

# The FOREVER GREEN Cookbook



**RECIPES AND STORIES FROM THE  
UNIVERSITY OF MINNESOTA'S FIELDS AND KITCHENS**  
by **BETH DOOLEY**



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# Acknowledgements

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# INTRODUCTION

These days, knowing where our food comes from and how it's grown is more important than ever. Along with taste and nutrition, we want to be sure that it's good for the land and wildlife, that it provides our farmers with a sustainable livelihood, and that good food is accessible to everyone. Such is the work of the Forever Green Initiative (FGI); a University of Minnesota and United States Department of Agriculture (USDA) Agricultural Research Service Program; which engages teams of experts in genomics, breeding, agronomics, soil health, and commercialization. Since its outset, FGI has placed equal importance on working hand in hand with the farmers, rural communities, food businesses, policy makers, and consumers who insist that healthy food, healthy rural communities, and a healthy environment are not mutually exclusive.

Soil health is key. Most of our current conventional agriculture system does not use nutrients efficiently because it does not keep the soil covered with living plants throughout the year to build soil health. Unhealthy soils need to be amended with higher amounts of chemical fertilizers and pesticides. The farmers who inspired this book build soil health by giving back to their land—producing food while ensuring that there will be harvests for generations to come. It is a continuous living cover or perennial system, modeled after a natural ecosystem.

According to Professor Don Wyse, founder of FGI, “The current summer annual cropping systems take up nitrogen for just three months of the year. After harvest, the land is left without a living cover and is vulnerable to erosion and nutrient loss. Without any kind of ‘living cover’ on a farm through the fall, winter, and spring, nutrients are washed into streams and the Mississippi River. Today, about forty percent of the streams in the Mississippi River basin are severely harmed; the Upper Mississippi River was recently named one of the most endangered rivers of the year. The Upper Midwest is exporting a tremendous amount of phosphorus and nitrogen into the Gulf of Mexico and expanding the Dead Zone.”

“We must incorporate winter annual and perennial crops into our agricultural landscape,” Dr. Wyse explains. “We can do this by coupling recent innovations in plant breeding, agricultural planting and harvesting methods, food science, and utilization technologies. These will make farms more productive and profitable, while improving water and soil quality. The goal is to support farmers, strengthen rural economies, and improve our environment as well as our food.” FGI’s goal is to create an agricultural system that mimics natural systems in order to produce ample food and reduce or eliminate the negative impacts of the food and agriculture system.





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# The Forever Green Crops

This collection brings these crops into the kitchen. Many of them are familiar pantry staples – grains, flour, oils, nuts, fruit, and vegetables. Today, these are all being grown in ways that connect recent advances in agricultural methods with ancient knowledge. Here are delicious ingredients for conscientious cooks. After all, “eating is an agricultural act.”

– Wendell Berry

**Barley:** At the market, look for hulled barley, or hulless barley—these whole-grains are packed with nutrients and fiber. (Avoid pearl barley, which is not a whole grain, and has been processed to cook quickly.) Hulless barley is a specific variety in which the tough, inedible outer hull is only loosely connected to the kernel. When the grain is harvested in the field the hull falls off, reducing the need for additional processing to remove it before it goes to market.

- Barley is especially good in a main dish salad, soups, and stews. It holds up well in long simmered dishes that can be made in advance.
- Barley flour predates wheat in the earliest recipes for bread. It's slightly sweet, fine textured, low in gluten. It works nicely in cakes and cookies when substituted 1/3 cup barley flour to 2/3 cups wheat flour.

**Kernza:** This relative of wheat, developed by The Land Institute and the Forever Green Initiative, is high in nutrients and long on flavor. Unlike wheat, it's a perennial crop and its ecological benefits to the land are immense – filtering water, retaining topsoil and nutrients, and providing habitat for wildlife while producing a kernel that may be milled for flour.

- As a grain, Kernza is delicious in combination with other whole grains in soups, stews, pilafs, and grain salads. Add cooked Kernza to pancakes, waffle, and crackers for texture and flavor.
- Flour milled from Kernza has a distinct nutty, earthy flavor (similar to rye). Its gluten content is different than wheat flour, so it behaves differently in baked foods. In yeasted loaves, Kernza flour is best combined with wheat flour for a lofty loaf. In quick breads, muffins, and cookies it can be substituted one to one in most recipes.

**Hazelnuts:** American hazelnuts, though small when compared to European varieties, are one of the most sustainable crops in the Midwest. On regenerative farms such as the Main Street Project in Northfield, MN, free range chickens like to roost under the hazelnut bushes and seek shelter from storms.

- The FGI hybrid hazelnuts are a cross between the native species found in the forest understory and along trails throughout Minnesota, and the larger



commercial European varieties. They're cold-hardy and resist common hazelnut diseases that plague the larger varieties.

- Hazelnuts are delicious eaten out of hand or tossed into salads, pilafs, and baked goods.
- Hazelnut Oil is a wonderful all-purpose cooking oil – great for salads, baking, stir-fries and sautés.
- Hazelnut Flour is ground after the hazelnuts have been pressed for oil and makes a wonderful addition to cookies, cakes, and breads.

**Elderberries:** Elderberries are perennial, growing wild across our region; given their dense nutrient content and their ecological services, they have the potential to heal the land, our bodies, and revive rural communities. The Midwest Elderberry Cooperative is a network of more than 100 small to mid-sized farms that work together to grow and deliver native elderberries and flowers to craft food and beverage producers.

- Elderberries are too tannic to eat fresh, but a little honey or maple syrup tempers their bite and elevates their huckleberry-blueberry floral essence. Rich in essential nutrients and antioxidants, elderberries contain medicinal compounds – high in Vitamin C, A, B6 and iron, and they are extremely rich in antioxidants that support immune system function.

**Strawberries:** The University of Minnesota is introducing a variety of strawberries that flower continuously through the summer and are as good for organic farmers as they are for us cooks. They're called "day neutral" and you may find them well through June and into September.

**Camelina Oil:** Camelina, with its beautiful yellow flowers, is great for our land. Planted as a winter cover crop, it retains water and improves the nutrients in the soil. Though culinary camelina oil is not yet in our stores, the slightly nutty, peppery tasting oil is popular throughout northern Europe as an everyday cooking oil. It has a high smoke point and great for frying, stir-fries, sautés, as well as in pestos and vinaigrettes. Super nutritious, it's rich in antioxidants and high in omega-3 fatty acids and vitamin E.

**Flax:** Historically, flax has been a source of fiber for cloth, paper, and industrial oil. It's now recognized for its health benefits – high in omega-3 and omega-6 fatty acids. As a culinary oil, it makes a nice addition to vinaigrettes and smoothies.

**Sunflowers:** Big, bright sunflowers add much to the beauty of our rural landscapes and provide food for pollinators and songbirds. The seeds are delicious as snacks, ground into sunflower seed butter, and pressed into all-purpose culinary oil. Work is currently underway to grow perennial sunflowers that keep continuous cover on the land.



# KERNZA

This perennial grain, developed by The Land Institute in Salina, Kansas and the Forever Green Initiative, features long tap roots that can reach ten feet or more into the soil. Kernza is a resilient plant, highly tolerant of droughts and intense storms. It's being planted near wellheads.

Kernza flour resembles whole wheat flour and has a nutty, earthy flavor that is reminiscent of graham flour. Compared to wheat flour, Kernza flour is higher in protein and has a different gluten structure. In yeasted and sourdough bread recipes, it's best combined with wheat flour for a dense, toothy loaf. It pairs especially well with dark chocolate and ginger in cookies, cakes and quick breads.

As a whole grain, Kernza berries are terrific cooked as you would barley or wheat berries to add to soups, stews, and pilafs and they make a nice addition to bread dough, pancakes, and quick breads

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# Kernza Crackers

Makes about 24 to 32 two-inch crackers

Making crackers is easier than you think! This basic recipe is open to all sorts of variations. You can add chopped fresh herbs or spices, or create sweet versions by topping with a sprinkling of cinnamon sugar. Serve with sharp cheese or jam.

- 1 cup Kernza® flour
- 1/2 teaspoon salt
- 2 tablespoons unsalted butter
- About 1/4 cup water
- 1/2 teaspoon coarse salt to finish

Preheat the oven to 400 degrees F. In a food processor fitted with a steel blade, process the flour and salt. Pulse in the butter until blended, about 20 seconds to 1 minute. Add the water and pulse until you have a crumbly dough that holds together. If the dough is too dry, add a little more water a tablespoon at a time. If it's too wet, work in a little more flour.

Gather the dough into a ball and turn out onto a lightly floured surface. Using a lightly floured rolling pin, roll the dough into a rectangle that's about 1/4 inch thick (or thinner). Using a sharp knife, score the dough into 3-inch squares and set on a lightly floured baking sheet. Bake the crackers until browned, about 10 minutes. Cool on a rack. Store in an airtight container.

# Best Chocolate Sandwich Cookies

Makes about 48 sandwich cookies

Michelle Dobbratz, University of Minnesota agroecology researcher, created these chocolate sandwich cookies, inspired by recipes from "Smitten Kitchen" and "Sally's Baking Addiction."

## Wafers

- 1-1/4 cups Kernza flour
- 1/2 cup cocoa powder (black cocoa if possible)
- 1 teaspoon baking soda
- 1/2 cup (1 stick) butter at room temperature
- 3/4 cup granulated sugar
- 1/4 cup brown sugar
- 1 large egg, room temperature
- 1 teaspoon vanilla

## Filling

1/4 cup (1/2 stick) butter at room temperature

1/4 cup coconut oil

1-3/4 to 2 cups powdered sugar

1/4 teaspoon vanilla extract

**To Make the Wafers:** Preheat oven to 350 degrees F. Line two large baking sheets with parchment or silicone baking mats. In a medium bowl, mix together the flour, cocoa, and baking soda. Set aside.

In a separate bowl, beat butter until creamy- about 1 minute on high. Add the granulated and brown sugar to butter and beat until well creamed. Beat in the egg and vanilla, scraping down sides as needed. Fold in the dry ingredients until dough is even and consistent.

Using a teaspoon, scoop out and roll the dough into small balls. Set these on the baking sheet so they do not touch. Using a flat-bottomed glass dipped in granulated sugar, press down on each cookie slightly. Bake for 8 minutes, allow to cool completely.

**To Make the Filling:** In a medium bowl, beat the butter and coconut oil until creamy, about 1 minute. You may want to leave this mixture on top of the oven for a few minutes to allow the coconut oil to melt slightly, otherwise there can be lumps in your filling. Add powdered sugar and vanilla, starting on a slow setting if you are using an electric mixer. Beat until creamy - filling will be very thick unless you have allowed it to melt.

**To Assemble the Sandwich Cookies:** Spoon 1 teaspoon of filling onto a wafer. Find a similar sized cookie to place on top of the wafer with the filling. If you find the filling squirts out of the cookie when you take a bite, refrigerate the cookies for about 10 to 20 minutes so the filling firms up.

**Tips and Ideas:** These wafers make an excellent base for ice cream sandwiches. The cookies are best stored in the freezer, especially if you want them to maintain their crispness. They are excellent frozen and should be fresh for 2 months. Dip the cookies in melted white, milk, or dark chocolate.

# European Currant Cookies

Makes about 24 sandwich cookies or 48 wafers

Created by Katherine Bohn, an agronomy research assistant, these are delicate and pretty with a filling of bright currant jelly.

2 cups sifted Kernza flour  
1 teaspoon baking powder  
1 cup sugar  
1 teaspoon vanilla  
1/4 teaspoon arrack\* or anise extract  
1/2 pound butter unsalted  
1 generous cup ground almonds  
All-purpose flour for rolling  
1 8-ounce jar red currant jelly  
Glaze, optional

Sift together the flour and baking powder together into a medium bowl. Make a well in the center of the flour and stir in the sugar, vanilla and arrack. Cut the butter into the flour mixture using two knives or your fingers, then cut in the ground almonds. Mix the dough together with your hands, working the dough until it is smooth. Cover the bowl and refrigerate overnight. About two hours before rolling out the dough, remove it from the refrigerator so it softens. If using all-purpose flour, you will need to rework the dough until smooth and pliable by adding a little softened, unsalted butter. If using Kernza flour this step is not necessary.

Dust a surface with flour and using a lightly floured rolling pin, roll out the dough to approximately 1/4-inch thick. Using a juice glass or biscuit cutter, cut circles that are about 1.5 inches diameter. Place on a lightly greased cookie sheet. Bake at 350 for about 10 minutes. Remove and place on cooling racks. Once the cookies are fully cooled, spread a thick layer of the jelly on one cookie and top with another. (If the jelly is especially thick, you may have to "muddle" it using a fork or spoon to break it up and make it easier to spread.)

Glaze: Sift 1 cup powdered sugar into a small bowl. Add 2 teaspoons hot milk and 2 teaspoons lemon juice and mix well with a spoon. Paint the glaze on tops of sandwich cookies. (A slightly thicker glaze is easier to spread and keep from dripping.) Let set for at least 2 hours.

Note: To make lacy cookies, use the all-purpose flour minimally. For a firmer cookie that will hold jelly and glaze, use a little more all-purpose flour.

\*Arrack or arrakow is available in specialty cooking stores and online.

# Ricotta Gnocchi

Serves 4 to 6

The woodsy notes of Kernza flour enhance this classic ricotta gnocchi recipe shared by Colin Cureton, Forever Green Initiative. As a supply chain specialist, he understands the challenges new crops face and this recipe is proof that Kernza is versatile and delicious. These gnocchi are especially good with sauteed mushrooms and Hazelnut Pesto.

- 2 eggs
- 16 ounces ricotta cheese
- 1/2 cup Kernza flour
- 1/2 cup whole wheat flour
- Additional flour of each (up to double) as needed
- Dash of salt
- 1/4 cup fresh herb pesto
- 1/4 cup shredded Parmesan cheese, to taste

In a large bowl, whisk the eggs, then the ricotta. In a separate bowl, whisk together the flours and salt. Work the dry ingredients into the ricotta mixture, adding a little more flour to create a dough that is quite loose but can hold a rough shape when scooped up. (This is a sticky, messy process—there's no avoiding it!) Sprinkle a generous layer of flour on a flat, clean surface. Scoop up about ½ cup of the dough and place onto the floured surface. Using your hands, gently roll the dough into long, thin ropes the width of a finger. Repeat until all the dough is rolled out. Cut the ropes into small, bite-sized pillow shapes and with the back of a fork, lightly press the pillows to make indentations.

Set a wide pot of salted water over medium high heat and bring to a simmer. Working in batches, drop the pillows into the water. Do not allow gnocchi to clump together. Once the gnocchi float, cook for 20 additional seconds, and then remove with a slotted spoon and gently set into a wide bowl. Treat gnocchi gently throughout the process, they are delicate. Serve the gnocchi tossed with the pesto and shredded Parmesan cheese to taste.



# Ginger Scones

Makes about 10 to 12 scones

These tender scones were created by Jessica Gutknecht, Associate Professor, Department of Soil, Water, and Climate, and inspired by the Joy of Cooking. To be sure they're light and fluffy, do not overmix the dough.

- 1/4 cup all-purpose flour
- 1-3/4 cups Kernza flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 cup (1 stick) cold, unsalted butter, cut into pieces
- 3/4 cup diced crystalized ginger
- 1 large egg
- 1/2 cup heavy cream, plus a little extra for brushing on the scones

Preheat the oven to 450° degrees F. Line a baking sheet with parchment paper. In a medium bowl, stir together the flours, baking powder and salt. This is the fun part: cut the butter with 2 knives, a fork, or pastry blender, tossing the pieces with the flour mixture to coat and separate them as your work, until the largest pieces are the size of peas and the rest resemble breadcrumbs. Do not allow the butter to melt or form a paste with the flour. Toss in the ginger.

In a small bowl, whisk together the egg and cream. Dump this into the flour mixture. Mix with a rubber spatula, wooden spoon, or fork until the dry ingredients are just moistened. Gather the dough into a ball and knead it gently against the sides and bottom of the bowl 5 to 10 times, turning and pressing any loose pieces into the dough each time until they adhere, and the bowl is fairly clean. Form the dough into 1-inch balls and place at least 2 to 3 inches apart on the baking sheet. Brush the tops with a little cream. Bake until the tops are golden brown, about 12 to 18 minutes. Let cool a bit before serving.

# Old Fashioned Peanut Butter Kernza® Cookies

Makes about 2 dozen cookies

Helene Murray, Executive Director of the Minnesota Institute for Sustainable Agriculture (MISA), brought these to a department meeting and within minutes, people were talking about favorite childhood treats. They're rich and nutty and ready in no time... perfect with a cold glass of milk.

1/2 cup butter  
1/2 teaspoon vanilla  
1/ cup sugar  
1/2 cup brown sugar  
1 egg  
1-1/2 cups Kernza® flour  
1/2 cup peanut butter  
1/8 teaspoon salt  
1 teaspoon baking soda

Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper. In a medium bowl, cream together the butter, vanilla and sugars. Add the egg and beat well. Stir in peanut butter. In a separate bowl, mix flour, salt and baking soda together, add to peanut butter mixture and stir to combine thoroughly. Make into small round balls. Use a fork to make a crisscross design. Bake until just firm, about 8 to 10 minutes.

## Waffles

Serves 4 to 6

These Belgian waffles are light and crisp and just right for a lazy Sunday morning. Adria Fernandez, researcher in the Department of Horticultural Science, adapted the recipe from the King Arthur Flour website.

1-1/2 cup lukewarm milk  
6 tablespoons (3/4 stick) butter, melted  
3 tablespoons maple syrup  
1/2 teaspoon salt  
1 teaspoon vanilla extract  
2 large eggs  
1-3/4 cup Kernza flour  
1/4 cup all-purpose flour  
1-1/2 teaspoon active dry yeast

Mix all ingredients in a large bowl (should leave plenty of room for rising). Cover and let stand for 1 hour, then let rise in the fridge overnight. If batter is very thick after rising (doesn't spread when plopped), stir in a little more milk. Bake according to waffle iron instructions. These will expand quite a bit while they're baking, so don't overload the waffle iron. Serve with apple butter, currant jam, or fruit compote.

# Golden Cornbread

Makes a 10-inch skillet

By preheating the skillet in a hot oven before adding the batter, the cornbread bakes up to be crisp on the outside and fluffy and tender within. The recipe was created by Sienna Nesser, Applied Plant Sciences student, and inspired by Epicurious.

- 1 cup cornmeal
- 1 cup Kernza flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 cup whole milk
- 1/2 cup honey
- 1 large egg
- 1/2 cup (1 stick) unsalted butter

Preheat the oven to 400 degrees F. Heat a heavy 10-inch-diameter ovenproof skillet (preferably cast-iron) in oven 10 minutes.

Whisk the first 4 ingredients in large bowl to blend. Whisk milk, honey, and egg in medium bowl to blend.

Remove the skillet from oven; add 1/2 cup butter. Swirl until butter is melted. Pour all except 2 tablespoons of butter into egg mixture.

Add egg mixture to cornmeal mixture; stir until just combined (do not overmix; batter will be wet and runny). Pour batter into skillet. Bake until browned around edges and tester inserted into center comes out clean, about 22 minutes. Cool in skillet 10 minutes. Invert onto platter.

# Maple Shortbread

Makes about 12 to 24 cookies

The butter and maple give these Kernza® shortbread a rich crumb and graham flavor. You can substitute light brown sugar for the maple sugar here.

2/3 cup (11 tablespoons) unsalted butter, melted, plus more for brushing

1/4 cup maple sugar, plus more for garnish

1 teaspoon vanilla

1/4 teaspoon salt

1-1/2 cups Kernza flour

Brush an 8-inch square pan with butter. In a bowl, whisk together the 2/3 cup butter with the sugar, vanilla and salt. Stir in the flour until combined.

Press the dough into the pan and chill in the refrigerator for at least an hour or overnight.

Preheat the oven to 300 degrees F. Sprinkle maple sugar over the top of the dough. Bake until golden, about 45 minutes. Remove from the oven, allow the pan to cool slightly, then invert the pan onto a cutting board to remove the cookies. Line a baking sheet with parchment paper. Cut shortbread into rectangles and transfer to the cookie sheet. Return to the oven and bake until crisp, about 15 to 20 minutes. Cool completely before serving.

# Joe Kaplan's Sour Dough Heritage Wheat and Kernza Bread

Makes 2 Boules

Joe Kaplan, Food Science student, is an avid and accomplished baker, his sour dough is top notch. To replicate his dense, chewy artisan loaves, you'll need a metric scale and time. Be prepared to follow his directions carefully and patiently. It's well worth the effort.

225g Kernza flour  
225g Red Fife wheat flour  
100g Whole Wheat flour  
450g High Gluten flour  
150g Sourdough Starter  
750g H2O (75% Hydration depending on changes in mass. Will usually require less hydration in summer)  
---  
25g Salt  
50g H2O

## Dough

- 1) Combine dry ingredients
- 2) Add wet ingredients (Starter & 750g H2O), and mix by hand until combined
- 3) Transfer dough to a large container (I used a 12 quart) coated on the inside with olive oil or pan spray
- 4) Cover and let sit for 30 minutes at room temperature.
- 5) After 30 minutes, mix the salt and remaining H2O. Add this solution to the dough. Mix until incorporated. (This step is awkward. Do not worry. Mix by folding as opposed to stirring. Once most of the solution is incorporated, it is okay to stop. The rest will be absorbed as the dough expands.)
- 6) Cover container and let sit for 30 minutes at room temperature.
- 7) After 30 minutes, it is time to "fold." To do this, imagine the loaf has four corners. Take one corner and stretch it diagonally to the opposite corner (let's say top-right to bottom left). Continue this motion with the remaining 3 corners, working clockwise (next is bottom-right to top-left etc.)
- 8) Once all four corners have been folded, flip the entire loaf over so the folded side is now touching the bottom of the container, and the smooth surface is facing upward.
- 9) Run this cycle (Cover container, rest 30 minutes, fold 4x, flip) for anywhere between 5 and 8 hours. The warmer your room, the less time it will take; generally plan on 7 hours. Longer ferment times typically yield better flavor.

- 10) This part is difficult to explain, but the dough will tell you when it is ready. If you haven't made sourdough before, I would recommend using YouTube as a visual aid to determine what you're looking for. You should be able to stretch a portion of the dough until it is mildly transparent. As a whole, the loaf will grow to about two or three times its original size. There will be a few larger bubbles. Tap the loaf...it should jiggle like a crappy water balloon (sorry). Ultimately, it will look like it has taken on a life of its own.
- 11) When you have determined it is time to move on, prepare your shaping station.
  - Dust with flour the inside of two medium sized bowls or "Bannetons" (Bowls designed for bread baking)
  - Clean and lightly flour a large flat surface (countertop, kitchen table etc.)
- 12) Plop loaf (fold side down) onto floured surface.
- 13) Using a bench scraper, cut the loaf in half. Cover each half with a dry towel and let sit for ten minutes
- 14) Do the "4x-fold-and-flip" one more time (I promise) to each loaf, and let sit, covered, for another 10 minutes.
- 15) Shape the loaves! Keep in mind you are creating surface tension while tucking and sealing underneath. Shape until the loaf is smooth and has some tension. You do not want the surface to tear. Here is a good reference for shaping: <https://www.youtube.com/watch?v=vEG1BJWroT0>. The process you need to pay attention to begins at 2:52 and ends at 4:55.
- 15) Once shaped, transfer each loaf to its bowl or banneton smooth side down, seams up.
- 16) Cover each boule with a towel and refrigerate overnight.

## Baking

- 1) Remove boules from fridge, and proof at room temperature for 40 minutes to an hour.
- 2) Pre-heat oven to 500 degrees F (high fan if convection available).
- 3) Liberally dust 2 baking pans with flour. We use a Lodge Cast Iron Combo Cooker at the restaurant: <https://www.lodgemfg.com/cast-iron-combo-cooker?sku=LCC3>, but any 3-5 quart Dutch oven should do the trick.
- 4) Once floured, place the pans in the oven and let them come up to temperature.
- 5) When everything is pre-heated, and the bread is proofed, turn out each loaf into a hot pan. The seams are now on the bottom, and the smooth side is facing up.
- 6) Score the top of the loaf with a bread knife (razor).
- 7) Cover each pan and bake for 20 minutes.
- 8) After 20 minutes, remove the lid, drop the oven temperature to 450 degrees F, and continue baking: 15-20 minutes depending on how much color you want.
- 9) Once baking is finished, rest the boule on a wire rack at room temperature for one hour before slicing.
- 10) Enjoy!



*Winter Barley*

*Marypie Shalles*



# BARLEY

High in protein and essential minerals, barley has the lowest glycemic index of any grain and is a rich source of complex carbohydrates (beta-glucans) shown to reduce cholesterol levels and reduce the risk of Type 2 diabetes.

Hulless (aka naked) barley is a variety in which the tough, inedible outer hull is only loosely connected to the kernel so that when harvested the hull naturally falls off, reducing the need for processing to remove it, leaving most of the bran and endosperm intact. It's a win-win for the farmers, the processors, and for us cooks. Hulless barley is a whole grain, unlike pearled barley which has bran removed, and it cooks in about 45 minutes. A healthy alternative to pasta or white rice, cooked barley retains its texture and flavor for about a week in the refrigerator and may be frozen, too. It is terrific tossed into soups and stews and makes a wonderful pilaf and whole grain salad.

Use rolled barley (barley flakes) in any recipe calling for oatmeal, or try a blend of barley and oat flakes. Barley flour contains less gluten than wheat flour and can be used in flat breads, cookies and cakes.

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# Many Grain Salad

Serves 6 to 8

Cooked as a whole grain, Kernza has a very mild, wheaten flavor. It simmers quickly and is delicious in soups and stews. It's great tossed with other grains in a pilaf. Toss any leftover cooked Kernza into bread and muffin dough, pancakes and waffles. If whole grain Kernza is not available substitute the same total amount of hulless or hulled barley.

- 1/2 cup hazelnuts, hickory nuts, or pecans
- 1 cup hulless or hulled barley, rinsed
- 1/2 cup Kernza, or if you don't have Kernza use more hulless or hulled barley
- 1 teaspoon salt
- 3 tablespoons apple cider vinegar
- 1 clove garlic, smashed
- 1 tablespoon coarse mustard
- 1 tablespoon honey
- 1/2 cup hazelnut or sunflower oil
- 4 scallions, thinly sliced
- 1 cup sliced mixed red, yellow, and orange bell peppers
- 1 cup fresh sweet corn kernels
- 1/4 cup chopped parsley
- 1/4 cup chopped fresh basil
- Salt and freshly ground black pepper

Preheat the oven to 350 degrees F. Turn the nuts onto a baking sheet in a single layer and roast until fragrant and golden brown, about 10 to 15 minutes. Allow to cool slightly, chop, and set aside.

To cook the barley and Kernza: Put the grains and the salt into a large pot and cover with cold water by about 3 inches. Bring to a boil over high heat, reduce the heat, cover, and simmer until the barley and Kernza are tender, about 35 to 40 minutes. Drain and set aside. To make the vinaigrette: In a small bowl, whisk together the vinegar, garlic, mustard, and honey. Whisk in the oil in a slow, steady stream. Set aside.

To finish the salad: Turn the grains into a large bowl, toss in the scallions, pepper, corn, parsley, and basil. Add enough of the vinaigrette to coat the vegetables and grains. Season to taste with salt and pepper and serve garnished with more fresh herbs and the toasted hazelnuts.

# Old Fashioned Barley Bread

Makes one round loaf

Barley flour is slightly sweet, low in gluten, and creates a fine-textured, dense, chewy loaf. It was the primary flour in Scotland before wheat became the dominant grain. This is an updated version of an old Welsh recipe.

- 2 cups warm water (95 degrees F)
- 1 package dry yeast, about 2-1/4 teaspoons
- 1 tablespoon honey
- 3 to 4 cups barley flour
- 2 teaspoons salt
- 1 tablespoon hazelnut or sunflower oil
- 1/4 cup cooked hullless barley
- Hazelnut or vegetable oil for greasing the bowl and baking sheet

In a large bowl, dissolve the yeast in the water and stir in the honey. Whisk in 1 cup of the flour and allow to stand until the mixture bubbles, about 3 to 5 minutes. Stir in the salt, remaining flour, and oil to make a very stiff dough. Turn the dough out onto a lightly floured surface and knead for about 5 minutes. Then turn into a lightly oiled bowl. Cover and allow to stand for about 20 minutes.

Preheat the oven to 400 degrees F. Punch the dough down and shape into a round, set on a lightly oiled baking sheet, and allow to rise for 10 minutes. Bake until a firm, hard crust forms and the bread sounds hollow when tapped, about 30 to 35 minutes. Allow to cool slightly before slicing.

# Farmhouse Beef Stew

Serves 4 to 6

This recipe from farmer Kathy Draeger of Vangård Family Farm in Clinton, Minnesota relies on a full-bodied Kernza beer for its lusty, dark flavor. Be sure to brown the meat well, then add the onions and garlic, cooking them long enough to develop a sticky glaze on the bottom of the pot (aka the fond); this gives the stew its rich body.

- 1 tablespoon vegetable oil
- 1-1/2 to 2 pounds beef chuck or round, trimmed of fat
- 2 medium yellow onions, cut into 1-inch chunks
- 3 cloves garlic, smashed
- Salt and freshly ground black pepper
- 1 cup beer, preferably Kernza, or wheat beer
- 2-1/2 to 3 cups beef or chicken stock
- 1 bay leaf
- 1 teaspoon dried thyme
- 1/2 cup hullless or hulled barley
- 4 large carrots, cut into 1-inch chunks
- 1 rib celery with leaves, cut into 1-inch chunks
- 1/2 cup corn or tomato salsa, optional

Heat the oil in a soup pot or Dutch oven set over medium-high heat. Working in batches, add the beef a few pieces at a time so as not to crowd the pan, and brown the meat on all sides, about 7 to 10 minutes. Remove the meat and set aside.

Add the onions and garlic to the pot, sprinkle with the salt and pepper, and cook, stirring until translucent, about 5 minutes. Pour the beer into the pot and stir to release any of the nubs that have stuck to the bottom of the pan. Bring the liquid to a boil.

Reduce the heat to a simmer, add the bay leaf and thyme, and return the meat to the pot. Stir in the barley, cover, and cook until the barley and meat are tender, about 40 to 50 minutes, stirring occasionally. If the liquid level drops below the ingredients, add more stock.

Add the carrots and celery and continue cooking until the carrots are tender, another 10 minutes. Discard the bay leaf. Stir in the salsa, if using, right before serving.

# Barley Breakfast Bowl

Serves about 4 to 6

Barley makes a wonderful start to the day. It's nutty and delicious, especially when topped with chopped apples or berries, a drizzle of maple, a splash of milk. And, because cooked barley will keep at least 5 days in the refrigerator in a covered bowl, you can have a big bowl of it ready to toss into soups and pilafs and salads, too.

- 2 cups cooked barley
- 1/4 cup cider
- 1 teaspoon cinnamon
- Dash of ground nutmeg
- 1/4 cup dried cranberries
- 1 large apple, cored and chopped
- 2 to 3 tablespoons maple syrup, to taste
- 1/2 cup Greek yogurt or more to taste

Turn the cooked barley into a saucepan and add the cider, cinnamon, nutmeg and cranberries. Set over low heat and heat through, about 3 to 5 minutes. Remove from the stove and top with the apple and maple syrup and serve with a dollop of the yogurt.



Hazelnuts

# HAZELNUT

The tiny hazelnuts native to our region are packed with flavor and nutrients. They provide a range of ecosystem services, retaining topsoil, filtering water, and providing friendly habitat for pollinators and wildlife. These extremely hardy varieties are resistant to the blight which threatens the European varieties, the basis of worldwide commercial hazelnut production. Forever Green Initiative is working with researchers and farmers to introduce hybrid hazelnuts that combine the nut quality and yield of the European hazelnuts with the hardiness and disease resistance of the natives. The American Hazelnut Company, a grower cooperative, is processing these into oil, flour and toasted packaged nuts.

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# Chocolate Dipped Hazelnut Biscotti

Makes about 24 to 32 biscotti

Crunchy, nutty and not too sweet, these biscotti are perfect for dunking into coffee or tea. Credit the rich texture with the natural fat in the hazelnuts.

- 1-1/2 cup hazelnuts
- 1/4 cup maple sugar or light brown sugar
- 1-1/2 cups all-purpose flour
- 1 teaspoon salt
- 1/4 cup hazelnut oil
- 2 large eggs
- 2 teaspoons vanilla
- 1 cup semi-sweet chocolate chips, optional

Preheat the oven to 350 degrees F. Turn the hazelnuts onto a baking sheet in a single layer and roast until fragrant and golden, about 10 minutes. Allow to cool slightly and then chop coarsely and set aside.

Turn ½ cup of the toasted nuts and the sugar into a food processor fitted with a steel blade and pulse until finely ground. Transfer to a mixing bowl and stir in the flour, hazelnut flour, and salt. Stir in the oil, eggs, and vanilla to form a stiff dough. Add the remaining nuts and mix well; then knead the dough with your hands.

Divide the dough in half, and with dampened hands, form each half into a log about 10-inches long and 2-inches around. Line a cookie sheet with parchment paper. Place the logs on the cookie sheet, about 3 inches apart. Bake until golden and set but still soft to the touch, 20 to 30 minutes. Cool the logs slightly on a rack. Transfer the logs to a cutting board and cut with a serrated knife into ½-inch thick slices. Discard the parchment paper and arrange the slices cut side down, in one layer on an unlined cookie sheet. Bake, turning over once, until golden and crisp, 20 to 25 minutes more. Cool the biscotti completely on a wire rack.

To dip the biscotti in chocolate: turn the chocolate chips into the top of a double boiler. Fill the lower portion with about 1" of water and bring to a low boil. Set the top part with the chips over the boiling water and stir the chocolate until it's melted. Remove from the heat. Dip the biscotti in the chocolate and return to the wire rack or place on a parchment lined cookie sheet and allow to cool before serving.

## Hazelnut Tzatziki

Makes about 1-1/2 cups

A fabulous dip for the Hazelnut Meatless Meatballs, this is also great with crackers. Store in a covered container in the refrigerator for up to a week.

- 1 medium clove garlic, minced
- 1-1/4 cups whole milk Greek yogurt
- 1/4 cup toasted, finely chopped hazelnuts
- 2 tablespoons hazelnut oil
- 2 tablespoons chopped fresh mint, or more to taste
- 2 teaspoons chopped fresh dill
- Freshly ground black pepper, to taste

In a small bowl, whisk together all of the ingredients.

## Hazelnut Granola Bars

Makes about 15 to 20 small bars

Crunchy and just a little sticky, these make a healthy snack.

- 1/4 cup canola oil, plus a little more for the pan
- 2-1/2 cups rolled oats or barley, or a mix of both
- 1 cup flaked coconut
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- Generous pinch salt
- 1/2 cup mild honey
- 1 teaspoon vanilla
- 1 cup lightly toasted, coarsely chopped hazelnuts

Preheat the oven to 325 degrees F. Line a baking sheet with the parchment paper. Put the rolled grains into a bowl and toss with the oil to coat. Turn the oats out onto the parchment and spread in an even layer. Place in the oven and toast until lightly brown, stirring occasionally, about 20 minutes. Remove from the oven, turn into the bowl and stir in the coconut, spices, salt, and nuts. Reduce heat to 300 degrees F. Line a 9 x 13-inch pan with parchment. Turn the granola mixture into the pan and spread in an even layer. Bake in the oven until just golden, about 25 minutes. Remove and allow to cool completely before cutting into squares (saving the crumbles as a snack or for granola). Store in an airtight container.

# Hazelnut Chicken Cutlets

Serves 4

These hazelnut flour coated chicken breasts are crisp on the outside and tender within. Serve with a side of salsa or lemon-spiked mayonnaise.

- 1-1/2 pounds chicken breasts
- Coarse salt
- 2 cups hazelnut flour
- 3 eggs
- 1/2 cup Parmesan cheese
- 1-1/2 teaspoon paprika
- Several grinds black pepper
- Hazelnut or sunflower oil for frying
- Lemon wedges for garnish

Lay the chicken between two sheets of plastic wrap and pound them into a thickness of 1/4 inch using a meat mallet or heavy pot.

Place the chicken on a parchment lined baking sheet and sprinkle with the salt and just enough of the hazelnut flour to lightly coat both sides.

In a wide, shallow bowl, beat the eggs. In another wide, shallow bowl, stir together the remaining hazelnut flour, Parmesan, paprika, and black pepper.

Piece by piece, dip the chicken into the eggs to coat, letting any excess drip off, then coat thoroughly in the flour-cheese mixture. Return to the parchment.

Line a plate or baking pan with paper towels. In a large skillet, heat 1/4 inch of the oil over medium-high and cook the chicken, one or two pieces at a time, until golden on one side, about 3 minutes. Flip the chicken and continue cooking until golden, about 3 minutes. Transfer the chicken to a paper-towel-lined plate and repeat with the remaining chicken. Serve with lemon wedges.

# Sweet and Spicy Hazelnuts

Makes about 2-1/2 cups

A fabulous snack, a wonderful garnish for salads and pilafs. Store in an airtight container for several weeks.

1/4 cup maple or brown sugar  
1 teaspoon salt  
2 teaspoons chili powder  
2 teaspoons cinnamon  
1 teaspoon cayenne  
1 egg white  
2-1/2 cups hazelnuts

Preheat the oven to 300 degrees F. Line a baking sheet with parchment paper. In a small bowl, whisk the sugar, salt, chili powder, cinnamon, and cayenne. In a large bowl, beat the egg white until frothy. Add the hazelnuts and spiced sugar and toss. Spread out the nuts on the prepared baking sheet and bake, stirring once, until the hazelnuts are browned, about 40 to 45 minutes. Let the nuts cool on the baking sheet, stirring occasionally.

## Apple-Hazelnut Salsa

Makes about 3 cups

A wonderful condiment for pork and chicken and great on the cheese plate.

1/2 cup hazelnuts  
2 apples, cored and finely chopped  
2 tablespoons chopped cilantro  
2 tablespoons chopped red onion  
1 tablespoon fresh lime juice  
1/2 jalapeno pepper, seeded and finely chopped  
1 clove garlic, minced  
1 tablespoon honey, or more to taste

Preheat the oven to 350 degrees F. Turn the hazelnuts onto a baking sheet in a single layer and roast until fragrant and golden, about 10 to 15 minutes. Allow to cool, coarsely chop and set aside.

In a medium bowl, toss together the apples, cilantro, red onion, lime juice, jalapeno, garlic, and honey. Stir in the hazelnuts.

## Hazelnut Parmesan Crisps

Makes about 18 to 24 crisps

Crisp and toothy, these feature hazelnut flour ground from pressed hazelnuts by the American Hazelnut Company. They're laced with Parmesan cheese and chocked with herbs ... float them on soup, garnish a salad, or they're terrific on a cheese tray.

- 1 cup hazelnut flour
- 1/2 cup grated Parmesan cheese
- 2 egg whites
- 2 teaspoons chopped fresh thyme
- Generous pinch coarse salt
- Generous pinch red pepper flakes

Preheat the oven to 275 degrees F. Lightly grease a baking sheet or cover with parchment paper.

In a large bowl, mix all of the ingredients together to form a stiff dough. Turn the dough out onto the prepared baking sheet; it will be crumbly. Using your hands, gather the dough into a disc then work the dough into a thick rectangle. Cover the dough with a second sheet of parchment, then using a rolling pin (or a bottle) roll and work the dough out over the baking sheet.

Using a pizza cutter or bench scraper, or a sharp knife, cut the dough into 3 to 4-inch rectangles. Bake until the crackers are crisp, and the cheese has melted and started to darken, about 25 to 30 minutes. Remove from the pan. Allow the crackers to cool for a few minutes on the baking sheet before transferring them to a wire rack to cool. Store in an airtight container.

## Hazelnut Meatless-Meatballs

Makes about 30 Hazelnut no-meatballs

The hazelnuts make a meaty alternative to ground beef in this classic meatball recipe. Created by Lois Braun, hazelnut breeder at the University of Minnesota, it's a terrific appetizer served with a side of Hazelnut Tzatziki or your favorite barbecue sauce.

2 cups hazelnuts

- 1/2 cup fresh breadcrumbs
- 1 small onion, finely chopped

1 tablespoon cornstarch  
2 tablespoons finely chopped parsley  
1 clove garlic, finely chopped  
1 teaspoon sweet paprika  
1/2 teaspoon salt  
1 teaspoon hot pepper sauce  
2 medium eggs  
1-1/2 cups grated sharp cheddar cheese  
1 tablespoon hazelnut or sunflower oil

Preheat the oven to 350 degrees F; turn the hazelnuts onto a baking sheet in a single layer and roast until fragrant and golden brown, about 10 to 15 minutes.

Increase the oven heat to 375 degrees F. Grease a baking sheet or line with parchment paper. Grind the hazelnuts in a food processor fitted with a steel blade. Turn into a large bowl with the breadcrumbs, onion, cornstarch, parsley, garlic, paprika, salt, pepper sauce, eggs, cheese, and oil. Mix with a wooden spoon or your hands. If the mixture is too stiff, add a little water, 1 tablespoon at a time.

Using a tablespoon and your hands, shape the mixture into 30 small balls and place on the prepared baking sheet. Bake until firm, about 15 minutes.

## **Hazelnut Maple Mustard Vinaigrette**

Makes about 1 cup

Keep this vinaigrette handy for salads, as a base for roast chicken or pork, and to “jazz” up grain pilafs.

¼ cup cider vinegar  
¼ cup maple syrup  
2 tablespoons coarse grained mustard  
1 clove garlic, smashed  
¼ cup chopped shallot  
½ cup walnut oil  
Salt and freshly ground black pepper to taste  
Generous pinch red pepper flakes to taste

Put the vinegar, syrup, mustard, garlic, and shallot into a blender and process until combined. Pour in the oil and blend until the vinaigrette is emulsified and slightly thickened. Store in a covered jar in the refrigerator for up to a month.





# CAMELINA OIL

Camelina oil, unfamiliar to most United States cooks, is popular in Finland and northern

Europe for its versatility and health benefits. Loaded with a healthy balance of omega fatty acids and vitamin E, it's a shelf stable all-round everyday cooking oil. Its mild herbal and peppery flavor, reminiscent of extra-virgin olive oil, makes it a good choice for salad dressings, dips and marinades. Thanks to its high smoke point, it's perfect for deep frying as well as stir-frying, sautéing, and roasting.

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## Oven Fried Potatoes (Patatas Bravas)

Serves 4

A great appetizer and terrific side dish. These sometimes don't even make it from the pan to the table - they're finger-licking delicious.

2 pounds yellow-fleshed potatoes (Yukon Gold, Yellow Finn), cut into 1-1/2-inch chunks  
Coarse Salt  
1/2 cup camelina oil  
1 head garlic broken into cloves, but not peeled

Preheat oven to 450 degrees F. Put the potato chunks into a large bowl and season generously with the salt; toss to coat. Leave for a few minutes to let the potatoes absorb the salt. Add the oil and garlic and toss to coat well.

Transfer the potatoes and garlic with the oil to a large cast-iron skillet or heavy roasting pan. Make sure to have the potatoes in a single layer without crowding the pan. There should be a good 1/2 inch oil in the bottom of the pan.

Place the pan in the oven and roast for 15 minutes until the potato chunks are well browned on the bottom. With a metal spatula, carefully turn over the chunks. Reduce the heat to 400 degrees F and continue roasting until the potatoes are very brown and crisp, about 15 to 20 minutes. (The peels on the garlic cloves will have split, making it easy to remove before serving.) Sprinkle with the paprika if desired and serve with hot sauce.

## Tempura Vegetables

Serves 4

A terrific appetizer and wonderful side dish, the recipe can be adapted to whatever you have on hand and is in season. Camelina oil's smoke point is the highest of any culinary oil, making it perfect for frying.

Camelina oil  
1 cup ice water  
1/2 cup barley or wheat flour, plus more for dredging  
2 egg yolks  
24 or more vegetable pieces: slices of sweet potato, squash, bell pepper, onion, cauliflower florets, broccoli florets, etc.

Salt and freshly ground black pepper  
1 lemon cut into quarters

Heat at least 3 inches of oil in a saucepan to 350 to 360 degrees F.

In a medium bowl, beat together the ice water, flour, and egg yolk to make a lumpy batter.

Dredge the vegetables very lightly in the flour, tapping to remove any excess. Dip them in the batter and then drop into the oil working in batches of 6 pieces so as not to crowd the pan. Cook about 1 to 2 minutes. Remove, sprinkle with salt and serve with lemon slices.

## **Pork Stir-fry**

Serves 4

Quick and light, this is great over barley. The marinade is terrific for chicken, too.

1-pound pork tenderloin

¼ cup soy sauce

2 tablespoons dry white wine or sherry

1 clove garlic, minced

Generous pinch red-hot pepper flakes

2 tablespoons camelina oil

About 5 to 6 cups sliced vegetables -- red peppers, cabbage, kale, spinach, scallions, snap peas, mushrooms, whatever you have on hand.

2 cups cooked hullless barley, optional

1/2 cup chopped fresh cilantro, for garnish

Slice the pork into strips about 2-inches long and 1-inch wide and place in a bowl with the soy sauce, wine, garlic and red pepper flakes, tossing to coat. Cover and marinate in the refrigerator up to 24 hours.

Set a large wok or skillet over very high heat and add the oil. Heat until shimmering, about 2 minutes, then add the pork and toss until seared and no longer pink. Toss in the vegetables and continue stirring, add in the wine, and cook until almost evaporated. Serve over hullless barley, garnished with the cilantro.

# Buttermilk Fried Chicken

Serves 4

Camelina's neutral flavor and very high smoke point ensures the chicken will be super crisp on the outside and plenty tender within. This recipe is inspired by Dr. **Samantha Wells's** presentation during a Camelina Webinar. Check it out on the Forever Green YouTube channel! <https://www.youtube.com/watch?v=ulkQ070G9uQ>

- 1 chicken, about 3-1/2 pounds, cut into 10 pieces
- 3 to 4 cups buttermilk
- 3 tablespoons coarse salt
- 1 heaping tablespoon coarsely ground black pepper, divided
- 1-1/2 cups all-purpose flour
- 2 teaspoons paprika
- 3 cups camelina oil or more as needed

Place the chicken pieces in a bowl and toss with the buttermilk, 2 tablespoons salt, and 2 teaspoons of black pepper. Cover and marinate in the refrigerator for at least an hour and up to 1 day.

In a large plastic bag, toss together the flour, paprika, 1 tablespoon of salt, and the remaining black pepper.

Pour the oil into a large, heavy-bottomed cast-iron skillet to the depth of a few inches. Set over medium-high heat until it reaches 350 degrees F.

Set a rack on a baking sheet or tray. Place the pieces in the bag with the flour mixture and shake well to coat. Shake off the excess flour. Working in batches so as not to crowd the pan, fry the chicken skin side down, for about 5 to 15 minutes, turning with tongs, until they are cooked through and a deep golden brown. Remove the chicken to the rack and drain and rest. Sprinkle with coarse salt and serve warm or at room temperature.

# Creamy Herb Dressing

Makes 1 cup

Try this drizzled over fresh greens and steamed asparagus or broccoli. It's also terrific as a dressing for potato salad and coleslaw.

- 2 cloves garlic, crushed
- 2 tablespoon Dijon mustard
- 2 tablespoons fresh lemon juice
- 1 tablespoon apple cider vinegar
- ½ cup packed parsley leaves
- 3 tablespoons fresh thyme leaves
- ½ cup chopped chives
- 1/3 cup plain, whole milk Greek yogurt
- 1/3 cup camelina oil
- Salt and freshly ground pepper to taste
- Shot of hot sauce, optional

In a blender or food processor fitted with a steel blade, puree the garlic, mustard, lemon juice, vinegar, parsley, thyme, and chives. Add the yogurt and process until smooth, then add the oil in slow, steady stream. Season to taste with the salt, pepper and hot sauce.



# FLAX

Flax is a pretty plant with enormous benefits to our health and that of the land. Rich in omega-3 fatty acids, flax is also loaded with vitamin E, B-complex vitamins, manganese, potassium, calcium, iron, magnesium, zinc, and selenium. Perennial varieties of flax are being introduced onto research fields and have the potential to become important cover crops and sources of food.

When toasted, flax seeds have a delicious nutty flavor similar to that of sesame seeds. They're harder than sesame seeds, so it's best to grind them, making the flavor and nutrition more readily available. Store flax in the refrigerator or freezer. Add toasted ground flaxseeds to yogurt, smoothies, granola, and baked goods. Sprinkle over salads and whole grain pilafs.

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# Berry Smoothie

Makes 1

This makes a wonderful breakfast shake or post work-out refresher.

- 1 cup berries (strawberries, blueberries, etc.)
- 2/3 cup buttermilk or yogurt
- 1 tablespoon toasted, ground flaxseeds
- 1 teaspoon maple syrup or honey, to taste
- A couple of drops of vanilla extract

Put all of the ingredients into a blender with a few cubes of ice. Process until thick and smooth.

# Mixed Grain & Flax Seed Granola

Makes about 1-1/4 quart

This not too sweet granola packs a plenty of crunch. It makes a great breakfast and terrific snack.

- 3 cups rolled oats
- 1 cup coarsely ground flaxseeds
- 1 cup hazelnuts
- 2 teaspoons ground cinnamon
- 1/2 teaspoon grated nutmeg
- 1/4 teaspoon salt
- 1/4 cup hazelnut oil
- 1/4 cup maple syrup
- 1/2 teaspoon vanilla
- 1/2 cup dried cranberries

Preheat the oven to 300 degrees. Line a baking sheet with parchment paper. Turn the oats, flaxseeds, hazelnuts, cinnamon, nutmeg, and salt into a large bowl.

In a small bowl, whisk together the oil, syrup, and vanilla. Stir into the dry ingredients and toss to coat evenly.

Spread the granola mixture out on the sheets and bake until golden, about 45 minutes, stirring every 10 to 15 minutes. Remove from the heat and stir in the cranberries. Allow to cool on the pans. Store in well-sealed container.



## 4 Season Fruit Crumble

Serves 4 to 6

Light and naturally sweet, this simple crumble makes a healthy dessert and a wonderful breakfast. Vary the fruit according to the season. In the dead of winter, use frozen berries.

- 4 cups berries or cored chopped apples
- 1 to 2 tablespoons honey or maple syrup
- 1-1/4 cup rolled oats or barley (or mix of both)
- 1/4 cup hazelnut flour
- 1/4 cup toasted, ground flaxseed\*
- 1/4 cup maple sugar
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- Generous pinch salt
- 4 tablespoons (1/2 stick) butter, cut into 1/2 inch pieces

Preheat the oven to 350 degrees F. In a deep 9-inch baking pan or casserole, toss together the fruit and honey.

In a medium bowl, toss together the oats, flour, flax, sugar, cinnamon, nutmeg, and salt. Using two knives or your fingers, work the butter into the mixture to make crumbles. Scatter the crumbles over the fruit and bake until the fruit is bubbly, and the topping is nicely browned, about 35 to 40 minutes.

\*To Toast Flaxseeds: turn the flaxseeds into a dry skillet and set over medium heat. Allow to cool and turn into a food processor fitted with a steel blade. Pulse until they're coarsely ground, about 30 seconds to 1 minute.



Marjorie Schuller 2019

# SUNFLOWER

Sunflowers cover our land with their gorgeous heads, turned toward the sun. Researchers are currently working on perennializing the crop so that it provides cover through the year. Sunflower seeds and oil are rich in antioxidants and omega-3 fatty acids. In the kitchen, sunflower seeds are a fine alternative to nuts. The golden oil is slightly nutty, great for vinaigrettes and because of its high smoke point, is a good choice for frying and sautés.

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## Italian Dipping Oil

Makes 1 cup

Use this as a dipping oil for bread, to use in vinaigrettes, and for seasoning and enriching soups and sauces.

- 1 cup sunflower oil
- 2 teaspoons dried basil
- 2 teaspoons dried parsley
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon crushed dried rosemary
- Generous pinch salt
- Generous pinch red pepper flakes
- 1/2 teaspoon lemon juice

Put all of the ingredients into a jar with a lid and shake to combine. Store in the refrigerator for about 3 to 4 weeks

## Sunny Butter

Makes 1-3/4 cups

A delicious alternative to peanut butter, sunflower butter is delicious on toast, sandwiches, in smoothies. Store in a covered container in the refrigerator for up to 3 weeks.

- 2 cups hulled sunflower seeds
- 1 tablespoon honey, or more to taste
- Generous pinch salt
- Pinch ground cinnamon
- 1 tablespoon sunflower oil

Preheat the oven to 350 degrees F. Spread the sunflower seeds on a rimmed baking sheet. Toast the seeds until golden and they smell nutty and fragrant, stirring occasionally about 10 to 12 minutes. Cool.

Turn the seeds into a food processor fitted with a steel blade. Pulse until they form a fine powder, about 30 seconds to a minute. Process the seeds until the powder becomes clumpy, about 30 seconds to 1 minute. Scrape down the sides and continue processing

until they gather into a clump, and then into a butter. When the butter has reached the desired consistency, add the honey, salt, cinnamon and oil and process until smooth. Transfer to a covered container.

## Sunny Chocolate Chip Cookies

Makes about 19 cookies

Deliciously gluten-free, nut-free, dairy-free, these delicate cookies make an allergy friendly choice for lunch boxes and birthday party treats

- 1 cup oat flour
- 1 cup sunflower butter (above)
- 1 cup maple sugar or light brown sugar
- 1/2 teaspoon baking powder
- 1/8 teaspoon salt
- 1 egg
- 2 tablespoons sunflower oil
- 1 teaspoon vanilla
- ½ cup mini semisweet chocolate chips

Preheat the oven to 350 degrees F. Line two baking sheets with parchment paper. In a large bowl, mix together the sunflower butter and sugar. Stir in the flour, baking powder and salt. Add the egg and vanilla and mix well. Fold in the chocolate chips.

Drop the dough using by teaspoonfuls onto the baking sheets, leaving about an inch between the cookies. Press the back of a fork into the dough to create a crosshatch pattern.

Bake until the cookies become firm and the tops look dry and the bottoms are golden, about 12 to 15 minutes. Remove and allow the cookies to rest on the baking sheet for about 5 minutes, then transfer them carefully with a spatula to cooling racks. Once cool, store in an airtight container.





# BERRIES

Perennial berries, such as strawberries, elderberries, raspberries, blueberries, and currents are delicious, versatile. Locally grown berries are packed with nutrients and terrific for eating fresh or cooking into pies, tarts, jams, and jelly.

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## Berry Cookie Bars

Makes about 10 to 12 squares

Pack these in the lunch box or serve them with tea. Use a mix of fruit in season and in the dead of winter, frozen berries work beautifully, too.

- 1-1/3 cups rolled oats or barley (or a mix)
- 1 cup all-purpose wheat flour or barley flour
- 1/2 cup maple sugar or light brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 3/4 cup (1-1/2 sticks) cold unsalted butter, cut into small cubes
- 1 large egg
- 1-1/2 to 2 cups fruit – sliced strawberries, blueberries, etc.

Preheat the oven to 350 degrees F. Line an 8-inch square pan with parchment paper.

In a large bowl, mix together the flour, sugar, baking powder, salt, cinnamon and nutmeg. Using two knives or your fingers, cut into the butter to make a streusel-like mixture. Stir in the egg to make a soft dough.

Turn 2/3 of the dough into the bottom of the prepared pan and gently press into an even layer. Scatter the fruit over the dough in an even layer. Crumble the remaining dough over the fruit. Bake until the bars are puffed, firm and golden brown, about 45 minutes. The timing will vary depending on the moisture of the fruit.

Cool the bars directly in the pan until room temperature. Loosen the two sides from the pan with a dull knife and remove to a cutting board.

## Elderberry-Ginger Syrup

Makes about 3 cups

Elderberries are rich in nutrients and antioxidants – high in vitamins C, A, B6, and iron and rich in antioxidants that support the immune system. This syrup is a delicious defense against colds and flu. Drizzle it over oatmeal and stir it into tea... it's terrific over ice cream, too.



1 cup fresh or frozen elderberries  
2 cups water  
2 to 3 tablespoons chopped fresh ginger  
1 cinnamon stick  
1/2 to 1 cup light honey, to taste

Put the elderberries, water, ginger, and cinnamon stick into a medium pot. Set over high heat, bring to a boil, reduce the heat to a simmer for about 45 minutes.

Remove from the heat and, using a fine mesh sieve or cheesecloth, strain the syrup into a large container, discarding the cinnamon stick and ginger. Stir in the honey. Cool and store in a covered jar in the refrigerator for up to 2 months or freeze.

## **Strawberry Elderberry Jam**

Makes about 1-1/2 cups jam

Elderberries are too tannic to enjoy on their own so this jam pairs them with super sweet strawberries. This recipe relies on shelf stable dried elderberries available from the Midwest Elderberry Coop ([midwest-elderberry.coop](http://midwest-elderberry.coop)). If using fresh elderberries, eliminate the soaking step.

1/2 cup dried elderberries or 3/4 cup fresh elderberries  
1 cup water  
1/2 cup honey  
3 cups fresh strawberries, cut in half

Put the elderberries and water into a medium pot; set over high heat and bring to a boil. Reduce the heat and simmer until the liquid is reduced by half, about 20 to 30 minutes.

Strain out the liquid onto another pot, mashing the elderberries to extract as much of the liquid as possible. Put the strawberries and honey into the pot with the elderberry liquid. Return to medium heat and stir. Simmer until the jam is thick and coats the back of a spoon, about 15 to 20 minutes. Remove and turn into clean containers. Cool, cover and then store in the refrigerator for up to a month.

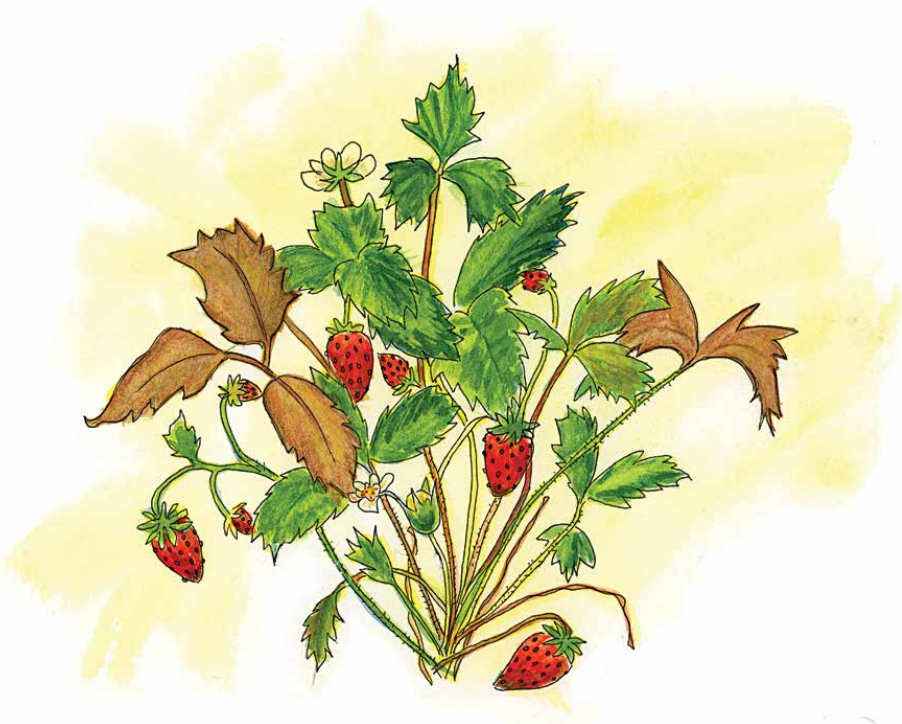
# Strawberry Blueberry Salsa

Makes about 2 to 3 cups

Vary the berries in this recipe depending on what is in season. It's terrific over grilled chicken and pork and great with chips.

- 2 cups strawberries, hulled and chopped
- 2 cups blueberries
- 1 jalapeno pepper, stem and seeds removed, finely diced
- 1/2 cup chopped red onion
- 1 cup finely chopped fresh cilantro
- 2 tablespoons fresh lime juice (about 1 small lime)
- Salt and freshly ground black pepper to taste

Toss all the ingredients together in a medium bowl and season to taste. Store in a covered container in the refrigerator for up to 3 days.







Winter Balm    Mayan Challa

