



A R E C I P E B O O K F R O M P O S T

GROW HARVEST COOK



POST-Owned Cloverdale Ranch



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These recipes are inspired by produce grown on POST-protected farmland and contributed by POST staff members. POST protects and cares for open space, farms and parkland in and around Silicon Valley.

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CALDO VERDE

Contributed by: Mark Medeiros, Outreach Manager, from a recipe from his mother Lurdes Medeiros, who is from the Azores Islands



Kale is currently enjoying a surge in popularity, but the hardy green has a long history in Mediterranean cooking. The traditional Portuguese soup caldo verde is a hearty and warming way to prepare this super-healthy vegetable.

INGREDIENTS

- 1½ lbs of kale or collard greens
- 6 tablespoons olive oil
- 1 medium onion, diced
- 5 garlic cloves, finely chopped
- 1 pound linguça*, sliced into pieces about ¼ inch thick (optional)
- 8 medium white or gold potatoes, cut into quarters
- 16 cups water (will vary depending on desired consistency)
salt and pepper to taste

* You can leave the linguça out if you prefer to make this vegetarian. If you want to keep things local, we recommend Silva Sausage, Goulart Sausage, or Neto Sausage brands all produced in the Bay Area.

STEPS

Wash and dry the greens before slicing very thinly into strips no longer than your thumb and as thin as possible. Set the greens aside.

Using a large wide pot, sauté the onions in the olive oil on medium heat.

Add the garlic when the onions are about halfway translucent. Add the potatoe quarters and enough water to where the potatoes and onions are swimming comfortably.

Add a liberal amount of salt and pepper.

Bring to a boil and then lower the heat, simmering until the potatoes are cooked through. When potatoes are soft, let the soup cool down. Once cool, purée the soup using either a regular or immersion blender.

Pour the soup back into the pot and add the sliced linguça as well as the finely sliced greens.

Bring to a boil for a couple of minutes and then turn off the heat. The linguça and greens will continue to cook as the soup cools.

Serve this soup like a true Portuguese - in a shallow bowl, with bread rolls, a nice hard, sharp cheese and some red wine.



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PUMPKIN CORNBREAD

Contributed by: Liz Westbrook, Regional Trails
Project Manager, from *The New York Times*



If you leave a pumpkin on the vine, it will just keep growing... and growing... and growing. The prize-winning pumpkin at the 2015 Half Moon Bay Art & Pumpkin Festival tipped the scales at 1,969 pounds!

INGREDIENTS

- 1 cup drained pumpkin purée,
canned or fresh
- 1 cup low-fat milk
- 2 tablespoons extra virgin olive oil
- 1 tablespoon honey
- 2 eggs
- 1½ cups stone ground
yellow cornmeal
- ½ cup flour
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ¾ teaspoon salt
- 1 tablespoon unsalted butter

STEPS

Heat the oven to 400 degrees.

Place 9-inch cast iron skillet or a 2-quart baking dish inside the oven to warm.

Whisk together the pumpkin purée, milk, olive oil, honey and eggs.

Place the cornmeal in a large bowl, and sift in the flour, baking powder, baking soda and salt.

Stir the dry ingredients into the wet ingredients and mix together. Do not overmix.

Remove the baking dish or pan from the oven, and add the butter. When it has melted completely, brush the sides of the pan with a pastry brush; tip the excess melted butter into the batter, and quickly mix it in. Scrape the batter into the hot pan, and return it to the oven.

Bake for 35 to 40 minutes or until you can insert a toothpick and it comes out clean.

Remove from the oven, and allow cornbread to cool in the pan at least 20 minutes before serving.



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MARINATED ARTICHOKE HEARTS

Contributed by: POST-protected [Blue House Farm](#)



Did you know that artichokes are immature thistle flower buds? Originally native to the Mediterranean region, San Mateo County shares a similar climate and our farmers grew 252 tons of them last year.

INGREDIENTS

- 3 medium artichokes
- 2 lemons
- ¼ cup parmesan cheese, shredded
- ¾ cup olive oil
- salt and pepper to taste

STEPS

Remove all of the artichokes' green leaves to expose the tender yellow inner petals. Cut off the top ½ inch from the leaves to remove any remaining rough green.

Slice the artichoke in half, top to bottom. Use a spoon to scoop out all of the bitter, fuzzy "choke" and inner flower petals. What remains is the heart, stem and tender leaves.

Use a paring knife to peel the stem and trim any remaining rough spots. Slice in half again to quarter.

Place prepared segments in a small bowl of cold water mixed with the juice of ½ a lemon to prevent browning while you prepare the remaining hearts.

Steam artichoke hearts over a pot of boiling water for 7-10 minutes or until tender.

Toss with juice from remaining lemons, olive oil, salt and pepper to taste. Add any other seasoning you like, including garlic, chili flakes or fresh herbs.

Cover and store chilled to marinate 1-24 hours.

Use the marinated hearts to top salads, pizza & pasta.



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SEASONAL BEET ORZO

Contributed by: Neal Sharma,
Stewardship Program Manager

Beautifully colored, earthy beets are great nutritionally, excellent for mental health, and a natural purifier for the blood and liver.

INGREDIENTS

2-3 beets, greens included

1 small yellow onion or
½ large yellow onion

1-2 tablespoons extra
virgin olive oil

vegetable broth

garlic

orzo

salt & pepper to taste

STEPS

Peel and chop beets into small cubes, approximately ½ inch. Save the greens and wash them well.

Bring broth to a rolling boil. (Base the amount of broth off the amount of orzo you are cooking.)

Boil the beets in the broth until tender but not too soft and remove with a strainer, leaving the broth in the pot. The broth should be colored and flavored further from the beets. Set beets aside in a colander to drain.

Cook the orzo in the broth. Strain orzo from broth and set aside. While the beets or orzo are cooking, sauté onion in olive oil until translucent.

Add the minced garlic and chopped beet greens. Stir and cook for a minute or so and add the beets and orzo.

Season, stir, and let it sit for a few minutes. Serve warm or at room temperature.

Garnish to taste with toasted nuts (pine nuts, slivered almonds, walnuts) and/or cheese (cashew cheese, goat cheese, feta).



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LEEK & MUSHROOM QUICHE

Contributed by: Blair Friedeman,
Senior Manager, Communications

In 2014, San Mateo County grew almost 1,800 tons of leeks. Pricey in other areas of the country, leeks are a common find in CSA boxes and farmers' markets on the Peninsula. Use yours like a mild onion or giant scallion.



INGREDIENTS

- 1 9-inch pie crust, fully baked
- 6 eggs
- $\frac{3}{4}$ cup whole milk or half-and-half
- 2 leeks, white and light green parts, chopped
- 1 tablespoon butter
- $\frac{3}{4}$ cup swiss or gruyere cheese, shredded
- 2 cups white or crimini mushrooms, sliced
- salt and pepper to taste

STEPS

Preheat oven to 375 degrees.

In a skillet sauté leeks and mushrooms in the butter over medium heat until tender.

In a mixing bowl whisk eggs and milk together.

Add salt and pepper to taste.

Add leeks and mushrooms to the crust, then pour egg and cheese mixture on top.

Cook for 30 to 40 minutes until center is firm or a toothpick comes out cleanly.

Let rest for 10 minutes before serving.



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SAUSAGE & APPLE-STUFFED ACORN SQUASH

Contributed by: Marti Tedesco,
Senior Director, Marketing and Communications



Acorn squash, introduced to early European settlers by Native Americans, are rich in fiber, Vitamins B and C, and magnesium. Keep the seeds you scoop out and toast them!

INGREDIENTS

- 2 acorn squash, halved and seeded
- 1 tablespoon butter, melted
- ¼ teaspoon garlic salt
- ¼ teaspoon ground sage
- 1 pound pork sausage
- ½ cup onion, finely chopped
- 1 celery rib, finely chopped
- 4 ounces mushrooms, chopped
- 2 apples, cored and chopped
- 1 cup breadcrumbs
- ½ teaspoon sage
- 1 egg, beaten
- 2 tablespoons fresh parsley, chopped
- salt and pepper to taste

STEPS

Combine the melted butter, garlic, salt, and half the sage; brush over cut sides and cavity of squash. Salt and pepper to taste.

Place in a large roasting pan, cut side up, and bake at 400 degrees for 1 hour, until squash is tender when pricked with a fork yet still holds its shape.

While squash is cooking, fry pork sausage until light brown. Remove pork to a colander to drain. Drain all but 2 tablespoons drippings from pan. Add onion, celery and mushroom and sauté for 4 minutes.

Stir in apples and sauté for 2 more minutes.

Combine the pork, vegetables, and breadcrumbs in a large bowl. Stir in egg and parsley.

Fill the squash halves with stuffing. They should be slightly mounded.

Return to oven and bake, covered, for 20 more minutes, until the egg is set.

Garnish as desired with parsley and shredded Romano cheese.



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FAVA BEAN HUMMUS

Contributed by: Amanda Serenyi, Controller

Also known as the broad bean, favas are an ancient crop native to North Africa and cultivated widely throughout the world. Try them grilled, boiled, or blended into a dip, as in this recipe.

INGREDIENTS

- 2 pounds fresh fava beans
- juice from ½ of a lemon
- fresh mint
- 1 clove garlic
- salt and pepper
- olive oil

STEPS

Remove fava beans from their pods.

Bring a pot of salted water to a boil, add beans cook 3-4 minutes.

Plunge beans into a bowl of ice water to cool.

Once beans are cooled, remove the light outer shell of the bean (you will see the bright green bean beneath the lighter skin). Keep the salted shells—they make a great snack all on their own!

In a high-powered blender or food processor, add the cooked, shelled fava beans, lemon juice, mint, garlic, salt and pepper, and some olive oil.

Puree, adding more olive oil in a slow, steady drizzle until a creamy consistency is obtained. Adjust the lemon, mint, salt, pepper, and garlic to taste.

Transfer to a bowl and chill. Serve with a drizzle of olive oil and a mint leaf on top with your favorite crackers, pita, or veggies.



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ROASTED BRUSSELS SPROUTS

Contributed by: Dan Olstein, Director of Land Stewardship,
from a recipe from Kellyx Nelson, Executive Director of
the [San Mateo Resource Conservation District](#)



98% of American Brussels sprouts are grown in California, with the majority being grown here in San Mateo County. Next time you buy them at the grocery store, there's a significant chance that they were grown right here on the coast!

INGREDIENTS

- 2 ½ pounds brussels sprouts
- 6 tablespoons olive oil
- 1 tablespoon water
- 2 garlic cloves, minced
- ½ teaspoon red pepper flakes
- ¼ cup parmesan cheese, shredded
- ¾ teaspoon salt
- ¼ teaspoon pepper

STEPS

Adjust oven rack to upper-middle position and heat to 500 degrees.

While the oven heats, remove stems of Brussels sprouts and cut in half if desired.

Toss sprouts with 3 tablespoons olive oil, water, ¾ teaspoon salt and ¼ teaspoon pepper.

Transfer Brussels sprouts to rimmed baking sheet and arrange so cut side is down. Cover with foil and roast for 10 minutes.

Heat remaining 3 tablespoons of oil in skillet over medium heat.

Add garlic and red pepper flakes for 1 minute. Remove from heat.

Remove foil and continue to cook Brussels sprouts until they are well browned and tender (10-12 minutes).

Transfer to platter and toss with garlic oil.

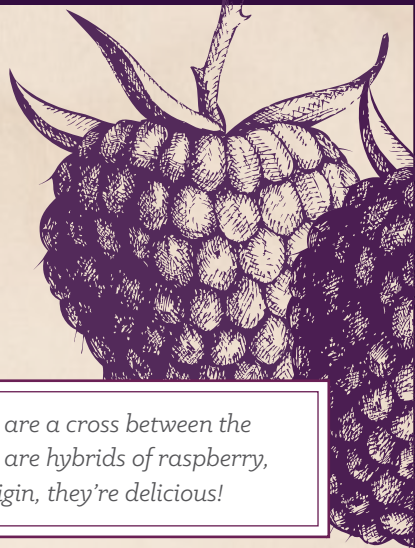
Season by tossing with parmesan cheese.



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OLALLIEBERRY PIE

Contributed by: Claire Lewis, Development Associate



Olallieberries have a complicated pedigree: they are a cross between the loganberry and the youngberry, which themselves are hybrids of raspberry, blackberry, and dewberry. Whatever their origin, they're delicious!

INGREDIENTS

Crust

- 2 cups flour
- 6 tablespoons sugar
- $\frac{2}{3}$ cup + 4 tablespoons Crisco shortening
- 6 teaspoon ice water
- 1 teaspoon salt

Filling

- 2 cans olallieberries in syrup*
- 6 tablespoons sugar
- 3-4 tablespoons cornstarch
- 2 tablespoons lemon juice
- 1 tablespoon butter

STEPS

Pre-heat the oven to 400 degrees.

Drain berries and reserve the syrup.

Combine cornstarch and 3 tablespoons of sugar in a pot, add in the reserved syrup.

Cook over medium heat, stirring constantly until thickened.

Remove from heat and gently stir in remaining 3 tablespoons of sugar, berries, and lemon juice. Let stand while preparing crust.

To make crust, mix all ingredients together and roll out into two circles. Line bottom of 9-inch pie pan with one crust and fill with fruit mixture.

Dot berry mixture with butter. Adjust top crust on pie. Vent pie by cutting several slits in top crust to let steam escape. Seal edges by pinching them with your fingers.

Bake for 30 minutes or until filling is bubbly and crust is golden brown.

* To make berries in syrup at home combine two baskets of fresh berries and sprinkle with two tablespoons of sugar. Refrigerate for a few hours so the berries release their juice. Pour the juice in a saucepan. In a measuring cup, combine two tablespoons of cornstarch with water to make a nice smooth paste. Combine that in the pan with the berry juice. Over medium heat, keep stirring until thick and bubbling. Add fresh berries to the syrup then proceed with the recipe.



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RUSSIAN SHARLOKTA APPLE CAKE

Contributed by: Linda Chin, Director, Donor Engagement



Did you know that apples are part of the rose family and are native to Central Asia? These days, over 7,500 types of apples are grown all over the world, including right here on the Peninsula.

INGREDIENTS

- 6 eggs, separated
- 6 apples, peeled thinly and sliced
- 1 cup sugar
- 1 cup flour

STEPS

Preheat oven to 375 degrees.

Grease a spring form pan with butter or margarine.

Lightly beat egg yolks.

Beat egg whites until they form soft peaks.

Slowly beat in the sugar.

Slowly add in the egg yolks alternating with a portion of the flour until all is mixed.

Spread a thin layer of the batter on the bottom of the pan. Top with a layer of apples. Repeat the process until you have used all of the apples and batter.

Bake 375 degrees for an hour, covering with foil for the last 30 minutes.

Remove from oven and let cool.

Cover cooled pan with a plate, and flip cake over onto the plate.

Dust with powdered sugar and serve.



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