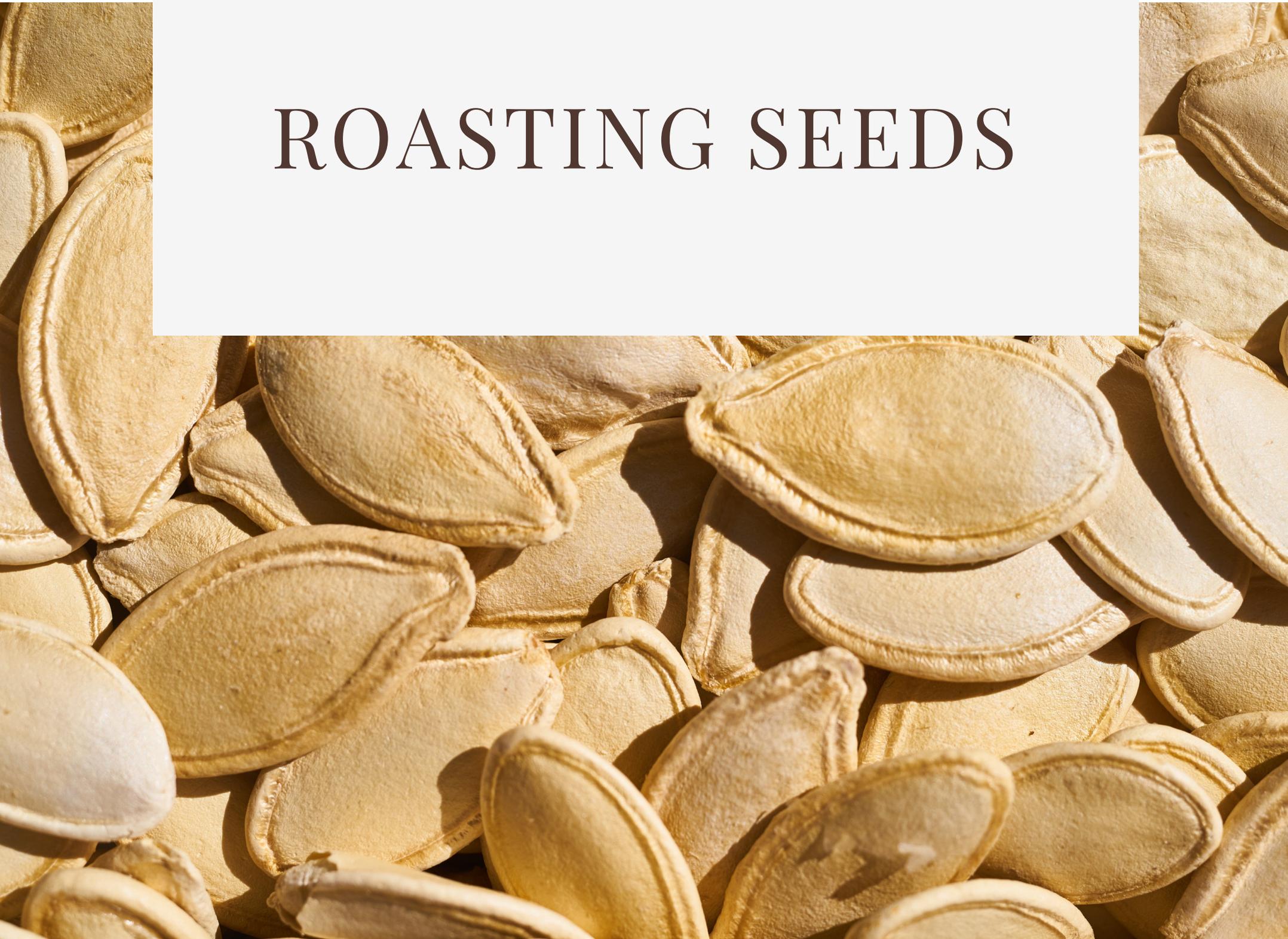


Star Farm Chicago
Winter Recipe

ROASTING SEEDS





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Winter Recipe

ROASTING SEEDS

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ROASTING SEEDS RECIPE

COOKING TIME: 15 MINUTES

Ingredients:

Butternut, pumpkin, or any kind of winter squash seeds

Directions:

1. After removing your favorite winter squash varieties, wash and dry the seeds thoroughly to ensure it will crisp up in the oven.
2. Season with a combination of olive oil, salt, pepper. Add your favorite spices after baking to avoid burning in the oven. Spread seeds evenly on a sheet pan and roast at 350 degrees for 10-15 minutes, stirring every 5 minutes until they are golden and ready by tasting for doneness every time.

Star Farm Chicago
Winter Recipe

ROASTED BRUSSEL
SPROUTS



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Winter Recipe

ROASTED BRUSSEL SPROUTS



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ROASTED BRUSSEL SPROUTS

COOKING TIME: 30 MINUTES

Ingredients:

1 lb brussels sprouts
1 tsp salt
2 tbsp neutral oil
1 lemon
Black pepper to taste



Directions:

1. Wash the brussels sprouts and dry well on a towel to ensure all moisture is gone so it will get crispy when roasting. Clean up the ends and remove undesirable leaves as needed. Slice in half (flat end to the top). Add sprouts to a bowl with oil and salt and mix.
2. Preheat oven to 425 degrees. Drizzle oil on a sheet pan and place the seasoned brussels sprouts flat faced down. Roast for 25-30 minutes, checking halfway for caramelization and to shake the brussels loose. Once deep golden brown on the flat side and fork tender, pour into a bowl and season to taste with salt, pepper and fresh lemon juice.

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Winter Recipe

ROASTED BEET,
CARROT, AND APPLE
SALAD



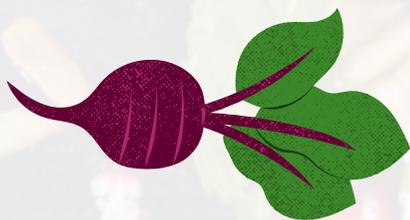
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ROASTED BEET, CARROT AND APPLE SALAD

COOKING TIME: 1-1.5 HOURS

Ingredients:

6 medium red or golden beets,
cleaned
3 medium carrots, peeled and
quartered
Fresh Rosemary
Fresh Thyme
1 tsp salt
3 Granny Smith apples, cored and
quartered
Salad (arugula, baby spinach)
Feta



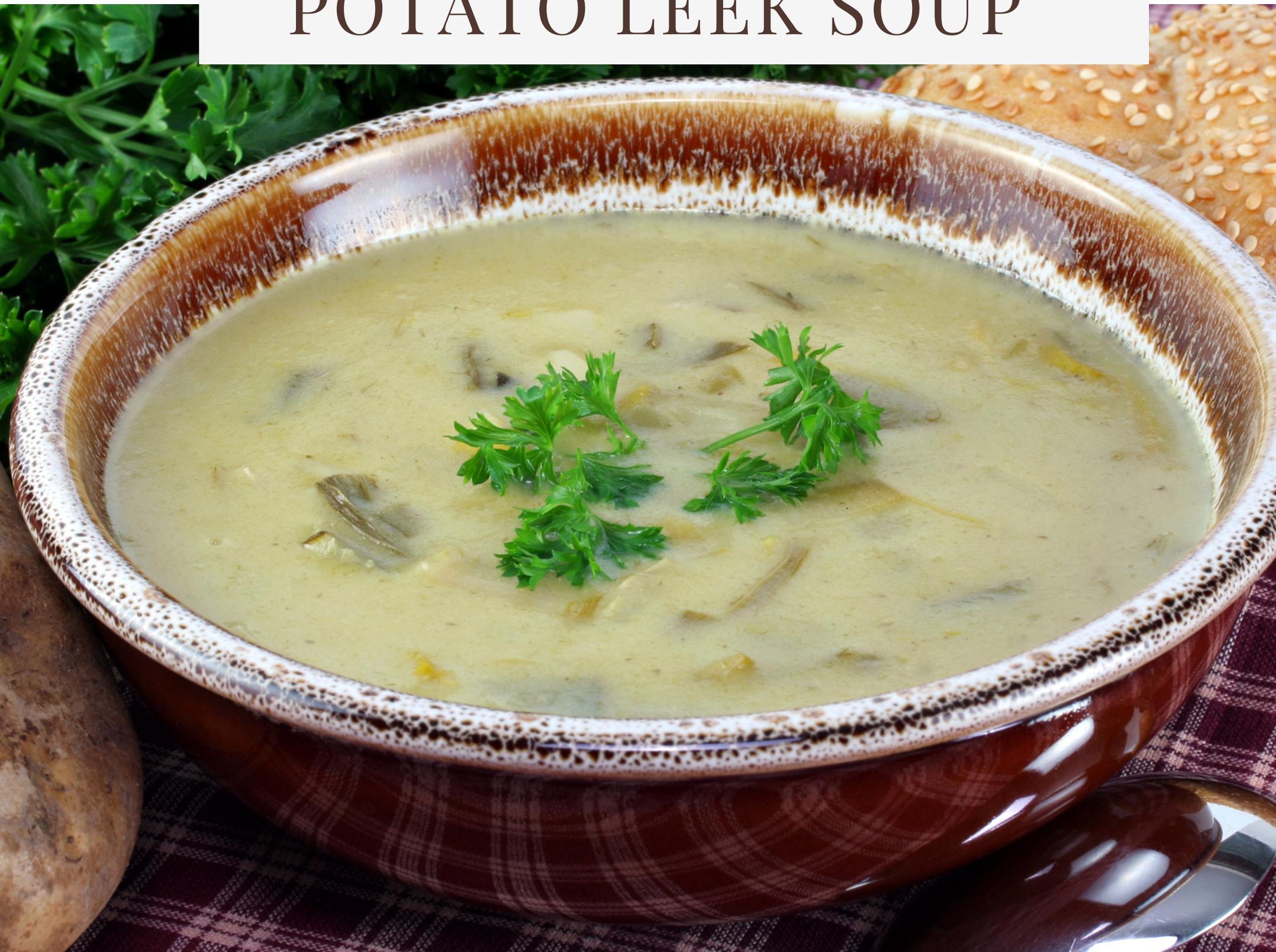
Directions:

1. Preheat oven to 350 degrees. Place beets and carrots on a large sheet pan, drizzle olive oil, salt, fresh herbs, salt and freshly ground black pepper and gently move around. Cover with aluminum foil and roast for an hour or until knife tender. When beets are warm enough to handle, transfer to a bowl of water or under a small stream of cold water to remove the skin and then quarter into small pieces similar to carrots.
2. Toss remaining ingredients in with a honey balsamic glaze and serve on a bed of leafy greens with cheese

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Winter Recipe

POTATO LEEK SOUP



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POTATO LEEK SOUP

COOKING TIME: 45 MINUTES

Ingredients:

3 large leeks, cleaned and cut into half moons

4 green onions, sliced

5 potatoes (Yukon Gold or Russet), peeled and diced

1 bay leaf

Fresh dill

3-4 shiitake or mushroom of choice

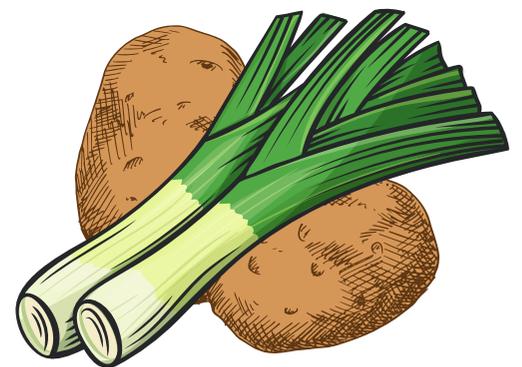
1 quart broth

1 cup heavy cream

3 tbsp butter

4 tbsp neutral oil (grapeseed, olive)

Salt and pepper to taste



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POTATO LEEK SOUP

COOKING TIME: 45 MINUTES

Directions:

1. Cut the white part of the leek, split lengthwise twice and cut again into quarter moons (save green parts for future stock). In a large pot over medium heat, add oil and chopped green onions, sauté until fragrant. Add butter, leeks, a heavy pinch of salt and mix well. Continue sweating it out for up to 10 minutes on low heat, stirring occasionally until softened. In the meantime, peel and cut potatoes and place in water to prevent browning. Once leeks are good, add potatoes (drained), broth and bring to a boil, then simmer until cooked through. Stir in cream and simmer again until soup is thickened. Use an immersion blender to make creamy.
2. Heat a cast iron or nonstick pan over medium. Add oil and thick sliced mushrooms to the pan and sear until crispy golden brown on both sides. Salt to taste.
3. Serve yourself a big bowl and garnish with mushrooms and dill.

Star Farm Chicago
Winter Recipe

QUICK PICKLE
RADISH



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QUICK PICKLE RADISHES

COOKING TIME: 1 HOUR

Ingredients:

1 bunch of radishes
½ cup apple cider vinegar
1 tablespoon granulated sugar
1 ½ teaspoon salt
1 cup hot or warm water
A glass jar with a lid for storage
Optional seasonings: red pepper flakes (½ teaspoon), black peppercorns, fresh dill, garlic cloves, coriander seeds.

Directions:

1. Thinly slice the radishes.
2. Place them in the jar.
3. Combine apple cider vinegar, salt, sugar, and salt. Pour the mixture over the sliced radishes and let them sit for an hour. After an hour, cover and store in the refrigerator.
4. You can use this same recipe to pickle cauliflower, green beans, jalapeños, carrots, and more. They will keep in the fridge for several weeks!

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Winter Recipe

FRIED PUMPKIN IN SALTED
EGG YOLK



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FRIED PUMPKIN IN SALTED EGG YOLK

COOKING TIME: 30 MINUTES

Ingredients:

- 1 lb pumpkin or winter squash (butternut, kabocha), peeled and cut into 3"x1" pieces
- 2 cooked salted egg yolks, crumbled
- 1 tsp salt
- 1 garlic clove, minced
- ½ cup cornstarch
- 1 tsp Shaoxing wine (optional)
- 1 green onion, chopped
- 4 tbsp neutral oil (grapeseed, olive, sunflower)
- 1 tbsp butter

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FRIED PUMPKIN IN SALTED EGG YOLK

COOKING TIME: 30 MINUTES

Directions:

1. Peel and remove seeds from the pumpkin. Cut into 3"x1" pieces or smaller. Add pumpkin and salt and toss to coat evenly in a bowl. Rest 15 minutes and remove excess water.
2. For cooked salted eggs, separate whites (save for another meal) from the egg yolk. In a separate small bowl, mash the egg yolk with a fork into a crumble.
3. Add cornstarch to the bowl of pumpkin and toss around until all sides are evenly coated.
4. In a nonstick pan, heat oil over medium to start shallow frying the pumpkin. Do not overcrowd and cook in small batches until cooked through and golden brown on both sides. Set on paper towels to drain.
5. To make the egg sauce, heat butter over medium, toss in minced garlic and stir until fragrant. Add crumbled egg yolk and continue stirring. Once the egg sauce starts to form bubbles, add the Shaoxing wine to deglaze, return fried pumpkin to the pan and stir until evenly coated.
6. Serve on a plate and garnish with green onions.

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Winter Recipe

HEARTY KALE, SAUSAGE
AND BEAN SOUP



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KALE, SAUSAGE AND BEAN SOUP

COOKING TIME: 45 MINUTES

Ingredients:

- 1 lb spicy Italian sausage (can substitute with other ground protein)
- 1 15 oz can cannellini beans, drained
- 1 medium yellow onion, diced
- 4 cups chicken or vegetarian broth
- 3-4 garlic cloves, minced
- 1 cup heavy whipping cream
- 5 medium potatoes (Yukon Gold or Russet), peeled and thinly sliced
- 1 bunch lacinato kale, leaves removed chopped
- Pinch of red pepper flakes (optional)
- Salt and pepper to taste

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KALE, SAUSAGE AND BEAN SOUP

COOKING TIME: 45 MINUTES

Directions:

1. Heat a large dutch oven or pot over medium. Remove casing from Italian sausage, if needed, and cook until browning. Place in a paper-lined bowl to drain.
2. Add diced onions to cook in pork fat, stirring continuously until translucent and then add minced garlic to sauté for 1 minute. Increase to high heat and add broth, sliced potatoes and bring to a boil. Then lower heat to simmer and cook until potatoes are soft. Lastly, put in the heavy cream, lacinato kale, and cannellini beans to cook for another 5 minutes or until tender. Adjust how thick you want the soup to be with broth and season to taste.
3. Serve warm with toasted bread.

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Winter Recipe

FRIED CABBAGE WITH
APPLES AND ONION



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FRIED CABBAGE WITH APPLES AND ONION

COOKING TIME: 15 MINUTES

Ingredients:

2 tablespoons butter (or olive oil)
1 apple, chopped
½ head of green cabbage, thinly sliced (about 4 cups)
1 onion, sliced
½ teaspoon salt
Dash of ground nutmeg
2 tablespoons cider vinegar
1 tablespoon sugar
Optional: sliced chicken sausage, sautéed

Directions:

1. Melt butter in a large skillet.
2. Add apples, cabbage, onion, salt, nutmeg, vinegar, and sugar; sauté over medium-high heat until tender (about 12–15 minutes). Season with salt and pepper, to taste.
3. Add chicken sausage if using.
4. Top with goat cheese.

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Winter Recipe

DINNER IN A PUMPKIN



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DINNER IN A PUMPKIN

COOKING TIME: 2 HOURS

Ingredients:

- 1 package wild rice
- 1 pound bulk breakfast pork sausage
- 1 pound lean ground beef
- 1 large onion, chopped
- salt and pepper, to taste
- 1 cup chopped celery
- 1 green bell pepper, seeded and chopped
- 1 can (8 ounce size) sliced water chestnuts, drained
- 1 can (10.75 ounce size) cream of mushroom soup
- 1 large sugar or cinderella pumpkin

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DINNER IN A PUMPKIN

COOKING TIME: 2 HOURS

Directions:

1. Prepare the wild rice as directed on the package.
2. When the rice is cooked, preheat the oven to 350 degrees F.
3. Carefully cut the top off the pumpkin and set the top aside. Scoop out the seeds and strings and discard.
4. In a large skillet, brown the pork sausage and ground beef over medium-high heat. Add the onion, celery, and green pepper. Cook, stirring frequently, until the vegetables have softened. Drain off any excess grease.
5. Stir the rice, water chestnuts, soup, salt, and pepper into the meat mixture. Mix well then pour the rice mixture into the pumpkin.
6. Place the top of pumpkin on top (or cover with foil). Place the pumpkin in a baking pan. Add about a half inch of water to the pan.
7. Place the pan in the oven and bake at 350 degrees F for 3 hours or until the pumpkin is tender.

Star Farm Chicago
Winter Recipe

BUTTERNUT SQUASH SOUP



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BUTTERNUT SQUASH SOUP

COOKING TIME: 45 MINUTES

Ingredients:

2 tablespoons olive oil

1 yellow onion, chopped

½ teaspoon sea salt

1 medium or large butternut squash, cut in half

3 garlic cloves, minced

3 to 4 cups vegetable broth

Black pepper

You will also need a blender or an immersion blender

Optional seasonings: 1 teaspoon fresh ginger, nutmeg, chopped fresh or dried sage, rosemary, and thyme.

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BUTTERNUT SQUASH SOUP

COOKING TIME: 45 MINUTES

Directions:

1. Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.
2. Add the garlic, sage, rosemary, and ginger. Stir and cook for 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes.
3. Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste and serve with parsley, roasted butternut squash seeds, and crusty bread.

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Winter Recipe

APPLE CRISP



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APPLE CRISP

COOKING TIME: 1 HOUR

Ingredients:

6 golden delicious apples, peeled and chopped

2 Tbsp granulated sugar

1 3/4 tsp ground cinnamon

1 1/2 tsp lemon juice

1 cup light brown sugar

3/4 cup old fashioned oats

3/4 cup all-purpose flour

1/2 cup cold unsalted butter, diced into small cubes

Pinch of kosher salt

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APPLE CRISP

COOKING TIME: 1 HOUR

Directions:

1. Preheat oven to 350 F degrees. Butter an 8×8 baking dish, or spray with non-stick cooking spray. Set aside.
2. In a mixing bowl, add chopped apples, granulated sugar, 3/4 tsp of the cinnamon and lemon juice. Stir to combine, then transfer to prepared baking dish.
3. In a separate mixing bowl, add topping ingredients (brown sugar, oats, flour, 1 tsp cinnamon, salt, and diced cold butter). Use a pastry cutter to cut the butter into the oat mixture, using a slight downward twisting motion, until mixture resembled pea-sized crumbs. Alternatively, you can use two forks or even your hands to cut butter into the mixture.
4. Spread topping over apples in baking dish, and gently pat to even it out. Bake 40-50 minutes, until golden brown and bubbly.

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Winter Recipe

ROASTED CARROT,
PARSNIP AND POTATO
SOUP



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ROASTED CARROT, PARSNIP AND
POTATO SOUP

COOKING TIME: 1 HOUR

Ingredients:

- 1 ½ pound carrots, peeled and chopped
- ½ pound (2 large) parsnips, peeled, quartered, cored and chopped
- 1 large red onion, diced
- 1 medium potato, quartered
- 2 garlic cloves
- 2 tablespoons olive oil
- Salt and freshly ground black pepper
- 6 cups chicken or vegetable stock or broth
- Chopped fresh herbs such as parsley, thyme, or chives
- Optional: plain yogurt for garnish

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ROASTED CARROT, PARSNIP AND POTATO SOUP

COOKING TIME: 1 HOUR

Directions:

1. Preheat oven to 425 degrees. Line a sheet pan or a baking dish with parchment or foil. Toss vegetables, including garlic cloves, with olive oil and salt and pepper to taste. Spread in baking dish or on sheet pan in an even layer and place in oven. Set timer for 20 minutes.
2. After 20 minutes, stir vegetables and turn heat down to 400 degrees. Roast for another 20 to 30 minutes (or longer; I have found every oven I've used to be different, thus the range), or until very tender and caramelized on the edges, stirring every 10 minutes. Remove from the heat. You should have about 4 cups roasted vegetables.

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ROASTED CARROT, PARSNIP AND POTATO SOUP

COOKING TIME: 1 HOUR

Directions continued:

3. Squeeze out the garlic pulp into a blender. Add half the vegetables and 2 cups of the stock. Blend until smooth and transfer to a soup pot. Repeat with the second half of the roasted vegetables.
4. Transfer to the pot and whisk in remaining broth. Season to taste with salt and pepper and heat. Serve each bowl with a sprinkle of chopped fresh herbs and a swirl yogurt.

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Winter Recipe

VEGETARIAN PUMPKIN
CHILI



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VEGETARIAN PUMPKIN CHILI

COOKING TIME: 45 MINUTES

Ingredients:

- 2 Tablespoons olive oil
- 1 cup chopped yellow onion (1/2 of a large onion)
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 small jalapeño, minced (remove seeds and ribs)
- 3 garlic cloves, minced
- 1 teaspoon salt
- 1/2 teaspoon fresh ground black pepper
- 1/2 teaspoon ground cinnamon
- 2 and 1/2 teaspoons ground cumin
- 2 teaspoons chili powder
- 1 teaspoon onion powder
- 2 cups (480ml) vegetable broth
- 3 (14 ounce) cans petite diced tomatoes, do not drain
- 1 (15 ounce) can pinto beans, drained and rinsed
- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 (15 ounce) can pumpkin puree
- 1 large sweet potato, peeled and diced (about 1 heaping cup)*
- optional: 1/2 (15 ounce) can black beans, drained and rinsed*

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VEGETARIAN PUMPKIN CHILI

COOKING TIME: 45 MINUTES

Directions:

1. Heat the olive oil over medium heat in a 5 quart (or larger) pot or dutch oven. Add the onion, bell peppers, and jalapeño. Stir and cook for 5 minutes as the onion softens. Add garlic, salt, black pepper, cumin, chili powder, and onion powder. Stir and cook for 1 minute. Add the remaining ingredients including black beans, if using.
2. Place the lid on top, reduce heat to medium-low, and cook for 30 minutes, stirring occasionally.

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Winter Recipe

VEGETABLE STOCK



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VEGETABLE STOCK RECIPE

COOKING TIME: 1 HOUR

Ingredients:

Vegetable broth is a sustainable way to minimize food waste and make your own soup base (you can save your veggie scraps from other meals in the freezer until you have enough to make a broth- about 6 cups). Here are some ideas of what to include in addition to other scraps:

onions

garlic

carrots

celery

herbs like thyme and parsley

salt

whole peppercorns

leek tops

bay leaves

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VEGETABLE STOCK

COOKING TIME: 1 HOUR

Directions:

1. Place the onions, carrots, celery, leek tops, garlic, parsley, thyme, bay leaves, salt, pepper (and whatever scraps you want to use) and water in a large pot and bring to a boil over high heat (If 12 cups of water won't fit in your pot, you can use 10). Reduce the heat and simmer gently, covered, for 1 hour.
2. Strain and compost the vegetables. Season to taste and use in your favorite soup recipes!

Star Farm Chicago

Winter Recipe

SWEET POTATO
SHEPHERDS PIE



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SWEET POTATO SHEPHERDS PIE

COOKING TIME: 1 HOUR

Ingredients:

For The Shepherd's Pie Filling:

1 pound ground beef or lentils

2 medium carrots, peeled and diced

1 small green pepper, diced

1 small yellow onion, diced

1 cup mushrooms, cleaned and stemmed, diced

4 cloves garlic, minced

3 ounces tomato paste

1 teaspoon chili powder

1/2 teaspoon dried rosemary or dried herb of choice

1/2 teaspoon fine salt or to taste

1/4 teaspoon black pepper

1/4 cup water

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SWEET POTATO SHEPHERDS PIE

COOKING TIME: 1 HOUR

Ingredients:

For The Sweet Potato Topping

2 large sweet potatoes, peeled and cubed (~6 cups cubed)

1 tablespoons butter (may substitute ghee or coconut oil)

1/2 teaspoon chili powder

1/4 teaspoon fine salt

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SWEET POTATO SHEPHERDS PIE

COOKING TIME: 1 HOUR

Directions:

1. Preheat oven to 375°F. Bake the sweet potatoes until fork tender, 45 to 60 minutes Alternatively, you can steam peeled and diced sweet potatoes until tender.
2. In a medium cast iron skillet over medium-high heat, sauté the ground beef (or lentils), chopped carrots, green pepper, onion, mushrooms, and garlic. Continue cooking until the carrots are soft, about 12-15 minutes. Begin making the sweet potato topping while the filling cooks.
3. To make the topping: Place the peeled and baked/steamed sweet potato with all of the topping ingredients in a food processor (or blender) and process until smooth.

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SWEET POTATO SHEPHERDS PIE

COOKING TIME: 1 HOUR

Directions continued:

4. Back to the filling: Once the carrots are soft, stir in tomato paste, chili powder, rosemary, salt, black pepper, and water.
5. Final step: Top the filling with the sweet potato mash. If you're not using an oven-safe cast iron skillet, transfer the filling to a casserole dish or 9×9 inch baking dish and top the filling with the sweet potato mash. Sprinkle the top with a little sea salt and chili powder.
6. Bake for 10 minutes. Remove from oven and serve.

Star Farm Chicago
Winter Recipe

SPAGHETTI SQUASH
BOATS



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SPAGHETTI SQUASH BOATS

COOKING TIME: 45 MINUTES

Ingredients:

1 Spaghetti squash

$\frac{1}{3}$ cup Onions diced

1 lb Ground Beef

1 tablespoon fresh parsley

1 tablespoon fresh basil

2 tomatoes, crushed or 1 can crushed tomatoes

2 cups tomato sauce

2 cloves garlic

salt and pepper to taste

1 cup cheddar cheese

$\frac{1}{2}$ cup mozzarella cheese

2 tablespoon olive oil

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SPAGHETTI SQUASH BOATS

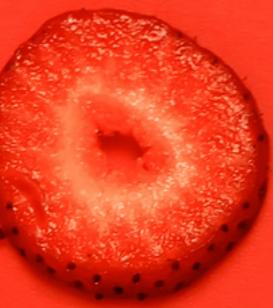
COOKING TIME: 45 MINUTES

Directions:

1. Heat the oven to 425 degrees.
2. Heat the squash in the microwave for 5 minutes to soften it up.
3. Cut the squash in half lengthwise. Remove the seeds and brush the olive oil in the cavity and the edge of the squash. Bake for 30 minutes.
4. Meanwhile the squash cook, in a hot skillet brown the beef for about 5 minutes.
5. Once brown, add salt and pepper. Stir. Then add the crushed tomatoes, onions, herbs and garlic. Cook for about 2 minutes.
6. Add the tomato sauce. Stir. Let simmer on low for 7 minutes. Remove from heat set aside.
7. Use a fork to lightly scrape the inside of the squash, then fill in the cavity with the meat sauce. Topped with cheese and bake for 10 minutes or until golden brown on top. Let cool and serve warm.

Star Farm Chicago *Recipe*

STRAWBERRY OATMEAL BARS



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STRAWBERRY OATMEAL BARS

COOKING TIME: 1 HOUR

Ingredients:

1 cup old-fashioned rolled oats

3/4 cup white whole wheat flour

1/3 cup light brown sugar

1/4 teaspoon ground ginger

1/4 teaspoon kosher salt

6 tablespoons unsalted butter *melted (or substitute melted coconut oil to make vegan/dairy free)*

2 cups small-diced strawberries

1 teaspoon cornstarch

- 1 tablespoon freshly squeezed lemon juice
from about 1/2 small lemon

1 tablespoon granulated sugar *divided*

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STRAWBERRY OATMEAL BARS

COOKING TIME: 1 HOUR

Ingredients:

Vanilla glaze (optional):

1 1/2 cup powdered sugar sifted

1/2 teaspoon pure vanilla extract

1 tablespoon milk

Directions: :

1. Place a rack in the center of your oven and preheat to 375 degrees F. Line an 8x8-inch baking pan with parchment paper so that the paper overhangs two sides like handles.
2. In a medium bowl, combine the oats, flour, brown sugar, ginger, and salt. Pour in the melted butter and stir until it forms clumps and the dry ingredients are evenly moistened. Set aside 1/2 cup of the crumble mixture, then press the rest into an even layer in the bottom of the prepared pan.

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STRAWBERRY OATMEAL BARS

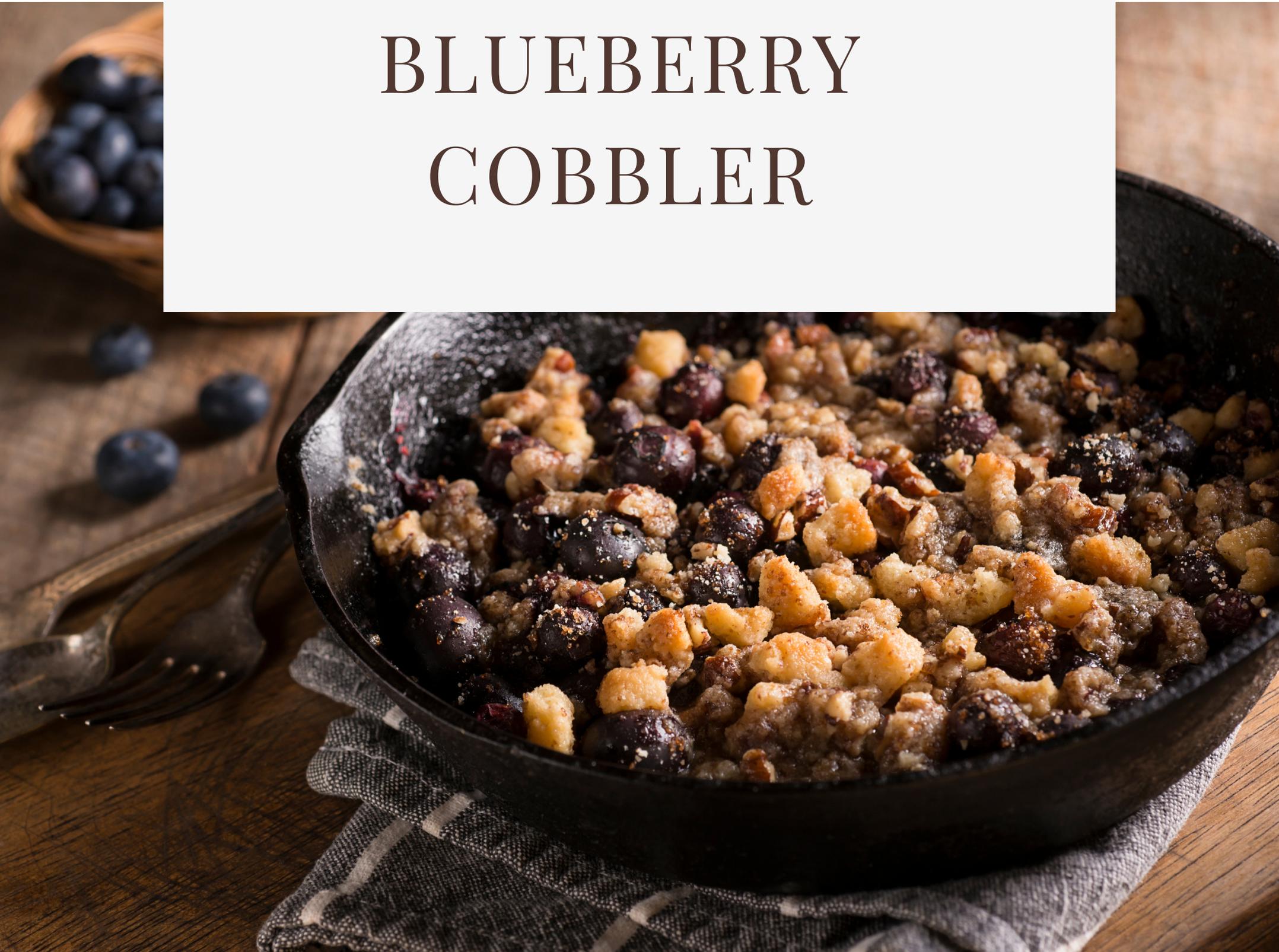
COOKING TIME: 1 HOUR

Directions continued:

3. Scatter half of the strawberries over the crust. Sprinkle the cornstarch evenly over the top, then sprinkle on the lemon juice and 1/2 tablespoon of the granulated sugar. Scatter on the remaining berries, then the remaining 1/2 tablespoon sugar. Sprinkle the reserved crumbs evenly over the top. You will have some fruit showing through.
4. Bake the bars for 35 to 40 minutes, until the fruit is bubbly and the crumb topping smells toasty and looks golden. Place the pan on a wire rack to cool completely (you can speed this process along in the refrigerator).
5. While the bars cool, prepare the glaze: In a medium bowl, briskly whisk together the powdered sugar, vanilla, and milk until smooth. Feel free to add more milk if a thinner consistency is desired. Using the parchment-paper handles, lift the bars from the pan. Drizzle with glaze, slice, and serve.

Star Farm Chicago Recipe

BLUEBERRY COBBLER



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BLUEBERRY COBBLER

COOKING TIME: 1 HOUR

Ingredients:

FOR THE FILLING:

8 c. fresh blueberries
2/3 c. sugar
1 tbsp. lemon juice
1/4 c. all-purpose flour

FOR THE TOPPING:

2 1/2 c. all-purpose flour
1 tbsp. baking powder
2 1/2 heaping tablespoons
sugar, plus more for
sprinkling
1/2 tsp. salt
1 1/2 sticks plus 2 tablespoons
cold salted butter, cut into
pieces
3/4 c. milk
large egg

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BLUEBERRY COBBLER

COOKING TIME: 1 HOUR

Directions:

1. Preheat the oven to 425°. For the fruit: Place the blueberries in a large bowl and sprinkle in the sugar and lemon juice. Add the flour and stir to combine.
2. For the topping: In a separate bowl, combine the flour, baking powder, sugar and salt. Stir it around, then add 1 1/2 sticks cold butter and use a pastry blender to cut the butter into the dry ingredients.
3. Whisk together the milk and egg, then drizzle it into the flour-butter mixture and stir until the dough just comes together. It should be lumpy and clumpy!
4. Pour the blueberries into a 9 x 13-inch baking dish and dot them with 2 tablespoons butter, then tear off pinches of the dough and dot them all over the top. Sprinkle the top with extra sugar. Cover lightly with foil and bake for 20 minutes, then remove the foil and bake until lightly browned, about 25 more minutes. Serve warm or at room temperature with a big scoop of vanilla ice cream.

Star Farm Chicago Recipe

STRAWBERRY TART



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STRAWBERRY TART

COOKING TIME: 1 HOUR

Ingredients:

FOR THE CRUST:

1 1/3 c. all-purpose flour

1/4 c. granulated sugar

1/2 tsp. kosher salt

10 tbsp. melted butter

TOPPING:

1 1/2 lb. strawberries,
hulled and sliced

3 tbsp. strawberry or
raspberry preserves

FOR THE FILLING:

1/2 c.

heavy cream

2

(8 oz.) blocks cream cheese,
softened

1/2 c.

granulated sugar

Juice and zest of 1 lemon

1 tsp.

pure vanilla extract

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STRAWBERRY TART

COOKING TIME: 1 HOUR

Directions:

1. Make crust: Preheat oven to 350°. In a large bowl, whisk together flour, sugar, and salt. Add melted butter and stir until dough forms. Press mixture into a 10" or 11" tart pan with a removable bottom, pressing until dough is smooth. Prick all over with a fork and bake until golden, 25 to 30 minutes. Let cool completely.
2. Meanwhile, make filling: In a large bowl using a hand mixer, beat heavy cream until stiff peaks form, 7 minutes. In another large bowl, beat together cream cheese and sugar until smooth. Add lemon juice and zest, and vanilla. Beat until combined. Fold in whipped cream, then spoon into cooled crust and smooth top.
3. Starting on the outside, arrange strawberries on top of tart in a circle until entire tart is covered.
4. In a small microwave-safe bowl, heat together preserves and 2 teaspoons water until warmed, 30 seconds. Brush over tart and refrigerate until well chilled, 2 hours.

Star Farm Chicago Recipe

BLUEBERRY SCONES



Star Farm

BLUEBERRY SCONES

COOKING TIME: 1 HOUR

Ingredients:

- 2 cups (250g) all-purpose flour (spoon & leveled), plus more for hands and work surface
- 1/2 cup (100g) granulated sugar
- 2 and 1/2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 cup (1 stick; 115g) unsalted butter, frozen
- 1/2 cup (120ml) heavy cream (plus 2 Tbsp for brushing)
- 1 large egg
- 1 and 1/2 teaspoons pure vanilla extract
- 1 heaping cup (180g) fresh or frozen blueberries (do not thaw)

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BLUEBERRY SCONES

COOKING TIME: 1 HOUR

Directions:

1. Whisk flour, sugar, baking powder, cinnamon, and salt together in a large bowl. Grate the frozen butter using a box grater. Add it to the flour mixture and combine with a pastry cutter, two forks, or your fingers until the mixture comes together in pea-sized crumbs. See video above for a closer look at the texture. Place in the refrigerator or freezer as you mix the wet ingredients together.
2. Whisk 1/2 cup heavy cream, the egg, and vanilla extract together in a small bowl. Drizzle over the flour mixture, add the blueberries, then mix together until everything appears moistened.
3. Pour onto the counter and, with floured hands, work dough into a ball as best you can. Dough will be sticky. If it's too sticky, add a little more flour. If it seems too dry, add 1-2 more Tablespoons heavy cream. Press into an 8-inch disc and, with a sharp knife or bench scraper, cut into 8 wedges.

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BLUEBERRY SCONES

COOKING TIME: 1 HOUR

Directions:

4. Brush scones with remaining heavy cream and for extra crunch, sprinkle with coarse sugar. (You can do this before or after refrigerating in the next step.)
5. Place scones on a plate or lined baking sheet (if your fridge has space!) and refrigerate for at least 15 minutes.
6. Meanwhile, preheat oven to 400°F (204°C).
7. Line a large baking sheet with parchment paper or silicone baking mat. After refrigerating, arrange scones 2-3 inches apart on the prepared baking sheet(s).
8. Bake for 22-25 minutes or until golden brown around the edges and lightly browned on top. Remove from the oven and cool for a few minutes before topping with vanilla icing.

Star Farm Chicago
Spring Recipe

RHUBARB
MUFFINS



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RHUBARB MUFFINS

COOKING TIME: 45 MINUTES

Ingredients:

- 1 cup rhubarb chopped
- 1 $\frac{3}{4}$ cups flour all-purpose
- $\frac{1}{2}$ cup sugar
- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- 1 egg beaten
- $\frac{3}{4}$ cup milk
- $\frac{1}{4}$ cup vegetable oil
- 1 teaspoon vanilla

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RHUBARB MUFFINS

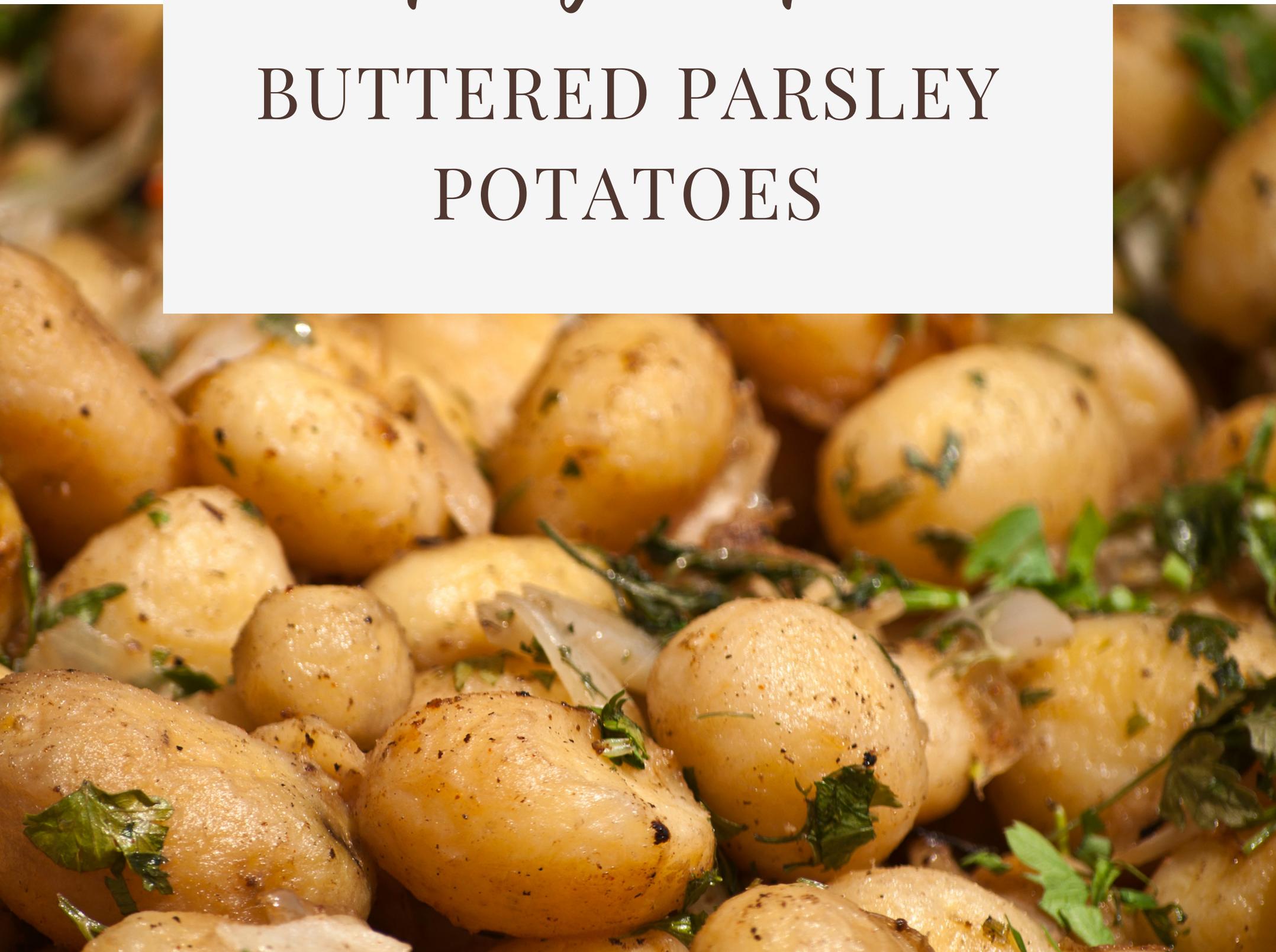
COOKING TIME: 45 MINUTES

Directions:

1. Preheat oven to 400°. Grease twelve muffin wells or line paper liners.
2. Toss rhubarb with 1 tablespoon flour and set aside.
3. Combine flour, sugar, baking powder and salt in a large bowl with a whisk.
4. In a small bowl, whisk egg, milk, vanilla and oil.
5. Make a well in the dry ingredients and add the wet ingredients. Stir just until moistened.
6. Shake off excess flour from rhubarb and fold into batter. Do not overmix.
7. Fill each muffin well $\frac{2}{3}$ full.
8. Bake for 18 to 20 minutes or until a toothpick comes out clean.
9. Remove from muffin pan and cool completely.

Star Farm Chicago
Spring Recipe

BUTTERED PARSLEY
POTATOES



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BUTTERED PARSLEY POTATOES

COOKING TIME: 25 MINUTES

Ingredients:

2 pounds small red potatoes

3 tablespoons butter, cut into slivers

1/2 teaspoon garlic powder

2 tablespoons finely chopped fresh parsley

salt and pepper

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BUTTERED PARSLEY POTATOES

COOKING TIME: 25
MINUTES

Directions:

1. Place potatoes in a large pot and cover with 1 inch of water. Add 1 teaspoon salt and bring to a boil. Simmer 20 to 25 minutes or until soft.
2. Drain potatoes well and return to pot.
3. Add butter, garlic powder, and parsley. Toss to coat well.
4. Add salt and pepper to taste.

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Spring Recipe

SPINACH STRAWBERRY SALAD
WITH
BALSAMIC POPPY SEED DRESSING



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SPINACH STRAWBERRY SALAD

COOKING TIME: 15 MINUTES

Ingredients:

FOR THE SALAD:

3/4 cup raw pecans (or walnuts)
1/2 small red onion *very thinly sliced*
10 ounces fresh baby spinach (or arugula)
1 quart strawberries *hulled and quartered (about 1 pound)*
3/4 cup crumbled feta cheese *buy the block-style feta, not pre-crumbled; the texture is much better*

FOR THE DRESSING:

1/4 cup balsamic vinegar
3 tablespoons extra-virgin olive oil
1 1/2 tablespoons poppy seeds
1 1/2 tablespoons honey
1/2 teaspoon Dijon mustard
1/2 teaspoon kosher salt
1/8 teaspoon black pepper

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SPINACH STRAWBERRY SALAD

COOKING TIME: 15 MINUTES

Directions:

1. Toast the pecans: Preheat the oven to 350 degrees F. Spread the pecans in a single layer on an ungreased baking sheet. Bake for 8 to 10 minutes, until the pecans smell fragrant and the center of a pecan is tan when the pecan is broken in half. (Do not walk away from the oven in the last few minutes of cooking. This is when nuts love to burn.) Transfer to a cutting board and roughly chop.
2. Place the sliced onions in a bowl and cover with cold water. Let sit while you prepare the rest of the salad (this keeps their flavor but removes the harsh onion bite).

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SPINACH STRAWBERRY SALAD

COOKING TIME: 15 MINUTES

Directions continued:

4. Prepare the dressing: In small mixing bowl or large liquid measuring cup, whisk together all of the dressing ingredients—vinegar, oil, poppy seeds, honey, mustard, salt, and pepper—until well combined. (Alternatively, you can shake the ingredients together in a mason jar with a tight-fitting lid).
5. Assemble the salad: Place the spinach in a great big serving bowl. Add the strawberries. Drain the red onion and add it as well. Drizzle about half of the dressing over the salad and toss to coat the leaves. Assess the amount of dressing. You want the spinach leaves to be nicely moistened but not swimming in dressing. Add a little more if needed to suit your preferences. Add the feta and pecans. Toss lightly to combine. Serve immediately, with extra dressing on the side as desired.

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Spring Recipe

FARRO SALAD WITH
FETA, LEMON AND MINT



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FARRO SALAD WITH FETA, LEMON AND MINT

COOKING TIME: 15 MINUTES

Ingredients:

1 lb. fava beans about 1 cup

8 ounces asparagus tough bottoms removed
and sliced on the bias in 2" pieces

1 cup fresh or frozen peas

1 cup farro uncooked

4 ounces crumbled feta cheese

1/4 cup extra virgin olive oil plus more if
desired

1 large lemon zested and juiced

1 1/2 tablespoons chopped fresh mint

salt and freshly ground black pepper to taste

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FARRO SALAD WITH FETA, LEMON AND MINT

COOKING TIME: 15 MINUTES

Directions:

1. Fill a medium to large saucepan with water, cover, and bring to a boil over high heat. Remove the lid and reduce the heat to medium. Add the shelled fava beans, asparagus, and peas and cook for 2-3 minutes. Remove with a slotted spoon and place in a bowl.
2. Gently squeeze the fava beans from their outer skin while the farro cooks.
3. Add the farro to the pot of simmering water for about 20 minutes or until done. Drain well in a colander then place in a large bowl.
4. Add all ingredients to the bowl with the farro and toss to combine. Season to taste and add more oil if necessary. Serve and enjoy!

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Spring Recipe

ARUGULA PESTO



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ARGUGULA PESTO

COOKING TIME: 10 MINUTES

Ingredients:

1/2 cup (2 oz/60 g) walnut pieces

1 garlic clove, minced

2 cups (2 oz/60 g) packed arugula leaves

1/2 cup (2 oz/60 g) freshly grated Parmesan
cheese

Kosher salt

1 cup (8 fl oz/250 ml) extra-virgin olive oil

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ARUGULA PESTO

COOKING TIME: 10 MINUTES

Directions:

1. In a food processor, combine the walnuts, garlic, arugula, Parmesan, and 1 tsp salt and pulse to blend. With the machine running, pour in the olive oil through the food tube in a slow, steady stream and process until smooth, stopping to scrape down the sides of the bowl as needed. Taste and adjust the seasonings.
2. Serve with your favorite pasta, on salads, as a dip, or a seasoning!

Star Farm Chicago
Spring Recipe

QUICHE WITH MUSHROOMS,
ASPARAGUS AND SPINACH



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QUICHE WITH MUSHROOMS,
ASPARAGUS AND SPINACH

COOKING TIME: 1 HOUR

Ingredients:

1 tablespoon butter

1 shallot, minced

2 cups veggies – mushrooms, asparagus,
and spinach

8 eggs

1 1/4 cup heavy cream

1 cup shredded gouda cheese

1 teaspoon salt (more to taste)

2 unbaked pre-made pie crusts (make your
own or store bought)

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QUICHE WITH MUSHROOMS, ASPARAGUS AND SPINACH

COOKING TIME: 1 HOUR

Directions:

1. Melt the butter over medium high heat. Add the mushrooms; sauté until browned and soft. Add the shallots; sauté until fragrant. Add asparagus; sauté until softened and bright green. Season with a pinch of salt.
2. Whisk eggs and heavy cream together. Add cooked veggies, cheese, and salt.
3. Press pie crust into a 10-inch pie pan and gently crimp the edges (This recipe makes two quiches).