

# Local Winter Recipes: Vol 1

Eating Local for Less in the  
Adirondacks

Thanksgiving Edition



Thank you to our Farmacy sponsor, CDPHP

Welcome to Volume 1 of the Local Winter Recipes guide! This will be a limited series run through the 2021/2022 Winter and into Spring 2022. To make sure you don't miss the next volume and other local food news and AdkAction updates, go to <https://mailchi.mp/adkaction/local-food> to sign up.

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This guide is based on ingredients sourced locally in the Adirondacks and sold locally at the Keeseville Farmacy. For more local food resources, visit [adkaction.org](http://adkaction.org) and scroll down to the "Resources" section for a local food map.



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# How To Make Veggie Stock With Kitchen Scraps



## Ingredients



- Onion, tops, bottoms, and skins
- Celery, tops and bottoms
- 1 Cup Carrot, tops, bottoms, and skins
- Mushroom, stem
- Garlic, tops, bottoms, and skins
- Potato, tops, bottoms, and skins
- Parsley, stems
- water, as needed
- Note: You can add many other vegetable scraps (think sweet!) - i.e. corn cobs, winter squash, zucchini, other squash, beet greens, fennel, chard, lettuce, parsnips, green beans, pea pods, bell peppers, eggplant, mushrooms, asparagus, and herbs like dill, thyme, parsley, cilantro, and basil.
  - Think about roasting vegetables beforehand for added flavor
  - Feel free to include any meat carcasses - turkeys, chickens, etc.

## Instructions



Adapted from Tasty's "How To Make Veggie  
Stock With Kitchen Scraps"

1. Place the tops/bottoms/skins/stems from any vegetables you are preparing in other meals into a ziplock bag & freeze for up to 6 months (avoid vegetables like Brussels sprouts, broccoli, or cauliflower as they will add a bitter taste to your stock). Continue like this until bag is full.
2. Dump bag into pot and fill  $\frac{3}{4}$  of the pot (or until scraps just start to float) with water.
3. Bring water to a boil and then let it simmer for at least 30 minutes.
4. Strain water out of stock.
5. Refrigerate stock up to 4 days, or freeze up to 3 months.

# Healthy Salad Dressing Recipes – Vinaigrettes



## Ingredients



- 1/2 cup olive oil
- 1/2 - 2/3 cup vinegar (red wine, balsamic)
- 1 Tbsp Dijon mustard
- 1 clove garlic, finely minced OR 1 teaspoon garlic powder
- 1 tablespoon honey
- 1 teaspoon salt
- 1/4 teaspoon black pepper

For Lemon Vinaigrette:

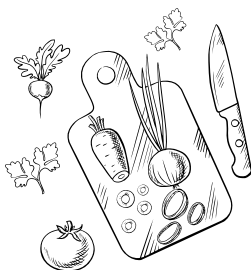
- 1 tablespoon fresh minced oregano OR 2 teaspoons dried oregano
- Zest and juice of 1 lemon (about 4 tablespoons juice and 3 teaspoons zest)

For Balsamic Vinaigrette: no additional ingredients

For Italian Dressing:

- 3 tablespoons finely grated parmesan
- 1 tablespoon fresh minced parsley OR 2 teaspoons dried parsley
- 1/4 medium onion, diced (about 2 tablespoons) OR 2 teaspoons onion powder
- Juice of 1/2 lemon (about 2 tablespoons)
- 1 tablespoon fresh minced basil OR 2 teaspoons dried basil
- 1 tablespoon fresh minced oregano OR 2 teaspoons dried oregano

## Instructions

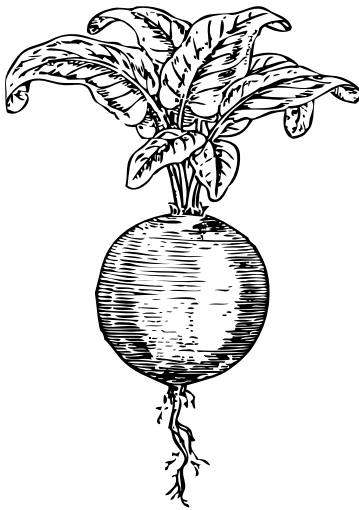


1. Combine all ingredients in a jar with a tight-fitting lid, shake until well combined. Alternatively, for thicker dressings like the ranch or Italian, you can combine all ingredients in a food processor or blender and pulse until well combined and smooth.
2. Refrigerate and let flavors blend for at least 30 minutes, preferably 2 hours, before serving.

# Kale Salads



## Ingredients



- Large bunch of kale (4-6 cups, chopped)
- Day-old bread, cubed (for croutons)
- 1/2 cup grated parmesan, Romano, or cheddar cheese
- 4 Tbsp olive oil
- Vinaigrette/other dressing
- Spices (salt, pepper, onion powder, garlic powder, Italian seasoning, etc.) to taste

### Extras:

- 2 Honeycrisp/Gala apples, thinly sliced
- Sliced carrots, radishes, onion
- Pepitas, sunflower seeds, walnuts, cranberries
- 1 egg - hard-boiled to over easy!

An easy salad formula: greens and/or grains, sliced fruits/veggies, something crunchy, something savory, something sweet, and dress it up!

## Instructions



Adapted from How Sweet Eats', "NUTTY HARVEST HONEYCRISP KALE SALAD"

### 1. Croutons

- a. Oven: spread bread cubes on baking sheet, cover in 2 Tbsp (add more if needed) olive oil, bake at 350°F for about 15 minutes, until golden brown (flip partway through)
- b. Stovetop: heat pan with 2 Tbsp olive oil, add in bread cubes, pan fry until crispy on each side

2. Massage kale in remaining 2 Tbsp olive oil and salt & pepper. Let rest for 5-10 minutes

3. Add sliced fruit/veggies, cheese, croutons, extras, and dressing & toss. Enjoy!

# Roasted Veggies



## Ingredients



Use the following list as a guide, but feel free to get creative!

- Sweet potatoes
- Red potatoes
- White potatoes
- Butternut squash
- Leeks
- Red onion
- Beets
- Carrots
- Cherry/grape tomatoes
- Honey/maple syrup
- Olive oil
- Spices and herbs: salt, pepper, paprika, cinnamon, garlic powder

## Instructions



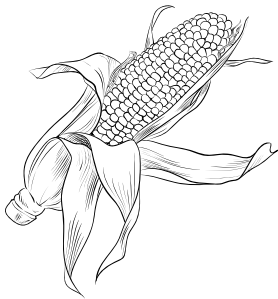
1. Cube all whole vegetables
2. Place in oven-safe dish/tray and preheat oven to 425°F
3. Drizzle with olive oil and honey/maple syrup & add spices/herbs to taste
4. Roast until golden brown and fork-soft (can be poked easily with a fork), about 40 minutes, stirring partway through. Enjoy!

Adapted from Love and Lemons', "Roasted Vegetables"

# Easy Creamed Corn



## Ingredients



- 2 (10 ounce) packages frozen corn kernels, thawed
- 1 cup heavy cream
- 1 teaspoon salt
- 2 tablespoons granulated sugar
- $\frac{1}{4}$  teaspoon freshly ground black pepper
- 2 tablespoons butter
- 1 cup whole milk
- 2 tablespoons all-purpose flour
- $\frac{1}{4}$  cup grated Parmesan cheese

## Instructions



1. In a skillet over medium heat, combine the corn, cream, salt, sugar, pepper and butter. Whisk together the milk and flour, and stir into the corn mixture.
2. Cook stirring over medium heat until the mixture is thickened, and corn is cooked through.
3. Remove from heat, and stir in the Parmesan cheese until melted. Serve hot and enjoy!



# Homemade Cranberry Sauce



## Ingredients



- 12 ounces fresh or frozen cranberries
- 1/2 cup pure maple syrup
- Zest of 1 medium orange
- Juice of 1 medium orange
- 1/4 cup water
- 1/4 teaspoon ground cinnamon

## Instructions



Adapted from Two Peas & Their Pod's, "The Best Cranberry Sauce"

1. Combine maple syrup, orange juice & zest, water, and cranberries in a medium-sized saucepan over medium heat.
2. Reduce heat to a simmer and continue to cook cranberries, stirring occasionally, 10-15 minutes or until all or most berries have burst (careful, there is some splatter).. The longer you cook your cranberries the thicker your mixture will be, and it will also thicken up after standing.
3. Transfer mixture to a bowl and allow it to cool for at least 20 minutes at room temperature.
4. Cover and refrigerate at least 2 hours before serving