

# SLICE OF LIFE

Weekend, March 31 & April 1, 2012

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## Getting fresh with the food

One of my favorite memories during the years I lived in Moscow was warm, sunny Saturdays spent at the Farmers Market with friends. It became a ritual that about six of us would gather for



Vera White

Cookbook Corner

breakfast and lots of coffee at the old Moscow Hotel, giving ourselves plenty of time to fill our baskets with fresh fruits and vegetables and whatever goodies vendors had to offer. Then we would find ourselves comfortable seats to plop in and listen to

whatever music might be available that particular day.

I've missed those quality Saturdays in Friendship Square, as well as my companions. Although I know it is a sore subject with some right now, occasionally I would bring my beloved dog, Cookie, to join in the fun. These special thoughts filled my head as I thumbed through a new cookbook I recently received from the Gooseberry Patch faller titled "Fresh from the

## Cookbook

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Farmstand." The 221-page spiral-bound hardback cookbook by Vickie and JoAnn (no last names given) provides some wonderful recipes for fresh produce whether from your favorite regional Farmers Market or your own backyard garden.

I did a food column for the Balance insert that appeared last weekend in the *Moscow-Pullman Daily News* and the *Lewiston Tribune* and used a few of the recipes from "Fresh from the Farmstand."

However, there are still so many good recipes worth printing, I decided to share a few more this week. As an added bonus, the cookbook also contains lots of useful tips for making the most of home-grown produce.

### YUMMY BLUEBERRY WAFFLES

Jennifer Bontrager, Oklahoma City, Oklahoma

- 2 eggs
- 2 cups all-purpose flour
- 1 3/4 cup milk
- 1/2 cup oil
- 1 tablespoon sugar

- 4 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla extract
- 1 to 1 1/2 cups blueberries

In a large bowl, beat eggs with an electric mixer on medium speed until fluffy. Add remaining ingredients except berries, beat just until smooth. Spray a waffle iron with non-stick vegetable spray. Pour batter by 1/2 cups onto the preheated waffle iron. Scatter desired amount of berries over batter. Bake according to manufacturer's directions, until golden.

Makes 4.

### HEARTY BEEF, BARLEY AND KALE SOUP

Jane Hebert, Smithfield, Rhode Island

- 1 tablespoon oil
- 1 pound lean, boneless beef, diced
- 2/3 to 1 cup onion, chopped
- 6 cups beef broth
- 2 cups carrots, peeled and diced
- 1/2 cup pearly barley, uncooked
- 1 teaspoon dried thyme
- optional: 1/2 teaspoon salt
- 1 pound kale, trimmed and chopped
- 8 ounce package sliced mushrooms

Heat oil in a large heavy soup pot over medium-high heat. Add beef and onion; cook until beef is well browned. Drain; add broth, carrots, barley, thyme and salt if using. Bring to a boil. Reduce heat; cover and simmer one hour, or until beef and barley are tender. Meanwhile, in a steamer basket over boiling water, steam kale for 5 minutes, until bright green; drain. Add kale and mushrooms to soup pot; return to a boil. Reduce heat; cover and simmer for another 5 to 10 minutes, until kale and mushrooms are tender.

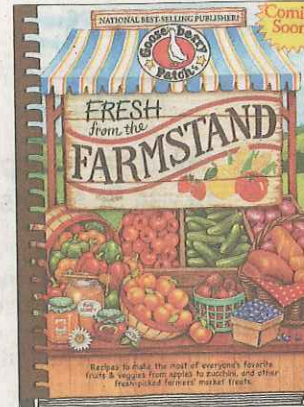
Serves 4 to 5.

### GARDEN MINI MEATLOAVES

Bethanna Kortie, Greer, South Carolina

- 1 cup dry bread crumbs, divided
- 1 1/2 pounds ground beef
- 1 egg, beaten
- 2 tablespoons Worcestershire Sauce
- 1 cup green, red or yellow pepper, grated
- 1/2 zucchini, grated
- 1/2 sweet onion, chopped
- 1 tablespoon fresh thyme, minced
- 3 leaves fresh basil, minced
- salt and pepper to taste
- 1 cup shredded Colby Jack cheese

In a large bowl, combine



1/2 cup breadcrumbs and remaining ingredients except cheese; mix well. Divide mixture among 6 ungreased ramekins; sprinkle evenly with remaining breadcrumbs. Set ramekins on a baking sheet. Bake uncovered at 400 degrees for 30 minutes. Using a turkey baster, drain off drippings. Sprinkle meatloaves evenly with cheese. Bake an additional 5 minutes, until cheese melts.

Serves 6.

Gooseberry Patch  
"Fresh from the Farmstand"  
By Vickie and JoAnn  
\$16.95  
Gooseberry Patch  
2500 Farmers Drive  
#110  
Columbus, Ohio 43235

Vera White writes a Cookbook Corner column for the Slice of Life section every week.