

Green Team Garden Recipes

2023-24

Trinity Episcopal Church, Statesboro, GA

Trinity's Green Team developed a demonstration community garden on the church property in Spring 2022 and has been growing produce year round since then! These are a few of our favorite recipes for the produce we are harvesting. Enjoy! And come garden with us!

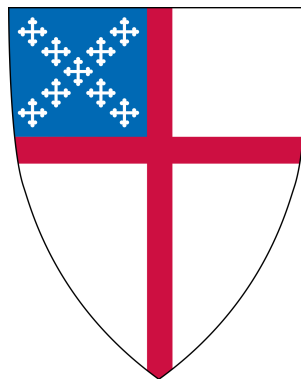
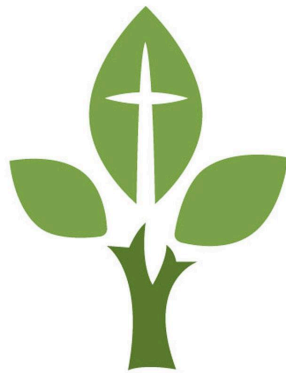


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Cucumbers

Cucumbers are members of the Cucurbitaceae family, along with summer and winter squash, watermelon, and cantaloupe. As vines, their tendrils help them to climb up structures to access the sunlight needed for growing their large fruits. The cucumber fruit develops after bees transfer pollen from male flowers of one plant to the large yellow female flowers of another. The fruit is ready to harvest when it is plump and dark green. If you wait too long, the fruit might have a bitter taste that comes from the chemical, cucurbitacin, made by the plant to protect it from insects and other animals that might eat it. Ripe fruit is composed of 95% water! As a result, cucumbers are crisp and juicy and add a nice watery crunch to a cold dish.



Chilled Cucumber-Yogurt Soup

(from Moosewood Cookbook - Lissa Leege)

4c peeled, seeded and grated cucumber

2c water

2c yogurt (nonfat ok)

½-1 tsp. Salt

1 small clove garlic, minced

1 tsp. Dried dill or 1 Tbs. fresh

1 Tbs. honey (optional)

Minced fresh mint and chives

Combine all ingredients except herbs in a medium- sized bowl. Stir until well blended and chill until very cold. Serve topped with finely minced herbs if available. I tried this with Greek honey yogurt and it was delicious! I recommend a half batch - it goes a long way.

Facts about Cucumbers

(Shared with me from Facebook. I haven't verified all these claims but many sound intuitively true. -Bobby Randolph)



1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins and Carbohydrates that can provide that quick pick-me-up that can last for

hours.

3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.

4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!

6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!

7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.

8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its

chemicals will provide a quick and durable shine that not only looks great but also repels water.

9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. Looking for a 'green' way to clean your taps, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

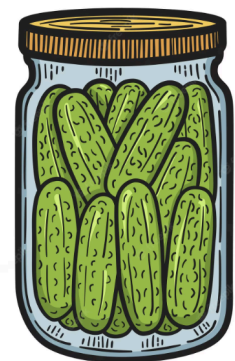
13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

Follow [Easy recipes](#) for more delicious recipes! 😊

Quick Pickled Cucumbers

(Laura Wheaton)

These are sweet/sour pickles that are crisper and fresher than what you get in a jar. They are great for barbecue, Cuban sandwiches, other sandwiches, or any time you need pickles for something. They will keep for several days in the refrigerator. You are not obligated to cut up four cups of cucumbers; you can use the pickling liquid for any amount of cucumbers, or cut



the amount of the liquid in half. I will often do these on the fly and not wait the full 30 minutes.

Ingredients

4 cups thinly sliced cucumbers (about 2 large)

1/2 cup sliced green onions (optional)

1/2 cup rice vinegar

3 tablespoons sugar

1 garlic clove, minced

1 teaspoon kosher salt

Directions

Place cucumbers and onions in a large bowl. Bring vinegar and next 3 ingredients to a boil in a saucepan, stirring until sugar dissolves. Pour over cucumber mixture. Let stand 30 minutes. Serve with a slotted spoon.

And to make Cuban Sandwiches with quick pickles:

Quick Cuban Sandwiches

4 individual ciabatta or other 6- to 8-inch crusty rolls, halved

1/2 cup mayonnaise-mustard sauce (see note)

8 dill pickle sandwich slices

12 ounces thinly sliced deli ham

Cooked pork tenderloin sliced into 6-8 1/4 inch slices

8 slices deli Swiss cheese

Note: Heinz now makes what it calls "mashups" of multiple condiments, including Mayomust mayonnaise and mustard sauce. To make your own, mix together 1/4 cup mayonnaise and 1/4 cup yellow mustard.

Heat broiler to high with an oven rack placed in the position nearest to the broil.

Place the ciabatta, outside down, on a baking sheet.

Place a second baking sheet on top and, using all of your weight, press down on the top baking sheet to smash the bread. Transfer to the oven and broil until lightly browned and crisp, 1 to 3 minutes.

Remove from the oven and flip the bread cut-side up. Spread each half with the mayonnaise-mustard sauce. Top the bottom half of each roll with 2 pickles and 3 ounces ham. Top the ham, pork, and the other half of each roll with 1 slice of cheese. Return to the broiler and cook until the cheese is melted and bubbly, 2 to 3 minutes.

Carefully fold the tops of the rolls over the bottoms.

Place the second baking sheet back on top of the sandwiches and press the sandwiches to adhere.

Slice each sandwich in half on the diagonal and serve immediately.

Cucumber, Tomato & Avocado Salad

(Ann Price)

Ingredients

1 pint of cherry/grape tomatoes, cut in half

1 English cucumber, diced

1 medium size avocado, diced

Salt & pepper to taste

Ranch, avocado dressing

Toss ingredients with dressing and serve. This recipe can easily be doubled if more is needed. For additional flavor add diced red onion and cilantro. For the dressing, I use Hidden Valley Ranch seasoning made using the directions on the package. I then add a large Hass avocado that has been pureed to the dressing.



A little humor...What does a duck say after he's eaten an avocado?

"GUAC! GUAC!"

Tomato Cucumber Salad with Yogurt

(adapted from Quick and Easy Indian Cooking- Laura Wheaton)

- 1/3-1/2 cup plain yogurt
- 1/4 tsp. cayenne pepper
- 1/2 tsp. ground cumin
- Salt and pepper
- 1 large or 2 medium tomatoes, chopped
- 1 cucumber, peeled and chopped

Mix yogurt, cayenne pepper, cumin, and salt and pepper in a bowl. Add vegetables and toss to coat.

Cucumber Lime Guacamole

(Laura Wheaton)

Ingredients

- 1 1/2 cups chopped seedless cucumber
- 1/2 teaspoon salt
- 4 medium avocados, halved, pitted and peeled
- 2 green onions, thinly sliced
- 1/4 cup chopped fresh cilantro
- 3 tablespoons lime juice
- Ground black pepper

Directions

Place cucumbers in a colander and sprinkle with 1/2 teaspoon salt; toss to coat. Let stand 30 to 60 minutes. Pat cucumbers dry with paper towels. Transfer cucumbers to a medium bowl.

Chop 2 of the avocados; mash the remaining avocados. Add mashed and chopped avocados, green onions, cilantro, and lime juice to the cucumbers; stir to combine. Season to taste with additional salt and pepper.



Tzatziki Sauce

(Laura Wheaton)

This sauce is great with pita, grilled meats, and other vegetables.

1/4 cup finely grated cucumber

1/2 cup plain yogurt

Salt and pepper to taste

Garlic to taste (optional)

1tbsp. finely chopped fresh herb like dill, mint, or oregano.

Squeeze cucumber with a paper towel to remove excess water. Mix all ingredients together.

Spicy Cucumber Gin

(Adapted from Infuse— Laura Wheaton)

Combine 10 sliced cucumber rounds, 1/2 of a jalapeno pepper, and 12 oz of gin in a jar. Shake and let sit at room temperature for 12 hours. Strain cucumber and pepper (don't leave the pepper in for too long if you don't like spicy drinks!).

Spicy Cucumber Gimlet

(Adapted from Infuse— Laura Wheaton)

2 oz Spicy Cucumber Gin

1/2 oz lime juice

1/2 oz simple syrup (equal parts sugar and water)

Combine all ingredients into a cocktail shaker. Add ice and shake for 30 seconds. Pour into a chilled cocktail glass and garnish with a cucumber round.

Cucumber Jalapeno Margarita

(Laura Wheaton)

2-3 slices cucumber

1-2 slices jalapeno (use 2 or more if you like really spicy)

1/2 tsp salt

1-1/2 oz (3 tbsp) tequila

3/4 oz (1-1/2 tbsp) lime juice

$\frac{3}{4}$ oz (1- $\frac{1}{2}$ tbsp) simple syrup (equal parts sugar and water) or agave syrup

$\frac{1}{2}$ oz (1 tbsp) triple sec

Muddle cucumber and jalapeno with salt in cocktail shaker. Add all other ingredients. Add ice and shake for 30 seconds. Strain and pour into a margarita class with ice.

Cucumber Blueberry Slaw

(Laura Wheaton)

Great for brats or any other dish that slaw works well in.

1 cup shredded cabbage

$\frac{1}{2}$ cup thinly sliced or shredded cucumber

$\frac{1}{3}$ cup fresh blueberries

$\frac{1}{4}$ cup rice wine vinegar

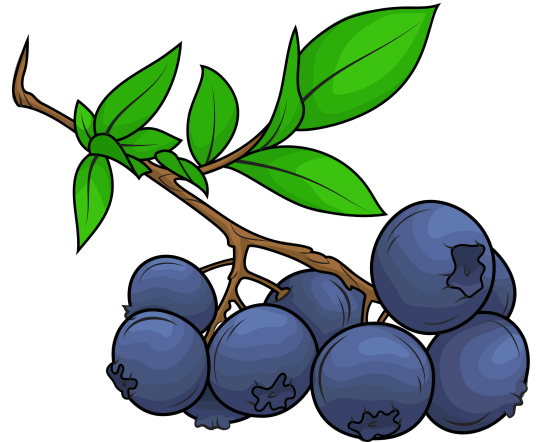
$\frac{1}{8}$ - $\frac{1}{4}$ cup oil

1 tsp minced ginger

1-2 tsp sugar (optional)

Salt and pepper

Toss all ingredients together and serve.



Creamy Cucumber Salad

Jay Weaver

Making a refreshing cucumber salad couldn't be simpler. You'll find the full recipe below with step-by-step instructions, but here's what you can expect when you make this top-rated recipe:

Begin by combining salt, cucumbers, and onions in a bowl and allowing the mixture to sit at room temperature for 15-30 minutes. Next, drain the mixture in a colander placed over a bowl or sink before incorporating mayonnaise, vinegar, and seasonings.

Cover and refrigerate for one to two hours before serving. The result is a cool creamy summer side dish.

Ingredients

2 large cucumbers, peeled and thinly sliced

1 sweet onion, thinly sliced

1 tablespoon sea salt

Dressing:

1 ½ cups mayonnaise, or more to taste

2 tablespoons vinegar

1 tablespoon white sugar

1 teaspoon dried dill weed

1 teaspoon garlic powder

1 teaspoon ground black pepper

Directions

Step1 Mix cucumbers, onion, and salt together in a bowl. Cover with plastic wrap and let sit for 15 to 30 minutes.

Step2 Turn cucumber mixture into a colander set over a bowl or in a sink. Let drain, stirring occasionally, until most of the liquid and salt has drained, 15 to 30 minutes. Transfer drained cucumber mixture to a large bowl.

Step3 Whisk mayonnaise, vinegar, sugar, dill, garlic powder, and pepper for dressing together in a bowl until smooth. Pour over cucumber mixture and stir until coated.

Step4 Pour over cucumber mixture and stir until coated.

Step5 Cover with plastic wrap and refrigerate for 1 to 2 hours before serving.



Turnips

Along with vegetables such as radishes, cabbage, broccoli, cauliflower, and kale, turnips are members of the mustard family. They are root vegetables which means that they store the food they make underground. They prefer cool weather and make an excellent fall crop in south Georgia. Both the greens and the roots can be eaten. Some favorite recipes from our Green Team members follow.

Easy Roasted Turnips

(Ann Price)

Ingredients

2 pounds turnips with purple tops, cut into 1/2-inch wedges
2 shallots, thinly sliced
1 tablespoon olive oil
4 teaspoons minced dried chives
1 teaspoon garlic powder
1 teaspoon smoked or sweet paprika
½ teaspoon salt, or to taste
¼ teaspoon freshly ground black pepper, or to taste
4 tablespoons butter, cut into about 10 pieces
chopped fresh parsley, for garnish
crushed red pepper flakes, for garnish, optional

Directions

Preheat the oven to 450°F.

Place turnips and shallots in a 9x13 baking dish and toss them with the olive oil.

To the turnips, add the chives, garlic powder, paprika, salt, and pepper; toss gently to combine. Scatter the butter pieces over the top.

Roast for 25 to 30 minutes or until tender, stirring them halfway through cooking. If the turnips are cut larger than suggested, you will need to roast them a bit longer or until tender.

Remove from the oven and taste for salt and pepper; adjust accordingly.

Garnish with parsley and pepper flakes, and serve.

Southern Turnip Greens

(Ann Price)

Ingredients

1 teaspoon [olive oil](#)
1 cup chopped white onions
3 garlic cloves Minced
3 pounds fresh turnip greens This is usually 3-4 bundles. Weigh for accuracy. Weight includes the stems
1 smoked turkey leg or wing See notes
1 1/2-2 cups chicken broth You can also use water.
1/2 tablespoon Creole Seasoning Adjust to taste.
2 teaspoons Smoked Paprika
1-2 tablespoons sweetener or sugar Adjust to taste.

Directions

1. Place the smoked turkey in a pot large enough to fit along with water. Add enough water to cover the turkey. Bring the water to a boil. Cook the turkey for 45 minutes to an hour until it becomes tender. You may have to keep a close watch and add additional water as the water evaporates.
2. While the smoked turkey cooks/softens, wash your greens. Fill a large bowl or your sink with water. Use your hands and scrub the veins of the leaves to remove any dirt or sand. Wash the greens thoroughly until the water runs clear.
3. Remove the stems from the greens and slice the greens into smaller pieces.
4. Heat a large pot or Dutch oven on medium-high heat. Add the olive oil to the pot along with the onions and garlic. I like to use a Dutch oven because you can saute the vegetables and cook the greens all in one pot.
5. Saute the onions and garlic until translucent and fragrant.
6. Deglaze the pan by adding the chicken broth.
7. Begin to layer in the greens and add them in batches. Greens will need to wilt down a lot in order to fit in the pot. Add in the greens and then stir and allow them to cook down.
8. Add in the Creole Seasoning, smoked paprika, sugar, and smoked turkey. Bring the pot to a boil.
9. Place the lid on the pot and adjust the heat to medium-low. Allow the greens to cook for 2 hours or until the greens are soft and the smoked turkey is tender (fall off the bone tender). Check in throughout the cooking process and stir the greens when necessary.
10. Open the pot and remove the turkey. Shred the meat from the turkey using forks and return it to the pot. Taste the greens repeatedly and add seasoning, sugar, and spices if necessary.

Roasted Turnips with Ginger (or any other herb or spice you like)

(Laura Wheaton)

Ingredients:

Turnips
Ginger
Olive oil
Salt
Pepper

Directions:

Peel and cut turnips into wedges. Toss with sliced fresh ginger, canola oil, salt, and pepper on a rimmed baking sheet. Drizzle with honey and roast at 400° F until tender.

Switch it up a little:

Swap out the ginger for herbs such as sage, thyme, mint, or marjoram. Try with other seasonings such as harissa, masala blends, sumac, or za'atar seasoning.

Sauteed Turnips and Greens

(Laura Wheaton)

Ingredients

Turnips
Garlic
Olive oil
Salt
Pepper
Lemon juice

Directions

Cook peeled and cut-up turnips and sliced garlic in olive oil in a large skillet until tender. Add the turnip greens and cook until just wilted. Season with salt and pepper and a squeeze of lemon juice.

Turnip Root and Greens Gratin

(Laura Wheaton)

Ingredients

2 Tbsp butter
3 med. onions, halved and sliced
5 turnips, peeled and cubed
2c heavy cream
5 cloves garlic
½ tsp thyme
8oz turnip greens (4 cups)
1 egg
1c Parmesan cheese
1c shredded fontina or Gouda or gruyere cheese
3 cups bread crumbs or cubes

Directions

Oven 375. Prepare 2 quart dish.

Melt 1tablespoon butter. Cook onions with ½ teaspoon salt over medium heat to caramelize onions, about 30 minutes. Transfer onions to bowl. You should have about ⅔ cup .

Boil turnips in salted water for 2-3 minutes, then place in ice water to Blanche. Drain and pat dry.

In saucepan, combine cream, garlic, and thyme and bring just to simmering. Reduce heat to low and cook 30 minutes. Set aside and cool lightly.

In skillet used to cook onions, melt 1tablespoon butter and cook turnip Greens 2 minutes or until wilted. Squeeze out liquid and chop.

In large bowl, combine cream mixture, onions, egg, cheeses, salt and pepper. Stir in turnips, greens, and bread cubes (or top with bread crumbs). Transfer to prepared dish. Let stand 10 minutes. Bake uncovered 35-40 minutes until center is bubbly and top is golden. Let stand 20 minutes.

Herbs

(Laura Wheaton)

Fresh herbs can be chopped and added directly into sauces or almost any other kind of food. To chop herbs, peel leaves off the stem and place in a plastic cup. Clip herbs with a sharp pair of kitchen scissors.

Herb Stackers:

(Laura Wheaton)

Whole leaf herbs can be combined with cheese and a fruit or vegetable and secured, if necessary, with a toothpick. The most common stacker is caprese, which is a slice of tomato, slice of mozzarella, and a basil leaf sprinkled with olive oil and salt. Try these other combinations:

Strawberry, basil, mozzarella

Peach, basil, mozzarella

Blueberry, sage, mozzarella

Apple, sage, bleu cheese

Apple, Ham, and Cheese Biscuits

(Laura Wheaton)

Add a sage leaf to biscuits with ham, cheddar cheese, and a slice of apple.

Kale

Posana Kale Salad

(Bob Randolph)

I've made this salad many times and have also enjoyed it at the restaurant 'Posana' in Asheville. It's worth the effort. When I've had trouble finding Manchego cheese, I have substituted Asiago. I've also substituted the currants with 'Craisins' or a mixture of raisins and 'Craisins'. I've also substituted the pumpkin seeds with sliced almonds and sunflower seeds.

INGREDIENTS

2 kale bunches

1/2 cup manchego cheese, grated

3/4 cup pumpkin seeds

1/2 cup currants or raisins

2/3 cup fresh Lemon juice

1/2 cup + 1 tsp Extra virgin olive oil

1 tsp kosher salt

1 pinch black pepper

INSTRUCTIONS

1. Prepare Kale
 - o Remove the stems from the kale and wash with cold water.
 - o Using a salad spinner, dry the leaves removing all of the excess water.
 - o Chop the kale finely using a sharp knife.
2. Prepare Pumpkin Seeds
 - o Place the pumpkin seeds into a bowl and add 1 tsp extra virgin olive oil, a pinch of salt and toss to coat the seeds.
 - o Spread out onto a baking tray and bake at 350 degrees for 8 minutes.
 - o Remove tray from oven and use a spatula or spoon to stir the seeds, place tray back into oven and cook for 7-8 minutes further to achieve a nice uniform golden brown, allow to cool.
3. Place the chopped kale into a bowl and add the lemon juice, 1/2 cup extra virgin olive oil, salt and pepper. Using your hands squeeze the kale firmly. Continue massaging the kale until you notice the color of the leaves turning darker green. This will soften the kale so it is more tender.
4. Add pumpkin seeds, manchego cheese and currants. Toss everything together evenly, taste and adjust seasoning as needed. Enjoy!

Okra



Okra

Okra is a prolific southern vegetable that thrives in the heat. It is a relative of the beautiful hibiscus plant and of cotton as well. Harvest the young seed pods/fruits that form after the flowers are pollinated. Larger pods become fibrous quickly and are not as tasty (but can be used to make crafts if left to dry). Some favorite recipes from our Green Team members follow.

Smashed Fried Okra

Servings: 4-6

Ingredients

1 pound fresh okra

1 1/2 cups buttermilk

2 cups fine yellow cornmeal

Kosher salt and freshly ground black pepper

Canola oil

Directions

Use a meat mallet to smash okra, starting at tip of pod and working toward stem end. Place buttermilk in a shallow dish, and place cornmeal in another shallow dish. Stir desired amount of salt and pepper into buttermilk and cornmeal. Dip okra in buttermilk; dredge in cornmeal, shaking off excess.

Pour oil to a depth of 2 inches into a large Dutch oven; heat to 350°. Fry okra, in batches, 2 to 3 minutes or until brown and crisp, turning once. Remove okra, using a slotted spoon; drain on paper towels. Add salt and pepper to taste; serve.

Speedy Creole Comeback Sauce

Stir together 1/4 cup each mayonnaise and plain whole-milk yogurt, 1 Tbsp. ketchup, 1 tsp. Worcestershire sauce, and 1/2 tsp. Creole seasoning in a small bowl. Cover and chill until ready to serve.

Charred Okra

Ingredients

1 teaspoon minced garlic

1/2 teaspoon kosher salt

1/2 teaspoon ground

4-color peppercorns

2 tablespoons extra-virgin olive oil

1/2 pound whole okra

Juice of 1/2 lemon

Grated Parmesan, for garnish

Directions

In a small bowl, combine garlic, salt and ground peppercorns. Set aside.

Add olive oil to a large skillet. Warm over high heat. When oil begins to shimmer, use tongs to carefully add okra. Cook 3 to 4 minutes or until charred on all sides, turning constantly to keep okra from burning. As okra begins to brown, add lemon juice, then sprinkle with garlic mixture. Toss to coat okra with seasonings.

When okra is browned on all sides, transfer to a serving plate. Garnish with grated Parmesan and serve immediately.