



Bare Root Recipes Rhubarb Cobbler

*Delicious cobbler made from rhubarb you can
grow in your garden!*

You can also make this with a mixture of rhubarb and fresh berries.

4 cups chopped rhubarb (only stems)
½ cup flour
½ cup whole wheat flour
¾ cup oatmeal
1 tsp. cinnamon
½ tsp. nutmeg
½ melted butter
1 cup brown sugar
¾ cup white sugar
½ cup water
2 TB cornstarch
1 tsp. vanilla

Preheat oven to 350 degrees. Combine flours, oatmeal, cinnamon, brown sugar, and butter. Mix well. Press half of mixture into the bottom of a greased 8x8 pan to form a crust. In a saucepan, combine water, cornstarch, and white sugar. Cook over medium heat, stirring constantly, until it thickens and becomes transparent. Remove from heat and stir in vanilla. Mix in rhubarb, then spread mixture over crust. Top with remaining crust. Bake at 350 degrees for one hour.

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Bare Root Recipes

Baked Asparagus

Grow asparagus in your garden, and enjoy this fresh and delicious recipe all summer.

This is also a great recipe for an outdoor BBQ. Just use a sheet of thick foil rather than a baking sheet.

- 1 lb. asparagus
- 2 TB herb-infused olive oil**
- 1 tsp. Italian seasoning (or other salt-free seasoning mix)
- 1 tsp. minced garlic
- 2-3 TB freshly grated parmesan cheese

Preheat oven to 350 degrees. Trim 1 inch off the bottom of the asparagus spears. Place in a bowl and add additional ingredients. Lightly toss to coat. Place on a baking sheet and bake approximately 15 minutes. Your baking time will adjust depending on the thickness of the asparagus spears. Hint: we prefer thin spears and a crisp-tender texture, so we often cook them for only about ten minutes.

** Herb Infused Olive Oils

Rinse and thoroughly dry your choice of fresh herbs or edible flowers. Sterilize your bottles or jars and let them dry thoroughly. Slightly bruise the herbs and stuff them into the bottles. Fill the jar about 1/3 full with herbs and flowers. Shake the bottle as you insert the herbs, to distribute them. Place herbs in jar. Add oil. Heat very gently in a pan filled with water until warm. Let sit at room temperature to cool. Seal the bottles. Refrigerate and allow to steep for 1 - 2 weeks. Keep refrigerated.

Tips:

Good choices for herbal oil infusions include: basil, borage, calendula, dried chilies, cilantro, dill, nasturtium, rosemary, sage, savory, tarragon, and thyme. Fruits, spices, garlic and peppercorns also work well.

Life for these is a couple of months, but they need to be refrigerated to maintain freshness.

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Bare Root Recipes Herbed Fruit Salad

Using fresh berries and other fruits from your garden, create a healthy yet delicious treat!

- 1 6-8 ounce container of Greek yogurt (either plain or honey and vanilla)
- 2 TB Herb infused simple syrup** (try tarragon or lemongrass with fresh berries)
- ¼ tsp Ceylon cinnamon
- 3 cups of mixed fresh fruit (Use what is in season and in your garden. Mix fresh summer berries from your garden with ripe peaches and nectarines or add homegrown grapes to crisp fall apples and pears.)

Wash and cut the fruit into bite-sized pieces, if needed. Mix yogurt with simple syrup and the cinnamon. Toss with the fresh fruit and serve with a sprinkling of minced herbs.

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Bare Root Recipes Horseradish Sauce

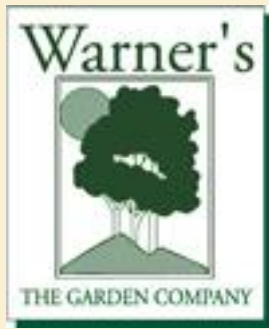
*Yes, you can make homegrown
horseradish sauce!*

NOTE: Horseradish roots can have very strong, hot oils. It is very wise to wear rubber gloves that will protect your skin and wear sunglasses or some type of eye protection in case the oil splashes while you are grating and working with it. It also puts off a really strong smell that makes peeling onions seem like a piece of cake, so many people recommend moving the whole process outside.

1 medium horseradish root, peeled and diced into 1 inch cubes
1/3 -1/2 cup ice water (Use as little as possible. The amount needed depends on the quality of you blender or food processor.)
2-3 TB white vinegar
1/2 tsp kosher salt per one cup of ground horseradish

Pour ice water in the bottom of your blender or food processor. Add chunks of horseradish. Pulse to break up. Blend until it's the consistency of store-bought horseradish – about 30 seconds. As soon as you reach the desired consistency, add the vinegar and salt. If you want it really hot, wait for a few minutes before adding the vinegar – the heat develops AFTER grinding. The longer you wait to add the vinegar, the hotter the flavor. Store in an airtight jar in the refrigerator for 4-6 weeks. Add to sour cream or tartar sauce for an extra kick of spice.

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Bare Root Recipes Dolmas (Stuffed Grape Leaves)

Grow grapes in your garden to create this delicious dinner or appetizer!

Note: Even on a year with a tough spring, grape vines put off tons of leaves. This is a great way to use those leaves. Traditionally, dolmas contain ground lamb, but ground turkey lessens your fat content.

About 30 fresh grape leaves, washed and stems removed
1 pound ground turkey
1 TB olive oil
2 TB shelled pine nuts
½ cup diced onions
2 cloves minced garlic
½ cup uncooked Basmati rice
2 tsp. Greek seasoning
1 tsp. dried mint OR 2 tsp. minced fresh mint
White pepper
2-3 TB dry vermouth
1½ cup water

Wash leaves. Mix turkey, olive oil, pine nuts, onions, garlic, rice, Greek seasoning, mint and pepper. Form into elongated meatballs and roll into grape leaves. Be sure your meatball is small enough to have the leaf wrap around it well. Place in the bottom of a saucepan, stacking carefully to keep the seams closed and the leaves rolled up during cooking. When you are done rolling, pour water and vermouth over the grape leaves to just cover with water. Place a lid on the saucepan and simmer about 60 minutes.

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