

Stocking Your Pantry for your Farm Share

Adapted from Early Morning Farms <http://www.earlymorningfarm.com/stocking-pantry-easy-csa-meals/>

Dried or Canned Beans

If you like to plan ahead, you can simmer beans in a crockpot or the oven and have dinner halfway done by the time you get home. If you're not the type to plan ahead, cook your beans and chop up your produce while they're cooking. You can also cook a whole bag and freeze in increments that you typically use them in. Here's a few of our favorites and what we like to use them for. It's good to have a few cans of beans around for emergencies as well.

Black Beans. Vegetarian soups and stews, quesadillas, salsa.

White Beans. Cannellini, navy, great northern. Great in minestrone soup, slow-baked, white chili, and dips and spreads.

Chickpeas. Homemade hummus, mixed into salads, and tomato based stews.

Kidney Beans – Chili, bean salads, soups and stews.

Grains

Keep a variety of whole-grains on hand for quick and easy meals.

Brown Rice. Mixed with raw or cooked vegetables for a warm or cold salad. Under stir-fry or stew. Make a quick fried rice with leftover chilled rice.

Spelt or Wheat Berries. Great as the base for grain salad, stuffed into a roasted squash, or can even be used in risottos.

Quinoa. Quick cooking grain that's high in protein. Makes a great tabouli salad or pilaf, and is also great dry toasted and sprinkled in salads.

Wild Rice. Pilaf, mix into soups, pairs well with salmon.

Baking

It's nice to keep a few things on hand for baking.

Flour. Whole wheat, whole spelt, and all-purpose white flour.

Gluten Free. If you do a lot of gluten free baking, it's good to also keep xanthan gum, almond flour, and chickpea flour around.

Baking Powder & Soda. Essential in most baked goods and shelf stable. Always keep this on hand.

Sweeteners

An addition of something sweet can enhance a sauce, soup, or stew with just a little hint.

Maple Syrup. Pure, grade b maple syrup is a great liquid sweetener.

Honey. Another sweetener, easy to sub in baking.

Brown Sugar. Adds a rich caramel flavor.

 **Vines Binghamton Farm Share**
www.vinesgardens.org/farmshare 607-238-3522



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White Sugar. Sometimes nothing else will do!

Pasta

One of the easiest things to put together during the week is a simple pasta dish with sautéed veggies and herbs. Try different varieties, shapes and new combinations. Try Asian noodles for stir-fry dishes.

Whole Wheat. If you haven't branched out from regular semolina pasta, try a high quality whole-wheat pasta like Bionaturae. It's great in warm dishes and holds up well in pasta salads. Try rotini, farfelle, and fusilli in addition to spaghetti and fettucine.

Rice Noodles. Quick-cooking and great with stir-fry. Follow package directions for cooking or soaking before adding to dishes.

Gluten Free. Wheat alternatives keep getting better, we prefer brown rice noodles like Jovial. Some of our gluten free members also use corn and quinoa pasta.

Pickled, Preserved, and Dried

In this category we have dried fruit, pickles, olives, kimchis, capers, and more. Keeping some of these high-flavor items with a long shelf-life can help you spice up any dish.

Capers, olives, etc. These add a lot of flavor to salads and dressings, and even soups and stews.

Pickles. Check your grocer's refrigerated section, pickles are not limited to cucumbers. Some of our favorites include, carrots, beets, asparagus, artichokes, and kimchi- a pickled Asian condiment.

Dried Fruits. Another great addition to salads, bean, grain, or lettuce based. Try cranberries, raisins, apricots, and mango.

Spices

If you're trying out a new recipe, look for the bulk spice section. You can get a small amount of what you need for a fraction of the price. This is also a great way to refill your spice jars for less!

Salt & Pepper. These simple staples can make a difference when roasting veggies.

Cumin. Used often in Mexican, Indian, and Middle Eastern inspired dishes.

Crushed Red Pepper. Use just a hint in a dish, and good to have handy for those who love spicy dishes!

Cinnamon. For sweet and savory.

Smoked Paprika. Add a lot flavor with just a pinch.

Nuts and Seeds

Nuts and seeds are a great vegetarian protein and provide healthy fats in your diet. Buy raw whenever possible and dry toast yourself. Sprinkle on salads, use in baking, pestos, and more.

Pumpkin & Sunflower seeds. Salads, and spreads. You can sub sunflower seeds for pine nuts.

Walnuts. Another great option for pestos and dips, and also a great addition to baked goods.

Almonds. Thin sliced almonds are great on salad greens.

Nut Butters. Pure nut butters with no additional ingredients are great in cooking. Peanut butter makes delicious peanut sauce, can be added to stir-fry sauces, and baked goods. Tahini is great in dressings and hummus.



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