground honey.

Carrot cake is a popular dessert at health food restaurants, but you can also make Carrot Oatmeal Cookies and feel doubly virtuous.

Carrot Oatmeal Cookies

1/3 c. vegetable oil (canola or rapeseed oil is the lowest in saturated fat)

- 1/3 c. brown sugar
- 1/3 c. light molasses
- 1 egg
- 1 c. unbleached white flour
- 1/2 t. baking powder
- 1/2 t. baking soda
- 1/4 t. nutmeg
- 1/4 c. dry milk
- 1/2 t. salt
- 1/2 t. cinnamon
- 1 c. grated carrots
- 1/2 c. raisins
- 1-1/4 c. rolled oats

Mix together first 4 ingredients. Sift all dry ingredients together, then add to oil mixture.

Add final ingredients and mix well. Drop the cookie dough by the rounded teaspoonful about 2 inches apart on a lightly greased cookie sheet.

Bake about 10 minutes, until lightly browned, in an oven preheated to 400 degrees. Remove and let cool on a rack. Makes 3 or 4 dozen cookies.

Eat your vegetables fresh out of the garden or cook them up into a tasty side dish. Or turn them into dessert. You'll be healthy — and very happy.

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