

Carrot Ginger Cookies

From *The Practical Produce Cookbook* by Ray and Elsie Hoover

Ingredients:

2 1/4 cup flour
2 tsp. baking soda
1 1/2 tsp. ginger
1 tsp. cinnamon
1/4 tsp. ground cloves
1/4 tsp. salt
1 cup brown sugar
3/4 cup shortening
1/4 cup molasses
1 egg
1 cup tightly packed, shredded carrots

Directions:

Combine first 6 ingredients. In another bowl, beat brown sugar and shortening until fluffy. Beat in molasses and egg. Add dry ingredients then fold in carrots. Cover and refrigerate until firm. Drop by rounded teaspoons 2 inches apart on greased cookie sheet. Bake at 375° approximately 12 minutes.

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Broccoli Beet Salad

Submitted by Elizabeth Bishop

From Love Beets

Ingredients:

about half pound broccoli, stems cut in half

about 3 oz. mixed seeds (e.g. sunflower, pumpkin, sesame)

1 tbsp soy sauce

about half pound cooked beets, cut into wedges

Small bunch fresh chives, snipped

For the Dressing:

2 tbsp olive oil

Juice 1/2-1 lemon, to taste

Freshly ground pepper and sea salt

Directions

Make the dressing by whisking together the olive oil and lemon juice to taste. Season with freshly ground pepper and sea salt. Set aside. Steam or boil the broccoli for 3-4 minutes until just tender but with a little bite. While the broccoli is cooking, toast the seeds by tipping them into a small frying pan. Add soy sauce and cook over medium heat, tossing regularly to coat all over, for about 3 minutes until the seeds are crisp and golden. Take care not to burn them or they will taste bitter. Arrange the cooked broccoli and beet wedges on your prettiest plate, drizzle with the dressing and sprinkle the toasted seeds. Serve immediately.

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Spring Radish Salad

From *The Kentucky Fresh Cookbook*

Ingredients:

1/4 cup red wine vinegar

1/2 cup olive oil

1 Tbs Kentucky honey

1/2 teaspoon salt

1/2 teaspoon freshly ground black pepper

2 bunches radishes, grated

2 carrots, peeled and grated

1/2 cup snipped chives

1 bunch parsley, minced

Directions:

In a bowl, mix the vinegar, oil, honey, salt and pepper. Stir in the radishes, carrots, chives and parsley. Season with salt and pepper.