



FRESH HEALTHY LOCAL

WINTER RECIPES FROM YOUR LOCAL FARMERS MARKET



FOOD PROGRAMS & TIPS



SNAP Farm Bucks

SNAP eligible foods (vegetables, dairy, meat, eggs, baked goods, etc.) and plants and seeds that produce food. You CAN NOT buy hot ready-to-eat foods, tinctures or supplements.



DOUBLE UP
ARIZONA

Double Up Arizona Food Bucks Coins

Arizona-grown fruits and vegetables, dried beans and nuts (which can be fresh, dried, and cooked without other ingredients), and plants and seeds that produce food. Spend these first when purchasing fruits and vegetables.



WIC & Senior FMNP Coupons

AZ-grown FRESH fruits, vegetables, herbs and dried beans (FMNP coupons expire Nov 30th)

Visit azfmpn.org to learn more.



Nourish Your Neighbors Vouchers

\$5 vouchers to spend on food (no hot ready-to-eat foods, tinctures or supplements) at the farmers market. *Vouchers are for individuals who need help affording food and funds are limited. First come first serve and only given out once per market day.*



ARRIVE EARLY | The best selection of the freshest produce is available early in the market day. Make sure to stop by Market Info for your Market Currency.

MEAL PLAN & SHOPPING LIST | Choose one day each week to plan 3-5 seasonal meals and build your farmers market shopping list around what's fresh. Visit Market Info or the Taste of the Market for seasonal recipes and inspiration. For more recipes and resources, visit- www.heirloomfm.org/food-programs/recipes-resources/

ADD NUTRITION | Bulk up your favorite recipes with veggies! Do you love mac and cheese? Make it more nutritious by adding broccoli, greens and other fiber-rich veggies. Purchase local produce and make a nutritious fruit smoothie or juice, add greens to make it even more nutritious!

Overnight Oats with Oranges, Cardamom & Pistachios

INGREDIENTS

1 serving

- ½ cup rolled oats
- ½ cup milk of choice (enough to fully cover oats)
- Rounded ¼ teaspoon ground cardamom
- ⅓ cup pistachios, roughly chopped
- 1 small orange or other citrus, peeled, segmented, and halved
- 1 teaspoon sweetener of choice (or to taste)
- Pinch of salt

DIRECTIONS

Combine all ingredients in a container with a lid (we like to reuse jam jars for this purpose).

Stir or shake to combine. For creamier oats, ensure they are fully submerged in liquid.

Refrigerate overnight before serving. Store in the refrigerator for up to 5 days.



Mixed Vegetable Rösti (Hash browns)

Adapted from Ruby Tandoh's "Smoked Mackerel Potato Rösti with Sour Cream and Lemon."

INGREDIENTS

4-6 servings

- ½ pound potatoes (waxy variety preferred), or swap with sunchokes
- ½ pound turnips or rutabagas
- ½ cup fennel bulb and fronds, thinly sliced
- Oil for frying
- 1 teaspoon salt
- 1 teaspoon pepper
- Optional: eggs, sour cream, lemon

DIRECTIONS

Peel and grate potatoes and root vegetables. Place in a cheesecloth and squeeze out excess moisture.

Mix with fennel, salt, and pepper.

Heat oil in a skillet over medium-low heat. Scoop ¼-½ cup mixture per rösti, flatten. Fry 3-5 minutes per side until golden and crisp.

Serve with eggs, sour cream, and/or lemon juice. Eat immediately.



Creamy Bean Spread

*This recipe can be served as a dip, or as the base for our
Roasted Veggie Sandwich.*

INGREDIENTS

Makes 1 quart

- ½ cup dried beans or 1 (15-ounce) can beans, drained and rinsed
- 2-4 cloves garlic
- ¼ cup water
- ¼ cup olive oil
- Juice of ½ lemon
- 1 teaspoon salt
- 1 teaspoon black pepper
- Optional: 1 teaspoon curry powder

DIRECTIONS

If using dried beans:

Soak beans overnight (about 8 hours).

Drain and simmer in fresh salted water for about 1 hour, or until tender. Drain and cool.

To prepare spread:

Add beans, garlic, water, olive oil, lemon juice, salt, and pepper to a blender.

Blend until smooth and creamy.

Taste and adjust seasoning. Add curry powder if desired.

Store in the refrigerator for up to 2 weeks.

Curried Root Vegetables

*An excellent base for the Roasted Veggie Sandwich
or as a side dish.*

INGREDIENTS

4-6 servings

- 2 pounds rutabagas, beets, turnips, kohlrabi, or a mix
- 1½ tablespoons olive oil
- 1 tablespoon curry powder or garam masala
- 1½ teaspoons salt
- 1½ teaspoons black pepper



DIRECTIONS

Preheat the oven to 375°F. Line a baking sheet with parchment paper.

Peel vegetables and slice into ½-inch thick pieces. Toss with oil, spice mix, salt, and pepper until evenly coated.

Spread in a single layer on the baking sheet. Roast 30-45 minutes, until tender and lightly crisped at the edges.

Stovetop option:

Sauté in batches. Cover and cook 5 minutes on low, uncover, flip, and cook 5 minutes more over medium heat.

Storage in the refrigerator for up to 1 week.

Roasted Veggie Sandwich

This recipe can be prepped in advance and eaten all week. It can be eaten hot or cold, vegetarian or vegan, or even with the addition of bacon!

INGREDIENTS

4-6 servings

- Creamy Bean Spread
- Curried Root Vegetables
- Crusty bread (sourdough recommended)
- Fresh greens (arugula or mustard greens)
- Radishes, thinly sliced
- Lemon juice
- Olive oil



DIRECTIONS

Slice and toast bread. Coat generously with bean spread.

Add roasted vegetables.

Whisk lemon juice and olive oil (about 1 tablespoon oil and 1-2 tablespoons lemon per serving). Toss greens lightly in dressing.

Layer greens and radishes onto the sandwich. Slice and serve.

Winter Panzanella

Panzanella is a classic Italian bread salad; it's in the name! While it's traditionally a summer dish, this version celebrates the abundance of winter produce. Use a crusty loaf that you can not longer bite into, or, if you're lucky, pick up some sourdough croutons from the farmers market.

INGREDIENTS

4-6 servings

For the Salad:

- 4 cups day-old crusty bread, cubed
- ¼ large cabbage, chopped
- 4 small to medium oranges, segmented and halved
- 1 bunch radishes, sliced

For the Dressing:

- ⅛ cup olive oil
- 3 tablespoons red wine vinegar
- Zest and juice of 1 orange (about ¼–½ cup juice)
- 2 tablespoons fresh thyme
- 1 jalapeño, finely chopped (or 1 tablespoon dried chile flakes)
- ½ teaspoon salt
- ½ teaspoon pepper
- Optional: fresh-grated Parmesan

DIRECTIONS

If bread is soft, cube no larger than $\frac{1}{2}$ inch and dry in a 250°F oven for 10 minutes. Let cool.

Sauté cabbage in batches in 1 tablespoon oil over medium heat until lightly caramelized. Add salt and pepper and let cool.

In a large bowl, combine bread, cabbage, oranges, and radishes.

Whisk together orange zest and juice, olive oil, vinegar, thyme, jalapeño, salt, and pepper. Adjust seasoning.

Pour dressing over salad and toss thoroughly.

Refrigerate at least 1 hour before serving. Top with Parmesan if using.



Collard Greens

Adapted from Michael W. Twitty's "Cash Collards." These can be quite spicy, so adjust the cayenne to your preference.

INGREDIENTS

6 servings

- 4 tablespoons oil
- 4 cloves garlic, chopped
- 1 medium yellow onion, chopped
- 1 fresh cayenne pepper, chopped (or up to 1 teaspoon dried cayenne)
- 5 cups collard greens, kale, or turnip greens, stems removed and sliced
- Salt and pepper to taste
- 1 cup vegetable stock
- 2 tablespoons fresh herbs (oregano, marjoram, or parsley)



DIRECTIONS

Heat oil in a large pan over medium heat. Add garlic and onion with salt and pepper; sauté until translucent. Add cayenne. Add greens one cup at a time, allowing each batch to wilt before adding more. Add vegetable stock and simmer uncovered for 10-15 minutes. Finish with fresh herbs.

This dish is delicious served with rice and beans!

Vegetable Stock

Freeze your vegetable scraps and squeezed lemons for this simple, zero-waste base for soups, sauces, and greens. Use in place of water for a boost of flavor!

INGREDIENTS

- 1 gallon freezer bag vegetable scraps
- 4 gallons water
- Up to 1 bulb garlic, halved
- Fresh or dried herbs (parsley, thyme, rosemary, oregano)
- 2-3 bay leaves
- 1 tablespoon cracked black pepper
- 2-4 tablespoons salt
- Optional: fresh ginger, dried chiles, lemon juice

DIRECTIONS

Place frozen scraps in a large pot. Add water at roughly a 1:4 ratio (vegetables to water). Add aromatics and salt.

Bring to a boil, then reduce to a gentle simmer. Partially cover and cook 2-4 hours, until the liquid is colorful and fragrant.

Strain through a sieve, pressing gently on scraps. Compost scraps.

Adjust salt and add lemon juice if desired.

Let cool and divide into jars. Refrigerate 1-2 weeks or freeze up to 6 months.