



West Virginia DEPARTMENT OF  
**AGRICULTURE**  
COMMISSIONER, KENT A. LEONHARDT

# *What's* **COOKIN'!**

The complete collection of  
2022 Market Bulletin recipes.

# 2022

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# January

## A HEALTHY START

It happens every year – we over-indulge during the holidays. Sometimes our pants are too tight come January 1, or maybe you're just feeling the need to make some healthier choices. This month's recipes are good for you and taste delicious. The key is not depriving yourself but rather adding some spice and tasty vegetables to your diet. All three recipes have that in spades!



## THREE PEPPER CHICKEN

### INGREDIENTS

- 10 saltine crackers, crushed
- ½ cup julienned red bell pepper
- 1 clove crushed garlic
- 1 ½ tablespoons butter
- ½ teaspoon Italian seasoning
- ½ cup julienned yellow bell pepper
- ½ cup chicken broth
- 2 skinless, boneless chicken breasts
- ½ cup julienned green bell pepper
- ½ tablespoon all-purpose flour
- ¼ cup egg substitute
- 1 small onion, cut into wedges

### DIRECTIONS

1. In a shallow dish or bowl, mix together cracker crumbs and seasoning. Put egg substitute in a separate dish or bowl. Dip each chicken breast in the egg substitute, then coat with cracker mixture. Set aside.
2. In a large skillet saute bell peppers, onion and garlic in butter or margarine over medium heat, until just crisp and tender. Remove pepper mixture from skillet and set aside, keeping warm.
3. In the same skillet, saute coated chicken breasts in remaining butter or margarine until browned on both sides. Remove browned chicken breasts from skillet and keep warm.
4. Combine the chicken broth and flour and mix together. Pour broth mixture into pan drippings and heat through until mixture thickens and begins to boil. Stir in bell pepper mixture and heat through, stirring together. If desired, serve by placing chicken breast on a bed of hot cooked pasta and pouring bell pepper mixture over the top.

# EGGPLANT TACOS

## INGREDIENTS

- ¼ cup olive oil, divided
- 1 small onion, chopped
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- ¼ jalapeno pepper, minced
- 1 eggplant, cut into cubes
- 2 tablespoons ground cumin
- 1 tablespoon paprika
- 1 ½ teaspoons chili powder
- 1 teaspoon ground black pepper
- ½ teaspoon seasoned salt
- 4 taco shells

## DIRECTIONS

1. Heat two tablespoons olive oil in a large skillet over medium-high heat. Stir onion, lemon juice, garlic and jalapeno pepper into skillet; bring to a simmer and cook until onions soften, about 3 minutes.
2. Stir eggplant, cumin, paprika, chili powder, black pepper and seasoned salt into onion mixture; drizzle remaining olive oil over the top.
3. Cook, stirring occasionally, until eggplant reduces in size and softens, about 15 minutes. Spoon eggplant mixture into tortilla shells.



# LOW-CARB ROASTED CAULIFLOWER SOUP

## INGREDIENTS

- 1 medium head cauliflower, cut into florets
- 3 tablespoons extra-virgin olive oil, divided
- 1 small onion, diced
- 2 cloves garlic, sliced, or more to taste
- 4 cups chicken broth
- 1 sprig fresh rosemary, leaves removed and chopped
- salt and ground black pepper to taste
- ¼ cup raw cashews
- 1 tablespoon tahini
- ¼ avocado

## DIRECTIONS

1. Place cauliflower florets into a bowl of lightly salted water and soak for 20 minutes.
2. Set an oven rack about 6 inches from the heat source and preheat the oven's broiler.
3. Arrange cauliflower in a single layer on the prepared baking sheet. Broil in the preheated oven until brown on top, 20 to 30 minutes.
4. Meanwhile, heat remaining oil in a soup pot over medium-high heat. Sauté onion and garlic in the hot oil until translucent, 5 to 7 minutes.
5. Add broth, rosemary, salt, and pepper. Let simmer until cauliflower is ready.
6. Stir cauliflower into the broth with cashews and tahini. Bring to a boil; reduce heat and let simmer for 10 to 15 minutes.
7. Let cool for 5 minutes. Add avocado and blend using an immersion blender. Serve.

# February

## SUPER SOUPS

Looking for some “souper” recipes to feed the crowd on Super Bowl Sunday? Look no further! Soup is the perfect meal for the game. Whether you like meat in your bowl or prefer just vegetables, you can add your own touch to these recipes to feed your fans. No matter who wins the game, your soups will win over their tastebuds!



## FAJITA SOUP

### 🛒 INGREDIENTS

- 2 tablespoons vegetable oil
- 1 green bell pepper, cut into thin strips
- 1 (15 ounce) can seasoned black beans
- 1 pound skinless, boneless chicken breasts, cut into strips
- 1 poblano pepper, cut into thin strips
- 1 (14 ounce) can chicken broth
- 1 (1.27 ounce) packet fajita seasoning
- 1 large onion, cut into thin strips
- 1 dash hot sauce
- 1 red bell pepper, cut into thin strips
- 1 (14.5 ounce) can fire roasted diced tomatoes
- salt and pepper to taste

### 👨‍🍳 DIRECTIONS

1. Heat oil in a large soup pot over medium heat. Place chicken in the hot oil; cook, stirring only occasionally, until brown, about 10 minutes. Sprinkle fajita seasoning over the browned chicken and stir well to coat. Add the red and green bell pepper, poblano pepper and onion to the seasoned chicken. Stir and cook over medium heat until the vegetables are soft, about 10 minutes.
2. Pour the fire roasted tomatoes, black beans and chicken broth into the pot with the chicken and vegetables. Bring the soup to a boil over high heat, then reduce the heat to medium-low and simmer uncovered for 30 minutes, stirring occasionally.
3. Season the soup with hot sauce, salt and pepper to taste before serving.

# WHITE BEAN & HAM SOUP

## INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, diced
- 1 ½ teaspoons Italian seasoning
- 1 quart chicken broth
- 1 (15.5 ounce) can white beans, drained
- 1 (14.5 ounce) can petite diced tomatoes
- ½ head cabbage, shredded
- ¾ pound ham, diced
- 2 stalks celery, chopped

## DIRECTIONS

1. Heat olive oil in a soup pot over medium-high heat. Cook and stir onion in hot oil until tender, about 5 minutes.
2. Season onion with Italian seasoning. Continue to cook and stir for 1 more minute.
3. Stir chicken broth, white beans, tomatoes, cabbage, ham and celery into the pot. Bring to a boil, then reduce heat to low; simmer until celery and cabbage are tender, 15 to 20 minutes.
4. Serve warm with a side of buttered corn bread if desired.



# CREAMY POTATO CHEESE SOUP

## INGREDIENTS

- ¼ cup butter
- ½ white onion, chopped
- ¼ cup all-purpose flour
- 2 cups water
- 2 large carrots, diced
- 4 stalks celery, diced
- 1 tablespoon dried, minced garlic
- salt and pepper to taste
- 1 cup milk
- 2 tablespoons chicken soup base
- 1 cup warm water
- 5 pounds russet potatoes, peeled and cubed
- 1 bay leaf
- 1 cup shredded Cheddar cheese
- 6 slices crisp cooked bacon, crumbled

## DIRECTIONS

1. Melt butter in a large saucepan over medium heat. Cook onion in butter until translucent. Stir in flour until smooth, then gradually stir in 2 cups water, carrots, celery, garlic, salt, and pepper. Heat through, then stir in milk. Dissolve chicken base in 1 cup warm water, and pour into vegetable mixture.
2. Place potatoes in slow cooker, and pour heated vegetable mixture into potatoes. Place bay leaf in pot.
3. Cover, and cook 5 hours on High, or 8 hours on low.
4. Remove bay leaf. Puree about 4 cups of the soup in a blender or food processor, and then stir pureed soup into contents of slow cooker. Stir in cheese and bacon until cheese is melted.



# March

## FROM OUR FAMILY TO YOURS

Each month we feature recipes in our What's Cookin' column. Sometimes the recipes come from our readers, other times from cookbooks. But this month, we're featuring recipes from our WVDA family. These are tried and true favorites that our staff promises will please everyone. We hope you'll try them out and let us know what you think!



## CHALUPA CASSEROLE

TIM BROWN, WVDA PLANT INDUSTRIES

### INGREDIENTS

- 3 large chicken breasts (shredded)
- 2 (10 ½ ounce) cans cream of chicken soup
- 2 cups sour cream
- 2 (4 ounce) cans diced green chili peppers (choose desired level of spiciness)
- 2 cups grated cheddar cheese
- 16 corn tortillas

### DIRECTIONS

1. Cook and shred chicken. Set aside.
2. Tear 8 tortillas into bite-sized pieces. Layer into bottom of 13x9" glass pan.
3. Layer chicken, then cream of chicken soup, sour cream, chiles, then the rest of the 8 tortillas (torn up).
4. Cover with foil and bake at 350 degrees for 1 hour.
5. Sprinkle with cheese and broil till golden and bubbly!

# STRAWBERRY NUT SALAD

LISA CONN, WVDA ADMINISTRATIVE SERVICES

## INGREDIENTS

- 1 large pkg. red gelatin (strawberry or cherry)
- 2 cups boiling water
- 1 pkg. fresh strawberries, sliced
- 1 pound 4 oz. can crushed pineapple
- 3 medium bananas
- 1 cup chopped pecans
- 8 oz. cream cheese
- 8 oz. cool whip

## DIRECTIONS

1. Use a 15x8x2 baking dish. Combine gelatin and water.
2. Add strawberries, pineapple, bananas and nuts. Put half of the mixture in the baking dish and refrigerate until firm.
3. Mix cream cheese adding a small amount of cool whip at a time.
4. Carefully spread cream cheese mix onto the firm jello.
5. Gently spoon the rest of the jello mixture over the top. Chill until firm.



# CAPER CHICKEN WITH MUSHROOMS & ORZO

ASHLEY AMOS, WVDA BUSINESS DEVELOPMENT

## INGREDIENTS

- 2 boneless, skinless chicken breasts
- 4 oz. orzo pasta
- 2 cloves garlic
- 1 lemon
- 16 oz. Baby Bella mushrooms
- 2 tablespoons sour cream
- $\frac{1}{4}$  cup grated parmesan cheese
- 3 teaspoons hot sauce
- 2-3 tablespoons capers
- 1 teaspoon whole dried oregano

## DIRECTIONS

1. Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high. Slice Baby Bella mushrooms. Peel and roughly chop 2 cloves of garlic. Quarter and de-seed the lemon.
2. Add the pasta to the pot of boiling water and cook, uncovered, 7 to 9 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot. Cover to keep warm.
3. In a medium pan, heat  $\frac{1}{2}$  teaspoon of olive oil on medium-high until hot. Add the sliced mushrooms and capers. Cook, without stirring, 2 - 3 minutes. Add half the chopped garlic and as much of the hot sauce as you'd like; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes.
4. Pat the chicken dry with paper towels; season on both sides with salt, pepper and the oregano. Heat  $\frac{1}{2}$  teaspoon of olive oil on medium-high until hot. Add the seasoned chicken and cook 6 to 7 minutes per side, or until browned and cooked through.
5. To the pot of cooked pasta, add the cooked mushrooms, capers, sour cream and the juice of half a lemon. Stir to combine. Taste, then season with salt and pepper if desired. Slice the cooked chicken crosswise. Serve the sliced chicken over the finished pasta. Garnish with the cheese. Enjoy!



# April

## MOZZARELLA STUFFED BISON MEATBALLS

Image: Simply Bison: Curated Recipes

### 🛒 INGREDIENTS

- 1 ½ pounds ground bison
- ½ teaspoon garlic powder
- 6 oz. mozzarella cheese (cut into ½ in cubes)
- ⅓ cup breadcrumbs
- ½ teaspoon dried oregano
- 3 cup marinara sauce, warmed
- 1 teaspoon salt
- 1 egg
- 2 tablespoon chopped fresh parsley
- ½ teaspoon pepper
- 2 tablespoon water

### 👤 DIRECTIONS

1. Preheat the broiler. Line a sheet pan with foil and coat the foil with cooking spray.
2. Place the bison, breadcrumbs, salt, pepper, garlic powder, oregano, egg and water in a bowl; mix until thoroughly combined. You may need to add more water, 1 tbsp. at a time, to get a smooth mixture.
3. Take approximately 2 tbsps. of the meat mixture and roll into a ball. Press a cube of cheese into the ball of meat, making sure that the meat completely surrounds the cheese.
4. Place the meatball on the sheet pan and repeat with remaining meat and cheese.
5. Spray the top of the meatballs with cooking spray. Broil for 10 minutes or until meatballs are just done - do not overcook or the cheese filling may start to spill out.
6. Place the meatballs on a plate and pour the marinara sauce over the top. Sprinkle with parsley and serve immediately.

### BISON BITES!

If you've never tasted bison, you're missing out! Sometimes called "America's original red meat," bison is packed with protein and is very lean. It also has fewer calories than most red meat. Liz Riffle and her husband raise bison and sell the meat on their farm in Terra Alta. She's shared one of her favorite recipes that you can find in her newly released cookbook *Simply Bison: Curated Recipes*. To make the meal complete, why not try out a ramp recipe (they're in season this month and next) and pair it with some potatoes.

# SWEET & SOUR RAMPS

## INGREDIENTS

- ½ pound (about a dozen) ramps or pearl onions
- Salt
- 3 tablespoons olive oil
- 3 tablespoons white wine or sherry vinegar
- 3 tablespoons light-colored honey
- Black pepper for garnish

## DIRECTIONS

1. Clean the ramps or pearl onions and remove the leaves or green parts; use them for another recipe.
2. If you are using pearl onions, boil them for 5 minutes in very salty water before proceeding. This softens them.
3. Saute the ramps in the olive oil over medium-high heat until they brown, about 5 minutes.
4. Add honey and vinegar and swirl to combine in the pan. Turn the heat down and simmer until the liquid reduces to a glaze, about another 6 to 8 minutes.
5. Serve hot or at room temperature with some fresh black pepper.



# HORSERADISH & LEMON NEW POTATOES

## INGREDIENTS

- ¼ cup butter
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons prepared horseradish
- 2 tablespoons fresh lemon juice
- 1 ½ pounds small new potatoes, unpeeled

## DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Melt butter in a 2 quart casserole dish in the oven. Stir in salt, pepper, horseradish and lemon juice. Place potatoes in dish and toss to coat with butter mixture.
3. Cover and bake in preheated oven for 1 hour, or until potatoes are tender.



# May

## SPRING GREENS

May is the month for the first bounty from the garden! Whether you grow your own or purchase from a farmers' market, now is the time to enjoy all things green. Ramps are one of our favorite spring foods, but don't forget the humble dandelion green. They are tasty and full of vitamin A, iron and calcium. Asparagus is also a vitamin booster – vitamin B6. And our last featured ingredient, snap peas, are filled with fiber and vitamin C.



## BALSAMIC BUTTER BAKED ASPARAGUS

### INGREDIENTS

- 1 pound fresh asparagus, trimmed
- cooking spray
- salt and pepper to taste
- 2 tablespoons butter
- 1 tablespoon soy sauce
- 1 teaspoon balsamic vinegar

### DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Arrange the asparagus on a baking sheet. Coat with cooking spray, and season with salt and pepper.
3. Bake asparagus 12 minutes in the preheated oven, or until tender.
4. Melt the butter in a saucepan over medium heat.
5. Remove from heat, and stir in soy sauce and balsamic vinegar.
6. Pour over the baked asparagus to serve.
7. TIP: Watch the asparagus carefully while baking, as it goes from tender to crisp very quickly!

# DANDELION PASTA

## INGREDIENTS

- Kosher salt
- ¼ cup extra-virgin olive oil
- 6 large cloves garlic, thinly sliced
- ¼ cup pine nuts
- 12 oz. dandelion greens, trimmed and cut into 2-inch lengths (about 6 cups)
- 1 tablespoon balsamic vinegar
- Freshly ground black pepper
- 12 oz. gemelli or penne pasta
- 2 oz. finely grated Parmigiano-Reggiano (2 cups using a rasp grater)

## DIRECTIONS

1. Bring a large pot of well-salted water to a boil.
2. Meanwhile, cook the oil and garlic in a heavy-duty 12-inch skillet over medium heat, stirring occasionally with a slotted spoon, until the garlic is golden, 3 to 5 minutes. Transfer the garlic to paper towels to drain.
3. Add the pine nuts to the skillet and cook, stirring frequently, until golden, about 1 minute. Transfer to the paper towels with the garlic.
4. Add the greens to the skillet and cook, stirring, until wilted, 1 to 2 minutes. Stir in the vinegar and season to taste with salt and pepper. Keep warm over low heat.
5. Boil the pasta according to package directions. Reserve 1 cup of the pasta cooking water and drain.
6. Add the pasta to the skillet and toss with the greens. Add the garlic, pine nuts, and half of the cheese, and toss to combine, adding some of the pasta cooking water to moisten, if necessary.
7. Serve garnished with some of the remaining cheese, and pass the rest at the table.



# GARLIC PARMESAN SUGAR SNAP PEAS

## INGREDIENTS

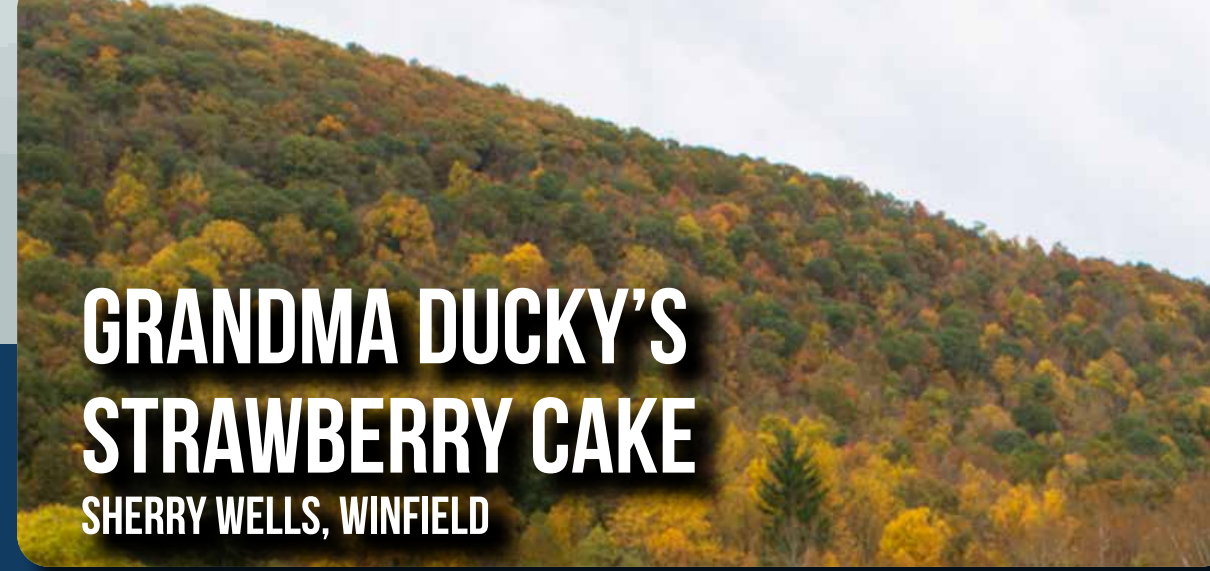
- 3 cups sugar snap peas, trimmed, rinsed, dried
- 3 tablespoons olive oil
- ½ cup panko crumbs
- ¼ cup grated Parmesan cheese
- 2 tablespoons finely chopped fresh parsley
- salt and fresh ground pepper to taste

## DIRECTIONS

1. Preheat oven to 400 degrees F. Grease a baking sheet with cooking spray or line it with parchment paper and set aside.
2. Combine sugar snap peas and olive oil in a mixing bowl and toss to coat.
3. In a separate bowl, mix together panko crumbs, parmesan cheese, parsley, salt and pepper.
4. Add the panko mixture to the sugar snap peas and toss to combine. Arrange in previously prepared baking sheet in a single layer.
5. Roast for 15 to 20 minutes, or until crispy, turning once during cooking. Remove from oven and serve immediately.



June



## GRANDMA DUCKY'S STRAWBERRY CAKE

SHERRY WELLS, WINFIELD

### INGREDIENTS

- 2 cups sugar
- 1 cup butter, softened
- 4 eggs
- 3 cups cake flour
- 3 teaspoons baking powder
- ½ teaspoon salt
- 1 ½ teaspoons vanilla
- 1 cup milk
- 2 quarts fresh strawberries
- 2 cups heavy whipping cream
- ¾ cup sugar
- ½ cup melted butter

### DIRECTIONS

1. Clean and crush berries. Mix with ½ cup sugar and leave to sit until juicy.
2. Preheat oven to 350. Grease and flour three 8" round pans.
3. In a mixer, cream together 1 cup butter and 2 cups sugar until fluffy. Add eggs one at a time, mixing well after each addition. Sift together flour, baking powder and salt. Add vanilla to milk and add to creamed mixture, alternating with flour mixture. Mix just until blended. Do not overmix.
4. Divide batter evenly into the 3 pans. Bake 25-30 minutes or until done.
5. When cooled, divide each layer horizontally in two, making six layers. Drizzle each split level with melted butter, add strawberries and top with its mate. Top that layer with whipped cream, repeat (so each split layer makes a butter and strawberry "sandwich").
6. Top the stacked cake lavishly with remaining whipped cream and decorate with whole strawberries.

### BERRY GOOD!

It's June and that means it's strawberry season here in West Virginia! Did you know that strawberries are native to North America? The average American will eat three and a half pounds of fresh strawberries a year. And why not! Not only are strawberries good for you (they're an excellent source of vitamin C, manganese and potassium), they're also delicious! Nothing beats a West Virginia strawberry straight off the vine. The Mountain State boasts several U-pick strawberry farms. If you don't have the time to do it yourself, shop at one of the state's 200-plus farmers' markets to find freshly picked strawberries to use in this month's recipes!

# STRAWBERRY SORBET

## INGREDIENTS

- 2 cups frozen strawberries
- ¼ cup sweetened condensed milk

## DIRECTIONS

1. Put strawberries and condensed milk in a high-powered blender (such as Vitamix®). Blend, stopping occasionally to scrape down the sides of the blender with a spatula, until completely smooth.
2. Transfer into a freezer container and freeze for two hours.



# STRAWBERRY DRIZZLE SAUCE

## INGREDIENTS

- 1 pound strawberries (about 2 cups chopped)
- 1/3 cup sugar
- 2 teaspoon lemon juice

## DIRECTIONS

1. Chop your strawberries then add berries, sugar, and lemon juice to a medium sized pot over medium heat.
2. Bring to a boil for about 15-20 minutes until sauce is thickened, stirring occasionally.
3. Remove from heat and cool to room temperature. Sauce will thicken more as it cools.



# July

## SUMMER TREATS!

If the weather in June was any indication, this month will be a scorcher! Whether you're cutting grass, working in your flower beds or weeding your garden, it's nice to be able to cool off with something icy cold when you're done. This month's featured recipe is the perfect summer treat!



## MIXED BERRY ICE

AIMEE FIGGATT, TYLER CREEK FARM

Back in the day, in late June and early July, families would spend a couple of days each week foraging and picking raspberries and blackberries through the wild berry thickets on their farms. Those delicious berries would be used for many desserts, but best of all, cool treats to enjoy in the hot summers. Few families were fortunate enough to have an ice box in the home to enjoy chilled "iced" refreshers. Most families relied on root cellar storage or cool spring waters to keep dairy products cool. This recipe comes from the personal collection of my husband's grandmother, Mrs. Mary Cordelia Figgatt, author of *West Virginia Farm Stories, Essays on Farm Life*. This simple recipe was shared with Mrs. Figgatt from Mrs. Paula Peifer in February 1947.

### INGREDIENTS

- 1 pint mixed berry juice (raspberries and blackberries)
- 2 cups sugar
- 1 quart water
- Juice from 2 lemons
- (Part concord grape juice can be substituted for an equal amount of raspberry or blackberry juice if desired.)

### DIRECTIONS

1. Crush and heat raspberries and blackberries then press through a fine sieve or cheesecloth to keep back seeds.
2. Boil sugar with half the water for five minutes.
3. Add remaining water and fruit juices, chill and freeze.
4. TIP: Don't wash your berries until you are ready to eat them.

# RASPBERRY JAM

## INGREDIENTS

- 2 cups raspberries (fresh or thawed)
- 1 cup sugar

## DIRECTIONS

1. Put washed berries in a pot on medium heat, mash berries a bit so their juices come out.
2. Cook berries at a steady boil until they have a fairly uniform consistency. Sprinkle and stir in the sugar slowly.
3. Cook mixture together, the berries should continue to release their juices. Mixture should be ready when it's  $\frac{1}{4}$  of its original volume and drips slowly off the spoon.
4. Let cool for around 15 minutes then spoon into desired container. Refrigerate.



# REFRESHING FRUIT SALAD

## INGREDIENTS

- 1 pint strawberries, hulled and quartered
- 1 pint blueberries
- 1 pint cherries, pitted and halved
- $\frac{1}{2}$  pint blackberries
- $\frac{1}{4}$  cup honey
- $\frac{1}{4}$  cup fresh lime juice
- $\frac{1}{4}$  cup chopped fresh mint

## DIRECTIONS

1. Add all fruit to a large mixing bowl, and gently toss together.
2. In a separate bowl or mason jar, whisk together honey, mint, and lime juice. Drizzle the salad with the dressing, to taste. Cover and refrigerate fruit salad for 3 to 4 hours before serving. Serve chilled.





# August

## GARDEN GROWN

There's nothing better than fresh vegetables straight from the garden! According to GreenPal, 25 percent of U.S. families grow some type of garden. And while there's no firm statistics for West Virginia, we're betting that number is even higher here. Whether you grow one tomato plant in a pot on your patio or you have a half-acre filled with a variety of plants, there's a sense of accomplishment in growing your own food. We hope you enjoy this month's recipes that you can source straight from the garden (or the farmers' market).



## TIELLA

ALISA PERDUE, MONONGAH

### 🛒 INGREDIENTS

- 1 large potato
- 1 medium zucchini
- 1 bell pepper
- 1 medium onion
- 8 oz. can of tomato sauce or sauce from your garden
- ½ cup mozzarella cheese
- ½ cup Parmesan cheese
- basil
- garlic
- cooking spray

### 👨‍🍳 DIRECTIONS

1. Spray the bottom of a casserole dish with cooking spray. Preheat oven to 350 degrees.
2. Thinly slice potato and zucchini (leave the skins on), slice the onion and cut the bell peppers into rings (I like to use a green pepper but red and yellow are delicious as well).
3. Start with a layer of potatoes at the bottom of the casserole dish, add a layer of zucchini and then a layer of bell pepper rings. Top that with a layer of onions and add mozzarella cheese (I use about a half cup).
4. Pop into the oven for 1 hour and 20 minutes. Let cool 5 minutes before serving.

# GARDEN FRESH SALSA

## INGREDIENTS

- 3 tomatoes, chopped
- 1 teaspoon salt
- ½ cup finely diced onion
- 2 teaspoons lime juice
- 5 serrano chiles, finely chopped
- ½ cup chopped fresh cilantro

## DIRECTIONS

1. In a medium bowl, stir together tomatoes, onion, chili peppers, cilantro, salt and lime juice. Chill for one hour in the refrigerator before serving.



# SWEET CORN ON THE GRILL

## INGREDIENTS

- 6 ears fresh corn on the cob, husked
- 1 teaspoon fresh rosemary
- 6 tablespoons sweet butter, softened
- 1 teaspoon fresh basil
- 1 teaspoon fresh thyme
- 1 teaspoon white sugar
- 1 teaspoon fresh parsley
- 1 teaspoon salt

## DIRECTIONS

1. Soak corn in water for 15 minutes. Drain. Preheat an outdoor grill for medium-high heat and lightly oil the grate.
2. Chop up the herbs. Mix them with sugar, salt and butter. Rub on to each ear and wrap in tin foil.
3. Place on the grill for about 15 minutes or until corn is tender, turning often.

# September



## APPLE CAKE

PEGGY TWYMAN, FAIRMONT

### INGREDIENTS

- 1 cup oil
- 1  $\frac{2}{3}$  cup sugar
- 3 eggs
- 2 cups flour
- 1 teaspoon baking soda
- 1 tsp. salt
- 1 tsp. cinnamon
- 1 tsp. vanilla extract
- 2 cups apples diced (Rome or Golden Delicious are good choices)
- 1 cup chopped walnuts (black walnuts can also be used)
- Powdered sugar

### DIRECTIONS

1. Preheat oven to 350-degrees.
2. Combine all ingredients in a bowl (with the exception of the powdered sugar) and mix together.
3. Grease and flour a 9x13 pan. Spread into pan. Bake 40-45 minutes.
4. Once out of the oven, sprinkle with powdered sugar.

## A HEALTHY START

September is apple harvest here in West Virginia. In fact, West Virginia ranks 8th in the country for apple production. From Golden Delicious to McIntosh, we grow a wide variety of apples. We also celebrate that harvest with fairs and festivals like the Mountain State Apple Harvest Festival, Golden Delicious Festival and the Apple Butter Festival to name a few. We hope you'll celebrate our harvest by purchasing West Virginia grown apples and then incorporating them into some delicious recipes!

# WALDORF SALAD

## INGREDIENTS

- 3 apples, cubed
- 2 stalks celery, chopped
- ½ cup raisins (or dried cranberries)
- ½ cup walnuts (or pecans)
- ½ cup mayonnaise
- ½ teaspoon sugar
- ½ teaspoon vanilla extract
- 2 tablespoon milk

## DIRECTIONS

1. Combine apples, celery, raisins and walnuts in bowl.
2. In a separate bowl mix together the mayonnaise, vanilla, sugar and milk.
3. Add the mixture to the apples and coat the fruit and nuts.
4. Let stand in the refrigerator for a couple hours.



# SPICED SLOW COOKER APPLE SAUCE

MIKE DEARDORFF, CHARLESTON

## INGREDIENTS

- 8 apples – peeled, cored, and thinly sliced
- ½ cup water
- ¾ cup packed brown sugar
- ½ teaspoon pumpkin pie spice

## DIRECTIONS

1. Combine the apples and water in a slow cooker.
2. Cook on Low for 6 to 8 hours.
3. Stir in the brown sugar and pumpkin pie spice.
4. Continue cooking another 30 minutes.
5. Serve warm or chilled.

Tips: Store apples by wrapping up individual fruits in newspaper or tissue paper. Place the wrapped apples onto trays that allow air to circulate.

You can also store apples unwrapped, but the fruits should not touch. Different varieties store for different lengths of time, so keep them separate and eat those that won't store as long first.



# October

## COZY HARVEST CUISINE

Leaves are falling and so are the temperatures. Autumn has officially arrived here in West Virginia. And while we'll miss summer staples like ripe tomatoes, juicy corn and spicy peppers, there are plenty of fruits, vegetables and nuts left to harvest from our gardens, orchards or local farmers' market. This month's recipes come from The Woman's Club of Fairmont Cookbook. This 180-page gem is 40 years old and features recipes that were passed down through families, friends and club members. The recipes we've selected feature ingredients you harvest in the fall. Enjoy!



## BLACK WALNUT COFFEE CAKE

### 🛒 INGREDIENTS

- 2 tablespoons melted butter
- 1/2 cup firmly packed brown sugar
- 1 cup chopped black walnuts
- 1 tablespoon flour
- 1 teaspoon cinnamon
- 1 1/2 cup sifted all-purpose flour
- 3/4 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 cup shortening
- 1/2 cup milk
- 2 eggs

### 👤 DIRECTIONS

1. Combine first five ingredients in a small bowl. Mix well and set aside.
2. Sift flour, sugar, baking powder and salt into a large mixing bowl. Add shortening and milk; beat for two minutes. Add eggs and beat two minutes more.
3. Spread half of batter in a greased 9-inch square pan. Sprinkle with half of sugar/nut mix. Cover with remaining batter and top with remaining sugar/nut mix.
4. Bake at 350 degrees for 30-35 mins.

# ELEGANT CARROTS

## INGREDIENTS

- 2 pounds of carrots
- ½ teaspoon salt
- ½ cup butter
- ½ cup orange juice
- 1 tablespoon sugar
- 1 teaspoon celery seed

## DIRECTIONS

1. Pare and cut carrots into thin slices. Cook over medium heat with butter, sugar, celery seed and salt until butter melts. Reduce heat and simmer, covered, stirring occasionally for 10 minutes.
2. Stir in orange juice and continue cooking for 5 minutes. Serve.



# COUNTRY POTATO SOUP

## INGREDIENTS

- 3 cups diced, pared potatoes
- ½ cup shredded carrots
- 1 teaspoon chopped chives
- ½ cup diced celery
- ½ teaspoon salt
- Grated cheese for garnish
- 1 diced onion
- 2 cups milk
- 1 ½ cups water
- 1 cup sour cream
- 2 chicken bouillon cubes
- 2 tablespoons flour

## DIRECTIONS

1. Combine potatoes, celery, onion, water, bouillon cubes and salt in a large saucepan. Cover and cook for about 20 minutes or until potatoes are tender, not mushy.
2. Add 1 cup of milk and heat. Mix sour cream, flour, chives and remaining milk in medium bowl. Stir the mixture into the soup base gradually.
3. Cook over low heat, stirring constantly until thickened. Top with grated cheese and serve.

TIP: If growing your own produce, like potatoes, make a record of the current planting sites within your garden to plan for crop rotation for preventing pests and diseases and to build soil fertility. The WVU Soil Lab can test the soil you send them for free.

*Tip Source: WVU Extension*



# November



## CRANBERRY, SAUSAGE & APPLE STUFFING

### INGREDIENTS

- 1 pound sweet Italian sausage, casings removed
- 3 tart apples - peeled, cored and chopped
- 1 cup dried cranberries
- ¼ cup butter
- 2 cups chopped celery
- 12 cups white bread cubes, baked until slightly dry
- 6 cups coarsely chopped leeks or onions
- 4 teaspoons poultry seasoning
- 1 cup chicken stock
- 2 teaspoons dried rosemary, crushed
- salt and black pepper to taste

### DIRECTIONS

1. Cook and stir sausage in a large skillet over medium heat, crumbling coarsely, for about 10 minutes. Remove sausage to a large bowl with a slotted spoon. Empty pan of grease.
2. In the same pan, melt butter. Add leeks or onions, apples, celery and poultry seasoning; cook until softened, about 10 minutes. Add rosemary, dried cranberries and cooked sausage. Mix all with dried bread cubes. Season to taste with salt and pepper. Moisten with the chicken stock.
3. Stuff turkey with about 5 cups for a 14-pound turkey. Add additional chicken stock to moisten stuffing if needed. Remaining stuffing can be baked in a covered buttered casserole at 350 degrees for about 45 minutes. Uncover and bake for another 15 minutes to brown top.

### GIVE THANKS...FOR STUFFING

When it comes to our Thanksgiving meal, the turkey is the star of the show. Stuffing, on the other hand, is often a supporting player, but no more! This month, we're featuring stuffing recipes that will wow your tastebuds. Whether you're a traditionalist, have an adventurous palate or need to make some adjustments for your diet, we've got you covered. When you sit down for your feast, the stuffing just may upstage that bird!

# GLUTEN-FREE STUFFING

## INGREDIENTS

- 1 pound loaf gluten-free bread
- 3 tablespoons olive oil
- 2 medium onions, diced
- 3 stalks celery, diced
- 1 teaspoon chopped fresh sage
- 1 teaspoon dried thyme leaves
- $\frac{3}{4}$  teaspoon salt
- ground black pepper to taste
- 2 cups gluten-free chicken broth
- 2 large eggs, beaten

## DIRECTIONS

1. Cut bread into  $\frac{3}{4}$ -inch cubes and spread into a single layer on the prepared baking sheet. Bake in the preheated oven until crisp, 12-17 min.
2. Meanwhile, heat olive oil in a large skillet over medium heat. Add onions and celery; cook and stir until soft, 8-10 min. Stir in sage, thyme, salt and pepper.
3. Add toasted bread cubes, chicken broth, and beaten eggs to the skillet. Stir until well combined, then transfer mixture to a greased 3-quart baking dish.
4. Cover and bake in the preheated oven for 30 mins. Uncover and continue baking until the top is crisp and lightly browned, about 10 more minutes.



# OYSTER STUFFING

## INGREDIENTS

- 5 stalks celery, diced
- 1  $\frac{1}{2}$  cups chopped onion
- 5 cups crumbled cornbread
- $\frac{1}{2}$  cup chopped, cooked turkey giblets
- 8 ounces shucked oysters
- $\frac{1}{4}$  cup chopped fresh parsley
- 1 teaspoon dried basil
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon dried sage
- $\frac{1}{2}$  teaspoon ground nutmeg
- 2 eggs
- 2 cups chicken stock

## DIRECTIONS

1. In a skillet, saute the celery with the onions until the onions are translucent.
2. In a large bowl combine the crumbled cornbread, cooked celery, cooked onions, giblets, oysters, parsley, basil, salt, paprika, dried sage and nutmeg. Toss well.
3. Beat the 2 eggs. Add the eggs and chicken stock to the stuffing mixture. Stuff stuffing in bird's cavity. Remove stuffing promptly once bird is cooked. You can also bake the stuffing separately from the bird in a large dish. Bake at 350 degrees for 1 hour and 20 minutes.





# December

## HAPPY HOLIDAYS!

As we prepare to deck the halls, there's nothing better than the smell of cookies baking in the oven to get you in the holiday spirit. The recipes we've selected this month are old, family favorites that have been enjoyed by generations. The sugar cookies taste even better when little hands help make them! If you bake up extra cookies, they are the perfect gift for a shut-in or even the non-baker in your life. Spread the cookie love!



## PIZELLES (ITALIAN WAFFLES)

### 🛒 INGREDIENTS

- 6 eggs
- 3 ½ cups flour
- 1 ½ cups sugar
- 1 cup of butter
- 4 teaspoon baking powder
- 1 tablespoon lemon extract
- 1 tablespoon orange extract (You can replace the lemon and orange extract with anise or vanilla)
- Powdered sugar (optional)

### 👨‍🍳 DIRECTIONS

1. Preheat your pazzelle iron.
2. Beat eggs, adding sugar gradually. Beat until smooth. Add cool, melted butter and lemon and orange extract.
3. Sift flour and baking powder. Add to egg mixture. Dough will be sticky enough to be dropped by a spoon.
4. Drop a tsp. of dough on the center of pazzelle iron. Let it cook for 45-60 seconds, depending on the iron.
5. Remove from iron and dust with powdered sugar, if desired.

# NUT ROLLS

## INGREDIENTS

- 3 sticks butter
- 8 oz. cream cheese
- 3 cups flour
- 1 pound chopped walnuts (or black walnuts)
- ½ cup sugar
- 2 tablespoon butter
- ¾ cups canned milk

## DIRECTIONS

1. Mix 3 sticks butter, cream cheese and flour with hands until dough consistency. Store in refrigerator over night (at least 8 hours). Roll out dough, cut into 2x2 inch squares.
2. Cook nuts, sugar, 2 tbsp. butter and canned milk on stove until it combines and is hot.
3. Put tsp. of nut filling on a square and roll from corner to corner. Roll in sugar and place on a cookie sheet two inches apart. Bake 350 degrees for 20 minutes



# SUGAR COOKIES

## INGREDIENTS

- ½ cup butter (softened)
- ½ cup shortening
- 2 cups sugar
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar
- ⅛ teaspoon salt
- 3 egg yolks
- ½ teaspoon vanilla
- 1 ¾ cup flour
- Sugar crystals

## DIRECTIONS

1. Beat butter and shortening on medium to high for 30 seconds. Add sugar, soda, cream of tartar and salt.
2. Beat and scrape sides of bowl. Beat in egg yolks and vanilla. Beat in one cup of flour, then add in the rest of the flour until the dough is completely combined.
3. Shape dough into 1-inch balls, roll in sugar crystals. Bake 2 inches apart on 300 degrees for 15 minutes.

**TIP:** Though brown sugar isn't a traditional ingredient in sugar cookies, it's quite helpful if you prefer a chewier bite. Brown sugar is up to about 10 percent molasses, which means the ingredient adds more moisture to the dough compared to other types of sugar.



West Virginia DEPARTMENT OF  
**AGRICULTURE**  
COMMISSIONER, KENT A. LEONHARDT

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