

What's in the Garden?

By Marianne Berkes  Illustrated by Cris Arbo

Applesauce

8 apples



1 cup water



A pinch of salt



Honey or brown sugar to taste.



Cinnamon to taste



Wash and core apples. Cut into quarters and place in saucepan. Add water and salt. Cook until tender and then mash and put through strainer. Return to saucepan. Add brown sugar or honey to taste and simmer for about three minutes, stirring constantly. Cool and enjoy!

Mixed "Green" Salad

2 handfuls iceberg lettuce

2 handfuls leaf lettuce



2 handfuls spinach leaves

10 or more grape tomatoes



Salt and pepper to taste



2 Tbsp. olive oil



1 tsp. fresh lemon juice



1 tsp. yellow mustard



1 tsp. honey



Rinse salad greens. Pat dry on paper towels. Tear the leaves into smaller pieces and combine in a large bowl, adding rinsed grape tomatoes. For dressing, combine last four ingredients in a jar with a lid and shake. Add dressing when ready to serve so salad does not get soggy. Add salt and pepper to taste.

Carrot Muffins

2 cups all-purpose flour



1 Tbsp. baking powder



2 tsp. baking soda



1 tsp. salt



1 tsp. cinnamon



4 large eggs



1 cup applesauce



¼ cup vegetable oil



¾ cup brown sugar



4 cups grated carrots (about 4 large)



Preheat oven to 350°F. Sift together first five ingredients in bowl. In a larger bowl combine eggs, oil, applesauce and brown sugar. Beat well and add flour mixture until moistened. Fold in grated carrots. Spoon into greased muffin pan or use paper liners. Bake 20-30 minutes until lightly browned. Makes about 20. Best with cream cheese frosting!

Broccoli Trees

Broccoli



1 8-oz. pkg. of cream cheese



1 8-oz. carton plain yogurt



1 envelope (0.4 oz) dry Ranch salad dressing mix



Place broccoli on cutting board. With small, sharp knife, ask a grown-up to trim off ends of stems to make "spears"

with florets. Place in colander under cold running water and rinse. Drain well and serve with dip. For dip, put the cream cheese, yogurt and ranch dressing mix in a medium mixing bowl. Beat with an electric mixer on medium speed until smooth. Refrigerate until ready to use. Makes about two cups.

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Libby's Blueberry Pie

2 refrigerated pie crusts
(store-bought)

4 cups fresh blueberries (rinsed)



½ cup all-purpose flour



¾ cup sugar



1 Tbsp. fresh lemon juice



1/8 tsp. salt



Preheat oven to 350 degrees. Press one of the pie crusts into 10 inch pie plate. Place blueberries in a large bowl and add flour. Toss to coat. Add sugar, lemon and salt, mixing lightly.

Pour berries into pie shell. Cut other pie crust into 1 inch strips and place on top of crust in criss-cross pattern to form a lattice. Bake 45-60 minutes or until bubbly.

Ants on a Log

Celery stalks



Pkg. of cream cheese



Tub of cottage cheese



Jar of peanut butter



Box of raisins



Rinse celery stalks and dry with paper towels. Put stalks on cutting board and ask a grownup to trim leafy parts off celery stalks with a small sharp knife. With table knife, fill groove of each celery stalk with the spread of your choice. Put a few raisins on top of spread. With peanut butter especially, raisins looks like “ants on a log!”

Easy Tomato Sauce

1 pound of fresh tomatoes



1 Tbsp. olive oil



1 small chopped onion



1 clove garlic, chopped
(or use garlic press)



½ tsp. salt



¼ tsp. fresh pepper



3 tsp. balsamic or sherry vinegar



Fresh chopped basil (optional)



Wash, core and cut tomatoes in half. Put olive oil in baking pan, add tomatoes, and cook in preheated 350°F oven until skins split. Put into a blender and liquefy. Combine remaining six ingredients and simmer on top of stove for 20 minutes. Great on spaghetti and lots of other dishes.

Sweet & Sour Cucumber Salad

2 large cucumbers



1 small onion



Salt and pepper to taste



¼ cup vinegar



1 tsp. sugar



¼ cup vegetable oil



¼ cup fresh chopped parsley










Peel cucumbers and slice paper thin. Also slice a small onion into onion rings. Place in serving bowl with cucumbers. Add salt and pepper and toss. Mix the remaining ingredients in a jar or cup with a whisk and pour over cucumbers and onions. Stir and let chill for at least two hours before you serve it.

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French Onion Soup


- 1 tablespoon butter 
- 1 cup sliced onions 
- ½ tsp. all-purpose flour 
- ½ tsp. sugar 
- 3 cups beef or vegetable broth 
- 1 Tbsp. Worcestershire sauce 
- 3 Tbsp. grated Parmesan cheese 

Thick French bread, toasted

Melt butter in large pot. Add onions and slowly cook onions until soft. Stir in flour and sugar and cook one minute. Add broth and Worcestershire sauce. Simmer 30 minutes. Cool and put in refrigerator until ready to serve. Reheat on stove or in microwave. Put one slice of toasted French bread in each serving bowl. Sprinkle with cheese and add reheated soup.





Garlic Mashed Potatoes

- 4 cups peeled potatoes 
- 1 garlic clove, peeled and halved 
- ¼ cup warm milk 
- ¼ cup sour cream 
- 1 Tbsp. fresh parsley, finely chopped 
- 1 tsp. butter or margarine 
- ½ tsp. salt 

Pepper to taste 






Cut potatoes into quarters. Put potatoes and garlic in a large pot and cover with water. Put a lid on the pot and bring to a boil over medium-high heat. When water begins to boil, remove lid and boil for 20 minutes or until tender when poked with a fork. Drain well and return to pot. Add remaining ingredients and mash until light and fluffy. Makes 4-5 servings.

Honey Corn

- 2 Tbsp. honey 
- 4 ears of corn 
- Butter 
- Salt and pepper to taste 

Remove husks and silk from the ears of corn and rinse. Fill a large pot full with water and bring to a boil. Stir in honey and then drop corn gently so you don't splash yourself. Cook 3 to 4 minutes. Lift the corn out of the water with tongs and drain on paper towels. Serve with butter, salt and pepper.

Roasted Pumpkin Seeds

- Pumpkin Seeds 
- Paper towels 
- Aluminum foil 
- Butter or Cooking Spray 
- Salt or cinnamon and sugar 

Preheat oven to 300°F. Wash pumpkin seeds, removing the pulp, and dry them on paper towels. Line a cookie sheet with aluminum foil. Spread a little butter or put cooking spray on the foil and add the pumpkin seeds, arranging them in a thin layer. Sprinkle with sea salt, or with your favorite spices. Bake in oven 30-40 minutes, stirring occasionally, until crisp and golden brown. Remove the shells and enjoy!