

FARM CAMP RECIPES

2019



- 1 cup roasted red beets
- 2-3 cloves of minced garlic
- 1/2 cup of parmesan
- 1/2 cup olive oil
- 2 tbsp lemon juice
- salt to taste
- Optional: handful of basil and/or 1/2 cup nuts or seeds

1. Preheat oven to 375 degrees
2. Place beets in a foil packet and roast until fork tender-- about 1 hour.
Allow beets to cool completely before using.
3. Add all ingredients except for the olive oil in a food processor and pulse several times
4. While the food processor is running, slowly add the olive oil until all ingredients are combined. Add a small amount of water if pesto is too thick to process.
5. Garnish with basil or chopped nuts, and serve with carrots, bread, or your favorite cracker!

BEET PESTO

Oat topping:

- 1/3 cup all-purpose flour
- 1/4 cup (packed) light brown sugar
- 1/2 tsp kosher salt
- 1 cup old-fashioned oats
- 1/2 cup (1 stick) chilled unsalted butter, room temp.
- pinch of cinnamon

Mix flour, brown sugar, salt, and oats together in a large bowl. Work butter into dry mixture until the oat topping comes together.

Filling:

- 8 cups sliced stone fruit and mashed berries (we used plums, peaches, and blackberries)
- 1 cup sugar
- 2 tbsp cornstarch
- 2 tablespoons fresh lemon juice
- 1 pinch of kosher salt
- 1 pinch of cinnamon

Preheat oven to 375 degrees. Toss fruit with sugar, cornstarch, zest, juice, and salt/cinnamon. Transfer fruit mixture to a baking dish, and crumble the oat mixture on top.

Bake until the topping is tan and the fruit looks bubbly.

SUMMER FRUIT CRISP

- 1 can chickpeas, drained
- the juice of one lemon, to taste
- 1-2 cloves garlic
- 2 tbsp tahini
- 1/2 tsp salt, plus more to taste
- 3-4 tbsp olive oil
- 1/2-1 tsp cumin
- 1/4 tsp paprika
- Seasonal flavors: roasted peppers, cilantro, roasted squash and sage, caramelized onion, roasted garlic and chili oil

1. Combine all ingredients into a food processor and mix until combined.
2. While the food processor is still running, drizzle oil into the mixture until the desired consistency is achieved.
3. Finish off by plating with more oil and a dash of paprika.

SEASONAL HUMMUS

- 10-12 eggs, cracked and whisked,
- 1 zucchini, diced (optional: let your small chef grate the zucchini and squeeze out the liquid through cheesecloth)
- 1-2 roasted red pepper; blackened, skin removed, seeded, and diced
- 1 yellow or red onion, julienned and caramelized
- 2-3 tbsp torn basil
- 2 tsp salt (add last!)
- 1/4 cup-1/2 cup full fat dairy (sour cream, heavy cream, whole milk, etc.)
- 1/4 cup-1/2 cup cheese (sharp cheddar, feta, goat cheese, etc.)
- pinch of pepper

1. Preheat oven to 375 degrees
2. Whisk eggs and combine the rest of the ingredients. Add egg mixture to oven-safe pan or bakeware.
3. Bake for about 30 minutes or until set. Middle of frittata may jiggle a little bit, but should continue to cook from residual heat. Save remaining frittata in the fridge for up to 5 days.

SUMMER SQUASH FRITTATA

Greek Yogurt Frosting

Ingredients:

1/4 cup plus 3 tbsp cream cheese

1/4 cup plus 2 tbsp plain Greek yogurt

Honey to taste (could also use a pinch of uncut stevia OR 4-5 tbsp powdered sugar)

1/2 tsp pure vanilla extract

Directions:

Blend all ingredients together by hand or with mixer until completely smooth. If a thinner frosting is desired, you can add a little milk of choice to thin it out. Refrigerate leftover frosting for up to 4 days.

Apple Slice Donuts

Ingredients:

Apple corer

Apples of choice (we used Honey crisp and Red Delicious)

Directions:

Cut off a small portion from the bottom of the apple so that you have a safe base to work from, and so your apple doesn't roll around the cutting board.

Use the corer to pull the core and seeds from the apple, and then use a knife to cut across the apple so that it looks like donut rings.

Decorate with Greek yogurt frosting, honey, cocoa powder, fruit, nuts—whatever you like!

APPLE SLICE DONUTS AND GREEK YOGURT FROSTING

Cold Shrub Recipe

Cold shrubs are fun and easy to make. Shrubs are just a preserved fruit and sugar mix that people use to make tangy sodas; produce like cucumbers and watermelon work best with a cold shrub mixture

It's easy! 1:1:1 Ratio! One part fruit of choice, one part sugar (white, brown, or honey!), and one part vinegar.

Day 1:

1. Measure out one-part fruit into a non-reactive bowl (either plastic or glass).
2. Measure out an equal part of sugar and pour over the fruit. Mix well! Let the mixture sit, covered, for a few minutes and watch the reaction happening; you will notice that moisture is being drawn from the fruit!
3. Using a pestle, fork, or the back of a spoon to gently mash the fruit mixture a little more. Add any aromatics or flavors that you like (cinnamon, mint, cloves, ginger, etc.) at this point. Mix well, put in a storage container, and place in the fridge.

Day 2 or 3:

4. Keep in the fridge for 2-3 days until it is time to strain off fruit and add vinegar. Flavors build the longer fruit is allowed to sit in the sugar.
5. To serve: Most websites recommend a 1:2 or 1:3 ratio for serving (one part shrub to two or three parts seltzer water). Depending on the strength and flavor of the shrub this may take a little tweaking!

Hot Shrub Recipe

*Hot shrubs take less time but a little more equipment. *

It's easy! 1:1:1 Ratio!

1. First make a simple syrup. Combine equal parts water and sugar into a pot and bring to a boil until all ingredients are combined, and then bring down to a simmer.
2. Cut up (or mash) fruit of choice and add in any other flavorings (i.e. vanilla, ginger, basil), and simmer until fruit looks "worn out" and the syrup starts to take on a different color. When you simmer there should be gentle bubbles, not a full-on boil! This portion takes about 8-10 minutes.
3. Add your vinegar of choice and bring back to a simmer. Stir gently. This portion takes about 3-5 minutes.
4. Remove from heat and cover. Let your shrub cool down for a few minutes before putting it into a clean glass jar. Shrub soda can be made as soon as the mixture has cooled down, however we think its best to let the flavors build for a few days!

SHRUB SODA

Using a slow cooker means no watching the stove! This recipe is ultra-easy-
- plus, you can use those untouched apples with "mushy spots" on them!
Serve warm or cool!

- 4-5 large apples cut into cubes
- 1/2-1 tsp cinnamon
- 1 pinch salt
- 1 1/2 tsp apple cider vinegar or lemon juice
- 1/4 cup water
- 2 tsp honey or 2 tsp brown sugar

1. Give apples a wash and rough chop (1/2 inch-1 inch cubes are perfect!) and throw them in a slow cooker.
2. Add the rest of the ingredients and mix to combine.
3. Cook for 3-5 hours or until very soft. For smoother applesauce peel apples beforehand or blend applesauce afterwards. Serve with nuts, seeds dried fruit, or extra cinnamon.

ARCADIA AUTUMN APPLESAUCE

- 1 cup of flour
 - ¼ cup of salt
 - 1 tbsp cream of tartar (optional)
 - ½ cup room temp or warm water (if using liquid dye do ¼ cup water and ¼ cup liquid dye)
 - To make natural dye out of beets: cut up 1-2 beets and place in a saucepan. Add just enough water to cover the beets and bring to a boil. Let simmer for about 10-15 minutes. Once cool, remove the beets and you should have some natural dye to add to your play dough!
 - If using powder dye, add ingredient 1 tsp at a time to achieve desired color. We found that turmeric works best!
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1. Mix dry ingredients into a metal or glass bowl (dye may stain plastic!).
 2. Add 1/2 cup water (or 1/2 cup liquid dye or 1/4 cup liquid dye/ 1/4 cup water) to the bowl and mix until combined. Add extra flour until play dough feels smooth and not sticky.
 3. If you are using a powder dye, add a little at a time until you achieve the desired shade.
 4. Store play dough in an air tight bag or container; should last up to two weeks.

JUST FOR FUN: NATURAL PLAY DOUGH