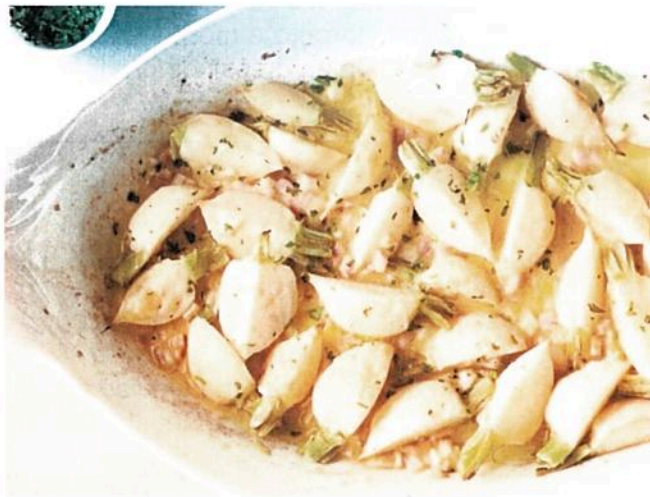


Featured Veg: Tasty Turnip

Yes, it's roasted!

Now, I know this may not sound too creative or innovative, but when you find a great recipe or something you enjoy, it's worth keeping...and repeating! Just like those delicious radishes, the roasted turnip is just as amazing, and so simple.

My style of cooking is simple; I like to showcase the veggie's natural flavours, without the need to add too many sauces or spices! That's why I love roasting veggies with oil, sea salt, pepper and any fresh herbs. It's my go-to recipe!



Roasted Turnip...as you like it!

Preheat oven to 400 degrees

Slice, halve or cube turnip

Place in a roasting dish with extra virgin olive oil, sea salt, pepper and your favourite ingredients.

Bake until tender. Cooking time depends on size.

Ginger and Honey

Bacon & Chives

Leek & Rosemary

Maple syrup, Dijon and fresh tarragon

When it comes to turnip, you can also cook the greens, but they are a bit chewier than kale or Swiss chard. But, it is definitely worth a try, and, see what you think. If not, greens can be placed in the compost, so nothing goes to waste, and back to mother earth.

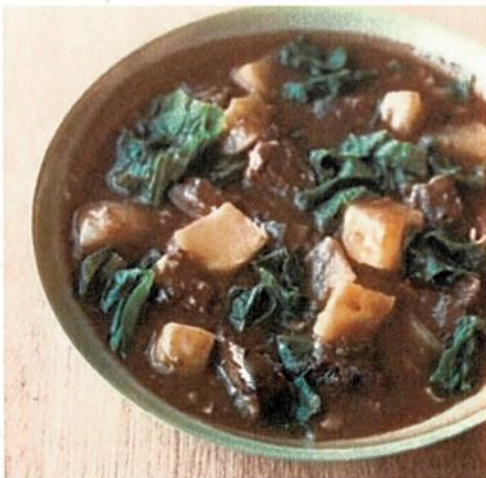
More Ways to Enjoy Turnip

Steam, boil or roast as a side dish to any meal and add butter or coconut oil and sea salt.

Add to salad, raw or roasted.

Mash with carrots and butter
(Hello thanksgiving classic!)

Add to soups or stews instead of (or in addition to) carrots, potatoes or squash, like this recipe below!



Turnip, Greens & Beef Stew

Although this recipe seems more like a rustic winter dinner, it is a delicious way to incorporate young, sweet, white turnip and greens, as well as organic or local grass fed beef. Add fresh parsley and thyme that you may be growing in your own herb garden! Feel free to replace the greens with Swiss chard or kale from your basket, as well.

This recipe is from William Sonoma and can be found online:
<http://www.williams-sonoma.com/recipe/beef-stew-with-turnips-and-greens.html>

Sensational Salad Dressings

Warning: These recipes might just change your relationship with salad...forever!

Each week, your basket will include a variety of leafy green lettuce to create fresh summer salads. When you begin to incorporate more salads into your meals, it's important to start a collection of delicious homemade salad dressings. Variety is so important to salads, so that you finish your meal feeling satisfied!

One step at a time...

As we begin to improve our diet and lifestyle, we normally start to reduce the amount of packaged and processed foods we buy. However, salad dressings are often overlooked. We can be fooled to think that if we are eating a salad, it must be healthy, and the dressing doesn't matter.

Of course, it is all about making small steps, and it is better to eat a salad with store bought dressing, than no salad at all. That being said, if there is one small improvement you'd like to make to decrease your intake of toxins, I would recommend making your dressing at home, so you know exactly what is in it.

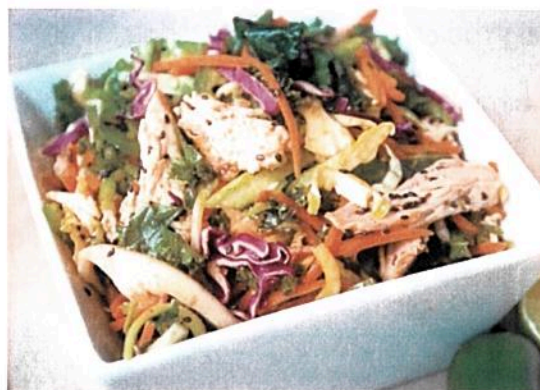
Prepare Sunday and enjoy all week!

Salad dressings are so easy and I can guarantee that you will enjoy salads more than ever before with these recipes. I like to make 2 dressings at the beginning of each week, and keep them in the fridge, in a mason jar, so they are ready as needed!

Asian Inspired

¾ cup olive oil
½ cup balsamic vinegar
½ cup honey
5 tsp Dijon
3 tsp sea salt
1 tsp pepper
¼ cup sesame seeds
¼ cup + 1 tbsp lime juice
a pinch of ground coriander

Blend all ingredients until well combined. Mix with salad greens, shredded red cabbage and carrots, sliced red pepper, cilantro, crushed peanuts, and optional grilled chicken breast or shrimp.



What's in your dressing?

Store bought salad dressings contain a lot of preservatives namely disodium EDTA, refined sugars like corn syrup, additives such as food coloring yellow 5, in addition to low quality, GMO oils like canola and soy. As a conscious cook, it is important to read ingredients lists to know what you are putting in your body.



**DARE 2 DREAM ALPACA
& SANDY LOAM PRODUCE
FARM**

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TEL - 705-869-5586

Simple Dressing

2/3 cup olive oil
juice of 2 lemons
1-2 garlic cloves, minced or use a garlic press
1 tsp Dijon, I always use the grainy variety
2 tsp maple syrup
½ tsp sea salt
pepper, to taste

Place all ingredients in a mason jar and shake until well combined. For a creamier dressing, place all ingredients in a blender. Mix with salad greens, sliced cucumber, pecans, dried cranberries, goat cheese and optional boiled or poached egg.

CANNING

Let's do "Turnips"



Here's what you can do...



Peel that big ol' bucket of turnips



Then dice them.



Put them in a stainless steel pot and cover them with cold water, drain the water off, then cover them again to remove debris and a little dirt, with a rinse off... you can fill two or more stainless steel pots with diced turnips covered in water. Bring them to a boil over medium heat and let them simmer for five minutes.



Using a slotted spoon, fill your hot, sterilized pint jars with the hot turnips...



then fill the jar with hot cooking liquid (from the pot), leaving a half-inch headspace.



CANNING TURNIPS con't



Cut them in cubes, slices, whole, etc...
Add chives, garlic, beets, etc...
BE CREATIVE!



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**IT'S ONLY A DREAM UNTIL YOU
WRITE IT DOWN, THEN IT
BECOMES A GOAL!**



Add a half teaspoon of salt (canning and pickling salt) to each pint jar. (optional, it's a matter of taste)



To remove any air bubbles, run a butter knife between the inside of the jar and the contents, adding more liquid if necessary.



Wipe the jar rim with a damp cloth to remove any residue.

Put the hot lids onto the jars, tightening the bands to a fingertip tightness.



Load the jars into your pressure canner... and processed them at 10 pounds of pressure for 30 minutes (quarts would be 35 minutes).