

Wauwatosa Harvest of the Month

January

Grape



Grape Smoothie

- 3 cups seedless red grapes, plus more for garnish
- 1 cup stemmed and halved strawberries
- $\frac{3}{4}$ cup fresh blueberries
- $\frac{1}{2}$ medium banana, peeled and chopped
- $\frac{1}{3}$ cup vanilla (Greek-style) yogurt
- $\frac{1}{4}$ cup water
- $\frac{1}{8}$ teaspoon kosher salt

Directions

- Freeze grapes until completely firm, about 4 hours.
- Place the frozen grapes, strawberries, blueberries, banana, yogurt, water and salt in a blender; process until completely smooth, stopping to scrape down the sides and stir the mixture as necessary. Serve immediately.



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February

Lemon



Soothing Ginger-Lemon Tea

- 6 cups water
- 8 strips lemon peel
- 2 inch piece peeled fresh ginger, thinly sliced
- 3 green tea bags
- 1 tablespoon Sugar substitute
- 5 Lemon slices

Directions

- In a large saucepan bring the water, lemon strips, and ginger to boiling; reduce heat. Simmer 10 minutes. Using a slotted spoon, remove lemon and ginger.
- Place tea bags in a teapot and immediately add simmering lemon-infused water. Cover and let steep 1 to 3 minutes. Remove tea bags, squeezing gently.
- Serve immediately in heatproof glass mugs or cups.



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March Mango



Mango Smoothie Bowl

- $\frac{3}{4}$ cup frozen mango chunks
- $\frac{1}{2}$ cup unsweetened coconut milk
- $\frac{1}{2}$ teaspoon ground turmeric
- 1 $\frac{1}{2}$ teaspoons honey
- $\frac{1}{4}$ cup cubed fresh mango
- $\frac{1}{2}$ kiwi, thinly sliced
- 2 tablespoons pomegranate arils
- 2 tablespoons unsweetened flaked coconut

Directions

- Place frozen mango chunks, coconut milk, turmeric and honey in a blender; process mixture on High until smooth, about 1 minute, adding 1 tablespoon water if needed.
- Pour mixture into a bowl. Top with fresh mango, sliced kiwi, pomegranate arils and flaked coconut.



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April Basil



Basil Lemonade

- 1 $\frac{1}{4}$ cups fresh lemon juice (from about 8 lemons), plus lemon slices for garnish
- $\frac{1}{2}$ cup honey or agave syrup
- 1 cup packed fresh basil leaves, plus more for garnish
- 3 cups cold water
- Ice cubes

Directions

- Place lemon juice, honey (or agave) and basil in a blender and blend until very smooth. Pass through a strainer into a pitcher or large jar. Add water and chill until ready to serve.
- Serve over ice, garnished with lemon slices and basil leaves.



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May

Asparagus



Lemon Asparagus

- 1 pound fresh asparagus, ends trimmed
- 1 teaspoon basil leaves
- 1/2 teaspoon whole rosemary leaves crushed
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon salt
- 2 tablespoons butter, melted
- 1 tablespoon fresh lemon juice

Directions

- Cook asparagus in boiling water in large uncovered skillet on medium-high heat 5 minutes or until tender-crisp. Drain well. Place on serving dish.
- Mix remaining ingredients in small bowl. Pour over asparagus. Serve immediately.



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June

Lettuce



Turkey & Cheddar Lettuce Wraps

- ¼ cup mayonnaise
- 3 tablespoons chopped dill pickle
- 2 teaspoons whole-grain mustard
- 8 large green-leaf lettuce leaves
- 12 ounces sliced deli turkey
- 4 ounces sliced deli sharp Cheddar cheese
- 8 slices tomato

Directions

- Stir mayonnaise, pickle and mustard together in a small bowl.
- Overlap 2 lettuce leaves on a clean cutting board. Spread a generous 1 tablespoon of the mayonnaise mixture over the lettuce. Top with turkey, 1 ounce cheese and 2 tomato slices. Roll into a wrap, then cut in half. Repeat with the remaining ingredients.



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July

Bell Pepper



Roasted Bell Pepper Salad with Mozzarella & Basil

- 4 medium sweet bell peppers, quartered and seeded
- 4 ounces fresh mozzarella, torn
- 3 tablespoons torn fresh basil leaves
- 1 ½ tablespoons extra-virgin olive oil
- 1 tablespoon balsamic glaze
- ½ teaspoon flaky sea salt
- ⅛ teaspoon ground pepper

Directions

- Preheat broiler to high.
- Broil peppers, turning once, until soft and charred in spots, about 10 minutes.
- Arrange the peppers on a serving platter and top with mozzarella, basil, oil, balsamic glaze, salt and pepper.



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August

Zucchini



Baked Zucchini

- 2 medium zucchini about 1 pound
- 1 tablespoon olive oil
- ½ teaspoon Italian seasoning
- salt and black pepper to taste
- ⅓ cup shredded Parmesan cheese divided

Directions

- Preheat oven to 425°F. Line large baking sheet with parchment paper.
- Slice the zucchini into ½-inch rounds.
- Toss slices with olive oil, Italian seasoning, salt & pepper. Add 2 Tbsp of the parmesan cheese and toss to combine.
- Arrange on the prepared baking sheet and top with the remaining parmesan cheese. Bake for 5 min.
- Turn oven to broil and broil for 3-5 min. or until cheese is lightly browned and the zucchini is tender crisp.



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September

Pear



Slow-Cooked Gingered Pears

- 1/2 cup finely chopped crystallized ginger
- 1/4 cup packed brown sugar
- 1/4 cup chopped pecans
- 1-1/2 teaspoons grated lemon zest
- 6 medium pears
- 2 tablespoons butter, cubed

Directions

- In a small bowl, combine the ginger, brown sugar, pecans and zest. Using a melon baller or long-handled spoon, core pears to within 1/4 in. of bottom. Spoon ginger mixture into the center of each pear.
- Place pears upright in a 5-qt. slow cooker. Top each with butter. Cover and cook on low for 4-5 hours or until tender.



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October

Brussels Sprouts



Grilled Brussels Sprouts

- 1 (16 ounce) package Brussels sprouts, halved
- 2 tablespoons butter, melted
- 2 teaspoons garlic powder
- 2 teaspoons cracked black pepper
- 1 pinch seasoned salt, or to taste
- 1 lime, halved

Directions

- Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- Brush Brussels sprouts with butter; season with garlic powder, black pepper, and seasoned salt.
- Cook sprouts on the preheated grill until tender and grill marks appear, about 10 minutes. Squeeze lime juice over sprouts before removing from grill.



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Wauwatosia Harvest of the Month

November

Carrot



Dill Carrots

- 3 cups peeled and sliced carrots
- 2 tablespoons butter
- 2 tablespoons brown sugar
- 1 ½ tablespoons chopped fresh dill
- ½ teaspoon salt
- ½ teaspoon black pepper

Directions

- Place carrots in a skillet and pour in just enough water to cover. Bring to a boil over medium heat; simmer until water has evaporated and the carrots are tender. Stir in butter, brown sugar, dill, salt, and pepper.



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December

Butternut Squash



Butternut Squash Fries

- 1 (2 pound) butternut squash, halved and seeded
- salt to taste

Directions

- Preheat the oven to 425 degrees.
- Use a sharp knife to carefully cut away the peel from the squash. Cut the squash into sticks, about 1/3 inch thick.
- Blot any moisture from the butternut squash fries with paper towels, then arrange squash pieces on a baking sheet. Season with salt.
- Bake in the preheated oven until brown and crisp on the edges, about 20 minutes, turning once.



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