

WVDA

WHAT'S COOKIN'

RECIPES FROM THE WVDA MARKET BULLETIN

2025



West Virginia DEPARTMENT OF
AGRICULTURE

COMMISSIONER, KENT A. LEONHARDT



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JANUARY

Soup-er Bowl

Now that the holidays are over, it's time to settle into winter. There's no better way to do it than with a hot bowl of homemade soup. Soup has been called the ultimate comfort food – hot, filling, and flavorful! Whether you're having a big bowl for your evening meal or just a cup to heat up for lunch, this month's recipes will warm you from head to toe!

BROCCOLI CHEDDAR SOUP

INGREDIENTS

- ¼ cup butter
- ½ medium onion (chopped)
- 2 cups flour
- 2 cups half and half
- 2 cups low-sodium chicken broth
- 3 cups broccoli (chopped into bite-size pieces)
- 1 cup carrots (julienned)
- 2 cups sharp Cheddar cheese (grated)
- Salt and pepper, to taste
- Nutmeg (optional)

DIRECTIONS

1. Melt butter, add onions and sauté until onions are soft. Sprinkle flour over the mixture. Stir for 1-2 minutes. Whisk in half and half and chicken stock. Bring to a boil then reduce heat to medium.
2. Add broccoli and carrots. Cook over medium-low heat for 20-25 minutes or until carrots and broccoli are tender. Add salt and pepper.
3. You can leave the soup chunky or blend about 1 cup of soup to make the soup smoother. Return to low heat and add cheese. If your heat is too high, your soup can get grainy.
4. Stir in nutmeg (it will bring out the flavors in the soup). Serve with crusty bread.





THAI CURRIED SOUP

INGREDIENTS

- 2 Tbsp. coconut or olive oil
- 3 cups butternut squash, cut into ½ inch pieces
- 1 medium onion, chopped
- 4 garlic cloves, chopped
- 2–3 Tbsp. Thai red curry paste
- 2 tsp. ground coriander
- 1 tsp. ground cumin
- ¼ tsp. sea salt
- ¼ tsp. red pepper flakes (optional)
- 1 Tbsp. lime juice
- 4 cups vegetable broth
- ½ cup full fat coconut milk
- ½ cup large, unsweetened coconut flakes
- Handful fresh cilantro leaves, chopped

LENTIL & SAUSAGE SOUP

INGREDIENTS

- 1 lb. spicy pork sausage
- 1 cup dried brown lentils (rinsed)
- 15 oz. cannellini beans (rinsed and drained)
- 32 oz. reduced sodium chicken broth
- 1 can fire-roasted diced tomatoes, undrained (14.5 oz.)
- 1 cup water
- 4 cups spinach
- Salt and pepper
- Crumbled goat cheese (optional)

DIRECTIONS

1. In a Dutch oven, cook and crumble sausage over medium heat until no longer pink, 5–7 minutes; drain.
2. Stir in lentils, beans, broth, and water; bring to a boil. Reduce heat; simmer, covered, until lentils are tender, about 30 minutes. Stir in tomatoes and heat through.
3. Remove from heat; stir in spinach until wilted. Serve with goat cheese, if desired.



DIRECTIONS

1. Heat oil in a large Dutch oven or heavy-bottomed pot over medium heat. Once oil is hot, add squash, onion, garlic, curry paste, coriander, cumin, salt, and red pepper flakes to skillet. Stir to combine. Stir occasionally until onion is translucent, about 8–10 minutes
2. Add broth. Bring mixture to a boil. Reduce heat and simmer until squash is soft, about 15–20 minutes.
3. While the soup is cooking, toast the coconut flakes in a medium skillet over medium-low heat, stirring frequently until fragrant and golden on the edges. Keep an eye on them so they don't burn. Transfer flakes to a bowl to cool.
4. Once the squash mixture is done cooking, taste and add more Thai red curry paste, if desired. Remove the soup from heat and let it cool slightly. Working in batches, transfer the contents to a blender. Do not fill your blender past the maximum fill line. Securely fasten the lid and use a kitchen towel to protect your hand from steam escaping from the top of the blender as you purée the mixture until smooth. Transfer puréed soup to a serving bowl and repeat with remaining batches.
5. Stir the lime juice into the blended soup. Taste and season with additional salt, if necessary. Ladle soup into individual bowls. Use a spoon to drizzle coconut milk over each bowl, then lightly swirl the spoon through the topmost layer for a pretty design. Top the soup with toasted coconut flakes and a sprinkle of chopped, fresh cilantro.

FEBRUARY

Swoon (and Spoon) Worthy

Love is in the air. Whether your Valentine is your spouse, your grandkids, or your bestie, why not treat them to a meal cooked with L-O-V-E? And gentlemen...that includes you! These recipes aren't difficult. They're simple enough for anyone with a little heart to master. We hope you'll choose a steak from a WV cattle farmer. Don't know where to find one? Check out our WV Grown Directory (<https://agriculture.wv.gov/ag-business/west-virginia-grown/>) to locate a farmer near you.

STEAK & ROASTED VEGGIES

INGREDIENTS

- 2 steaks of your choice (the smaller the quicker they cook)
 - 1 red bell pepper cut into chunks
 - 1 yellow bell pepper cut into chunks
 - 1 red onion cut into chunks
 - 1 cup mushrooms
 - Salt and pepper
 - 1 Tbsp. oil for steaks
 - 1 Tbsp. crushed butter
 - 1 Tbsp. oil for veggies
 - 1 tsp. vegetable spice
- Chimichurri Sauce
- 1 cup fresh parsley finely chopped
 - ½ cup fresh mint finely chopped
 - ½ cup extra virgin oil
 - 2 Tbsp. red wine vinegar
 - 1 large red chili deseeded and finely chopped
 - ¼ cup red onion finely chopped
 - Juice of a small lime
 - Salt and pepper to taste
 - Juice of a fresh lemon

DIRECTIONS

1. Prepare the chimichurri sauce by mixing all the ingredients in a bowl, with the exception of the lemon juice. Let the sauce sit for a few minutes to let the flavors develop. Add a little fresh lemon juice, if needed, and mix again. Set aside.
2. Generously season the steak, both sides, with salt and pepper. Make sure the entire steak is covered, even the fat side, if using a bigger steak. In a hot pan, add the tablespoon of oil and cook your steak 3 to 4 minutes per side (depending on the thickness). Add the butter equally over the top of both sides and let it melt. Use a spoon to collect the fats in the pan and baste your steak. Repeat a few times. Once done, place the steak on a platter and set aside.
3. In the same pan, cook the vegetables. Start with the bell peppers, using the oils in the pan to cook them. Make sure the heat is on medium to high, so it cooks the peppers tender but still crunchy. Halfway through, add the onion and, if necessary, the remaining tablespoon of oil. Keep turning and checking for doneness. When it's almost cooked, add the mushrooms and season all the veggies.
4. If the peppers and onions are cooked, you can remove them onto the serving platter and let the mushrooms finish cooking. Once done, add the mushrooms and chimichurri sauce to the resting steak and vegetables.





I LOVE YOU SALAD

INGREDIENTS

- Head or leaf lettuce
- Carrots
- Cherry tomatoes
- Cucumber
- Red and yellow bell peppers
- Thick mozzarella slices
- Your salad dressing of choice
- You will also need toothpicks and two small/tiny heart cookie cutters

DIRECTIONS

1. Cut cherry tomatoes in half at a 45-degree angle. Place the two halves together using a toothpick to form a heart shape. Cut cucumber slices about ¼ inch thick. Use a small heart cookie cutter to punch out the heart shapes. Do the same with carrots, pieces of red and yellow bell peppers, and mozzarella cheese using a tiny heart cookie cutter.
2. Cut up head or leaf lettuce in a bowl and then add veggies and cheese on top. Serve your favorite salad dressing on the side (honey mustard makes a good choice). Don't forget to take those toothpicks out of the tomatoes.

WHOOPIE PIES A DEUX

INGREDIENTS

- ½ cup all-purpose flour
- ¼ tsp. unsweetened cocoa powder
- ¼ tsp. kosher salt
- ¼ tsp. baking soda
- 3 Tbsp. packed light brown sugar
- 1 Tbsp. unsalted butter, at room temperature
- 2 Tbsp. buttermilk
- 1 large egg
- ¼ tsp. vanilla extract
- ⅛ tsp. red gel food coloring

Cream Cheese Filling

- 3 oz. cream cheese, at room temperature
- 1 Tbsp. unsalted butter, at room temperature
- 3 Tbsp. confectioners' sugar, plus more for dusting
- ¼ tsp. vanilla bean paste

DIRECTIONS

1. Preheat the oven to 350 degrees. Line a baking sheet with parchment paper. For the cookies, whisk the flour, cocoa powder, salt, and baking soda together in a medium bowl. Combine the brown sugar and butter in a separate medium bowl with a rubber spatula until no streaks of butter remain and it resembles wet sand. Add the buttermilk, egg, vanilla, and red food coloring and whisk until smooth. Fold the flour mixture into the wet mixture with a rubber spatula until smooth.
2. Use a tablespoon to drop 2 heaping tablespoons of batter onto the prepared baking sheet. Repeat three more times so that you have 4 cookies. Use a wet finger to smooth out any uneven parts on the tops. Bake until the cookies spring back when touched and look dry, 11 to 13 minutes. Let cool completely on the baking sheet, about 30 minutes.
3. For the cream cheese filling, combine the cream cheese, butter, confectioners' sugar, and vanilla bean paste in a medium bowl with a rubber spatula until smooth.
4. Once the cookies are cooled, divide the filling between two of the cookies spreading it on the flat sides all the way to the edges. Top each with the two remaining cookies. Dust the tops with confectioners' sugar just before serving, if desired.



MARCH

Sticky Sweet (and Good to Eat!)

West Virginia's maple syrup industry continues to grow. What was once just a few men and women collecting sap in buckets and boiling that sweet water on their kitchen stoves to make maple syrup for their own table has turned into a complex business model. Now maple makers are tapping hundreds, if not thousands of trees, using 5/16 tubing that runs on gravity to a collection point downhill where it's boiled to a precise temperature using high-tech equipment like reverse osmosis machines. Whether our maple makers bottle one gallon or 1,000, the product remains the same - pure West Virginia maple syrup.

MAPLE ROAST CHICKEN WITH APPLES & CRANBERRIES

INGREDIENTS

- 4 medium bone-in chicken thighs (1½ lbs.)
- 1 Tbsp. butter
- 1 Tbsp. olive oil
- 3 medium apples, peeled, cored, and sliced in ¼-inch thick slices
- 1 cup fresh cranberries
- 3 sprigs fresh rosemary
- Salt and pepper to taste

Maple Glaze

- 1 Tbsp. olive oil
- 1 garlic clove, minced
- 3 Tbsp. balsamic vinegar
- ¼ cup maple syrup
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375 degrees. Season chicken on both sides with salt and pepper. Heat butter and olive oil in a medium skillet over medium-high heat until pan is hot. Sear chicken 2–3 minutes on both sides.
2. Remove pan from heat and arrange apples, cranberries, and rosemary sprigs around chicken. Put the chicken in the oven for 25–30 minutes.
3. While the chicken bakes, make the sauce in a small skillet over medium-high heat. Add the olive oil to skillet and sauté garlic 1 minute until just fragrant. Stir in vinegar and add maple syrup. Bring sauce to a boil. Reduce heat to medium-low, and let simmer until reduced and thickened, about 5 minutes. Season sauce with salt and pepper to taste.
4. Once the chicken registers 165-degrees at its center, apples are tender and the cranberries are bursting, drizzle the maple sauce over the chicken and serve.





MAPLE SYRUP POPCORN

INGREDIENTS

- 6 cups air popped popcorn
- ½ cup maple syrup
- 2 Tbsp. butter (substitute coconut oil for vegan recipe)
- Sea salt

DIRECTIONS

1. Put popcorn in a large bowl and set aside. Pour maple syrup and butter in a non-stick pot on the stove over medium heat. Melt butter and syrup together to the soft crack stage (270 degrees), whisking occasionally. (The “caramel sauce” will get bubbly)
2. After heating, quickly stir the maple mixture into the popcorn. It’s important to work quickly because it hardens fast! However, be careful because it is extremely hot.
3. Spread the maple syrup popcorn out on a large sheet of parchment paper in a single layer. Sprinkle with sea salt, if desired. Let it dry and harden for about 10 minutes, then break into pieces and enjoy!

MAPLE WALNUT BARS

INGREDIENTS

Base

- ½ cup salted butter, softened
- ¼ cup brown sugar
- 1 cup all-purpose flour

Topping

- 1 cup maple syrup
- ¾ cup brown sugar
- ½ cup walnuts, chopped
- ¼ cup salted butter
- 2 large eggs
- 2 Tbsp. all-purpose flour
- Pinch of salt

DIRECTIONS

1. Preheat oven to 350 degrees. Combine butter, brown sugar, and flour for base. Stir until the mixture is crumbly. Press mixture into an 8-inch greased baking pan. Bake for 10 minutes. Remove and set aside.
2. In a saucepan, combine the maple syrup, brown sugar, and walnuts. For the topping, and bring to a boil. Reduce heat and cook over a medium-low heat for 5 minutes. Remove from heat and add butter. Stir until melted.
3. In a bowl, beat the eggs with the flour and salt. Add egg mixture to the maple syrup mixture and stir to combine. Pour over the base and bake for 25–30 minutes, or until set. Cool completely before cutting.



APRIL

Ramp It Up!

On just about every backroad you travel this month, you'll find someone selling an Appalachian delicacy – ramps! A cousin of the onion, ramps (*Allium tricoccum*) can be found from Canada to the Carolinas. Here in West Virginia, ramps have always been a spring staple in everything from beans to potatoes, dips to cornbread. This month we offer up two different ways to enjoy your ramps and how to preserve them for later in the year. Just remember, never over-pick a ramp patch! It can take up to five years for ramps to regenerate.

FRESH PICKLED RAMP

INGREDIENTS

- 2 cups red wine vinegar
- ½ cup water
- ¼ cup turbinado sugar
- 1 tsp. kosher salt
- ½ tsp. black pepper
- 15 to 20 small ramp bulbs (trim small roots and the greens and reserve for sautéed ramps)

DIRECTIONS

1. In a deep pot, combine vinegar, water, sugar, salt, and pepper. Bring to a boil. Fill a bowl with ice cubes and add just enough water so the ice floats.
2. When the liquid is boiling, plunge the ramps into it and make sure they're fully submerged. Cook for 15 to 30 seconds, depending on how skinny or fat your ramps are, and then get tongs or a small strainer and gently remove them from the pickling liquid and dump them into ice water until completely cool. Remove the pickling liquid from the heat and let it cool completely.
3. Drain the ramps and pat them dry. Arrange the ramps in a 1-quart jar and pour the room temperature pickling liquid over the ramps. The ramps need to be completely submerged. Store in the refrigerator. They will keep for several months in the refrigerator.





POTATO SALAD WITH RAMP DRESSING

INGREDIENTS

- 3 lbs. red baby potatoes, halved (larger ones quartered)
- 6–8 ramp bulbs, minced, leaves reserved
- ¼ cup apple cider vinegar
- 2 Tbsp. old-style whole-grain mustard
- ¼ cup extra virgin olive oil
- ½ packed cup fresh dill or tarragon
- Salt and pepper to taste

DIRECTIONS

1. Place potatoes in a large pot and cover with water by at least one inch so that the potatoes remain submerged. Season well with salt and bring to a boil. Cook the potatoes until they are tender. Add the ramp leaves, letting them cook for 30 seconds, then immediately drain.
2. In a small mixing bowl, mix the vinegar, mustard, and minced ramps, then whisk in the olive oil until smooth. Season to taste with salt and pepper.
3. Drain the potatoes and transfer to a large mixing bowl. Immediately coat with the dressing. Set aside to cool. Toss with the herbs. Season with salt and pepper.

RAMP PASTA

INGREDIENTS

- 1 lb. ramps
- 3 Tbsp. olive oil, plus more for serving
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- 1 lb. linguine or other long pasta
- ½ cup dry white wine
- 2 cups low-sodium chicken or vegetable broth
- ½ tsp. red pepper flakes, to taste
- ½ cup heavy cream or whipping cream
- ½ cup freshly grated Parmesan cheese, plus more to serve

DIRECTIONS

1. Clean and trim the ramps. Slice the ramps in half crosswise, separating the whites and greens into separate parts. Very roughly chop the bulbs, leaving some large pieces. Very roughly chop the leaves, leaving most of the greens in large pieces.
2. Heat the olive oil in a large skillet over medium heat. Add the white ramp bulbs, season with salt and pepper. Sauté for about 8 minutes, then add the leaves and sauté everything for another 5 or 6 minutes until the ramps are quite tender. Meanwhile, bring a large pot of water to a boil. Add a generous amount of salt. Add the pasta and cook according to the package directions until al dente. Remove one cup of water and set aside before draining pasta. Return the pasta to the pot.
3. Once the ramps are tender, turn the heat to high, add the white wine, and cook to reduce the wine by half, and deglaze the pan. Scrape the ramps and remaining wine into the pot with the drained pasta. Place the pot over high heat. Add the chicken broth, red pepper flakes, and ½ cup of the cooking water. Stir and toss until the liquid reduces a bit into a sauce and absorbs into the pasta, and the pasta becomes tender; add more of the cooking water as needed/desirable. Add the heavy cream, toss for another minute, then add the cheese. Stir until it melts into sauce and everything is hot and well combined.
4. Serve hot, with extra grated Parmesan.



MAY

Fresh from the High Tunnel

If you're getting antsy for fresh food from the garden, so are we! But did you know you can enjoy those fresh veggies and fruits before they pop up in your patch? High tunnels make it possible to grow and harvest the ingredients in this month's recipes (strawberries, herbs, even broccoli) a month or even two ahead of what's grown in a typical garden. More and more West Virginia farmers are adding high tunnels to their growing operations, as a way to expand and extend their seasons. Take for example strawberries. We don't usually get to enjoy them until June. With a high tunnel, they can be ripe and ready to head to the farmers market in early May.

BROCCOLI SALAD

INGREDIENTS

- 6 cups broccoli florets, chopped into small pieces
- $\frac{1}{2}$ red onion, diced
- 4–6 strips of bacon, cooked and chopped
- $\frac{1}{2}$ cup dried cranberries
- $\frac{1}{2}$ cup white cheddar cheese, shredded (substitute sharp cheddar, Monterey jack or feta)
- 3 Tbsp. roasted sunflower seeds

Dressing

- 3 Tbsp. Dijon mustard
- $\frac{1}{4}$ cup honey
- 3 Tbsp. olive oil
- 2 Tbsp. apple cider vinegar
- $\frac{1}{2}$ tsp. garlic powder
- $\frac{1}{4}$ tsp. salt, or to taste
- Pinch of black pepper
- Water to thin, as needed

DIRECTIONS

1. Combine all salad ingredients in a large bowl.
2. Combine dressing ingredients in a blender or food processor and pulse until smooth. (You can also combine ingredients in a jar and shake.) Add water as needed to reach desired consistency. Add salt and pepper to taste. Pour over broccoli salad.
3. Toss salad to coat. Serve immediately or cover and chill up to 24 hours.





PORK TENDERLOIN WITH MUSTARD SAUCE

INGREDIENTS

- ⅓ cup red wine
- ⅓ cup soy sauce
- 2 Tbsp. light brown sugar
- 2 lbs. pork tenderloin
- ⅓ cup mayonnaise
- ⅓ cup sour cream
- 1½ tsp. mustard powder
- 1 Tbsp. minced fresh chives

DIRECTIONS

1. Combine wine, soy sauce, and brown sugar in a large resealable plastic bag. Place tenderloin in bag and refrigerate overnight (at least 8 hours).
2. In a small bowl, combine mayonnaise, sour cream, and mustard powder. Mix well. Add minced chives and mix. Chill until ready to serve.
3. Preheat oven to 325 degrees. Place meat and marinade in a shallow baking dish, place into oven, and roast for 1 hour, basting occasionally. The temperature of the meat should reach 145 degrees. Remove from oven and let rest for a few minutes. Cut into ½ inch thick slices. Serve with mustard sauce.

STRAWBERRY CRUMBLE

INGREDIENTS

Filling

- 5 heaping cups of fresh strawberries, hulled and quartered
- ¼ cup granulated sugar
- 1 tsp. vanilla extract
- 3 Tbsp. cornstarch

Topping

- 1 cup all-purpose flour
- ¾ cup old fashioned oats
- ⅔ cup granulated white sugar
- ⅓ cup packed brown sugar
- ½ tsp. salt
- ¾ tsp. cinnamon
- ½ cup (1 stick) butter, melted

DIRECTIONS

1. Preheat oven to 350 degrees. Grease a deep dish pie plate or large baking dish with butter or nonstick spray. Set aside.
2. Combine chopped strawberries and sugar in a large bowl and mix until the strawberries fully absorb the sugar. Add the cornstarch and vanilla extract and stir until all strawberries are evenly coated. Pour into the prepared baking dish.
3. In a separate medium bowl, combine flour, oats, brown sugar, granulated sugar, salt, and cinnamon. Pour in the melted butter and stir well until coated and crumbly. Sprinkle the crumb mixture evenly over the top of the strawberries.
4. Bake for 35–40 minutes until the fruit is bubbly and topping is golden brown. Allow to cool slightly. Serve with vanilla ice cream.



JUNE

Divine Dairy

June is National Dairy Month. At the WVDA, that's something to celebrate. Most West Virginia dairies fall into one of three categories: micro (2–5 cows/goats), small (10–50 cows/goats), and medium (50–200 cows/goats). Whether they milk one animal or 200, it's a 7-day a week, 52-weeks of the year commitment for the farmer. This month's recipes highlight dairy products from cheese to butter, milk to yogurt. Test them out and let us know if they're moooo-velous.

FLUFFY YOGURT BISCUITS

INGREDIENTS

- 2 cups all-purpose flour
- 1 Tbsp. baking powder
- 1 tsp. baking soda
- 1 tsp. salt
- ½ cup cold butter, unsalted
- ¾ cup plain yogurt
- ¼ cup whole milk plus 2–4 Tbsp.

DIRECTIONS

1. Preheat oven to 450 degrees. Add flour, baking powder, baking soda and salt to a large mixing bowl and stir to combine. Cut butter into small pieces, then add to mixing bowl. Use a fork or pastry blender to cut butter into flour until it is a crumbly mixture, with up to pea-sized bits of butter. In a small bowl, add yogurt and ¼ cup of milk; stir to combine.
2. Make a well in the flour mixture and pour in yogurt/milk mixture. Stir with a fork or spoon until the mixture comes together, leaving sides of bowl. If the mixture is too dry, add milk 1 Tbsp. at a time and stir. It may take up to 4 additional Tbsp. of milk. You can use your hands to bring the dough together, but do not knead. The dough should be smooth and moist.
3. Turn dough out onto a lightly floured surface and roll out into rectangle ½ inch thick with a rolling pin or a smooth-sided glass. Fold dough over itself ¼ way from one side, then ¼ way from the other, making a book fold. Roll dough out again and repeat book fold. Then roll dough out into ½ inch thickness.
4. Cut out biscuits with a biscuit cutter or a glass (makes about 10). Place the rounds on a lightly greased or parchment paper-lined baking sheet. Bake in oven for 8–10 minutes or until golden on top and bottom.





RASPBERRY-LEMON YOGURT BITES

INGREDIENTS

- ⅓ cup freeze-dried raspberries
- 1 cup whole-milk plain yogurt (Greek style)
- 2 Tbsp. vanilla extract
- 2 tsp. grated lemon zest
- 1½ tsp. pure WV maple syrup
- ½ tsp. ground ginger
- ½ tsp. salt
- 2 cups fresh raspberries

DIRECTIONS

1. Line a large baking sheet with parchment paper. Place freeze-dried raspberries in a zip-top plastic bag. Using a rolling pin, crush berries into a very fine powder.
2. Transfer the powder to a medium bowl. Add yogurt, vanilla, lemon zest, maple syrup, ginger and salt; stir until smooth. Add fresh raspberries; gently stir to coat.
3. Using a fork, remove 1 raspberry from the yogurt mixture, tapping excess yogurt off. Use a wooden pick to push raspberry off the fork onto the prepared baking sheet. Repeat with the remaining raspberries.
4. Place the baking sheet, uncovered, in the freezer until the bites are frozen, at least 2 hours. Remove from the freezer 5 minutes before serving.

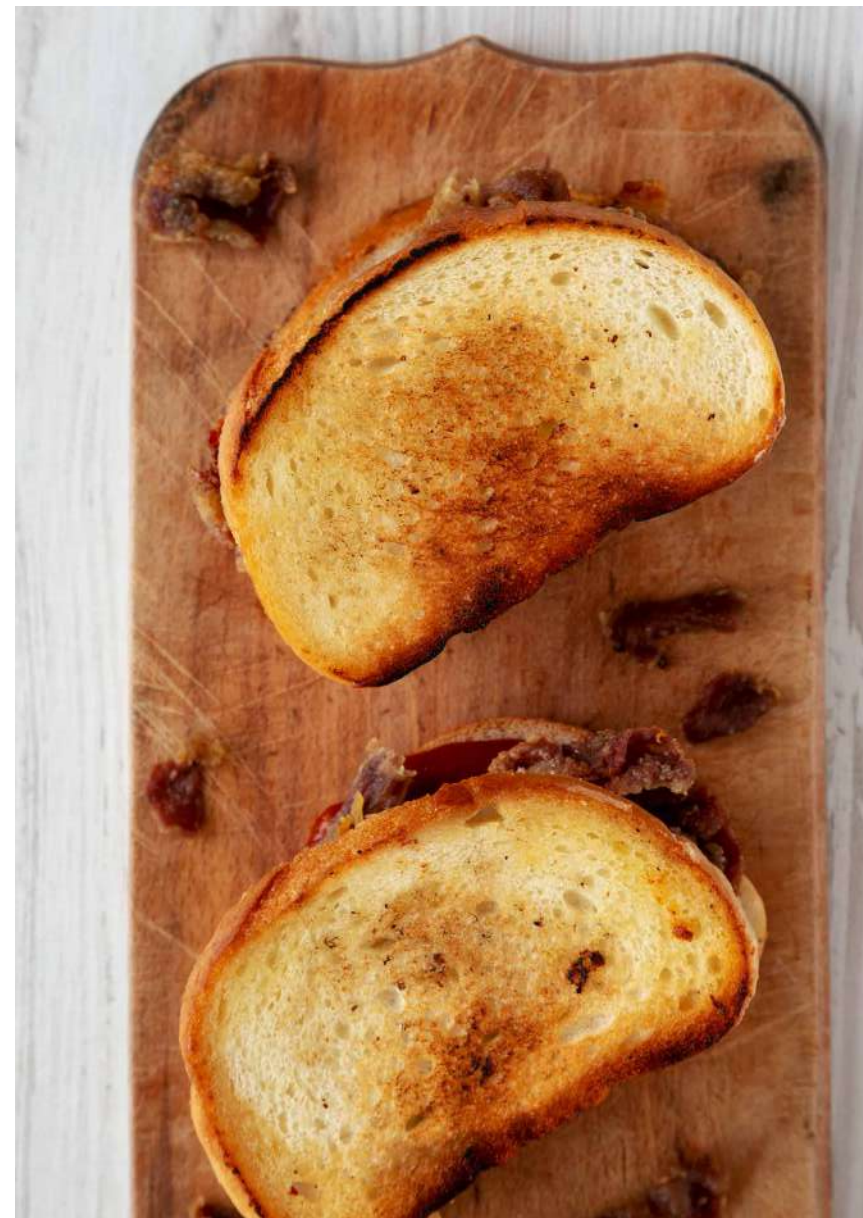
BRIE, FIG & APPLE GRILLED CHEESE

INGREDIENTS

- 1 Tbsp. olive oil
- ¼ red onion, sliced
- 4 slices sourdough bread
- 2 Tbsp. softened butter
- 4 Tbsp. fig jam or fig butter
- 5 oz. brie cheese, thinly sliced
- 1 large Granny Smith apple, thinly sliced
- ½ cup baby arugula

DIRECTIONS

1. Heat olive oil in a small skillet. Add the onion slices and cook until caramelized, stirring occasionally, about 5 minutes. Set aside.
2. Butter the outside of each slice of bread. Spread fig jam or fig butter on the inside of each slice of bread. Layer the brie, apple slices, caramelized onions and arugula. Top with the other slice of bread.
3. Heat a large nonstick skillet or griddle pan over medium-high heat. Place sandwiches, butter side down in the hot pan. Cook 2–3 minutes on each side or until browned and the cheese melts. Serve immediately.



JULY

Almost Heaven

One of the best parts of summer is eating from the garden. Whether you pick it yourself, it's a gift from a neighbor who's a gardener, or it comes from the local farmers market, fresh produce grown in West Virginia is almost heaven! There's no need for fancy recipes when you're cooking with fresh veggies. A handful of herbs, a little salt and pepper, maybe a protein thrown in, and you've got yourself a meal, whether it be a light lunch, a hardy dinner, or a delicious (healthy) snack.

HEARTY STUFFED PEPPERS

INGREDIENTS

- 1 lb. ground beef
- ½ cup long grain white rice (uncooked)
- 1 cup water
- 6 green bell peppers
- 2 (8 oz.) cans tomato sauce
- 1 Tbsp. Worcestershire sauce
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- Salt and pepper to taste
- 1 tsp. Italian seasoning

DIRECTIONS

1. Preheat the oven to 350 degrees. Place rice and water in a saucepan and bring to a boil. Reduce heat, cover, and cook for 20 minutes.
2. In a skillet, cook the beef over medium heat until browned. Cut out the tops of the bell peppers. Clean out the seeds and any membranes. Arrange the peppers in a baking dish with the hollowed sides face up. (If needed, you can slice off the bottom so they stand upright).
3. In a bowl, combine the cooked rice, browned beef, 1 can tomato sauce, Worcestershire sauce, onion and garlic powder, salt, and pepper. Fill each bell pepper to the top. In a bowl, mix together the remaining tomato sauce and Italian seasoning. Pour as a topping over the stuffed peppers.
4. Cover the dish with foil to keep the peppers from drying out. Baste each pepper with sauce every 15 minutes. Bake for 1 hour in the oven until the peppers are tender.





GRANDMA'S CUCUMBER & TOMATO SALAD

INGREDIENTS

- 4 medium tomatoes, peeled (if desired), cored and cut into wedges
- 1 cucumber, peeled, halved, and sliced
- ¼ Vidalia or yellow onion, sliced thin
- 1 tsp. kosher salt
- ¼ tsp. freshly ground black pepper
- ¼ cup distilled white vinegar
- 1 tsp. packed brown sugar

DIRECTIONS

1. In a mixing bowl, combine the tomatoes, cucumber, and onions and season with salt and pepper. Add the vinegar and brown sugar, stir, and allow to sit in the refrigerator for 15 to 30 minutes before serving.
2. Store leftovers in an airtight container in the refrigerator for up to 3 days.

BREADED PARMESAN ZUCCHINI

INGREDIENTS

- 4 zucchini, quartered lengthwise
- ½ cup freshly grated Parmesan
- ½ tsp. dried thyme
- ½ tsp. dried oregano
- ½ tsp. dried basil
- ¼ tsp. garlic powder
- Kosher salt and freshly ground black pepper, to taste
- 2 Tbsp. olive oil
- 2 Tbsp. chopped fresh parsley leaves



DIRECTIONS

1. Preheat oven to 350 degrees. Coat a cooling rack with nonstick spray and place on a baking sheet; set aside.
2. In a small bowl, combine Parmesan, thyme, oregano, basil, garlic powder, salt and pepper, to taste. Place zucchini onto prepared baking sheet. Drizzle with olive oil and sprinkle with Parmesan mixture.
3. Place into oven and bake until tender, about 15 minutes. Then broil for 2–3 minutes, or until crisp and golden brown. Serve immediately, garnished with parsley, if desired.

AUGUST

WV Country Store Recipes

The WVDA takes great pride in the WV Country Store at the State Fair of West Virginia. Our Business Development staff works year-round recruiting WV Grown members who want to showcase their products to the tens of thousands of visitors who walk through the Gus R. Douglass Annex during the 10-day event. When those agribusiness owners are there to sample and sell their products, the money they make goes up, up, up! They can also talk to fairgoers about the best ways to use their products, including unexpected recipes. This month's recipes all contain products you can buy at the WV Country Store.

TIPSY ROO'S, LLC

DRUNKEN DOG CHILI SAUCE

INGREDIENTS

- 1 lb ground meat (beef, turkey, deer)
- ½ cup Topsy Roo's B.U.I. sauce
- 2 Tbsp. tomato paste
- ½ cup beer
- 1 Tbsp. mustard
- 1 beef bouillon cube
- 1 Tbsp. chili powder
- 1 tsp. paprika
- 1 tsp. onion powder
- 1 tsp. garlic powder
- ½ tsp. cayenne pepper
- ½ tsp. salt (or to taste)
- ½ tsp. black pepper
- 1 tsp. sugar

DIRECTIONS

1. Brown ground meat in skillet and drain off liquid.
2. Make a well in the center of the meat. Add tomato paste to skillet and cook for a couple minutes. Incorporate into meat.
3. **Important!** Open beer, being sure to drink half, then add to skillet.
4. Add remaining ingredients to skillet, mixing well.
5. Simmer to desired thickness, about 20 minutes.
6. Serve the only way it should be—on a grilled hot dog, with onions, slaw, ketchup, mustard, and this delicious chili! Known as the West Virginia dog.





MAPLE SNICKERDOODLES

HEASLEY HOMESTEAD MAPLE

INGREDIENTS

- 2 cups all-purpose flour
- 1½ tsp. baking powder
- ¼ tsp. baking soda
- 1½ tsp. cinnamon
- ½ cup butter or margarine, softened
- 1 cup Heasley Homestead Maple Syrup
- 1 egg
- Heasley Homestead Maple Sugar Cinnamon

DIRECTIONS

1. Preheat oven to 350 degrees. Stir together flour, baking powder, baking soda and cinnamon. Set aside.
2. In a large bowl, cream together the butter and syrup. Beat in the egg. Gradually blend in the dry ingredients until mixed.
3. In a small bowl, mix a small amount of maple sugar and cinnamon for topping.
4. Place cookie dough in small balls, 2 inches apart, on an ungreased cookie sheet. Sprinkle maple sugar/cinnamon on each cookie. Bake 8–10 minutes. Cool on wire racks.

COMPANY CORNBREAD

ARBAUGH FARM

INGREDIENTS

- 1 cup Arbaugh Farm Stone Ground Cornmeal
- 1 cup Arbaugh Farm Wheat Flour
- 2 tsp. baking powder
- 4 tsp. sugar
- ½ tsp. salt
- ½ tsp. baking soda
- 1 egg
- 1½ cup milk
- Water to thin, as needed

DIRECTIONS

1. Preheat oven to 425 degrees with an 8-inch cast iron skillet inside.
2. Once the oven is ready, add dry ingredients to a mixing bowl. Mix in the egg and milk. Pour batter into the skillet and bake for about 20–25 minutes or until a knife inserted comes out clean.



KIRKWOOD WINERY

STRAWBERRY SANGRIA

INGREDIENTS

- 2 bottles Kirkwood Pear Wine
- 1 liter club soda
- 6 oz. frozen pink lemonade concentrate
- ¼ cup simple syrup
- 1 lemon (washed and sliced for garnish)
- 2 cups fresh strawberries (sliced)
- 1 pint fresh raspberries (rinsed)

DIRECTIONS

1. Whisk together frozen lemonade and simple syrup. Gently stir wine with lemonade and sugar mixture. Mix liquids in a large beverage container with fruits. Allow to muddle 10–15 minutes. Just before serving, add club soda and stir gently.



SEPTEMBER

Fruits of Fall

It's been a rough year for West Virginia orchard owners. After the 2024 drought, they were keeping their fingers crossed for some much-needed rain. They got plenty of it, but unfortunately, they also got a late frost that damaged the pear, peach, and early apple crops of some orchards. So, as summer turns into fall, why not take a day trip to the Eastern Panhandle to support our orchards by purchasing apples and late season peaches? Not only will you be supporting West Virginia farmers, you'll be taking home delicious and nutritious fruit that you can eat just as it is or use in one of this month's recipes!

APPLE BUTTERNUT SQUASH CASSEROLE

INGREDIENTS

- ¼ cup coconut oil, melted and divided
- 3 cups butter nut squash, cubed
- 2 medium firm apples, cubed
- 1 small red onion, diced
- 1½ tsp. fresh sage, chopped
- 1½ tsp. fresh thyme leaves
- Sea salt and black pepper, to taste
- 6 slices thick-cut bacon, chopped into ½-inch pieces
- ½ cup pecans, roughly chopped
- 2 Tbsp. honey
- ½ tsp. cinnamon
- ¼ tsp. ground cloves

DIRECTIONS

1. Preheat oven to 400 degrees and grease a 9x13 baking dish with 1 tablespoon melted coconut oil. Set aside. Combine the butternut squash, apples, red onion, 2 tablespoons melted coconut oil, sage, and thyme in a large mixing bowl. Season with salt and black pepper, to taste, and toss to combine.
2. Transfer the butternut squash mixture onto the prepared baking dish and spread into an even layer. Place in oven to roast until the butternut squash is fork tender, around 25–30 minutes.
3. While the butternut squash mixture is roasting, heat a large sauté pan over medium heat and add the bacon. Cook, stirring occasionally, until the bacon is crispy. Transfer the bacon to a small mixing bowl lined with paper towels to absorb excess grease. Blot off remaining grease on top and set aside to cool for 5–10 minutes. Once cooled, discard the paper towels and add the remaining tablespoon of coconut oil, chopped pecans, honey, cinnamon, and ground cloves. Season with salt and black pepper, as desired, and toss to combine.
4. Remove squash from the oven and top with the bacon-pecan mixture. Return to the oven until the topping is nicely browned, approximately 10 minutes. Remove from oven and cool for 5 minutes before serving.





PEACH LAVENDER REFRESHER

INGREDIENTS

- 2 cups peaches, peeled and chopped
- 2 cups sugar
- 1.75 oz. bourbon
- 14 oz peach liqueur
- 12 drops lavender bitters
- Fresh peach slices for garnish
- Lavender sprigs for garnish

DIRECTIONS

1. Combine peaches and sugar in a ziplock bag and muddle them together until well-mixed to create simple syrup. Leave in the fridge overnight. Strain before using.
2. Combine bourbon, peach simple syrup, and bitters in a mixing glass and add ice. Stir until well-chilled. Strain into a rocks glass filled with ice. Garnish with peaches and a lavender sprig.

APPLE PEACH CRUMBLE

INGREDIENTS

Filling

- 2 peaches
- 2 apples
- 1 Tbsp. brown sugar (or WV maple syrup)
- 1 Tbsp. cornstarch (skip if you like it gooey)

Crumble Topping

- 1½ cups old fashioned rolled oats
- ½ cup all-purpose flour
- ¼ cup brown sugar (or WV maple syrup)
- ⅓ cup melted butter
- 1 tsp. cinnamon
- ½ tsp. vanilla extract

DIRECTIONS

1. Preheat oven to 350 degrees and lightly grease bottom of an 8x12 baking dish.
2. Wash, peel and core the peaches and apples. Slice the fruit and add to the baking dish. Sprinkle the brown sugar and cornstarch over the top and use your hands to evenly toss everything together.
3. Mix the ingredients for the crumble topping in a bowl and sprinkle over the top of the fruit. Place in the oven for 40 minutes.
4. Remove when peaches and apples are soft and tender. Let cool and serve.



OCTOBER

Tailgate Time

Fall is in the air and so is football! Whether you're a die-hard football fan or just a casual observer, we've got some recipes that will have you cheering, "Let's gooooo... tailgating!" You can use ingredients found at any grocery store to whip up these dishes, but we urge you to shop local whenever possible and support West Virginia farmers and producers. Head to your local farmers market for cauliflower, onions, tomatoes, apples, and ground beef. Search our WV Grown Directory (<https://agriculture.wv.gov/ag-business/west-virginia-grown/>) for salt, BBQ sauce, mustard, and pickles. That's a win/win for everyone!

BUFFALO CAULIFLOWER BITES

INGREDIENTS

- Head of cauliflower
- 1 cup buffalo sauce
- 2 tsp. garlic powder
- ½ tsp. salt
- Dipping sauces (ranch, blue cheese)

DIRECTIONS

1. Slice the cauliflower into bite-sized florets. In a large mixing bowl, whisk together the buffalo sauce, garlic powder, and salt.
2. Add the cauliflower florets into the bowl and toss until evenly coated in the buffalo sauce. Place the florets in a single layer in the air fryer basket and cook at 380°F for 10–13 minutes.
3. Serve with dipping sauces.





APPLE CIDER

INGREDIENTS

- 10 large apples, quartered
- Water
- $\frac{3}{4}$ cup white sugar
- 1 Tbsp. ground cinnamon
- 1 Tbsp. ground allspice

DIRECTIONS

1. Place apples in a large stockpot; cover with water by at least 2 inches. Stir in sugar, cinnamon, and allspice. Bring to a boil over medium-high heat. Boil, uncovered, for 1 hour. Reduce heat to low, cover and simmer for 2 hours.
2. Strain apple mixture through a fine-mesh sieve; discard solids. Drain cider again through a cheesecloth-lined sieve.
3. Serve warm or refrigerate cider until cold.

BACON JAM BEEF SLIDERS

INGREDIENTS

- 1 lb. bacon, roughly chopped
- 1 $\frac{1}{4}$ lb. ground beef
- 1 Tbsp. Dijon mustard
- 1 tsp. kosher salt
- $\frac{1}{4}$ cup plus 1 Tbsp. balsamic vinegar, divided
- 1 tsp. black pepper, divided
- 1 cup finely chopped red onion
- $\frac{1}{4}$ cup sugar
- 1 Tbsp. fresh thyme, chopped
- 1 (12 oz.) pkg. savory butter rolls
- 6 extra-sharp Cheddar cheese slices
- 3 small, round tomatoes
- Hamburger dill pickles

DIRECTIONS

1. Preheat oven to 350 degrees. Cook bacon in a large saucepan over medium, stirring often, until mostly crisp, 8–10 minutes. Remove bacon from pan using a slotted spoon, and transfer to a plate lined with paper towels; set aside. Reserve 1 tablespoon drippings in pan.
2. While bacon cooks, place beef, mustard, salt, 1 Tbsp. vinegar and $\frac{3}{4}$ tsp. pepper in an 11x7 baking dish. Mix using your hands until well combined. Press mixture into an even layer. Bake in preheated oven until browned (meat will not be fully cooked), 10–12 minutes. Let stand for 5 minutes.
3. Meanwhile, add onion to reserved drippings in pan; cook over medium, stirring occasionally, until tender, about 5 minutes. Remove pan from heat. Transfer bacon to a cutting board; finely chop. Using a long spatula, transfer beef patty from baking dish to a baking sheet lined with paper towels to drain. Wipe dish clean; coat with cooking spray.
4. Add bacon, sugar, and remaining $\frac{1}{4}$ cup vinegar to onion in pan. Bring to a boil over high, stirring constantly. Reduce heat to low. Simmer, stirring often, until almost completely reduced, about 5 minutes. Stir in thyme and remaining $\frac{3}{4}$ tsp. pepper. Remove from heat; set aside.
5. Without separating individual rolls, cut roll loaf in half horizontally, creating 1 top and 1 bottom. Place roll bottom in prepared baking dish. Cover with cooked beef patty; spread patty with bacon jam. Add cheese and tomato slices; cover with roll top. Bake at 350 until cheese is melted and rolls are golden, about 8 minutes. Slice into sliders before serving with pickles.



NOVEMBER

Bacon! Bacon! Bacon!

You'll want to pig out on this month's recipes. They're filled with, you guessed it, bacon! While picking up bacon at the grocery store is an option, you might consider supporting a local farmer. Check out the WV Grown Directory (<https://agriculture.wv.gov/ag-business/west-virginia-grown/>) to find a pork producer in your area. Many of them pride themselves on their pasture-raised pork. When you buy products from local farmers, the money you spend will be going right back into the community, instead of a corporate piggybank.

BACON FRIED CABBAGE

INGREDIENTS

- 4 slices thick-cut bacon, cut into ½ inch pieces
- 1 small yellow onion, finely chopped
- 1 small head of cabbage, cored and chopped into 1-inch pieces
- 2 tsp. brown sugar
- Kosher salt
- Fresh ground black pepper
- Fresh parsley, finely chopped

DIRECTIONS

1. In a large cast iron skillet, add the bacon while the skillet is still cold. Cook slowly over moderate heat until the bacon is crisp and the fat has cooked out, 5 to 7 minutes. Using a slotted spoon, transfer the bacon to a paper towel-lined plate, leaving the fat behind.
2. Add the onion to the fat in the skillet and increase the heat to medium-high. Cook, stirring often, until the onion is softened and translucent, 5 to 7 minutes. Add the cabbage and brown sugar; stir to combine. Season with salt and pepper. Cook, stirring occasionally, until the cabbage is firm-tender, about 5 minutes.
3. Return bacon to the skillet and toss to combine; cook 1 minute more to heat bacon through. Top with parsley and serve.





MAPLE GLAZED BACON

INGREDIENTS

- 12 oz. thick cut bacon
- 4 Tbsp. WV maple syrup
- ¼ cup brown sugar
- Spices optional (smoked paprika, red pepper flakes, Cayenne pepper)

DIRECTIONS

1. Preheat the oven to 350 degrees. Line a large, rimmed baking sheet with a piece of parchment paper (or two) and add the wire rack. Arrange a single layer of thick cut bacon on the wire rack.
2. Brush bacon with maple syrup, then sprinkle with spice (optional). Sprinkle half of the brown sugar on top and brush the bacon drips to spread evenly.
3. Bake for 10 minutes, then remove from the oven. Use tongs to flip each piece of bacon. Repeat the glazing process and bake for an additional 10–15 minutes or until the bacon reaches the desired crispness.
4. Remove from the oven and allow the bacon to cool and firm up. Serve warm.

BACON & CHEDDAR CORN PUDDING

INGREDIENTS

- 1 Tbsp. olive oil
- ¾ cup chopped sweet onion
- ¾ cup chopped sweet red pepper
- 4 large eggs
- 1 cup heavy whipping cream
- 1 tsp. baking soda
- 1 tsp. hot pepper sauce
- ½ tsp. salt
- 2 cups corn
- 2 cups crushed cornbread stuffing
- ½ lb. bacon strips, cooked and crumbled
- 1½ cups shredded sharp cheddar cheese, divided

DIRECTIONS

1. Preheat oven to 350 degrees. In a 10-in. cast-iron or other ovenproof skillet, heat oil over medium heat. Add onion and red pepper; cook and stir until crisp-tender, 6–8 minutes. Remove from skillet; set aside.
2. In a large bowl, whisk eggs, cream, baking soda, hot pepper sauce and salt. Stir in corn, stuffing, bacon, 1 cup cheese, and the onion mixture. Transfer to skillet. Bake, uncovered, 35 minutes.
3. Remove from oven and sprinkle with remaining ½ cup cheese. Return to oven. Bake pudding until puffed and golden brown, 5–10 minutes. Let stand 10 minutes before serving.



DECEMBER

Nourished & Grounded: Navigating the Holidays

The holidays are a time for connection, celebration, and, let's be honest, plenty of delicious food. But for many of us, they can also bring stress, overindulgence, and that nagging guilt that comes from slipping out of our usual rhythm. Every season has its purpose. Winter invites rest and reflection. It is an opportunity to practice balance and presence. How we approach food matters as much as what's on the plate. Remember to root yourself in gratitude, eat with awareness but not restriction, prioritize real, local foods, and move with joy.

APPALACHIAN APPLE CRISP

INGREDIENTS

Filling

- 5–6 medium local apples, thinly sliced
- 2 Tbsp. lemon juice
- 1 tsp. cinnamon
- ¼ tsp. nutmeg
- 1–2 Tbsp. maple syrup or honey (optional, depending on apple sweetness)

Topping

- 1 cup nut flour (acorn, almond, walnut, or freshly milled local whole grains)
- ½ cup chopped pecans or walnuts
- ¼ cup grass-fed butter, melted
- 2 Tbsp. maple syrup or honey
- Pinch of salt

DIRECTIONS

1. Preheat oven to 350. Toss the apples with lemon juice, spices, and optional sweetener, then spread evenly in a baking dish.
2. In a separate bowl, mix topping ingredients until crumbly.
3. Sprinkle over apples and bake 30–35 minutes, until bubbly and golden. Serve warm with a dollop of homemade whipped cream.





ROASTED VEGGIE MEDLEY WITH MAPLE DIJON GLAZE

INGREDIENTS

- 2 cups carrots, peeled and chopped
- 2 cups parsnips or sweet potatoes
- 1 cup beets, cubed
- 2 Tbsp. local maple syrup
- 1 Tbsp. Dijon mustard
- 2 Tbsp. bacon drippings
- Sea salt and pepper to taste
- Fresh thyme or rosemary

DIRECTIONS

- Toss chopped vegetables in the glaze and roast at 400 degrees for 35–40 minutes, stirring once. Finish with fresh herbs.

Tip

Add cubed local sausage or bacon for a heartier one-pan meal.

SAVORY PUMPKIN SOUP WITH GARLIC & HERBS

INGREDIENTS

- 1 small pie pumpkin (or 3 cups roasted puree)
- 2 Tbsp. butter or olive oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 3 cups bone broth or vegetable stock
- ½ tsp. sage
- ½ tsp. thyme
- Salt to taste

DIRECTIONS

1. Sauté onion and garlic in butter until fragrant.
2. Add pumpkin, broth, and herbs. Simmer for 15 minutes, then blend until smooth.
3. Garnish with a swirl of cream and fresh herbs.



