

# Fresh Festive

● Holiday 2013

Vol. 1, Issue 1

**40** FRESH  
RECIPES

**3** DIY CRAFT  
PROJECTS

**2** WAYS TO  
WIN CASH

**35** HOLIDAY  
PLANNING TIPS



**BONUS**  
Printable  
Recipes  
p.28-38



# Pin it to WIN IT

Starting  
Now thru  
Dec. 6!

#FreshFestive Holidays  
Pin It To Win It Inspiration board for a fresh and festive holiday season.



## RULES FOR CONTEST ENTRY

To enter to win one \$250 Visa gift card, create a new holiday inspired board titled #FreshFestive Holidays and fill it with pins that inspire your holiday season.

Visit the [#FreshFestive Party Board](#) to see our Fresh & Festive holiday inspiration.

Entries will be accepted until December 6, 2013 11:59PM EST

The \$250 Visa gift card winner will be notified via their winning board on December 7, 2013 by [@CoryanneEttiene](#).

**DISCLAIMER:** This contest has NO AFFILIATION with Pinterest as a company and/or business entity and is sponsored by Fresh & Festive.

**Winner Announced**  
December 7, 2013

## Table of Contents

### FEATURED RECIPES

- 6 Christmas Date Bread
- 10 Apple Bourbon Spice Cake
- 14 Mixed Berry Pavlova
- 18 Gluten Free Holiday Stuffing
- 22 Tomato & Scalloped Potato Gratin

### FRESH FARM STORES

- 8 **Natural Delights: Medjool Dates**  
With an 8,000-year history, dates are the oldest cultivated fruit in the world. It's no wonder that this all-natural energy booster has endured. Sink your teeth into a Medjool date and you'll understand why. Get more delicious scoop.
- 12 **Stemilt: Piñata Apples**  
Stemilt grows and supplies the best tree fruits for you to enjoy. The Mathison family, who own and operate Stemilt, have been farming apples, pears, cherries, and stone fruits in Washington State for 100 years. Learn all about our world famous fruits, including our signature apple, Pinata®.
- 16 **Cal Giant: Blueberries & Blackberries**  
Based in Watsonville, CA, our family-owned operation grows and provides berry lovers with superior quality strawberries, blueberries, blackberries and raspberries. Get more berry buzz.
- 20 **Duda Fresh Farm Foods: Celery**  
After growing celery for over eighty-five years, this family business has more than inspiring recipes and tips to share about their Dandy® line of products. Learn more about their legacy.
- 24 **SUNSET®: Campari & Y.E.L.O.™ Tomatoes**  
Our roots span almost sixty years to the founding of the greenhouse industry. Before Grandpa Umberto Mastronardi came along, there were no commercial greenhouses in North America. Today, we've changed that. Find out why we're #InspiredByFlavor.

## 4 Host a Fabulous Holiday Party

Learn how to prepare a holiday party for your friends and loved ones that they will never forget!



# Be the *Hostess* with the **MOSTEST**

## 10 Tips for hosting a fresh & festive holiday dinner party

1. **Mark your calendar:** It goes without saying that your holiday calendar should have the parties you are both hosting and attending. But there are endless other tasks that frequently leave us in a last minute panic that should also be noted to ensure that we make it through the holiday season fresh and festive. Be sure to allocate time for buying or making hostess gifts, grocery shopping, cleaning out the coat closet and most importantly taking the night off to re-charge between busy periods.
2. **Rent what you need:** Having limited dishes, tables, chairs, linens and stemware should not inhibit you from hosting a large festive event. As soon as you decide to host a large party, the first call you make should be to a party rental supply company to ensure they have everything on hand to help you pull off a fabulous event.
3. **Stock your pantry:** Ensure that you have a fully stocked pantry, and freezer as the party approaches to prevent last minute dashing from shop to shop. The added benefit of having a stocked pantry is being able to accommodate last minute dietary requests or be able to deliver a quick meal if unforeseen cooking disasters strike.
4. **Revamp your home bar:** Keep the party going with a fully stocked bar. Replace those seldom used, dusty bottles with new ones. While they do have a long shelf life, serving up a year old, half empty bottle of brandy will give your cocktail the antique effect that your guests won't appreciate. Stock the bar with light and dark beer varieties, mixers, fresh garnishes, and especially the essentials for the signature cocktail you plan to serve.

5. **Clean out your fridge:** Serving a menu full of fresh food means that most of the shopping needs to be done a day in advance of the party to ensure that it is served at its best, often taking up a great amount of space in an already packed fridge. The day before the party, clean out your fridge to make room for your fresh produce and those dishes that can be made ahead and stored in the fridge overnight.
6. **Arrange a greeter:** Hiring a butler for the night is an amazing treat, but not in everyone's budget. Instead, hire a local college student to answer the door, hang up coats and then lend a hand in the kitchen when you need it.
7. **Adorn your table:** When considering your table décor, think about how you want your guests to feel when they sit down to enjoy the meal. Take inspiration from your menu to capture the heart of the festivities and stick with 2-3 colors to build your décor around. Mixing eclectic vintage pieces with modern dishes and accenting with natural holiday décor is a great way to capture the modern farm-house style with little to no cost.
8. **Consider the conversation:** Take all the stress over table conversation topics by defining a seating plan that allows everyone to hear the conversation and removes any hint of seating cliques. When defining your seating plan, ensure that single guests and those with hearing problems are placed in the center of the table, and split up couples and/or best friends to give everyone a chance to mingle at the dinner table.
9. **Be prepared for the unexpected:** A dinner party disaster is the last thing any host wants to prepare for, but something that even the most veteran of hosts has encountered. If the red wine reduction burns or the power fails, remember that a calm host who faces the trial with confidence and humor will give their guests a night they can both laugh about and enjoy without letting a few disastrous moments get in the way.
10. **Know how to end a party:** The side effect of hosting a fabulous party is that often times the guests are having too much fun to know when to leave. Changing the tempo of the music, blowing out the candles, transitioning from cocktails to coffee and wrapping up left overs is a sure fire way to signal that the party is over without insulting your guests.

**GET INSPIRED!**

Visit the [#FreshFestive Party Board](#)





# CHRISTMAS DATE BREAD

Recipe From: Coryanne Ettiene | Featuring: Natural Delights Medjool Dates

There is a running joke in our home that the secret ingredient to most of my dishes is the Medjool date, and that would not be far from the truth. I love how versatile and naturally sweet they are, complimenting fiery dishes, playing well with creams and simply melting in your mouth when fresh. This recipe for Christmas Date Bread is inspired by my love of Christmas pudding bread, and the Natural Delight date roll that is bursting with fresh dates and coconut. Best served warm, this is a dense cake sweetened by the dates, and scented with the aromas of Christmas. I love baking this into mini loaves and passing them out to our neighbors on Christmas Eve! Simply them wrap in parchment paper and tie with jute rope for a “fresh from the oven” look.

### INGREDIENTS

- 2 cups of Medjool dates, pitted and chopped
- ¾ cup of chopped almonds
- 1 cup of coconut milk
- ¾ cup of freshly squeezed orange juice
- ½ stick of unsalted, room temperature butter
- 1 large egg, room temperature
- 1 teaspoon of vanilla extract
- 1 orange, zested
- 2 cups of all purpose flour
- ¾ cup of lightly packed brown sugar
- 2 teaspoons of baking powder
- 1 teaspoon of baking soda
- 1 teaspoon of table salt
- 1 teaspoon of ground cinnamon
- 1 teaspoon of ground nutmeg

### PREPARATION

Pre-heat your oven to 350F. Add the dates and coconut milk to a medium mixing bowl and allow them to steep for 30 minutes. In a medium mixing bowl, combine the flour, baking soda, baking powder, salt, cinnamon and nutmeg and whisk together until the dry bowl is fully blended, then set aside. In a large mixing bowl, add the butter and the sugar, beating them until they create something resembling a paste. To that bowl, add the eggs, zest and vanilla extract, and then beat the ingredients together for 1-2 minutes, or until fully blended. Add a small amount of the dry mixture to the egg batter, and beat until blended. Then add a splash of the OJ to the egg batter; beating until blended. Alternate between the dry mix and the OJ until everything is fully blended in the large bowl. Complete the batter by folding in the almonds, and the coconut milk and date mix. Pour into a loaf tin lined with parchment paper and bake for 25 minutes for mini-loafs, 60 minutes for standard loaf sizes.



**Coryanne Ettiene** is a Kitchen Living Expert, TV host, columnist and blogger who believes that life is more delicious spent at the kitchen table with the ones you love. Passionate about fresh ingredients, signature cocktails and a well organized kitchen, Coryanne lives in Seattle WA with her husband, 3 children and 2 rather spoiled pooches.

Connect with Coryanne

## Giving Back

“Sharing kindness with our neighbors is a big thing in our home. Something as simple as a pot of chicken soup when a neighbor is ill, to a hand picked basket of apples is how we give back all year long.” - C.E.

## 5 Fresh & Festive Holiday Tips

### 1. Relax and let the season unfold.

Remember that despite all your careful planning, the moments that people will remember most fondly are the spontaneous ones that no one saw coming.

### 2. Always have gifts for those last minute exchanges.

Make a batch of infused sugars and salts and place them into decorated jars and leave them within reach to avoid those embarrassing moments when you need a gift in a hurry.

### 3. Make friends with your green grocer, butcher and baker.

Never overlook the importance of knowing the people that supply you with the food you eat. It is amazing the gems you can carry home when you make friends with the right people.

### 4. Take inspiration from natural elements.

Holiday decorating need not be expensive, sometimes something as simple as a gold dipped pine cone can add the most impactful, and least expensive focal point to a table.

### 5. Make it a family affair.

So many holiday parties focus on cocktails and dinner parties. However, scheduling a brunch not only gives you more flexibly with your menu, but it allows you to spend more time celebrating with the people you hold most dear.

## Tweetable Tip

Make a batch of infused sugars and salts and place them into decorated jars for those last minute gifts!





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28-29

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**NATURAL DELIGHTS**  
FRESH MEDJOOL DATES

## MEDJOOL DATES, A NATURAL HOLIDAY DELIGHT.

**W**ith an 8,000-year history, dates are the oldest cultivated fruit in the world. It's no wonder that this all-natural energy booster has endured. Sink your teeth into a Medjool date and you'll understand why. Bursting with flavor and nutrition, the deliciously chewy Medjool takes your palate on a tour: from honey-like richness to brown-sugary sweetness, with detours that lead your taste buds to hints of caramel and the subtlest trace of cinnamon.



Unmatched flavor isn't all Medjool dates bring to the table. This portable energy source is perfectly designed for active lifestyles, packed with potassium and manganese and is both sodium and gluten free.

Natural Delights Medjool dates are grown in the Bard Valley of the southwestern United States, just outside of Yuma, Arizona. Here, the sunny climate and waters of the lower Colorado River combine to create the ideal birthplace for Medjools.

### Delightful Tips

- We recommend you enjoy your Medjool dates within 30 days of purchase.
- It's not necessary to refrigerate your Medjool dates, but it may extend their shelf life.
- Stuff with peanut butter or almond butter for a healthy snack.

### 7 Interesting Facts About Medjool Dates

1. Hand Harvested in the USA
2. Gluten Free
3. No Added Sugar
4. High in Fiber
5. Packed with Protein
6. Calms Muscle Inflammation
7. Boosts Energy

### Medjool Date Bon Bons



#### INGREDIENTS:

8 Large Pitted Medjool Dates, 1 cup Vanilla bean ice cream, 1 cup Milk chocolate, melted, 1 cup Toasted, sliced almonds  
2 tsp Powdered sugar (optional)

#### PREPARATION:

Stuff a few pieces of toasted almonds into each pitted Medjool date and then fill with ice cream. (If pitted Medjool dates are not available, use regular Medjool dates and slice one side of the date lengthwise to remove the pit.)

Place stuffed dates back into freezer and allow to harden. Work in small batches to keep everything cold and the ice cream frozen.

When Medjool dates are hard, melt the chocolate, remove Medjool dates from freezer and dip in melted chocolate. Place on wax paper and return to the freezer.

Serve garnished with the remaining almonds and lightly dust with powdered sugar.

Connect with Natural Delights





# APPLE BOURBON SPICE CAKE

Recipe From: Heather Scholten | Featuring: Piñata Apples from Stemilt Growers

When I think of fall, the first thing that pops into my mind is the wonderful crunch of a perfectly ripe apple. Cooking with fresh apples is always a fall treat, whether it's sautéing them with a bit of butter and cinnamon for a quick side dish with pork chops or dicing them up and making a moist spice cake, nothing compares, in my humble opinion. This apple bourbon cake is very moist, that splash of bourbon takes a typical spice cake to a whole new level, and is full of flavor thanks to the Stemilt Piñata® apple which is crisp and juicy with all the classic apple flavors that you love, and a unique tropical finish that offers that extra special touch this time of year.

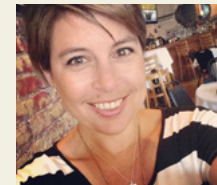
It is a good choice for those with a gluten-intolerance.

## INGREDIENTS

3 apples such as Stemilt Piñata apples,  
2 peeled, cored and diced, 1 peeled  
and sliced thin into rounds  
1 lemon, juiced  
1 ½ sticks unsalted butter plus more for  
buttering pan, room temperature (12  
tablespoons)  
¾ cup raw turbinado sugar  
1 tablespoon pure maple syrup  
3 eggs, separated  
1 1/3 cups fine almond meal  
1 ½ teaspoons baking powder  
1 teaspoon cinnamon  
1/8 teaspoon nutmeg  
2 tablespoons bourbon  
Confectioners' sugar for dusting

## PREPARATION

Preheat oven to 300° F. Butter a 9-inch spring form pan and set aside.  
  
In a medium bowl, add the diced apples and half of the lemon juice. Toss to combine and set aside. In a small bowl add the thinly sliced apple rounds and toss with remaining lemon juice. Set aside.  
  
Cream butter, sugar and maple syrup until light and fluffy, about 2 minutes. Add egg yolks and beat until thoroughly combined. Add almond meal, baking powder, cinnamon and nutmeg, stir until just combined.  
  
Beat egg whites until stiff peaks in another bowl. Lightly fold half of the egg whites into the almond mixture as to not deflate the stiff whites. Repeat with remaining egg whites. Fold in the bourbon, apple chunks and any juice from the apples. Pour into prepared springform pan. Lightly press the apple rings into the top.  
  
Bake 1 hour 20 minutes, or until a cake tester or toothpick comes out clean. Allow to cool 30 minutes before removing from springform pan.  
  
Dust with confectioners' sugar and serve warm.



**Heather Scholten** is the owner of Farmgirl Gourmet. A recipe developer, photographer and organic gardener, Heather inspires her readers to think outside the box and make real food from local, sustainable and home grown sources.

Connect with Heather

## Giving Back

“I am a firm believer in what you give you get, therefore I give back to my friends and family year round. Whether it's fresh vegetables from my abundant garden in the summer, a seat at the Thanksgiving table or a helping hand when it's needed most.” - **H.S.**

## 5 Fresh & Festive Holiday Tips

### 1. Check your spice cabinet.

Do you still have that bottle of whole cloves in the cupboard from 1983? If so, maybe it's time for a spice cabinet makeover. Spices are similar to coffee and lose their potency over time and exposure to light. Make sure you have fresh cinnamon, cloves, ginger and nutmeg for all of your holiday baking.

### 2. Make ahead.

When the holiday season hits, it's go time and unexpected guests are a given. To feed hungry visitors, make sure you have an assortment of jams, pickled veggies and even a bottle of infused vodka for a quick and tasty appetizer. A little cheese, some pear jam and crackers and you'll be the hostess with the mostest.

### 3. Bake in bulk.

The holiday season is always filled with delicious treats. If cookies are on your baking list, make an extra batch and freeze. They defrost quickly when you need a last minute sweet treat.

### 4. Start early.

Plan out the holiday menus in advance. Make a list of food ideas or cut out recipes from magazines and keep them in a folder for easy access once the holiday is near.

### 5. Make it personal.

Nothing says I love you more than a handcrafted item. Make your holiday gifts personal this year by giving homemade vanilla in reclaimed bottles or making your own paper gift tags from recycled paper mixed with water and flower seeds, cut into shapes and dried. The recipient can plant your tag in the spring and remember you all summer long with beautiful flowers.

## Tweetable Tip

**A little cheese, some pear jam and crackers and you'll be the hostess with the mostest.**





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32-33

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## PIÑATA® APPLES, A SWEET BAKING SENSATION.

**S**temilt Growers is a leading tree fruit company based in Wenatchee, Washington. The company is owned and operated by the Mathison family with roots tracing back to 1893 when the first generation of Mathisons homesteaded 160 acres on Stemilt Hill.

Today, the Mathison family carries on the traditions established over 100 years ago.

Stemilt grows, packs, ships and markets fresh apples, pears, cherries, peaches, nectarines and apricots to stores worldwide. You may already be familiar with Stemilt's products because they are the ones wearing a ladybug sticker, right on the fruit.

At Stemilt, the ladybug is not only a celebrated insect amongst orchard farmers, but is also a symbol of the company's dedication to practicing sustainable agriculture through its program, Responsible Choice.

Responsible Choice is centered on three areas of responsibility: Social efforts, the environment and economic efficiencies. The company's focus on social efforts stem from the core belief that people power the business while the commitment to the environment and economic efficiencies ensure that Stemilt will be a sustainable business for future generations.

### What is a Piñata® Apple?

Piñata is an exclusive apple variety with heirloom parentage grown by Stemilt in Washington state. If you haven't tried it, you must add it to your holiday menu because the flavor profile is sweet and delicious. The apple is a cross between Golden Delicious, Cox's Orange Pippin, and the Duchess of Oldenburg varieties, giving the apple a unique flavor with a tropical finish. Piñata apples are perfect for baking, snacking, or using in creative dishes. Find out where to buy Piñata Apples: [facebook.com/PinataApple](https://facebook.com/PinataApple)

### 7 Interesting Facts about Apples:

1. There are more than 7,500 apple varieties grown worldwide. Stemilt grows 12 varieties in Washington State.
2. Apples are the original super food and contain many beneficial nutrients that protect the body from cancer and helps maintain brain health.
3. Pectin in apples supplies galacturonic acid to the body, lowering the need for insulin and assists in managing diabetes.
4. Studies have shown that people who eat one large apple per day can lower their cholesterol up to 11%!
5. Apples contain boron, which strengthens bones.
6. You have been enjoying our organic products since 1989.
7. Maintaining a healthy weight is easier to do with apples as they contain 5 grams of fiber, helping you feel full and satisfied.

Connect with Stemilt





# MIXED BERRY PAVLOVA

Recipe From: Sam Henderson | Featuring: California Giant Berries

Pavlova is food synergy. A few simple elements come together to make up a dessert that is even better than the sum of its parts. Named after the famed ballerina, the Pavlova is light and airy with a marshmallow like center. Fresh California Giant berries rest on a pillowy cream top and a sweet yet slightly tart berry sauce finishes it all off. This dessert is a crowd pleaser any time of the year.

## INGREDIENTS

### FOR THE BASE:

- 5 egg whites
- pinch of salt
- 1 ¼ cups superfine sugar (if you don't have superfine sugar, grind some sugar in the food processor for about 30 seconds)
- 2 teaspoons cornstarch
- 1 teaspoons white vinegar
- ½ teaspoon vanilla extract

### FOR THE TOP:

- 1 cups heavy whipping cream
- 1 ½ tablespoons confectioner's sugar
- ¾ teaspoon vanilla
- 1 cup blueberries
- 1 cup blackberries
- 1 cup red raspberries

### FOR THE SAUCE:

- 2 cups red raspberries
- 3 tablespoons sugar

## PREPARATION

**FOR THE BASE:** Separate egg whites and set aside at room temperature for 30 minutes. Preheat oven to 300°. In a clean, oil-free mixing bowl, whisk egg whites and salt on medium-high to high speed until soft peaks form. Gradually add superfine sugar (1 tablespoon at a time) until the sugar is incorporated and glossy, stiff peaks form. Add cornstarch, vinegar, and vanilla and gently fold just until incorporated. Turn batter out in a mound in the center of a parchment lined baking pan. Use a rubber spatula to press the batter outward to form a circle approximately 9 or 10 inches in diameter, leaving a bit of a depression in the center to serve as the bowl for the cream and berries. Place the pan in the oven on the center rack. Turn the oven down to 180° and bake for 90 minutes. At 90 minutes, turn the oven off and open the door. Allow the cake to cool on the rack before gently removing parchment paper.

**FOR THE TOP:** Whisk together the cream, sugar, and vanilla in a chilled bowl until soft peaks form. Spread the cream on top of the meringue base pushing it out to the edges, but not over. Distribute the blackberries and raspberries evenly over the top of the cream. Fill in any remaining spaces with blueberries.

**FOR THE SAUCE:** Puree raspberries in a food processor until smooth. Press the puree through a fine mesh strainer with the back of a spoon. Discard the seeds. Place the strained puree in a small saucepan with sugar. Heat over medium-low heat until slightly thickened and sugar is dissolved. Cool slightly. Pour over dessert to serve.



**Sam Henderson** is a freelance writer/photographer from Dallas specializing in food, design, travel, and lifestyle. He is also the creative mind behind the food and lifestyle blog, Today's Nest.

## Connect with Sam

# Giving Back

“Throughout the year, I volunteer at our local animal shelter, providing attention (and walks) to the abandoned pets there. My kids and I often get involved in Food Bank drives. It is so important to teach them charity and compassion.” - **S.H.**

# 5 Fresh & Festive Holiday Tips

## 1. Make homemade pie crust.

If you are taking the time to make pie crust from scratch, make a couple extra batches. Wrap the dough discs tightly in plastic wrap and seal them in a freezer bag. You'll be ready for any dessert emergency (or quick quiche) as frozen pie crusts can last for at least 2-3 months.

## 2. Be creative with your tree.

Add some drama to your tree by clustering groups of ornaments together. Choose a variety of sizes and make several clusters of 4-7 ornaments. You can vary the colors or go for a more monochromatic scheme.

## 3. Embrace tradition.

Include fun and free (or at least cheap) traditions for your family. These are the things they will remember long after the shine has worn off their gifts. Consider an annual holiday lights viewing with an individual travel hot cocoa for everyone in the car or maybe an annual volunteer weekend.

## 4. Wrap in style.

Simplify your gift wrapping. I like to use one color (think neutral) as the base for my packages and then build from there. I often purchase other papers and make a wide 'band' of it to wrap around the package already wrapped in my base paper. This allows you to use the base year round and change out the accessory paper by season/holiday.

## 5. Make it a family affair.

Get your kids in the kitchen to help with every holiday meal possible. The sights, sounds, taste, and feel of making holiday meals create irreplaceable memories. As a bonus, this provides a great opportunity for conversation (and singing holiday songs).

# Tweetable Tip

**Pie Crust from scratch? Make a couple extra batches! It'll last for 2-3 months in the freezer.**





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32-33

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# BLUEBERRIES & BLACKBERRIES TWO NEW HUES FOR THE HOLIDAYS.

**B**ased in Watsonville, CA, our family-owned operation grows and distributes a year-round supply of superior quality strawberries, blueberries, blackberries and raspberries. Since 1970, our goal has been to produce the most perfect berries for our customers. Along with that goal, our business is founded on concern for the environment, food safety, quality products and our communities.

Speaking of “concern for the environment”, we pack your berries in 100% recyclable clamshell containers (a “clamshell” is what we call the carton or container in which our berries are sold – if you take a look at one, it makes sense!). In addition, drip irrigation allows us to deliver only the necessary amounts of water and nutrients to our crops. Also, soil health is critical to ensure a healthy plant and a high quality, flavorful crop. So, crop rotation and composting are essential parts of our agricultural practices. Lastly, we use a big bug vacuum. Seriously!

## 5 Giant Tips

- Blueberries can last up to two weeks if refrigerated and kept dry.
- Don't wash blueberries until ready to serve. And since they don't require any prep work, you can just rinse and enjoy!
- Refrigerate blackberries for 1 to 3 days after purchase.
- Make sure to keep blackberries dry and eat them as soon as possible after purchase.
- Rinse blackberries under a cool, gentle stream of water immediately prior to serving.

## Giving Back



**Concern for our communities is a pillar of our company and we support multiple causes each year. Recently we partnered with the film Cloudy with a Chance of Meatballs 2 and several other leading produce companies to support Feeding America during Hunger Action Month. Together we donated over 200,000 pounds of produce to Feeding America! We don't limit our philanthropic giving to hunger causes alone. We regularly promote National Breast Cancer Awareness Month with our Think Pink! Campaign (if pink's your thing, check out our site in October!), and support other national and local charities such as Jacob's Heart Foundation and CASA of Santa Cruz County, as well as almost a dozen youth sports teams in our area.**

Connect with California Giant Berry Farms





# GLUTEN FREE HOLIDAY STUFFING

Recipe From: Carolyn Ketchum | Featuring: Duda Farm Fresh Foods Dandy® Celery

Celery is the backbone of almost any great bread-based stuffing recipe. You don't necessarily think about it when it's there, but if it were absent, you would miss it. It adds crunch, it adds flavor, it gives the stuffing its earthy, homey, comfort-food quality. I always add a little extra celery to my stuffing recipes. And this is hands-down my family's favorite gluten-free, low carb stuffing, based on my ever-popular Cheesy Skillet Bread. With three kids who rarely agree on anything, having a healthy, flavorful dish that they all love makes the holidays a little less stressful!

## INGREDIENTS

1 recipe [Cheesy Skillet Bread](#)  
1 pound spicy Italian sausage  
1 cup diced Dandy® celery  
½ cup diced onion  
2 garlic cloves, minced  
1 teaspoon dried sage  
½ teaspoon kosher salt  
¼ teaspoon black pepper  
½ cup low sodium chicken broth  
2 large eggs  
¼ cup heavy cream

## PREPARATION

A day in advance, make the skillet bread and cube into ½ inch pieces.

Preheat oven to 200F. Spread bread cubes on a large baking sheet and bake 2 to 3 hours, until well dried and crisp. Let sit out overnight to continue to dry.

Heat a large skillet over medium heat and add sausage; sauté until just cooked through, about 6 minutes, breaking up large chunks with a wooden spoon.

Using a slotted spoon, transfer sausage to a large bowl. Add celery, onion, garlic, sage, salt and pepper to skillet and sauté until tender, about 5 minutes.

Add to sausage.

Preheat oven to 350F and butter a large 13x9 inch glass baking dish. Add cubed bread to sausage mixture. Add chicken broth and toss to combine. In a medium bowl, whisk eggs with cream and pour over mixture in bowl. Toss until well combined and transfer to prepared baking dish. Bake 35 minutes, uncovered, until top is crusty and browned.



**Carolyn Ketchum** is the writer, photographer and almond flour wizard behind All Day I Dream About Food, a low carb and gluten-free food blog. Her mission is to prove to the world that special diets need not be boring or restrictive, and that low carb, gluten-free dishes can be just as good or better than their sugar and flour-filled counterparts.

Connect with Carolyn

## Giving Back

"Giving back shouldn't be restricted to the holiday season. We have begun a tradition around our kids' birthdays where we collect toys for less fortunate families. It's tough for my three young kids to see the toys being given away, but it's a valuable lesson that sets the stage for future understanding." - **C.K.**

## 5 Fresh & Festive Holiday Tips

### 1. Employ the boyscout's motto: be prepared.

Whether celebrating at home or at a friend's house, you will need to think ahead to the season's festivities and make sure you have enough of your own goodies to ward off temptation. Stock up and freeze things in advance so that you always have some ready to go.

### 2. Do your research.

These days, there is someone out there creating great recipes that meet your dietary needs. Don't feel you have to go it alone; avail yourself of all that the internet has to offer so you can create delicious holiday dishes that taste as good or better than their conventional counterparts.

### 3. Don't be afraid to ask what's in a dish.

Well-meaning friends and family don't always know what contains gluten or how high carb certain foods are. If your health is at stake, it's never rude to simply ask for a quick rundown of the ingredients.

### 4. Offer to bring a dish...or three.

Bringing your own favorites to the table allows you to indulge as you wish, without fear of compromising your health. Or offer to host the event so you can control the whole menu.

### 5. Be prepared to share.

Many people perceive gluten-free, low carb, dairy-free or vegan dishes to be flavorless and dry. Nothing could be further from the truth! Show them what they're missing by preparing some knock-out holiday dishes to your own dietary specifications. It's fun to see the surprise on their faces when it tastes really good.

## Tweetable Tip

**Bring your own favorites to the table to indulge, without fear or compromising your health.**



## Holiday Celery Wreath

### Ingredients:

1 lb. refrigerated bread dough  
1 package (8 oz) cream cheese, softened  
½ cup sour cream  
2 tsp chopped fresh dill, or 1 tsp. dried  
½ tsp garlic powder  
1 cup Dandy® celery, diced  
1 cup fresh Dandy® broccoli florets, chopped  
¼ cup sweet red pepper, finely chopped  
¼ cup mini Dandy® Radish Ministicks™  
Dandy® celery leaves for garnish

### Directions:

1. Remove dough from packaging and divide into 16 rolls—one ounce each. Arrange in a circle on an ungreased 14-inch pizza pan.
2. Bake at 375 degrees for 15 to 20 minutes or until golden brown. Cool for 5 minutes before carefully transferring the wreath to a serving platter to cool completely.
3. In a small bowl, beat the cream cheese, sour cream, dill, and garlic powder until smooth.
4. Spread the cream cheese mixture over the rolls, and top with Dandy® celery and radishes, broccoli, and red pepper. Create a decorative “bow” with Dandy® celery leaves.

Printable  
Recipes pages  
32-33



## CELERY RE-IMAGINED.

**D**uda Farm Fresh Foods has been growing celery since 1926, after the company's founder, Andrew Duda, moved to the United States in search of the American dream in 1909.

Today, over 85 years later, the company's vision to provide freshness, flavor and quality products at an affordable price is still the primary goal.



Learn more about Duda Farm Fresh Foods and the Dandy® brand of products by visiting [www.DudaFresh.com](http://www.DudaFresh.com).

## Fresh Tips

- Look for bright green celery at the store
- Stalks should be smooth and without blemish
- The leaves should be green and hearty
- Store celery away from the coolest spot in the refrigerator
- Celery is best when used within 7 days of purchase

## 5 Creative Ways to Use Celery During the Holidays:

1. Bake a festive wreath topped with chopped celery, broccoli and radish for a proper red and green garnish.
2. Use the base of a stalk of celery to stamp rose shapes on homemade gift wrap.
3. Make an edible bouquet to be the star of your crudité platter.
4. Make single servings of dip and celery sticks in a clear glass for parties.
5. Use bright green celery leaves as a beautiful garnish to adorn any plated holiday dish.

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# TOMATO & SCALLOPED POTATO GRATIN

Recipe From: Hip Foodie Mom | Featuring: SUNSET Kumato Tomatoes

Every year, for the holidays, there’s sure to be a scalloped potato dish or casserole on our table. This side dish is a great accompaniment to turkey, whole roasted chicken or any protein for that matter. I love the addition of the fresh Sunset Grown Kumatoes, simply unique brown tomatoes, in this recipe. They add a slightly sweet and fresh flavor. For me roasted Kumato tomatoes, with a hint of garlic and a golden brown crust of cheese, is the ultimate topping over scalloped potatoes. Not only do they create a beautiful pattern and topping, but the Kumato tomatoes also enhance the dish well and go wonderfully with the potatoes. This dish is truly inspired by flavor. You’re never going to want plain scalloped potatoes again.

### INGREDIENTS

- Non-stick cooking spray
- 2 pounds Russet potatoes; washed, unpeeled and cut into ½-inch thick slices (for best results, use a mandoline slicer)
- 1 cup crème fraîche
- ¼ cup Dijon mustard
- Salt and freshly ground black pepper
- 1- 1 ½ cups freshly grated Gruyère cheese + more if desired (split)
- 2-3 sprigs fresh thyme; leaves only (split)
- 5-6 medium sized Kumato tomatoes; sliced
- 1-2 fresh garlic cloves; minced or finely chopped
- light drizzle of extra virgin olive oil
- ¼ cup breadcrumbs

### PREPARATION

- Preheat the oven to 375 degrees. Spray a casserole dish with non-stick cooking spray and set aside. Using a small mixing bowl, combine the crème fraîche and Dijon mustard and set aside.
- Layer the potato slices at the bottom of the casserole dish in an overlapping pattern and season with salt and pepper. Top the potatoes with a thin layer of the crème fraîche and Dijon mustard mixture, sprinkle on some fresh thyme and the gruyère cheese. Repeat this process two more times.
- Bake, uncovered, for 45 minutes. During the last 10 minutes, remove the casserole dish from the oven and top with the Kumato tomato slices, overlapping the Kumato tomatoes slightly to create a pretty pattern. Top the Kumato tomatoes with the garlic, very light drizzle of extra virgin olive oil, breadcrumbs, fresh thyme and the remaining gruyère cheese.
- Bake for the remaining 10 minutes and then broil (full broil at 500 degrees) for 2-3 minutes, keeping a close eye to ensure the casserole does not burn. This helps to create the nice, golden crust on top. Let cool for at least 10-15 minutes before cutting and serving.



**Alice Choi** is a wife, mother of two girls, recipe developer, food blogger, baker, and just a big foodie in general. Alice loves to experiment with new foods and vegetables and started Hip Foodie Mom as a way to share her love for cooking with the hopes of getting more people into their kitchens and cooking for their families. She cooks with fresh, local ingredients and is a huge Farmer’s Market enthusiast.

Connect with Alice

## Giving Back

“I try to volunteer at school and church as much as I can and always try to get involved in local community events. This is an exciting time for our family, as we are moving to Madison, WI in early November so everything will be new for us, with plenty of opportunities everywhere.” - **A.C.**

## 5 Fresh & Festive Holiday Tips

### 1. Cook and eat sensibly.

It’s no wonder gyms all across the country hit their highest membership numbers at the start of the New Year. Maybe it’s because we all indulge just a little too much over the holidays. I say cook and eat sensibly, keeping portion sizes in mind, while still saving room for dessert.

### 2. Keep it simple.

Keep the appetizers simple so you can focus on more complex main dishes. I love to serve lighter, healthier appetizers so your family and guests are sure to still have an appetite come dinner time. Serve raw veggies with dip, easy crostinis or a cheese platter with fruit and artisan crackers.

### 3. Have a plan.

If you are making multiple dishes, have a plan. Make sure you know what is going into the oven, when and in what order. I always map out our holiday dinner a few weeks in advance, which leaves plenty of time for grocery shopping and even a last minute change if anything unexpected comes up. Your holiday dinner won’t seem so overwhelming if you have everything planned out.

### 4. Get the family involved.

Get your children involved with the easy preparation. Older kids can help stir and mix things, set out appetizers, bake and decorate cookies or even assist in making a side dish.

### 5. Clean as you go.

Clean and wash dishes as you cook so there is less to clean up at the end of dinner. And if your sister-in-law offers to help do the dishes, let her!

## Tweetable Tip

**Cook and eat sensibly, keeping portion sizes in mind, while still saving room for dessert.**



# SUNSET® Fresh Y.E.L.O.™ Ratatouille

## Ingredients:

1 lb Y.E.L.O.™ Cocktail Tomatoes – halved  
1 small red onion – diced finely  
1 small red pepper – seeded/diced finely  
1 pc green zucchini – diced  
2 pcs mini cucumber – diced  
1 tbsp garlic puree  
1 tbsp pesto  
2 tbsp dried oregano  
½ cup grapeseed oil  
1 tbsp grainy mustard Salt and black pepper to taste

## Directions:

In a medium bowl add the grapeseed oil, pesto, garlic puree, dried oregano, grainy mustard and mix well with a whisk until dressing is combined. In a separate bowl combine all of the cut vegetables together and mix well. Add the dressing to the ratatouille and mix until evenly coated. Season with the black pepper and salt to taste and allow to marinate for 4-6 hours before serving. Mix well just prior to serving.

Printable  
Recipes pages  
32-33



## A TRIO OF COLOR FOR YOUR HOLIDAYS.

Our roots span almost sixty years to the founding of the greenhouse industry. Before Grandpa Umberto Mastronardi came along, there were no commercial greenhouses in North America. But in the early 1940s, Grandpa saw a need, and drawing from his Italian know-how, pioneered the industry. After four generations, the Mastronardi family still owns and manages what is now the leading greenhouse vegetable company on the continent, growing and selling world-class tomatoes, peppers, cucumbers, baby eggplants, lettuce, and berries. In the spirit of Grandpa Mastronardi, we continue to pioneer new greenhouse technology, sustainable growing practices, and the protection of heritage, old-world produce varieties.

Inspired by flavor™ every step of the way, we also are committed to discovering new varieties that span the entire color and taste spectrum including the Campari®, Kumato™, and Y.E.L.O.™ tomatoes.

## 4 Easy Appetizers:

- **Bruschetta:** Toss diced tomatoes in lemon juice and seasoning and pile onto toasted French baguette slices!
- **Caprese Picks:** Skewer up mozzarella balls and tomato slices and drizzle with balsamic glaze.
- **Tipsy Tomatoes:** Soak tomatoes in vodka and sprinkle with salt and pepper.
- **Soup Shots:** Serve up the perfect puree of tomatoes in easy to drink shot glasses.

## Tomato Profiles:

Small in size with a balance of sweetness and acidity



Uniquely brown in color, succulent, sweet and slightly tart



As bright as sunshine, juicy and purely sweet



Learn more about SUNSET® Mastronardi and their unique, one-of-a-kind products by visiting their website at:

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

Connect with SUNSET® Mastronardi Produce

Click Me!

#InspiredbyFlavor



# #FreshFestive

## Holiday DIY's with CORYANNE ETTIENE

### 1. Farm House Holiday Hearts

Nothing says Farm Fresh Christmas more than hand sewn holiday hearts. The simplicity of a hand-sewn heart is a timeless holiday tradition in our family, made all the more festive by stuffing the hearts with herbs and spices that capture the spirit of a holiday kitchen. When deciding on a fabric theme, look for classic fabric colors like, berry red, forest green, and woodland beige that will compliment the natural decorative accents that give this heart a timeless appeal.

#### DIRECTIONS:

1. Trace the shape of the heart onto the inside of the fabric using a fabric safe pen. Once drawn, secure 2 pieces of fabric so that the showing fabric is facing each other and the traced heart is on the outside.
2. If you wish to pin the fabric together, place the fabric pins on the inside of the heart to secure the fabric in place.
3. Start sewing your heart at the bottom left hand side of the heart, working your way around the traced heart until you have a 3 finger space on the right hand side of the heart.
4. Use your fingers to turn the heart right side out, and then stuff the heart by inserting the stuffing in the open gap you created. Before sewing it shut, inset your dried herbs into the heart.
5. Decorate the heart by looping a jute rope at the top, along with tassels adorned with jingle bells and glittered pinecones.



### 2. Fresh & Festive Table Tops

I always love setting a table that hints at the delights that await once the holiday dinner is served, and these all-purpose table settings are a simple way to capture the spirit of a fresh and festive holiday dinner. They are so easy to assemble that they can be created at the last minute, giving your impromptu dinner parties an added festive flair without interfering with your cooking.

#### DIRECTIONS:

1. Apply a thin layer of Mod Podge to the top of your foliage (I used a Cedar branch from our tree as it offers a fabulous scent, but a store bought craft branch can be used), and while still wet, sprinkle on a fine gold glitter, taking care to shake the excess glitter off before continuing with the craft.
2. Write your guests name on a card stock place card, and then glue it to a length of jute rope adorned with glittery pine cones and jingle bells.
3. Place the foliage and a long length cinnamon stick at the center of your rolled cloth napkin, and then secure in place with a length of jute rope.
4. Complete the place setting by tying the place setting jute rope to the strand of jute rope securing the setting in place.



### 3. Traditional Salt Dough Ornament

As long as I can remember we greet the holiday season with an evening of making salt dough at our kitchen table. The beauty of salt dough is that if made correctly, you can preserve them for a lifetime, bringing tradition to the heart of the holiday season.

#### DIRECTIONS:

1. Combine ½ cup of table salt and 1 cup of all-purpose flour into a large mixing bowl, and then add ½ cup of water, kneading until the surface of the dough is smooth and forms a round ball.
2. To create your salt dough ornaments, either roll out the dough using cookie cutters to create shapes, or sculpt the designs by hand.
3. Once your ornaments are complete, place a toothpick at the top of each ornament to create the hole needed to string it later. Bake at 200F for 4-6 hours to completely evaporate the moisture from the dough. Then remove from the oven, and allow them to dry for a further 24 hours at room temperature.
4. Once dry, use acrylic paint to decorate the ornament, and then spray with clear varnish to seal the paint and preserve it for years to come.





Recipe Roundup: Medjool Dates

Applewood Smoked Bacon Wrapped Medjool Dates



**Ingredients:**  
1 lb fresh Medjool dates  
1 lb sliced Applewood smoked bacon  
6 oz minced nuts (optional)

**Preparation:**  
1. Split one side of Medjool date lengthwise and remove pit.  
2. Stuff with one teaspoon minced nuts. (Optional)  
3. Wrap bacon strip around date and secure with toothpick.  
4. Place under oven broiler.  
5. Turn once to ensure even cooking and drain well. Serve warm.

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

Medjool Date Salsa



**Ingredients:**  
2 cups Medjool dates, pitted, diced into pieces  
1 apple cored, cut into medium sized pieces  
1 pear cored, cut into medium sized pieces  
1/8 cup sugar  
1/8 cup lime juice  
½ small red onion, small diced  
1 jalapeno, seeded and minced  
1 tbspc chopped cilantro  
Salt and pepper to taste

**Preparation:**  
1. Combine all ingredients in a mixing bowl and stir well.  
2. Cover and place in refrigerator for 1 hour to let flavors combine.  
3. Serve with chips. Perfect on pork or grilled chicken.

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

Nutty Medjool Date Cheese Ball



**Ingredients:**  
8 oz fresh Medjool dates (pitted and minced)  
8 oz Mascarpone or softened cream cheese  
2 oz minced pecans (preferably toasted)  
2 tbspc minced fresh rosemary, mint, and/or cherry

**Preparation:**  
1. Combine cream cheese or Mascarpone cheese with half of the minced pecans and all of the Medjool dates. For a more savory flavor, add rosemary as well.  
2. Mix well and form into a ball. Roll in remaining pecans and chill well.  
3. Garnish with mint/cherry and serve with baby carrots, celery sticks and your favorite crackers.

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

Crostini with Mascarpone, Nectarines and Medjool Dates



**Ingredients:**  
1 French baguette (250g), cut diagonally into ¾-inch slices  
3 Tbsp Olive oil  
Salt and pepper  
4 oz Mascarpone cheese, at room temperature  
3 nectarines, pitted and sliced  
8 Medjool dates, pitted and sliced  
Honey (optional)

**Preparation:**  
1. Preheat oven to 375 degrees F.  
2. Brush the bread slices on each side with olive oil and season lightly with salt and pepper. Place slices on a baking sheet and bake until crusty and brown. Remove from oven. Allow Crostini to cool.  
3. When cooled, top each slice with mascarpone cheese. Top with alternating slices of nectarines and dates. Drizzle with honey, if desired.

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Medjool Date Trail Mix



**Ingredients:**  
¼ cup dried cranberries  
¼ cup dried blueberries  
¼ cup Medjool dates, pitted and cut in 1/2 lengthwise  
¼ cup almonds, toasted  
¼ cup pecans

**Preparation:**  
In a bowl, mix together ingredients. Transfer the mixture to zip-lock bags or other storage container. Serve immediately.

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Chopped Medjool Date Salad



**Ingredients:**  
8 oz fresh Medjool dates  
8 oz mixed greens or romaine lettuce  
4 oz crumbled feta, blue or goat cheese  
4 oz raspberry vinaigrette dressing

**Preparation:**  
1. Remove pits from Medjool dates and cut into quarters.  
2. Cut each Medjool date one more time to yield 8 “cubes” per date.  
3. Combine dates with greens, cheese and vinaigrette dressing. Toss vigorously.  
4. Add fresh ground pepper to taste and serve immediately.

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# Recipe Roundup: Stemilt Apples and Pears

## Apple Butter



**Ingredients:**  
4 quarts unpeeled but chopped tart  
Stemilt apples (Granny Smith apples work great)  
2 ¾ cups of sugar  
2 ¾ tsp of cinnamon  
¼ tsp ground cloves  
1/8 tsp of salt

**Preparation:**  
1. Place chopped apples into a large crock pot.  
2. Combine the remaining ingredients and drizzle over the apples.  
3. Cover and cook on high 2-3 hours, stirring well with a large spoon every hour or so.  
4. Reduce heat to low and cook 10-12 hours longer until the butter becomes thick and dark in color. Stir occasionally.  
5. Cool when the butter is finished and pour into freezer containers to store.

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

## Baked Pears



**Ingredients:**  
½ cup raisins  
4 large ripe Stemilt pears, peeled  
2 tbsp brown sugar  
1 tsp cinnamon  
2 tbsp cold butter

**Preparation:**  
Preheat oven to 375 degrees. Soak raisins in hot water, allow them to soak while preparing the rest of the recipe. Cut the pears in half lengthwise and place core-side up in a 13 x 9 baking dish. Use a melon baller (or large spoon) to scoop out the cores from the pear halves and discard. Stir brown sugar and cinnamon together in a small bowl, and sprinkle equally over the pear halves. Chop the butter into tiny pieces and place an equal amount over all eight of the pear halves. Drain the water from the raisins, and sprinkle over the pears. Pour just enough water in the bottom of the baking dish to cover the bottom and bake the pears until just tender; about 30-40 minutes.

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

## Cinnamon and Honey Apple Dip



**Ingredients:**  
1 (8 oz package cream cheese, softened)  
3 tbsp honey  
1 tsp ground cinnamon  
1 tsp freshly grated ginger  
Apple slices  
Pecans  
Graham crackers

**Preparation:**  
1. In medium mixer bowl, place all dip ingredients.  
2. On high speed, mix dip until smooth and creamy (60 to 90 seconds).  
3. Serve with assorted apple slices, pecans and favorite crackers.

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

## Pear, Blue Cheese & Walnut Salad



**Ingredients:**  
1 package mixed baby greens  
1 large ripe pear  
3 oz crumbled blue cheese  
3 oz walnuts, chopped  
**FOR VINAIGRETTE DRESSING:**  
4 tbsp Extra-virgin olive oil  
2 tbsp Balsamic vinegar  
1 tsp Dijon mustard  
½ tsp sugar  
¼ tsp salt

**Preparation:**  
1. Divide the greens onto six salad plates. Peel and slice the pear thinly.  
2. Top the greens with pear slices, dividing the slices among the 6 plates.  
3. Top each salad with ½ oz. of the crumbled blue cheese.  
4. Next, top the salads with ½ oz. of the chopped walnuts.  
5. For the dressing, combine 4 TBSP of extra-virgin olive oil with 2 tbsp of balsamic vinegar.  
6. Whisk in the Dijon mustard, sugar and salt.  
7. Top each salad with the dressing and serve immediately.

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

## Piñata Apple Pie



**Ingredients:**  
10-16 Piñata apples (each peeled, cored and sliced ½ inch thick)  
2 ½ cups of sugar  
2 tbsp cinnamon  
1/8 cup of lemon juice  
2 tbsp butter  
½ cup flour  
2 pie shells – 10"

**Preparation:**  
1. Peel, core and slice each apple and put into a large bowl.  
2. Add sugar, flour, cinnamon and lemon juice on top of the apples. Mix well.  
3. Heat the apple mixture in a microwave for three minutes on high. Stir the heated apples and pour into an unbaked pie shell.  
4. Cut butter into small cubes and place across the top of the apple filling. Lay the second unbaked pie shell over the filling and pinch to seal pie shells together. Sprinkle with sugar.  
5. Bake at 350 degrees for 30 minutes. Then turn temperature to 375 degrees and bake for another 30 minutes.

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

## Baked Apples with Cranberries



**Ingredients:**  
4 medium-sized Pink Lady apples  
1 cup fresh or dried cranberries  
1/3 cup pure maple syrup  
¼ cup brown sugar, packed  
2 tsp unsalted butter  
½ tsp ground cinnamon  
Whipped cream (optional)

**Preparation:**  
Preheat oven to 375. Partially core apples, starting at the stem end, removing all the seeded core and leaving the bottom intact. Peel the apples, leaving at least 1/4 of the peel on the bottom of the apple. Place in a shallow oil-sprayed baking dish. Fill each apple with cranberries and scatter remaining cranberries in baking dish. Pour maple syrup over apples, sprinkle with brown sugar and top with 1/2 teaspoon butter and a sprinkling of cinnamon. Bake, basting occasionally, for 30-45 minutes, or until apples are tender and soft. Remove and allow to cool briefly. To serve, place each apple in a serving dish, spoon on syrup from the baking dish and serve warm with whipping cream, if desired.

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



Recipe Roundup: Berries



Berry Breakfast Turnovers

Ingredients:

- 1 sheet of puff pastry
- 4 pints fresh California Giant raspberries or blackberries
- 2 cups sugar
- 1 tsp lemon juice

Preparation:

1. Bring raspberries or blackberries and sugar to a boil. Roll puff pastry sheet to a 12 x 12 square then cut the sheet into four smaller squares.
2. Fill the squares in the center with a tablespoon of mixture and fold filled pastry to a triangle.
3. Place on backing pan and bake at 425° for 15 minutes.

www.CalGiant.com

Skinny Strawberry Sandwich

Ingredients:

- 8 ounces Neufchatel cheese or low-fat cream cheese, softened
- 1 tbsp honey
- 1 tsp grated lemon zest
- 4 English muffins, split and toasted
- 2 cups (about 10 ounces) sliced, stemmed California Giant strawberries

Preparation:

1. In food processor, process cheese, honey and zest until well mixed, or mix in bowl with wooden spoon.
2. Spread 1 tablespoon cheese mixture on cut side of 1 muffin half; top with 1/4 cup strawberries.
3. Repeat with remaining ingredients to make 8 open-faced sandwiches. Makes 4 servings. Tip: Make cheese mixture ahead and store in refrigerator.

www.CalGiant.com



Blueberry Tartlets

Ingredients:

- 1 sheet of Puff Pastry
- 2 pints California Giant blueberries
- ½ tsp lemon juice
- ½ tsp cinnamon
- ½ tsp sugar

Preparation:

1. Place puff pastry on a cutting surface dusted with flour
2. With a round cookie cutter cut out small round disks of the puff pastry
3. Place the round disks into muffin tins
4. Mix the blueberries, lemon juice, cinnamon and sugar in a bowl
5. Add the blueberry mixture on top of the disks in the muffin tin
6. Bake at 425° for 15 minutes

www.CalGiant.com



Blueberry Corn Fritters

Ingredients:

- |  |  |
|--|--|
| ¼ cup all-purpose flour                  | 2 tbsp toasted slivered almonds                                    |
| ½ tsp baking powder                      | 1 jalapeno pepper, seeded and minced                               |
| ½ tsp chili powder                       | 1/3 cup Cotija cheese, crumbled                                    |
| 2 eggs                                   | 2 tbsp vegetable oil   |
| 1 cup fresh California Giant Blueberries | Garnish – snipped fresh basil and a bowl of sour cream for dipping |
| ½ cup frozen corn kernels, thawed        |  |
| ½ cup chopped red bell pepper            |  |
| 1 green onion, minced                    |  |

Preparation:

1. Combine the flour, baking powder and chili powder in a medium bowl
2. Mix in the eggs until just moistened then gently add the remaining ingredients except oil and mix until well combined.
3. Heat the oil in a large nonstick skillet over medium heat.
4. Drop the batter by ¼ cupful’s into the skillet. Press lightly to flatten and cook 1 ½ minutes on each side.

www.CalGiant.com



Strawberry Salsa

Ingredients:

- 1 cup California Giant Strawberries, chopped
- 1/4 Red Onion, chopped
- 1 Jalapeno Pepper, seeded and chopped
- 1 tbsp Cilantro, finely chopped
- 1 tbsp Orange Juice
- 1.5 tbsp Lemon Juice
- 1 tbsp Extra Virgin Olive Oil (do not substitute)
- Salt – to taste
- Black Pepper powder – to taste

Preparation:

1. Mix all the ingredients together and serve with chips

www.CalGiant.com



Double Berry Rice

Ingredients:

- 1 cup uncooked brown rice (or whole wheat orzo, bulgur, quinoa or other small whole grain)
- 1/3 cup slivered almonds
- ¼ cup orange juice
- ½ tsp salt
- 2 tbsp olive oil
- 2 tbsp finely minced fresh mint
- 2 tbsp finely minced fresh flat-leaf Italian parsley
- 1 cup fresh California Giant raspberries, rinsed
- 1 cup fresh California Giant blackberries, rinsed

Preparation:

1. Prepare rice (or other grain) according to package directions. Once finished, put cooked rice in serving dish and set aside.
2. While rice is cooking, toast slivered almonds in a small skillet over medium low heat, about 3 minutes. Set aside.
3. Measure orange juice into a small bowl. Add salt. Whisk in olive oil.
4. Pour orange juice mixture over rice and stir to blend.
5. Add nuts and herbs to rice mixture.
6. Gently mix in fresh raspberries and blackberries.
7. Serve immediately or to serve cold, cover and refrigerate.

www.CalGiant.com





Recipe Roundup: Celery and Radishes



Fit Bruschetta

**Ingredients:**  
1 8 oz container of heirloom tomatoes diced  
1 stalk of Dandy celery diced  
1 tsp olive oil  
2 tsp vinegar  
Salt and pepper to taste

**Preparation:**  
1. Mix all of the ingredients together in a small bowl and allow to sit for 5 minutes bringing the flavors together  
2. Top toasted slices of french or sourdough bread with the mixture and enjoy

www.DudaFresh.com

Buffalo Chicken Stuffed Celery



**Ingredients:**  
1 large can (13 oz) Member’s Mark canned chicken or shredded chicken breast  
1 8 oz block of cream cheese, softened  
2 tbsp mayonnaise  
Garlic powder, salt and pepper to taste  
1 tbsp hot chicken wing sauce  
Celery ribs, washed and dried well  
3-4 slices of bacon, crumbled

**Preparation:**  
Blend together cream cheese, mayonnaise, and hot wing sauce until smooth and creamy. Stir in spices and mix well. Shred chicken finely and add to mixture until incorporated. Cover mixture with plastic wrap and refrigerate for 30 minutes-1 hour. Cook bacon until it is very crisp. Allow bacon to cool on paper towels and crumble finely. Spread chicken filling in center of celery ribs until very full. Top with crumbled bacon. Slice to desired bite-sized pieces and serve.

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Festive Celery Salad with Figs and Gorgonzola Cheese



**Ingredients:**  
1 lb bag of Dandy celery sticks  
1 lb Gorgonzola cheese, crumbled  
1 lb ripe black mission figs, quartered, or pears, sliced vertically  
2 tbsp extra virgin olive oil  
2 tbsp Honey  
Juice of 1 lemon  
Coarse salt and freshly ground black pepper

**Preparation:**  
1. Place celery sticks in a large bowl and cover with ice water. Refrigerate overnight.  
2. Drain celery and refrigerate in a colander over a large bowl for 2 hours or dry gently with paper towels.  
3. Whisk olive oil, honey, and lemon juice in a large bowl. Season the dressing with salt and pepper. Add celery, Gorgonzola, and figs or pears. Toss and serve.

www.DudaFresh.com

Celery Puffs



**Ingredients:**  
½ cup Dandy® celery, small dice  
1 cup mayonnaise  
1/3 cup parmesan cheese  
¼ cup chopped Dandy® green onion  
Pinch of cayenne pepper, or 2 to 3 drops of Tabasco sauce  
5 slices of soft bread cut into 4 small triangles each and crusts removed, or 20 baguette slices

**Preparation:**  
1. In a mixing bowl combine celery, mayonnaise, parmesan, green onions and cayenne pepper.  
2. Spoon a heaping teaspoon on to triangles of bread.  
3. Bake in a preheated 350 degree F oven for about 10 to 12 minutes until barely golden. Serve warm.

www.DudaFresh.com

Peanut Hummus and Vegetables

**CREDIT:** Recipe courtesy of Produce for Better Health Foundation (PBH). This recipe meets PBH and Centers for Disease Control and Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.



**Ingredients:**  
1-16 oz. can garbanzo beans, rinsed, drained  
¼ cup fresh lemon juice  
1/3 cup natural, creamy, reduced fat peanut butter  
1/8 teaspoon black pepper  
½ bunch parsley, finely chopped (approximately 5 sprigs)  
½ cup jalapeño pepper, seeded and finely chopped  
1 clove garlic, finely chopped  
2 cups carrot sticks  
2 cups celery sticks

**Preparation:**  
In a food processor, puree the garbanzo beans and lemon juice, in batches, until smooth. Add some water if the mixture is too thick; process until smooth. Transfer to a large bowl. Stir in the peanut butter and season with pepper. Stir in a little water to thin the hummus, if necessary. To make the topping: In a small bowl, combine the chopped parsley, jalapeño, and garlic. Spoon the hummus into a serving dish and sprinkle the topping over. Serve the carrot sticks and celery sticks alongside. Each serving provides: An excellent source of vitamins A and C, and a good source of folate, magnesium and fiber.

www.DudaFresh.com

Ginger Clementine Pepper Salsa



**Ingredients:**  
2 medium-size ripe clementines, peeled and cut into bite size pieces  
4 red radishes, sliced  
3/4 cup yellow bell pepper, seeded and chopped  
1 medium-size fresh jalapeno pepper, seeded and finely chopped  
¼ cup fresh snipped parsley  
1 ½ tbsp fresh squeezed lime juice  
1¼ tsp minced fresh ginger root  
¼ tsp salt

**Preparation:**  
1. In a medium-size bowl, stir together Clementine pieces, radishes, bell pepper, jalapeno pepper, parsley, lime juice, ginger and salt.  
2. Cover and refrigerate at least 1 hour (up to 6 hours) before serving, stirring a couple of times while chilling.

Suggested serving: Serve salsa with cooked chicken or pork.

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Recipe Roundup: Cucumbers and Peppers

Caprese Cocktail Piks

**Ingredients:**  
1 package SUNSET® ONE SWEET™ Tomatoes  
12 small fresh basil leaves  
24 ciliegine mozzarella balls (about an 8-oz container), drained well  
Kosher salt  
Freshly ground black pepper  
¼ cup purchased balsamic glaze  
24 short bamboo or other fun picks

**Preparation:**  
1. Thread onto each pick in this order: a tomato, a basil leaf, a mozzarella ball and another tomato.  
2. Place assembled picks on a platter and sprinkle with salt and pepper.  
3. Drizzle with balsamic glaze right before serving. Serve any extra balsamic glaze in a tiny bowl for dipping or with a spoon for drizzling.



www.SunsetGrown.com

Mini Cucumber Pogos

**Ingredients:**  
6 SUNSET® Mini Cucumber, quartered and cleaned of seeds  
3 sheets Filo pastry  
¼ lb butter, melted  
salt  
white pepper  
2 sprigs fresh thyme, finely chopped  
¼ bunch chives, finely chopped

**Preparation:**  
1. Brush first layer of filo with melted butter and season with salt and pepper. 2. Place second sheet on top of first and brush with melted butter and sprinkle with chopped herbs. 3. Place third sheet of filo down and smooth out to avoid wrinkles. 4. Cut filo in pieces as wide as the cucumber quarters and long enough to go around the cucumber 1.5 times and place on a 6 inch skewer. 5. Brush edge of filo to ensure it is sealed and place the skewered cucumber on a parchment covered baking sheet. 6. Bake at 350 F for 15 minutes or until filo is golden brown.



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Campari® Bruschetta

**Ingredients:**  
1 lb SUNSET® Campari® Brand Tomatoes, diced & drained  
1 small loaf rustic artisanal bread cut in ½ inch slices  
Olive oil for brushing  
Kosher salt for sprinkling  
¼ cup chopped fresh basil  
2 tbsp finely diced red onion  
2 – 3 tsp minced fresh garlic  
3 tbsp high-quality Caesar dressing  
Garnish: freshly grated Parmesan cheese and small fresh basil leaves

**Preparation:**  
1. Preheat the grill to a medium-high heat.  
2. Lightly brush both sides of bread with oil and grill on each side until lightly marked or toasted.  
3. Sprinkle bread lightly with salt. Place on a platter.  
4. In a medium bowl, toss together the drained tomatoes, basil, onion, garlic, and Caesar dressing.  
5. Divide the tomato mixture between the grilled bread slices.  
6. Sprinkle with Parmesan and garnish with basil leaves if desired.



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Sweet Pepper Omelet

**Ingredients:**  
3 SUNSET® ONE SWEET™ Peppers cut into rings  
2 tbsp butter  
6 eggs  
1 tbsp water  
2 tbsp chopped parsley or chives  
½ pkg Boursin or 4 Tbsp other garlic-herb fresh-style cheese

**Preparation:**  
1. Whisk eggs, water, parsley/chives and salt and set aside.  
2. On medium-high heat, sauté peppers in butter for 1 ½ to 2 minutes until soft.  
3. Whisk eggs again and add to pan, swirling the pan to spread the eggs evenly over the bottom.  
4. Use spatula to push edge of egg toward middle of the pan until there is only a little uncooked egg left and the top is set.  
5. Sprinkle cheese over one half of the egg and fold the omelet, enclosing the cheese.  
6. Slide the omelet onto a warm plate. Cut in half to serve two.



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Cucumber Tzatziki

**Ingredients:**  
2 SUNSET® ONE SWEET™ Cucumbers, coarsely grated  
1 cup plain yogurt  
2 tsp minced fresh dill weed or ¼– ½ tsp dried  
1 tsp minced fresh garlic  
Pinch of salt

**Preparation:**  
Combine all ingredients together and refrigerate until ready to serve. Can be made up to one day in advance.



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Sweet Bell Pepper Stir Fry

**Ingredients:**  
2 SUNSET® Red, Yellow or Orange Sweet Bell Peppers, thinly sliced or 1 pkg of SUNSET® One Sweet™ Peppers  
3 tbsp soy sauce  
1 tsp cornstarch  
¼ cup Thai sweet chili sauce  
1 tbsp minced fresh garlic  
1 tbsp grated fresh ginger  
8 oz thinly sliced beef sirloin steak, pork or boneless skinless chicken breast  
¼ tsp salt  
2 tsp vegetable oil

**Preparation:**  
1. Mix soy sauce and cornstarch until smooth and add chili sauce, garlic and ginger.  
2. Season meat with salt.  
3. Heat oil on high heat and add meat.  
4. Scatter in the peppers and onion and let cook for about 1 minute.  
5. Stir fry for 3 – 4 minutes, drizzle soy sauce mixture into pan. Coat meat and veggies in sauce. Serve immediately. Garnish with toasted sesame seeds or almonds as desired.



www.SunsetGrown.com



Cocktail Inspiration: Meyer Lemons



Sweet Meyer Lemon Drop

- Ingredients:**  
1 oz Dandy Meyer lemon juice  
1 oz Triple Sec  
1 ½ oz vodka  
½ oz simple syrup  
1 oz Sweet and Sour  
Granulated sugar (for dipping rim)  
Ice  
Meyer lemon peel (twisted)

- Preparation:**  
1. Fill Martini shaker half way with ice  
2. Add all liquid ingredients to shake  
3. Shake 30 times vigorously  
4. Strain into a sugar frosted rim Martini glass  
5. Garnish with Meyer lemon peel twist

www.DudaFresh.com

Cocktail Inspiration: Mixed Berries



Roasted Mixed Berry Cocktail

- Ingredients:**  
8 oz of vodka  
3 cups of freshly roasted California Giant berries  
8 lemons  
32-48 oz of water (depending on the pitcher)  
8 oz of simple syrup  
Ice

- Preparation:**  
1. The night before serving, add the fresh berries to a roasting tray and roast them for 30 minutes or until soft.  
2. Remove from the oven and chill overnight in the refrigerator.  
3. Add them to a pitcher filled with the vodka, 4 sliced lemons, the juice of 4 lemons, water, simple syrup and ice.  
4. Stir until fully blended and then pour.  
5. Garnish with a fresh strawberry before serving.

www.CalGiant.com

Cocktail Inspiration: Medjool Dates



Rum Jewel Medjool Date Cocktail

- Ingredients:**  
1-2 tbsp Rumchata  
1 oz your favorite Rum  
1-2 tbsp Medjool date paste  
(the more paste the sweeter the cocktail)

- Preparation:**  
1. For the paste, puree two pitted and chopped Medjool dates in a blender with a little milk and a pinch of cinnamon.  
2. Warm the Medjool date paste in a microwave for 10 seconds. Add 1 oz Rumchata and stir until smooth.  
3. Add ice-cubes to a cocktail shaker, pour in Medjool date mixture, add remaining Rumchata and 1 oz rum. Seal and shake vigorously to combine.  
4. Pour into glass over ice.

www.NaturalDelights.com



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