



*ECA Directors  
Shop Edgebrook's  
Farmer's Market*

## Mary Jo Garnier's Kale Salad

*For more years than we can count, Master Gardener Mary Jo was ECA's Beautification Director, marshaling forces to keep Edgebrook's public gardens blooming for all to enjoy. Though "retired" as a Director, Mary Jo continues to be involved in the ECA, recently participating in the Association's spring seed and plant exchange, where she shared beautiful plants from her shade garden and offered how-to tips to first-time gardeners.*

- 1 Bunch kale, rinsed and stems removed
  - 2-3 Cloves of garlic
  - 3-5 T Olive oil
  - 1 Lemon
  - ½ Cup Parmesan cheese
- Optional - pomegranate seeds, blueberries, or orange pieces*

Julienne or chop kale. Chop or smash garlic, mix with olive oil, and add to the kale, tossing to coat the leaves. Add the juice of one lemon. Sprinkle with salt and toss. Set on counter or in the fridge at least 2 hours (the longer the better).

After resting period, add parmesan, and if desired, fruit. Mix. Enjoy!

## Nancy Williams' Zesty Carrots

*ECA Special Events wouldn't be as fun or build as much community spirit without Nancy Williams' event planning expertise. Throughout the year she and her team plan and execute the Easter Egg Hunt, the July 4th Parade & Picnic, Halloween's Spookiest House Contest, and the Holiday Gathering. Her recipe for Zesty Carrots is zippy year-round.*

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|--|------------------------|
| 12 Carrots, scraped and cut into thin strips | 1 t Salt               |
| 2 T Prepared horseradish                     | ¼ t Pepper             |
| 2 T Grated onion                             | ¼ Cup dry bread crumbs |
| 2 T Butter                                   | Parmesan cheese        |
| ½ Cup mayonnaise                             |                        |

Place carrots in a saucepan. Add salted water until 1" over carrots. Cover. Bring to a boil. Cook for 6-8 minutes until just tender. Drain, reserving ¼ cup of the liquid.

Place drained carrots into a 2 quart baking dish.

In a small bowl, combined onion, horseradish, butter, mayonnaise, salt, pepper and the reserved liquid. Pour over the carrots and mix well.

Sprinkle the bread crumbs over the top of the carrots followed by the Parmesan cheese.

Bake at 375° for 15 - 20 minutes.

## Bev Padratzik's Pasta ai Pepperoni (*pasta with red pepper sauce*)

*Bev Padratzik is the ECA's Secretary, keeping the minutes of ECA meetings. In addition to the behind-the-scenes work of being an ECA officer, she puts in face-time at the July 4th Picnic selling tickets for picnic fare. Her recipe for pasta with pepper sauce is perfect for taking advantage of the bounty of the farmer's market or your garden.*

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| 4 T Olive oil  | 1 - 1½ Cups chicken broth                   |
| 2 Medium onions, thinly sliced                                   | 1 Pound pasta such as Penne or Farfalle     |
| 3 Pounds sweet red peppers, cut into slices ½ inch wide          | Italian parsley, finely chopped, as garnish |
| 2 T fresh basil (or 1 T, dried)                                  | Extra virgin Italian olive oil, as garnish  |
| Salt and freshly ground pepper to taste (or touch of hot pepper) |   |

Heat 4 tablespoons of olive oil in a large skillet. Add onions and peppers. Cook over high heat, stirring often, until the onions begin to brown.

Lower heat to medium. Add basil, salt, and pepper. Cook for about 15 minutes, until the peppers are well done. Add broth and cook for several more minutes.

In the meantime, cook pasta in rapidly boiling salted water.

While the pasta is cooking, remove 12 to 18 slices of cooked pepper and set aside. Put the rest of the cooked peppers and their sauce into a food processor and puree to the consistency of a rather thick tomato sauce. If too thick, add more broth.

When the pasta is al dente, drain, and toss with the sauce. Serve on warm plates. Garnish each portion with some chopped parsley and several slices of the reserved pepper. Garnish each portion with extra virgin olive oil.

Yield: 4 - 6 portions.

## Tom Kraft's Beet Salad

*ECA Special Events Director Tom Kraft is a jack-of-all-trades. He decorates the Triangle for the holiday season; he grills brats and burgers at the ECA's July 4th picnic; he coordinates distribution of rain barrels to Edgebrook residents; he moderates ECA public forums. He is instrumental in organizing EveryDay Edgebrook's Farmer's Market. And he makes a mean Beet Salad.*

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| 1 Bunch beets (¾ pound without greens or 1¼ pound with), trimmed | 1½ T Red-wine vinegar       |
| ¼ Cup sliced natural almonds                                     | ¼ t Sugar                   |
| 3 T Olive oil  | ½ t Salt                    |
| 1 T Minced shallot   | 1 Large Asian pear          |
| 1 T Fresh lemon juice  | 3 Cups baby arugula (3 oz.) |

Preheat oven to 425°F.

Wrap beets in foil and roast in middle of oven until tender, 1 to 1½ hours. Unwrap beets and cool.

While beets are roasting, cook almonds in oil in a small skillet over moderate heat, stirring occasionally, until pale golden. Cool almonds in oil (nuts will get darker as they cool). Transfer almonds with a slotted spoon to a small bowl and season with salt.

Stir together shallot, lemon juice, vinegar, sugar, salt, and oil from almonds in a large bowl.

Slip skins from beets and halve large beets. Cut beets into ¼-inch-thick slices and add to dressing, tossing to coat.

Quarter and core pear and cut into julienne strips.

Arrange beets on a platter and drizzle with remaining dressing in bowl. Top with arugula, then pear. Sprinkle with almonds.

## Nora Shea's Sweet-and-Spicy Nut Mix

*When Membership Director Nora Shea isn't writing thank-you notes to the many friends of the ECA, she's reading cookbooks and food magazines. She's so glad she found this recipe in the November 2015 issue of Bon Appétit. It takes mixed nuts to a whole new level.*

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| 1 cup blanched almonds                    | 2 tablespoons olive oil               |
| 1 cup pecans                              | 2 tablespoons rosemary leaves         |
| 1 cup walnuts                             | 2 teaspoons crushed red pepper flakes |
| ¼ cup shelled raw pumpkin seeds (pepitas) | 1 teaspoon hot smoked Spanish paprika |
| ⅓ cup pure maple syrup                    | 1 teaspoon kosher salt                |

Preheat oven to 350°. Toss almonds, pecans, walnuts, pumpkin seeds, maple syrup, oil, rosemary, red pepper flakes, paprika, and salt in a medium bowl to evenly coat nuts. Transfer to a rimmed baking sheet or a large cast iron pan and roast, tossing occasionally, until nuts are toasted and maple syrup caramelizes, 20–25 minutes.

Transfer to a sheet of parchment and spread out in an even layer, breaking up to prevent clusters from forming.

Let cool.

## Lidia Pomaville's Caprese Salad

*Publicity Director Lidia Pomaville gets the word out about ECA events and programs, from egg hunts that welcome spring to general meetings throughout the year to the post-Thanksgiving holiday gathering. These community get-togethers, where ideas are shared and discussed and camaraderie built, have been at the core of the ECA for almost 80 years. Lidia's young family is carrying out the tradition of community involvement and spirit. A loaf of crusty bread would make a terrific accompaniment to Lidia's Caprese salad.*

1 bunch Fresh basil

Extra virgin olive oil

3 ripe heirloom tomatoes from Twin Gardens

1 lb Fresh mozzarella from the Cheese People

Balsamic vinegar or balsamic glaze

sea salt and black pepper

Slice tomatoes and mozzarella into even slices about  $\frac{1}{4}$  inch thick

Tear off basil leaves by hand

Arrange on a plate alternating between tomatoes, basil and mozzarella layers

Drizzle with olive oil and a touch of balsamic glaze or make your own by cooking balsamic vinegar on low heat until it thickens

Season with coarse sea salt and freshly cracked black pepper

## Jan Kupiec's Market Salad

*Super-busy ECA Programming Director and local real estate agent Jan Kupiec likes to keep her summer recipes simple and tasty. She suggests making a salad from the freshest ingredients found at the Farmer's Market on your Saturday visit.*

Combine sliced tomatoes, diced or thinly sliced onions, chopped cucumbers, and summer's all-time favorite herb, basil, chopped. Drizzle with olive oil and fresh lemon juice, coarse salt, and fresh ground pepper. Optional: shaved Parmesan cheese or cubed feta cheese; calamata olives.



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