

MAKING DELICIOUS FOOD WITH FRESH VEGGIES





Zoom

- Use Q&A for any questions you have for the presenters
 - Use Chat for any conversation with the group
 - Everyone is muted and cameras are off
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Project overview

Project of the Cochise County Library District

Designed to increase awareness of and action toward eating local food among Cochise County residents

- Big Reads
- Web site and directories of local food producers and markets
- Books and displays at libraries in the county
- Social media
- Local events
- Materials for schools and children

Supported by the Arizona State Library, Archives & Public Records, a division of the Secretary of State, with funds from the Institute of Museum and Library Services





Introductions

- Karen Fasimpaur
Project manager, Eat Local
- Elisabeth Tyndall
University of Arizona Cooperative
Extension
- Cynthia Aspengren
University of Arizona Cooperative
Extension

www.EatLocalCochise.org/delicious

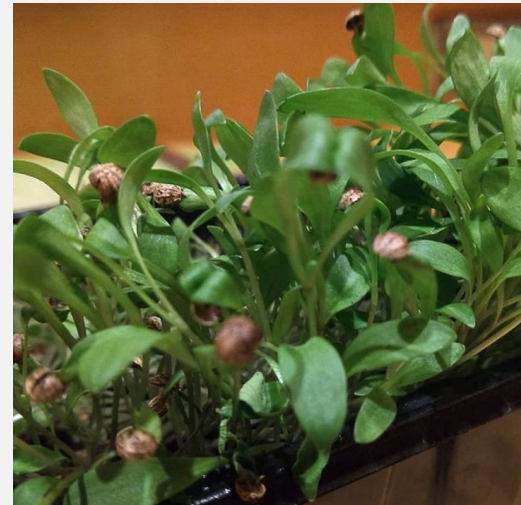


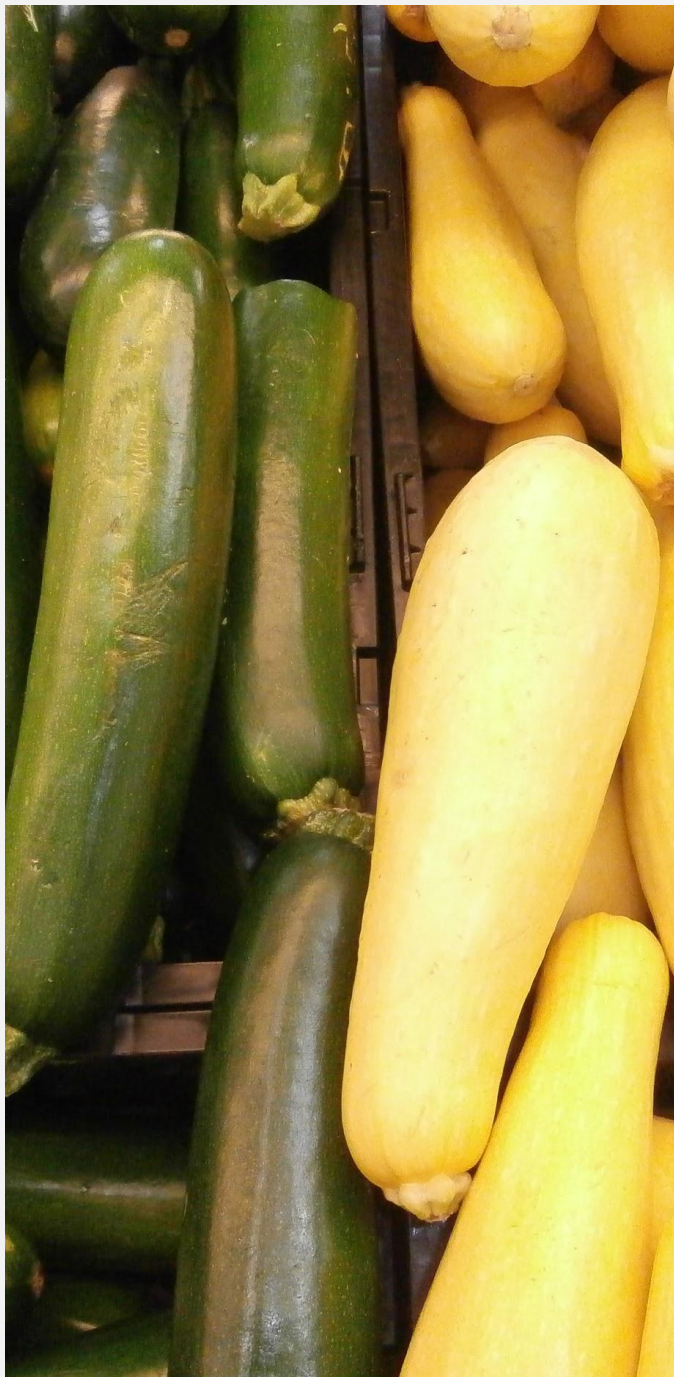
Greens

- Full of Vitamins A, C, and Folate. Folate isn't just for pregnant women. Also, they are good sources of calcium. And don't forget about that fiber!
- Versatile. Some are great in salads. Some work well in soups. Others are great in stir fries and casseroles.
- Don't discard the tops of your carrots, beets, turnips. They are tasty and healthful.
- All are non-starchy vegetables and "free foods" for people concerned about diabetes.

Microgreens

- As a garnish
- On salad, sandwiches, pizza, eggs
- Juiced
- For sturdier greens like pea shoots, stir fried





Summer Squash and Zucchini

- Readily available during their growing season.
- Use in quick breads, as noodles, oven fry, casseroles, stuffed or stewed
- Zucchini, Crookneck, Yellow Squash, Chayote, Carnival squash, Patty pans
- Perfect for using in place of any vegetable in most recipes



Eggplant

- Breaded and fried
 - Eggplant parmesan, sandwiches
- Grilled or broiled
 - Rolls, sandwiches, pizza
- Pan fried
 - Hoisin eggplant
- Slow cooked
 - Pasta alla norma
- Baked
 - Cut in half, brushed with oil
 - Baba ganoush (eggplant dip)





Root Vegetables

- Keep well for long periods of time
- Often “sweet” and popular in many preparations
- Turnips, Parsnips, Beets, Radisha, Rutabagas and Potatoes
- Greens can be used as well!
- Eat them roasted, mashed, baked, boiled. Some can be eaten raw in salads or dipped in hummus.

Winter Squash

- Butternut, acorn, spaghetti, Hubbard.
- High in beta-carotene, vitamin C, vitamin B6, fiber, magnesium, and potassium.





Herbs

- Are the leafy parts of the plant. Spices are the seeds
- Herbs can be easy to grow on a window sill. So you can have fresh herbs consistently.
- Use them to enhance the flavors of your meals to help reduce salt.
- Heat the herbs in you warm pan to release the flavors. This works especially well with dried herbs.



Fruits

- What is available is very dependent on the season
- Figs and Pomegranates grow very well in Cochise County
- Apples, Pears, Peaches, Plums, Apricots, Asian pears, and melons
- Great as is but can also be used in savory dishes.



Things you can do with almost any veg



- Pizza
- Pasta
- Lasagna or other pasta
- Enchiladas
- Tostadas
- Soft tacos
- Stir fried rice
- Veg curry
- Sandwiches or wraps
- Soups or chili
- Quiche
- Entree salads
- Frittata
- Juicing



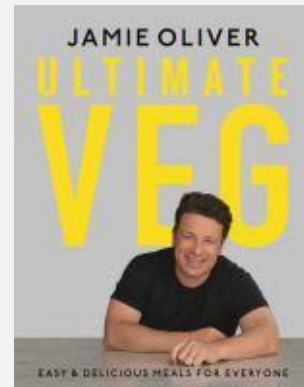
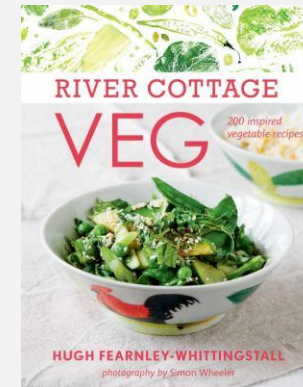
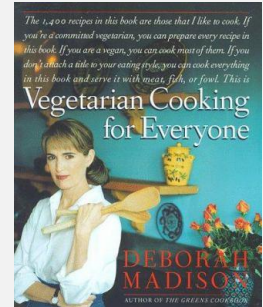
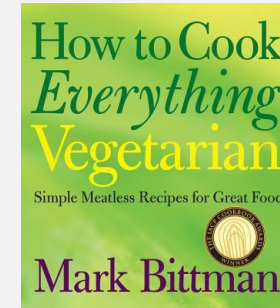
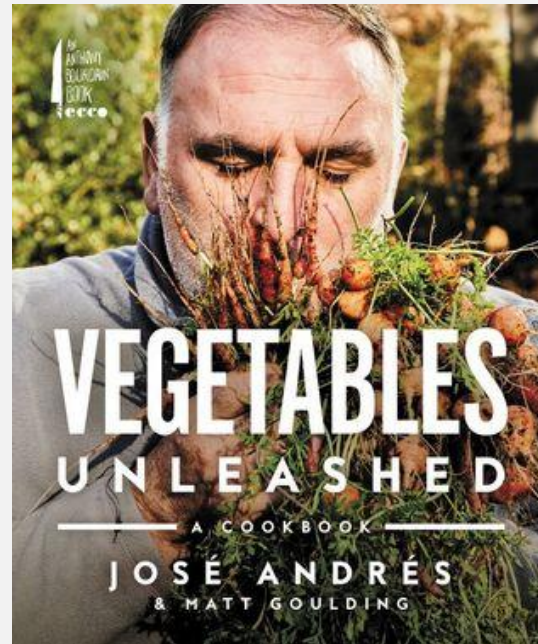
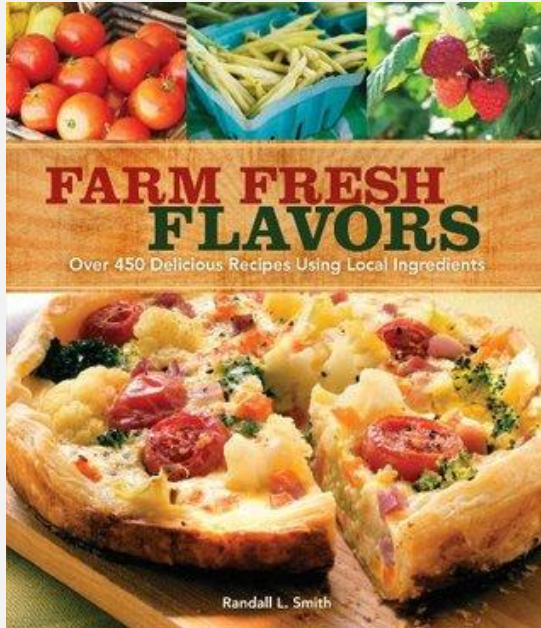




Questions?

More at
[eatlocalcochise.org
/delicious](http://eatlocalcochise.org/delicious)

Additional resources



Upcoming events

- Wed., May 19, 6pm – **Preserving Local Food**
- Wed., June 2, 6pm – **Desert Foraging**
- Wed., June 16, 6pm – **Raising Local Livestock**
- **June, 2021 – Big Read *Animal, Vegetable, Miracle* by Barbara Kingsolver**
- Wed., June 30, 6pm - Online book club discussion




Contact us

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