

Garden Overload

An abundant garden or CSA is cause for joy. But it can also lead to some angst. After all, what do you *do* with bushels of tomatoes or cartloads of zucchini or mounds of apples? If there is a time to get creative, this is it. Follow these suggestions to enjoy your garden overload with no waste!



Apples

- Make and can apple butter.
 - Combine with maple syrup to make apple jam.
 - Chutney!
 - Make your own homemade apple juice.
 - Slice and dry apple pieces.
 - Make apple leather.
- Make homemade applesauce.
 - Eat out of hand.
 - Core apples, fill with brown sugar, a dash of cinnamon, and a pat of butter. Bake at 350 degrees for 15 minutes for a delicious dessert or snack.
 - Add chopped apple to fruit salad.
 - Add chopped apple to chicken or tuna salad.
 - Add chopped apple to a chicken, turkey, or pork casserole.
 - Make apple-squash soup.
 - Add a slice of apple to your favorite sandwich (especially good with peanut butter or turkey).
 - Cut into wedges and dip in Greek yogurt.
 - Add chopped apple to poultry stuffing.
 - Make a Waldorf salad.
 - Make and can apple pie filling.
 - Make spiced apple rings.
 - Press apples for cider.
 - Ferment your apples for hard cider.
 - Make apple wine.



Carrots

- Don't feel pressured to pull them! Carrots can stay in the ground through most of the winter.
- Store fresh carrots buried in sand.
- Blanch and freeze.
- Slice into coin drops and pressure can for future use.
- Make pickled carrots.
- Add to soup.
- Add to casseroles.
- Julienne and stir-fry.
- Steam, glaze and serve as a side dish.
- Eat them raw like the kids do!
- Shred carrots for carrot/raisin salad.
- Add chopped carrots to chili.
- Chop and dry carrots.
- Make carrot juice.
- Chop and add to homemade macaroni and cheese.
- Shred and add to spaghetti sauce.

Corn

- Remove kernals for a creamy corn chowder.
- Make the Cajun favorite, Maque Chow.
- Blanch and freeze on the cob.
- Remove kernals and make yummy corn relish.
- Cut cobs into 3 inch pieces and steam as a side dish.
- Eat fresh, on the cob; grilled, steamed or boiled.
- Remove kernals and freeze for future use.
- Remove kernals and pressure can for future use.
- Add to taco meat.
- Add to vegetable soup.
- Add to beef stew.



Eggplant



- Make caponata.
- Make ratatouille.
- Make and freeze ratatouille.
- Stuff eggplant with bulgur, Feta cheese and herbs.
- Make Eggplant Parmesan.
- Slice eggplant, brush with olive oil and grill until tender.
- Chop and saute eggplant with leeks, pine nuts, capers and black olives. Serve over pasta. Top with Parmesan cheese.
- Chop eggplant and freeze for future use.
- Stuff grilled eggplant slices in a sandwich roll with smoked gouda cheese and roasted red bell pepper.
- Make baba ghanoush for your next party.



Greens

- Fresh greens mean fresh salads - lots of them!
- Saute greens with olive oil and lemon juice.
- Chop greens and add to soups.
- Saute greens and serve over pasta .
- Chop greens and add to ricotta. Stuff into pasta shells and bake. Serve with fresh tomato sauce.
- Add several leaves to your sandwich or burger.
- Spread pizza with greens before baking.
- Spread baked pizza with greens for a pizza-salad combo!
- Chop fresh greens and freeze with water in ice cube trays. Thaw later to use in soups or casseroles.
- Make your own unique pesto.
- Dry greens and add to homemade herb mixtures.
- Toss fresh greens with vinaigrette - simple yet delicious.

Leeks

- Leeks can overwinter in the ground.
- Let some leeks go to seed for a new crop next year!
- Braise leeks and serve as a side dish.
- Chop leeks and dry for future use.
- Use leeks instead of onions in any recipe.
- Brush with olive oil and grill.
- Chop leeks along with tomatoes and peppers for fresh salsa or pico de gallo.
- Add chopped leeks to guacamole.
- Chop leeks and freeze for future use.
- Saute sliced leeks with zucchini and dried tomatoes. Serve over pasta.



Peppers - Sweet or Hot

- Chop and dry peppers for future use.
- Make some pickled peppers!
- Make and can salsa.
- Make your own hot sauce.
- Roast peppers and freeze for later use.
- Make pepper jelly.
- Stuff bell peppers with hamburger or rice, cheese, herbs and tomatoes.
- Saute sliced peppers and serve over burgers.
- Saute sliced peppers for homemade fajitas.
- Chop peppers and add to fresh or pasta salads.
- Chop peppers and add to stir-fries.
- Chop peppers and add to casseroles .
- Chop peppers and dry. Grind dried peppers to make your own seasoning mix.

Pumpkins and Winter Squash



- Peel and seed squash. Roast, puree, and freeze for future use.
- Make pumpkin butter for holiday gifts]
- Chop squash and add to homemade soup.
- Chop squash and add to stir-fries.
- Roast, puree, and make a sweet or savory pie.
- Use squash or pumpkin puree to make muffins, cookies, or quick breads.
- Make your own jack-o-lantern!
- Wipe mature squash with anti-bacterial wipe. Store in a cool location, not touching each other, for up to 4 months.
- Chop or thinly slice squash and add to homemade lasagna.
- Chop and pressure can.
- Serve steamed and mashed with brown sugar and butter.
- Make risotto with squash, brown rice, and chopped hazelnuts.
- Stuff squash or mini pumpkins and bake.
- Hollow out mini squash or pumpkins and fill with soup for a unique setting.



Potatoes

- Cure potatoes and store in a ventilated container, covered with newspaper to eliminate light.
- Cook fresh potatoes, mash and freeze for future use.
- Slice potatoes and dry for your own au gratin mixes.
- Chop and pressure can fresh potatoes.
- Make potato salad.
- Add potatoes to soup.
- Make a potato casserole.
- Add chopped potatoes to pot pie.
- Make potato bread.
- Saute baby potatoes with leeks and garden peas.
- Make oven fries.
- Make your own French fries.
- Bake and top with chili for a complete meal.
- Make a creamy potato soup.

Raspberries

- Freeze raspberries for later use.
- Make and can raspberry jam.
- Make raspberry syrup.
- Make raspberry vinegar.
- Add raspberries to homemade smoothies.
- Serve over ice cream.
- Serve over pound cake.
- Add raspberries to fruit salad.
- Add raspberries to spinach salad.
- Add raspberries to homemade chocolate ice cream.
- Make raspberry sorbet.
- Eat out of hand!
- Dry raspberries for later use.
- Add to a bowl of cereal, or to pancake batter, or to muffins.
- Make raspberry vinaigrette.



Zucchini

- Shred zucchini and freeze for later use.
- Chop zucchini and add to a green salad.
- Slice raw zucchini and add to a vegetable tray.
- Make and can sweet zucchini relish.
- Stuff zucchini with rice, tomatoes, cheese and peppers. Bake.
- Stir-fry sliced zucchini with chicken/tempeh, and carrots.
- Make bread and butter zucchini pickles.
- Add chopped zucchini to casseroles.
- Make a delicious zucchini-tomato pie.
- Pan-fry sliced zucchini in olive oil and lemon pepper. Serve as a side dish.
- Chop and steam with corn kernels and edamame. Top with melted cheese.
- Dry meatier zucchini like trombocino for later use.
- Add chopped zucchini to minestrone or vegetable soup.

Tomatoes



- Peel, seed, and can fresh tomatoes.
- Slice fresh tomatoes and dry for later use.
- Halve cherry tomatoes and dry for later use.
- Slice fresh tomatoes and serve with fresh mozzarella cheese, fresh basil, seas salt, olive oil and balsamic vinegar.
- Eat fresh tomatoes out of hand!
- Grind up clean, whole tomatoes and puree. Freeze or can for later use.
- Chop green tomatoes and freeze to make enchilada sauce at a later date.
- Make tomato jam - especially beautiful made with orange, yellow, or green heirloom tomatoes.
- Make chutney.
- Cut tomatoes into wedges. Add near the end when stir-frying.
- Chop and add to soups.
- Stuff ripe tomatoes with tuna or chicken salad for a cool, summertime lunch.
- Toss chopped tomatoes in olive oil. Roast at 425 degrees for 20 minutes or until done. Freeze for later use.
- Add chopped tomatoes to salads of all sorts.
- Serve slices of fresh tomatoes as a side dish.
- Make a tomato sandwich.
- Serve slices of fresh tomatoes on burgers or sandwiches.
- Top a bowl of pasta and pesto with fresh cherry tomatoes.
- Make homemade spaghetti sauce. Freeze for later use.
- Make chili base. Freeze for later use.
- Dry tomatoes, crumble, and combine with dried herbs and dried leeks for your own seasoning mix.