

2010

**FAVORITE
VEGETABLE RECIPES**

FROM THE



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Welcome to our Farm!

We take great pride in providing you with the freshest and most high quality produce possible. We pick daily, right on our two farms here in Greensboro. We hope you will thoroughly enjoy all the fresh, locally grown produce you purchase from our farm.

For many years we have put together a strawberry recipe book, which our customers have enjoyed. This year after many requests from our customers, we have put together a few of our favorite *vegetable* recipes. We hope you will enjoy them.

The Rudd Family

**Kenneth, Joan & Matt
Ken, Ashley, Madison, & Ryan
Pawpaw Phil & Kathy
Mammaw Ruby**

Fried Squash

6 Medium squash
1 Cup self rising cornmeal
½ Cup self rising flour
Salt and Pepper to taste
Vegetable oil for frying

Mix cornmeal, flour, salt, and pepper. Clean and slice squash into ¼ inch slices. Roll in cornmeal mixture and fry in hot oil. Brown on both sides. Drain on paper towels. Serve hot.

Squash Casserole

3 cups cooked squash, drained
½ stick butter, plus butter for top of casserole
Onion to taste (can use onion flakes)
1 sleeve Ritz crackers (crushed)
½ can cream of chicken soup
Salt and Pepper to taste
1 cup grated Sharp Cheddar cheese

Preheat oven to 350 degrees. Cook squash, onion, salt and pepper in boiling water until squash is soft. Drain squash in colander until all water is drained out. Mash squash with fork. Stir in cream of chicken soup to squash. Put Ritz crackers in zip lock bag and crush them into small pieces. Melt butter and pour over crackers. Stir butter evenly into crackers. Layer squash mixture, cheese, and then crackers. Repeat layers. Top the casserole dish with dots of butter. Bake approximately 25 to 30 minutes.

Squash Dressing Casserole

2 cups cooked squash
½ stick butter (melted)
1 large onion, chopped fine
2 cups crumbled corn bread
1 can cream of chicken soup
Salt and Pepper to taste

Combine all ingredients. Bake at 400 degrees for 30 to 40 minutes.

Squash Fritters

2 cups grated raw squash
¼ tsp grated onion
6 tsp. flour
2 eggs, beaten
salt and pepper to taste

Mix all ingredients well and drop by teaspoon in frying pan in hot oil or margarine. Brown thoroughly. Remove from pan and drain on layers of paper towels. Eat while hot.

Squash Pie

2 cups grated squash
2 cups sugar
4 eggs
2 T. Flour
Dash of Salt
1 stick melted margarine (or butter)
3-1/2 tsp. lemon extract
Add all ingredients except squash together and blend together. Next stir in squash. Pour into unbaked pie shell. Bake at 350 degrees until top is brown, approximately 45 minutes.

Tomato Pie

1 regular pie crust
3 medium tomatoes
Basil seasoning or 1 cup chopped fresh basil
4 – 6 cloves of minced garlic
1–½ cups mozzarella cheese
1 cup mayonnaise
½ cup grated parmesan cheese

Preheat oven to 350 degrees. Brown pie crust for a few minutes. Sprinkle ½ cup of mozzarella on bottom of crust. Cut and quarter tomatoes. Lay tomatoes, skin side up on top of cheese. Put minced garlic on top of tomatoes and then add basil. Mix remaining cheese and mayonnaise. Spread mixture on top. Bake for approximately 30 minutes. Variation: Add a top crust or bacon bits.

Tomato Salsa

16 cups chopped tomatoes
1 cup jalapeno pepper (chopped)
2 tsp. black pepper
1 cup sugar
¼ cup salt
2 (15 oz.) cans tomato paste
4 cups chopped onion
2 cups white vinegar
1-1/2 T. garlic powder
1-1/2 T. chili powder
1 cup chopped green pepper

Combine all ingredients. Cook in a large pot for about 2 hours. Put in pint jars and process for 15 minutes in a hot water bath to seal jars. (See our Preserving Tips Recipe book for instructions for hot water bath sealing.)

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Tomato Sauce

½ Bushel tomatoes
1-1/2 lbs. onions (I use one large onion)
1 green pepper
2 hot peppers
Chop and cook above for one hour

1-1/2 cups sugar
½ cup salt
2 T. garlic (I use fresh)
2 T. Basil
2 T. Parsley
2 T. Oregano
6 crushed bay leaves (you can also leave whole and remove at end of cooking time)
4 (12 oz.) cans tomato paste
Add these items to tomato mixture
Cook one more hour. Place in canning jars and seal in Pressure cooker at 10 lbs. pressure for 5 minutes. (see our Preserving Tips Recipe book for instructions on pressure canning.)

Scalloped Tomatoes

4 slices bacon, cooked and drained
2 T. olive oil
1 medium onion, thinly sliced
3 cups chopped tomatoes
1 T. sugar
½ tsp. salt
1/8 tsp. pepper
1 cup croutons with herbs & cheese
¼ cup Parmesan cheese

Mix all ingredients together and bake at 350 degrees for 20 minutes or until brown. Let stand 3-5 minutes before serving.

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Fried Zucchini

Wash zucchini. Cut off ends and cut into French fry shaped strips. Beat one or two eggs and add water to thin to make an egg wash. Mix one cup flour, ½ cup cornmeal mix, salt and pepper to taste. Dip zucchini through egg wash, then coat with flour and cornmeal mixture. Deep fry in vegetable oil or olive oil until golden brown. Drain on paper towels. Eat while hot.

Zucchini Patties

2 cups shredded zucchini
½ cup shredded Mozzarella or Cheddar Cheese
2 eggs beaten
1 T. butter
1 cup Bisquick baking mix
¼ tsp. salt
2 T. chopped onions, optional

Combine Bisquick, cheese, salt, eggs, zucchini and onion in a mixing bowl. Blend well. Melt butter in a large skillet. Spoon heaping tablespoons of zucchini mixture into skillet. Fry for 3 to 5 minutes per side until golden brown. Place browned patties on a paper towel to drain. Add more butter to skillet when necessary for additional batches.

Zucchini Bread

3 cups plain flour
2-1/2 cups sugar
1 tsp. soda
1 cup vegetable oil
3 tsp. vanilla
3 tsp. cinnamon
3 eggs
2 cups grated zucchini including peeling
Chopped nuts to taste

Beat sugar, oil, eggs and vanilla; add zucchini. Mix flour, baking powder, soda and cinnamon together; sift. Add this to zucchini mixture. Add nuts last. Grease two loaf pans. Bake at 350 degrees for 1 hour or until done. Makes two loaves.

Zucchini Pancakes

2 cups shredded zucchini
1-1/2 T. chopped onion
2 tsp. chopped parsley
Salt and Pepper to taste
¼ tsp. dried oregano
2 T. flour
2 eggs, beaten

Combine zucchini and onion; mix well. Sprinkle flour and spices over zucchini and onion. Pour in egg, stirring well. Drop by serving spoon making pancakes into hot oil. Cook over medium heat, browning on both sides. Drain on paper towels.

Creamed Corn

8 ears fresh corn
2 T. all-purpose flour
2 T. sugar
1 tsp. salt
½ cup milk
6 T. butter
½ cup whipping cream

Combine flour, sugar and salt; stir in milk until smooth. Melt butter in heavy skillet or pot and add corn. Gradually stir in flour mixture. Cover and cook 10 minutes. Stir in whipping cream. Heat until hot.

Corn Casserole

1/3 cup corn meal
1 cup fresh corn
1 cup grated sharp cheddar
2 cups milk
2 T. corn oil
½ tsp. salt
Sweet or jalapeno peppers to taste (optional)

Mix all ingredients together and bake until thickened, about 30 minutes in a 325 degree oven.

Fried Okra

1-1/2 pounds okra
1 Cup corn meal
¼ cup flour
Salt and Pepper to taste
1-1/2 cups oil

Rinse okra and slice. Combine cornmeal, flour, salt and pepper in a zip lock bag. Shake to mix. Drop okra into bag and shake well to coat. Remove and shake off excess breading mixture. Place in hot oil and fry until golden brown. Drain on paper towels.

Okra and Rice

4 slices bacon
2 cups fresh okra
1 small onion, chopped
2 cups cooked rice

Fry bacon until crisp. Remove from pan and drain on paper towels. Fry okra and onion in hot bacon grease until tender and light brown. Add cooked rice. Crumble bacon and add to rest of mixture. Stir well. Reduce heat and simmer until hot.

Stuffed Green Peppers (meatless)

6 large sweet green peppers
Salt and pepper to taste
2 heaping T. grated cheese
1 T. chopped parsley
1 T. chopped onion
2 small tomatoes, chopped
1 cup cooked rice

Wash pepper tops, seeds and membrane. Parboil for 5 minutes. Mix other ingredients and stuff peppers with mixture. Place stuffed peppers into large muffin pan. Pour in cold water to half cover the peppers. Bake at 350 degrees for 30 minutes.

Stuff Peppers

2 lbs. ground beef
1 cup dry bread crumbs
½ cup chopped onion
1 egg beaten
½ cup milk
1 tsp. salt
¼ tsp. pepper
¼ cup ketchup

Fill uncooked green (red) peppers, seeds removed, with above mixture. Wrap or place in freezer containers and freeze. Bake without thawing in covered baking dish in moderate oven (350 degrees) until tender.

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Cabbage Casserole

1 medium head of cabbage
1 can cream of mushroom soup
½ soup can of milk
½ cup grated cheddar
1 cup buttered bread crumbs
salt and pepper to taste

Chop cabbage and cook in boiling salted water until crisp-tender. Drain thoroughly. Combine soup and milk. Place cabbage into a casserole dish that has been sprayed with non stick cooking spray. Pour soup and milk over and layer with cheese. Sprinkle bread crumbs on top. Bake at 350 degrees for 30-35 minutes.

Fried Cabbage

¼ cup bacon grease
6 cups shredded cabbage
½ cup chopped green onions
salt and pepper to taste

Heat bacon grease and add cabbage, salt, pepper and onions. Stir often while frying to avoid scorching. Fry until light brown.

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Baby Limas

1 lb. baby lima beans
Enough water to cover
Ham bone or plenty of ham (may also use fat back grease).

Rinse shelled lima beans in cold water. Cover Beans with cold water and add ham bone, or ham. Bring to boil on high heat. Reduce to medium heat and cook until tender. Add water as needed.

This cooking technique works for green beans, October beans, and peas (crowder, black-eyed, or purple hull, pink eye).

Sweet Potato Casserole

3 cups sweet potatoes, mashed
1/2 cup sugar
2 eggs, beaten
1/2 tsp. salt
1/2 stick margarine
1/2 cup regular milk
1-1/2 tsp. vanilla
1/2 cup coconut (optional)
Mix all ingredients and pour into small oblong baking dish.

Topping:

1/2 cup brown sugar
1/3 cup flour
1 cup chopped pecans
1/3 stick margarine

Mix all ingredients and crumble over top of sweet potato mixture. Bake at 350 degrees for 35 minutes.

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Peach Dumplings

4 fresh peaches
1 package crescent rolls
1 stick margarine or butter
1 cup water
1 cup splenda or sugar
Nutmeg (optional)

Spray 8 x 8 baking dish with Pam. Peel peaches and cut in half. Unroll crescent rolls and place a peach half in center of each roll. Wrap roll around each peach half and place in baking dish. Melt the margarine (or butter), and mix sugar and water. Pour this over the wrapped peaches. Sprinkle with nutmeg (optional). Bake at 350 degrees for about 30 minutes, or until golden brown. (You may also use apples instead of peaches.)

Sweet Pickles (Icicle)

8 lbs. cut cucumbers
2 cups of lime (pickling)
2 gallons of water
Soak in lime in a plastic container for 24 hours

Wash through 3 water baths then drain

Add:

2 quarts of white vinegar
5 lbs. of sugar
2 T. salt
2 T. pickling spice
Soak overnight

Next day bring this mixture to a rolling boil and then simmer for 30 minutes. Pack into jars. Be sure you cover the pickles packed in the jar with juice. Makes 12 pints.

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