

Zucchini Feta Pancakes

contributed by: Lisa Kivirist

Inn Serendipity Farm and B&B (Browntown, WI) • www.innserendipity.com

From Farmstead Chef by Lisa Kivirist & John Ivanko (www.farmsteadchef.com)

4 eggs, separated	In a large bowl, combine egg yolks,
4 c. fresh zucchini (any summer squash), shredded	zucchini, Feta cheese, onions, mint, salt and
1 c. Feta cheese, finely crumbled (about 1 lb.)	flour. Mix well. Beat egg whites until stiff.
1/2 c. green onions or chives, (finely chopped)	Fold into batter mixture. Heat oil until
1 T. fresh mint (or 1 t. dried)	very hot in a 6-inch skillet; we sometimes
1/2 t. salt	use an electric fry pan so we can fit more
1/2 c. flour	pancakes at once. Drop about 1/8 cup batter
Canola oil for frying	for each pancake. Cook on both sides until
	browned and crisp. Serve immediately
	and garnish with edible flowers such as
	nasturtiums or a sprinkle of bee balm
	flower petals.

Soil Sisters South Central Women in Sustainable Agriculture

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Celebrate seasonal abundance and local agriculture with this farm-fresh recipe from a Wisconsin woman farmer championing organic and sustainable agriculture. Women farmers represent one of the fastest growing groups of new growers prioritizing small-scale, diversified, community-focused agriculture, a 30% increase according to the last USDA Ag Census.

The Rural Women's Project, a venture of the Midwest Organic & Sustainable Education Service (MOSES), provides training, resources and support for beginning women farmers and food-based entrepreneurs, including (italicize:) In Her Boots: Sustainable Agriculture For Women, By Women workshops. For more information, see: www.mosesorganic.org/womensproject.



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