



# FARM FRESH FORKS

*A Vegetable Tasting Experience*

## COOKBOOK

Volume 2





# Thank You



Thank you for your interest in cooking with fruits and vegetables! As the “Winter Vegetable Capital of the World,” we couldn’t be happier to share recipes with you featuring specialty crops. Our Farm Fresh Forks vegetable tasting program in Yuma, Arizona is designed to share new ways to incorporate fruits and vegetables into your dishes. This 2nd annual Farm Fresh Forks cookbook highlights recipes from our Farm Fresh Forks vegetable tasting season as well as a few extras for your culinary enjoyment!

For more information on the Farm Fresh Forks program, please visit [www.farmfreshforks.com](http://www.farmfreshforks.com).

Sincerely,

The Yuma Fresh Vegetable Association

[www.yumafreshveg.com](http://www.yumafreshveg.com)

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## 2018 FARM FRESH FORK RESTAURANTS



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## 2018 FARM FRESH FORK GROWERS

2M Farms  
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Sabor Farms  
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Taylor Farms  
TLC Custom Farming  
Top Flavor Farms



# 2FIFTY1 DOWNTOWN TWISTED KITCHEN

# VEGGIE NOODLE SOUP

- By Robert Molina, 2fifty1 Downtown Twisted Kitchen -

## INGREDIENTS:

- 1 yellow onion chopped
- 1 carrot chopped small
- 2 oz. butter
- 8 cups of water
- ½ cup chicken base
- 3 celery sticks chopped
- 1 cup of cauliflower pearls
- 1 lb. yellow zucchini noodles
- 1 lb. Green zucchini noodles

## DIRECTIONS:

- Sauté carrots and onion in the 2 ounces of butter.
- Add the water, celery, chicken base and bring it to a boil.
- Once it's boiling, add cauliflower and both noodles.
- Boil for five minutes. Serve hot.



# LAKE SHOW

- By Robert Molina, *2fifty1 Downtown Twisted Kitchen* -

## INGREDIENTS:

- 1 full head broccoli chopped
- 1 full head colored cauliflower chopped
- 1 full head artisan lettuce (one bag of 4 heads)
- ¼ cup olive oil
- 1 tbsp. of salt and pepper

## GARNISH INGREDIENTS:

- Finely sliced purple cabbage
- Shredded carrots
- Honey mustard

## DIRECTIONS:

Mix all ingredients together.

To plate, make a bed of purple cabbage, add the mix on top and finish with the grated carrot.

Add honey mustard drizzled on top.

# SUSHI BITES

- By Robert Molina, 2fifty1 Downtown Twisted Kitchen -

## INGREDIENTS:

1 cup Calrose rice (washed off)  
¼ cup Rice Vinegar  
¼ cup sugar  
4 oz. lemon juice  
1 cup chopped cabbage  
1 cup chopped broccoli

## GARNISH INGREDIENTS:

Butter lettuce, Sriracha, teriyaki sauce

## DIRECTIONS:

Cook rice in two cups of water until water reaches the top of the rice. Remove from stove. Cover for 15 minutes or until the rice is cooked all the way.

Mix the vinegar, sugar, and lemon juice together.

After the rice is cooked, place it in a bowl and fold the liquid in until the rice is shiny.

Add broccoli and cabbage.

Roll into sashimi bites.

Garnish with lettuce, Sriracha, and teriyaki sauce.

# CHEESY SPROUTS

- By Robert Molina, *2fifty1 Downtown Twisted Kitchen* -

## INGREDIENTS:

- 1 lb. Brussels Sprouts
- ⅓ cup cooked, chopped bacon
- 3 tbsp. minced garlic
- ½ lb. soft butter
- ½ cup cheddar cheese

## DIRECTIONS:

Mix garlic and butter together to make garlic butter.

Cook Brussels sprouts in oven on 350 degrees for 12 minutes. Pull out and add bacon, cheese, and butter.

Cook for an additional 5 minutes or until cheese is melted.

# LEMON ASIAN SLAW

- By Robert Molina, 2fifty1 Downtown Twisted Kitchen -

## INGREDIENTS:

Dew Drop Cabbage  
Fennel  
1 bunch stem free cilantro  
½ cup rice vinegar  
½ cup soy sauce  
½ cup sugar  
1 tbsp. salt  
1 tbsp. Black Sea sesame seeds  
Shredded carrots for garnish

## DIRECTIONS:

Wash produce.  
Finely slice the cabbage.  
Cut the end of the fennel off.  
Finely slice the cilantro.  
Toss all together and garnish with shredded carrots.

# CALI PATTY

- By Robert Molina, *2fifty1 Downtown Twisted Kitchen* -

## INGREDIENTS:

1 head cauliflower  
5 stems of celery  
1 bell pepper  
3 eggs  
4 slices of bread  
10 green onions  
1 tbsp. granulated garlic  
1 tsp. thyme  
1 tsp. salt  
¼ cup flour

## DIRECTIONS:

Clean and de-stem cauliflower. Cook until you can stick a fork through it.

Finely chop celery and bread.

Chop the bell pepper and green onions.

Mix and make patties.

Cook until warm.



# BROCCOLI WRAPS

- By Robert Molina, 2fifty1 Downtown Twisted Kitchen -

## INGREDIENTS:

- 7 broccoli stalks
- 1 head of iceberg lettuce
- 2 oz. carrots
- Romaine leaf lettuce
- 4 oz. olive oil
- 3 oz. distilled vinegar
- 4 tbsp. crushed garlic
- 1 tbsp. salt
- 1 tbsp. pepper

## DIRECTIONS:

Chop broccoli, iceberg lettuce, and carrots.

Mix all ingredients and place on top of a romaine leaf.

# KOREAN BROCCOLI

- By Robert Molina, *2fifty1 Downtown Twisted Kitchen* -

## INGREDIENTS:

- ¼ chopped Romaine lettuce
- 1 tbsp. ginger
- 2 carrots shredded
- ¼ purple cabbage

## DIRECTIONS:

Trim broccoli. Cook in oven for 15 minutes.

In a separate bowl, toss the other ingredients together and heat in oven at 350 degrees for 10 minutes.

Place on top of broccoli and serve.

# DATE SLAW

- By Robert Molina, 2fifty1 Downtown Twisted Kitchen -

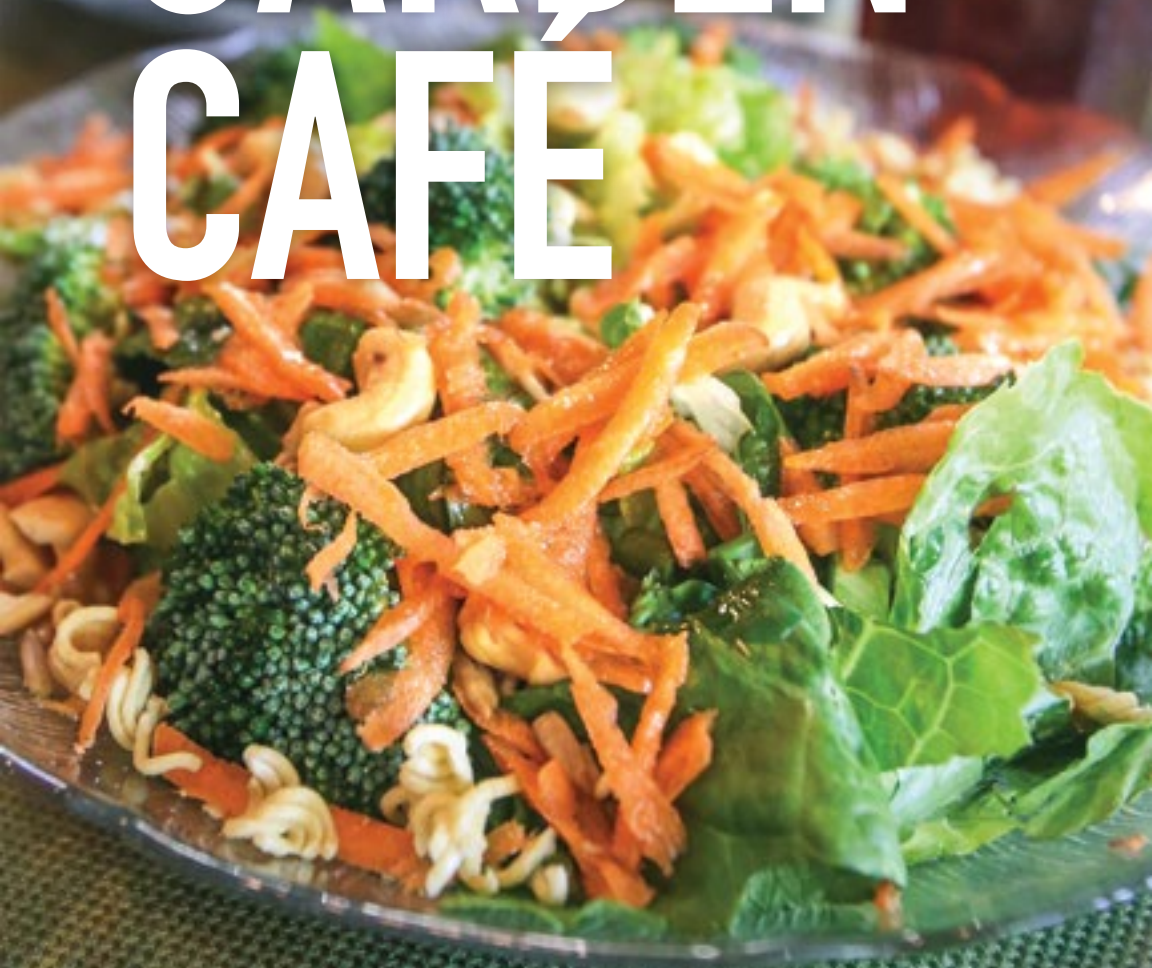
## INGREDIENTS:

10 dates  
1 lb. Arugula  
½ Napa cabbage  
¼ cup olive oil  
¼ cup apple cider vinegar  
¼ cup sugar  
1 tbsp. onion powder  
Purple cabbage for garnish

## DIRECTIONS:

Finely slice cabbage.  
Mix all together in a bowl.  
Garnish with fresh, thinly chopped purple cabbage.

# THE GARDEN CAFE



# THE GARDEN'S BROCCOLI CRUNCH SALAD

- By Debbie Gwynn, The Garden Café -

## INGREDIENTS:

- 1 head broccoli
- 2 heads chopped romaine
- 1 cup diced green onions
- 2 packages ramen noodles
- $\frac{1}{8}$  cup sugar
- $\frac{1}{2}$  cup red wine vinegar
- $\frac{1}{4}$  cup olive oil
- $\frac{2}{3}$  tsp. of garlic powder

## DIRECTIONS:

Roast ramen noodles in oven at 350 degrees until golden brown.

Chop all vegetables and mix with crumbled noodles.

Whisk together sugar, red wine vinegar, olive oil, garlic powder, and seasoning packets for dressing.

Top vegetable mixture with dressing and garnish with diced green onions.



# ZUCCHINI AND YELLOW SQUASH SALAD

- By Debbie Gwynn The Garden Café -

## INGREDIENTS:

1 package zucchini noodles  
1 package yellow squash noodles  
2 head cauliflower  
¼ cup rice vinegar  
¼ cup sugar  
¼ cup olive oil  
1 tsp. Dijon mustard  
Garlic salt

## DIRECTIONS:

Bake noodles until soft and golden at 350 degrees.

Drizzle with olive oil and sprinkle lightly with garlic salt.

Whisk together olive oil, rice vinegar, Dijon mustard, and sugar to make dressing.

Finely chop cauliflower and mix with noodles and dressing.

# THE GARDEN'S SPICY COLE SLAW

- By Debbie Gwynn *The Garden Café* -

## SALAD INGREDIENTS:

3 heads baby cabbage  
3 bunches fennel  
2 medium red onions  
1 cup lemon juice  
1 tbsp. Tabasco  
1 tsp. cumin  
1 tsp. garlic salt  
1 tbsp. olive oil  
2 ½ - 3 cups mayonnaise

## DRESSING DIRECTIONS:

Chop cabbage, fennel and onion and refrigerate until cool.

Whisk together lemon juice, Tabasco, cumin, garlic salt, olive oil and mayonnaise for dressing.

Mix dressing with vegetables and chill. Serve cold.

# CARROT AND GINGER GREEN SALAD

*- By Debbie Gwynn The Garden Café -*

## INGREDIENTS:

2 heads butter lettuce chopped  
1 head broccoli chopped  
2 large carrots chopped  
1 red bell pepper  
¼ cup sugar  
2 tbsp. lemon juice  
½ cup olive oil  
1 tbsp. red wine vinegar  
½ cup pickled ginger

## DIRECTIONS:

Puree the carrots with lemon juice then whisk together sugar, olive oil, and vinegar.

Toss with vegetables and garnish with grated ginger.

# CRANBERRY AND MIXED GREENS SALAD

- By Debbie Gwynn, *The Garden Café* -

## INGREDIENTS:

- ½ cup jellied cranberry sauce
- ¼ cup red wine vinegar
- ¼ cup olive oil
- 2 cups baby spinach
- 2 cups baby kale
- 2 cups arugula
- 1 cup candied walnuts
- 1 cup feta

## DIRECTIONS:

Whisk together cranberry sauce, olive oil, and vinegar.  
Toss with mixed greens and top with walnuts and feta.

# CRISP AND CREAMY PARMESAN SALAD

*- By Debbie Gwynn The Garden Café -*

## DRESSING INGREDIENTS:

2 ½ cups mayonnaise  
2 cups finely shredded Parmesan cheese  
½ cup lemon juice  
1 tbsp. Dijon mustard  
1 tbsp. Worcestershire sauce  
1 tbsp. tobacco  
2 tsp. garlic powder  
½ cup milk  
Salt and pepper to taste

## DRESSING DIRECTIONS:

Whisk all ingredients together and chill 1-2 hours before serving.

## SALAD INGREDIENTS:

4-6 heads romaine lettuce  
2 cups cherry tomatoes  
1 red onion  
½ cup shredded Parmesan cheese  
Croutons  
Paprika

## SALAD DIRECTIONS:

Chop romaine into large pieces, slice tomatoes into halves and finely chop onion and mix together.

Plate individual salads, add croutons and drizzle with dressing.

Garnish with shredded Parmesan cheese and paprika.



# GRILLED ITALIAN SAUSAGE, ONION AND FENNEL

*- By Debbie Gwynn The Garden Café -*

## INGREDIENTS:

3 lbs. Italian sausage  
2 bunches fennel  
2 white onions  
Olive oil  
Crushed red pepper  
Black pepper

## DIRECTIONS:

Grill Italian sausage and set aside.

Chop fennel and onions in large pieces and sauté in olive oil, lightly season with coarsely ground black pepper and crushed red pepper flakes.

Slice sausage diagonally, add onion and fennel. Serve hot.

# ROASTED BRUSSELS SPROUTS AND BROCCOLI SALAD

*- By Debbie Gwynn The Garden Café -*

## INGREDIENTS:

2 cups Brussels sprouts  
2 cups broccoli  
1 cup green onions  
Olive oil  
Lemon pepper seasoning  
Fresh lemon juice

## DIRECTIONS:

Chop green onions and broccoli and mix with sliced Brussels sprouts.

Smooth over a baking sheet and drizzle with olive oil.

Top with lemon pepper seasoning and fresh lemon juice.

Roast for 12 minutes at 375 degrees.

# SPINACH ASPARAGUS CREAM CHEESE PASTA

- By Debbie Gwynn, *The Garden Café* -

## INGREDIENTS:

16 oz. penne pasta  
2 ½ cups diced asparagus  
½ tsp. crushed red pepper  
Olive oil  
¼ cup butter  
2 cloves minced garlic  
2 cups milk  
8 oz. cream cheese  
1 cup Parmesan cheese  
¼ cup fresh parsley  
¼ tsp. black pepper  
Cherry tomatoes

## DIRECTIONS:

Cook the penne pasta and set aside.

Sprinkle crushed red pepper over asparagus and drizzle with olive oil and roast in 350 degree oven until tender.

Melt butter and garlic, add milk, cream cheese, Parmesan cheese, parsley and black pepper.

Add asparagus and spinach to pasta and mix with cream cheese sauce.

Top with diced cherry tomatoes.

# BROCCOLI AND CAULIFLOWER SALSA RANCH SALAD

*- By Debbie Gwynn The Garden Café -*

## INGREDIENTS:

- 2 heads broccoli
- 2 heads cauliflower
- 1 head artisan lettuce
- 1 cup ranch dressing
- 1 cup shredded cheddar cheese
- 1 cup grilled bacon
- $\frac{3}{4}$  cup mild salsa

## DIRECTIONS:

Chop grilled bacon, broccoli, cauliflower and lettuce.

Mix ranch dressing and salsa together.

Mix all ingredients and chill 2-3 hours before serving.

Top with shredded cheddar cheese.



# THE PATIO RESTAURANT

# MEDJOOL DATE TAMALE

*- By Alex Trujillo, The Patio Restaurant -*

## INGREDIENTS:

½ cup of unsalted butter at room temperature  
6 tbsp. sugar  
1 ½ cup of Masa Harina Tamal  
¼ tsp. baking powder  
2 tbs. Medjool Date puree  
1 ½ cup warm water  
Pinch of cinnamon  
10 large corn husks soaked in warm water.

## DIRECTIONS:

Place butter and sugar in a medium sized bowl. With the help of a mixer, beat for a couple of minutes until it has a creamy texture.

In a larger bowl, mix Masa Harina, baking powder and date puree. Stir well and then add the warm water little by little.

While mixing the dry ingredients with the water, add cinnamon and mix well.

Drain the corn husks from the soaking water. Place about 1/3 cup of the dough over the corn husk and wrap the tamale.

Place the tamales standing up in steam pot. Add about an inch of hot water, cover with corn husks, aluminum foil or a plastic bag, and then cover with the pot lid. Cook for 1 hour at medium heat. Add more hot water if needed to avoid drying out.

# SPINACH JALAPEÑO DIP

*- By Alex Trujillo, The Patio Restaurant -*

## INGREDIENTS:

1 lb. fresh spinach, sautéed  
2 roasted jalapeno peppers-seeded and chopped  
½ cup Parmesan cheese  
¾ cup mayo  
8 oz. cream cheese  
kosher salt to taste

## DIRECTIONS:

Mix together the cream cheese and mayo in a bowl until smooth.

Stir in the jalapeños, Parmesan cheese and spinach.

Spoon the mixture into a baking dish.

Bake in oven at 350 degrees about 15-20 minutes.



# ARUGULA PESTO

- By Alex Trujillo, The Patio Restaurant -

## INGREDIENTS:

- 2 bunches fresh arugula
- ¼ cup grated Parmesan cheese
- 6 cloves garlic, minced
- ½ cup pine nuts
- ¼ cup olive oil or as needed

## DIRECTIONS:

Place arugula, cheese, garlic and pine nuts in blender or food processor and slowly add oil, as it will all come together.

Add kosher salt as needed and oil to desired consistency.

# TRI COLOR CAULIFLOWER HUMMUS

- *By Alex Trujillo, The Patio Restaurant* -

## INGREDIENTS:

1 cup white cauliflower, broken into florets  
1 cup purple cauliflower, broken into florets  
1 cup yellow cauliflower, broken into florets  
4 cloves garlic  
1 12 oz. can chick peas  
1 tbsp. Tahini (ground sesame seeds)  
Juice of 1 lemon  
3-4 tbsp. olive oil  
1 tsp. salt

## DIRECTIONS:

Toss garlic and cauliflower lightly with olive oil, place in 400 degree oven, until just caramelized, about 12-15 minutes.

Place chick peas, garlic, cauliflower, tahini, lemon juice, garlic, salt into food processor.

Start and slowly add oil until it comes together. Add more oil or water for desired consistency.

Add salt to taste.

# THAI ZUCCHINI NOODLE SALAD

*- By Alex Trujillo, The Patio Restaurant -*

## INGREDIENTS:

16 oz. fresh zucchini noodles

1 cup rice noodles cooked

1 cup shredded kale

1 carrot (julienne diced)

¼ red bell pepper (julienne diced)

8 mushrooms sliced thin

4 scallions fine chopped

Asian dressing (½ cup soy sauce, ½ cup sweet chili sauce, ¼ cup orange juice, ¼ cup brown sugar, 1 tbsp. ginger grated)

## DIRECTIONS:

Toss all fresh ingredients together with Asian dressing.

Serve chilled.

# SPINACH AND SHRIMP BISQUE

*- By Alex Trujillo, The Patio Restaurant -*

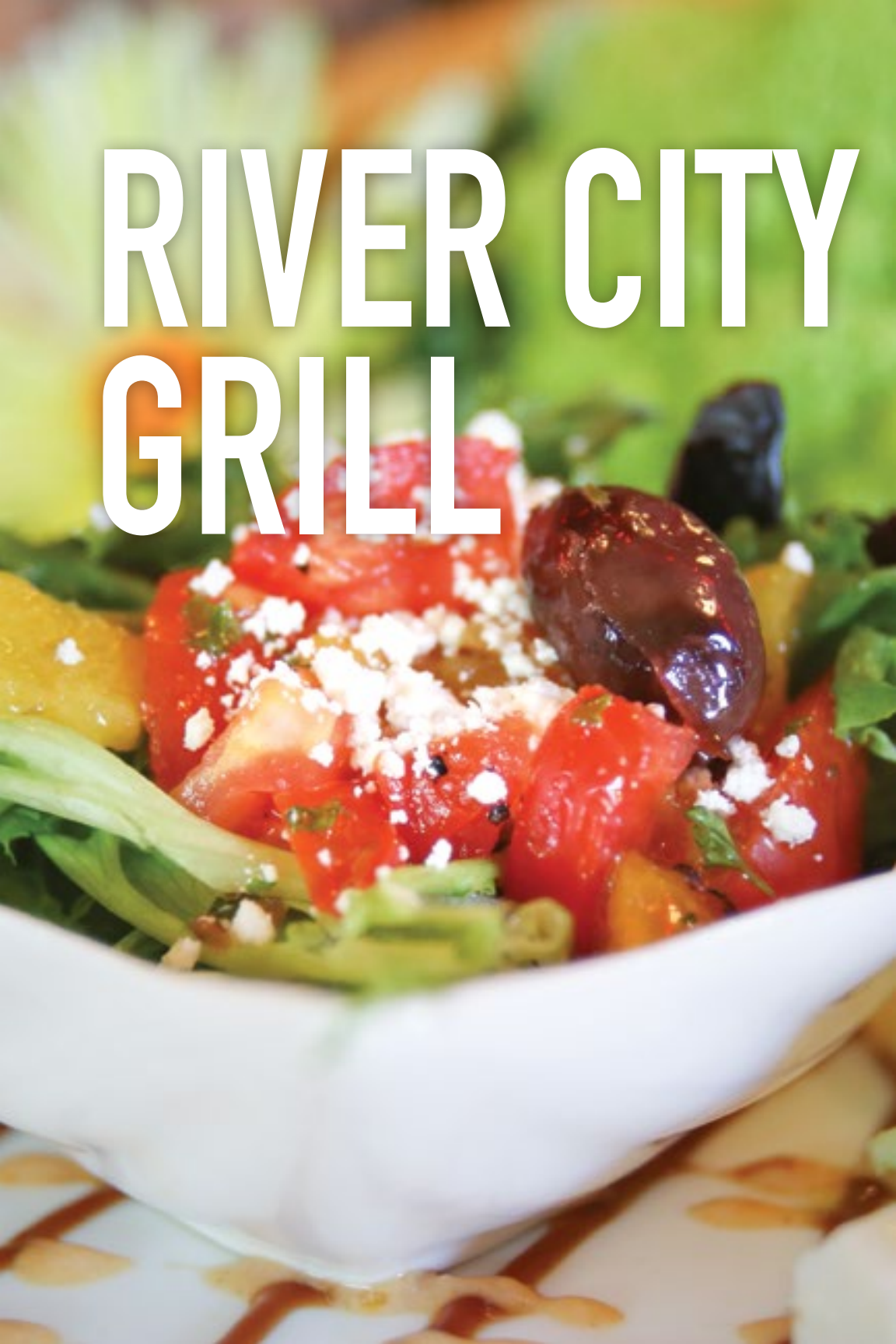
## INGREDIENTS:

½ yellow onion, diced small  
2 stalks celery, diced small  
1 carrot, peeled and diced small  
2 qt. shrimp stock  
1 lb. arugula  
1 lb. baby spinach  
Optional - ½ cup cream and 2 tbsp. butter  
1 cup diced cooked shrimp

## DIRECTIONS:

Place onion, celery and carrots in sauté pan and sauté lightly.  
Add spinach and arugula and continue to sauté.  
Add shrimp stock, allow to simmer about 20 minutes.  
Carefully puree soup with hand blender adding salt and pepper to taste.  
Add in cream and butter if desired.

# RIVER CITY GRILL



# VEGETARIAN BROCCOLI CAKES

*- By River City Grill -*

## INGREDIENTS:

2 ½ cups chopped broccoli  
¾ cup coconut flour  
2 eggs  
1 tsp. dijon mustard  
1 tsp. chopped garlic  
2 tbsp. olive oil  
Salt and pepper to taste

## DIRECTIONS:

Rough chop steamed broccoli in a food processor. Add to a bowl of remaining ingredients.

Form into 2 inch patties and cook on a flat top grill or skillet with vegetable oil until golden brown and crispy.

# AGUA FRESCA CELERY

*- By River City Grill -*

## INGREDIENTS:

1 stock celery  
2 cups sugar  
4 lemon  
1 gallon water

## DIRECTIONS:

Clean and take leafs off celery.

Chop Celery.

Place in a large container with sugar, lemon juice and water.

Blend, strain, and serve over ice.

# CILANTRO PESTO

*- By River City Grill*

## INGREDIENTS:

2 cups packed cilantro with stems  
2 tbsp. chopped garlic  
¼ cup roasted walnuts or cashews  
½ cup grated Parmesan  
⅓ - ⅔ cup olive oil  
Salt and pepper to taste

## DIRECTIONS:

Roast cashews or walnuts in oven and set aside.

Clean cilantro with cold running water and let dry in colander.

Puree all ingredients in blender.

Salt and pepper to taste.



# CREAM OF ASPARAGUS SOUP

*- By River City Grill -*

## INGREDIENTS:

2 lbs. asparagus with the tough ends snapped off  
2 tsp. unsalted butter  
1 medium onion  
2 tsp. garlic  
6 cups chicken broth  
½ cup heavy cream  
Salt and pepper to taste  
¼ cup white wine

## DIRECTIONS:

Melt butter over low heat and sauté onions until translucent, add garlic and then deglaze with white wine and chicken stock.

Add remaining ingredients and puree.

Let cook about 15 minutes, strain and serve.

Thicken with cornstarch if desired.

# TAKOS & BEER



# SALMON TAKO WITH ARUGULA AND NAPA CABBAGE SLAW WITH DATE JALAPEÑO SAUCE

*- By Eddie Guzman, Takos and Beer -*

## INGREDIENTS:

8 oz. fresh Salmon

## SLAW INGREDIENTS:

1 cup Napa cabbage

½ cup arugula

1 lime

Salt and pepper to taste

## SAUCE INGREDIENTS:

4 dates

2 oz. red pepper

2 oz. yellow pepper

2 oz. green pepper

1 oz. jalapeño

1 tbsp. agave syrup

2 tbsp. rice vinegar

Salt and pepper to taste

Corn or flour tortillas

## DIRECTIONS:

Season the salmon with salt and pepper and sear in a non-stick skillet with olive oil.

Sauce - Dice all peppers. Preheat skillet and sauté until soft. Add dates, vinegar, agave, salt and pepper to taste.

Serve with corn or flour tortillas.

# CAULIFLOWER & BROCCOLI MAC-CHEESE

- By Eddie Guzman, Takos and Beer -

## INGREDIENTS:

2 cups of elbow pasta  
2 cups heavy cream  
1 cup white cheddar cheese  
1 cup Gruyere Cheese  
1 Cup Jack Cheese  
1 Cup Swiss cheese  
1 Cup Parmesan cheese  
½ cup Queso Fresco  
1 tsp. fresh garlic  
1 head of fresh Cauliflower  
1 head broccoli  
Salt and white pepper to taste

## DIRECTIONS:

Cook pasta according to instructions on the box and transfer to a cool pan (don't rinse the pasta).

In a saucepan, heat cream. When it gets warm add all cheeses.

Meanwhile heat sauté pan and sauté cauliflower and broccoli.

Add salt and white pepper to cheese sauce and vegetables.

When cheese melts add all ingredients together.

# CREAM OF SPINACH AND ASPARAGUS SOUP

*- By Eddie Guzman, Takos and Beer -*

## INGREDIENTS:

1 cup white diced onion  
1 cup diced celery  
1 cup chopped asparagus  
2 cups fresh spinach  
1 tbsp. fresh garlic  
1 cup diced golden potatoes  
1 tsp. fresh thyme  
4 cups of chicken or vegetable stock  
4 cups of heavy cream  
Salt and pepper to taste

## DIRECTIONS:

Sauté onions, celery, and asparagus in a soup pot until tender.

Add garlic, potatoes and stock.

Add cream, thyme, spinach and salt and pepper to taste.

Cook for about an hour on low heat.

# AHI TUNA TAKO

- By Eddie Guzman, Takos and Beer -

## INGREDIENTS:

- 8 oz. fresh Ruby Red tuna
- 1 oz. sweet & sour sauce
- 1 tsp. ground mustard
- 1 tsp. soy sauce
- 1 tsp. tamarind paste

## FENNEL SLAW INGREDIENTS:

- 2 cups fresh fennel
- 1 cup jicama
- ¼ cup cilantro
- 1 fresh lime
- Salt and pepper to taste

## CILANTRO AIOLI INGREDIENTS:

- 1 cup mayo
- 1 tsp. blue agave
- 2 tsp. lime juice
- 4 oz. cilantro
- 1 garlic clove
- 1 roasted serrano
- Salt and pepper to taste

## DIRECTIONS:

FOR THE AHI - dice tuna and mix with sweet and sour, mustard, soy sauce and tamarind.

FOR THE SLAW - combine shredded fennel and jicama, chopped cilantro, and squeezed lime. Add salt and pepper to taste.

FOR AIOLI - add everything to a blender until smooth.

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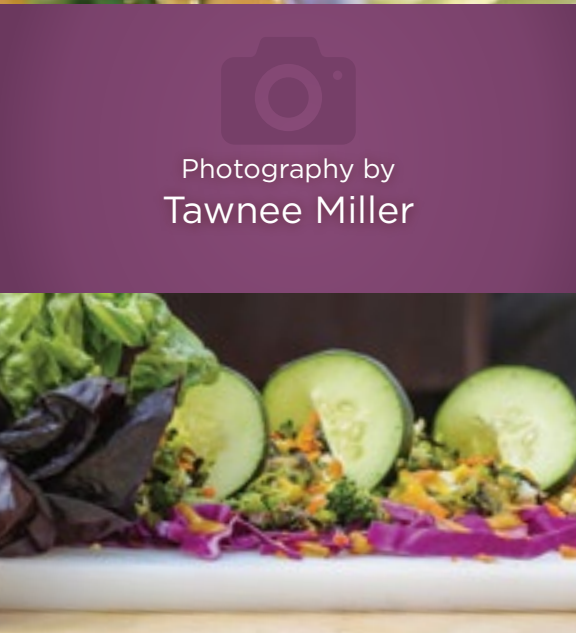
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Photography by  
Tawnee Miller





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