



The Edible Garden

Recipe of the week: Get Out and Grill Weekend, June 19-20

Recipes for Gardening for the Grill

By: Sonia Uyterhoeven, Home Gardening Demonstration

Mint Punch

Ingredients

1 cup of peppermint or spearmint leaves finely chopped
2 quart of boiling water
1 cup grape juice
3 tablespoons lemon juice
1 quart ginger ale
5-6 tea bags any type of fruit tea

Instructions

- This is a refreshing summer punch that is easy to make. Finely chop the mint leaves either by hand or in a food processor. Boil 2 quarts of water. Once water is boiling add the tea bags and chopped mint and let it stand for 10 minutes. Strain the mixture.
 - In a punch bowl combine the grape juice, lemon juice and mint tea mixture. Refrigerate. Just before serving add ginger ale, ice and a few springs of mint for decoration.
- (This recipe was modified from Billy Joe Tatum's *Wild Foods Cookbook and Field Guide*, 1976)

Cream Cheese Herbal Spread with Grilled Mushroom

Ingredients

8 ounces natural cream cheese
¼ cu finely chopped herbs such as chives, basil, and oregano
1-2 lbs. Cremini mushrooms for grill
Hot Habanero pepper sauce to taste
Olive oil
Sea salt and pepper
French bread or Italian Ciabatta

Instructions

- Finely chop up herbs by hand or in a food processor. Let the cream cheese soften slightly and blend the herbs into the cream cheese. Season the spread with sea salt and pepper to taste.

- Coat the mushrooms lightly with olive and place on the grill. Many stores sell small stainless steel grill grids that make it easy to grill smaller vegetables. The baguette can be warmed for just a minute or two on the grill as well.
- Spread cream cheese and herb mixture on slices of bread. Coarsely chop up grilled mushrooms and cover the herbal toasts.
(This recipe was inspired by a recipe from Rosalind Creasy's *Edible Herb Garden*, 1999)

Grilling Vegetables

Instructions

- Remember that grilled vegetables are delicious either plain (just seasoned with salt and pepper); alternatively they can be brushed with a marinade 10-15 minutes before grilling or tossed in a pesto once they are grilled for added seasoning.
- Marinades are easy to make by taking about ½ cup of olive or vegetable oil and then adding lemon or lime juice, garlic, chili paste or herbs – depending on your taste.
- Pesto is a whiz to make in the food processor. I often make what I refer to as a 'Poor Man's Pesto' where I substitute the pricier pine nuts with walnut pieces and use parsley instead of basil. Whatever mixture you choose it is always refreshing. Just grill assorted vegetables and then toss and coat with the pesto in our serving bowl.

Parsley Pesto

Ingredients

2 cups loosely packed parsley

1/3 cup coarsely chopped walnuts

1/4 cup chopped scallions

2 garlic cloves finely chopped

1/2 cup freshly grated parmesan cheese

1/2 cup olive oil

Salt and pepper to taste

*You can add chili flakes to the mixture to give it a kick.

(This recipe was modified from David Hirsch's *The Moosewood Restaurant Kitchen Garden*, 2005)