

A common concern of people who are new to shopping farmers' markets is that they won't be able to feed their family on a budget by shopping local. One important step in shopping local (or anywhere, for that matter!) on a budget is to plan ahead. Here's a sample 1-week dinner plan (with shopping lists and recipes) to get you started. **Follow this plan to Feed Your Family of Four Dinner for 7 Days for only \$70!** If your family is smaller than that, you can freeze half of each dish and feed 2 people dinners for 2 weeks for only \$70. It's easy to drop \$70 on one dinner out at your favorite restaurant (and you *should* do that once in a while), but you can also spend that money on healthy local food for 1-2 weeks of dinners!

- Saturday – **White Bean/Sausage-Kale-Mushroom Soup** with Mixed Greens Salad
- Sunday – **Stuffed Winter Squash** with Mixed Greens Salad
- Monday – **White Bean/Sausage-Kale-Mushroom Soup** (leftovers from Sat.) with Radish-Apple Salad
- Tuesday – **Stuffed Winter Squash** (leftovers from Sun.) with Radish-Apple Salad
- Wednesday – **Rice and Beans** with side of **Sautéed Greens** (Kale/Chard)
- Thursday – **Roasted veggies with baked tofu/fish**
- Friday – **Rice and Beans** (leftovers from Wed.) with Mixed Greens Salad

**Shopping List for the Winter Farmers' Market**

	<b>Cost</b>
1 lb Sweet Italian Sausages ( <i>optional</i> )	\$9.50
~15 small sweet onions	\$5.50
dried white beans (you'll use 1/2 the bag)	\$1.50
dried black beans (you'll use 1/2 the bag)	\$1.50
4 winter squash (e.g., <b>delicata</b> , acorn)	\$4
1 small bulb garlic	\$1
2 bunches leafy greens ( <b>kale</b> , chard, collards)	\$6
Mixed salad greens (~18+ oz, or 16+ cups)	\$12
2 small watermelon radishes	\$1.50
6 med-lg carrots	\$4
2 apples ( <i>optional</i> , for salads)	\$1
2-3 c mushrooms	\$6
1 med sweet potato	\$1
potatoes (~3-4 redskins or 1/2 lb fingerlings)	\$2
1/2 small bunch turnips	\$1.50
2 med parsnips	\$1.50

**Shopping List for the Grocery Store**

1-2 lg (~26oz+) can whole, diced or crushed organic tomatoes - Eden & Muir Glen are great brands	\$5
1.5 cups (dry) brown rice, organic	\$1.50
1/2 cup (dry) quinoa, organic	\$1
firm tofu, 1 pkg	\$3
<b>Total Cost</b>	<b>\$70</b>

## Recipes

### White Bean/Sausage-Kale-Mushroom Soup

Serve with Mixed Greens Salad or Radish-Apple Salad on the side

*For veggie option, simply leave out the sausage — you'll get your protein from the beans and it still tastes great. You may want to use some veggie stock in place of some of your water (for flavor). **This recipe serves ~8.** Freezes great for quick lunches/dinner in the future.*

What you'll need:

- 3 small yellow onions, chopped
- 3 cloves garlic, minced
- 1 bunch kale, chopped/torn coarsely (I sometimes use a mix of kale and chard, but begin by cooking the kale first, then add chard)
- 2 c uncooked mushrooms, chopped (I use locally grown shitake and oyster mushrooms)
- A little less than 1 lb sausage – 3 sausages (I use humanely raised & locally made Italian sausage), removed from casing, crumbled
- 1-1/2 c navy, great northern, or other white beans (or a 15-oz can, Eden Organic's the best!)
- 5-6 c diced/crushed tomatoes (I use my own canned tomatoes when possible; can also use canned tomatoes from the store – Eden & Muir Glen brands are great)
- 3 c water/stock (be careful not to buy stock with MSG/"Yeast Extract")
- 1/2 – 3/4 c fresh basil (if available), coarsely chopped
- 1/2 – 3/4 c fresh parsley (if available), coarsely chopped
- 1-2 TBSP olive oil
- 1 TBSP butter (or an additional TBSP olive oil)

Making your soup:

1. In a large, deep saucepan (or soup pot), sauté onions and garlic in olive oil until onions are translucent.
2. Add kale and sauté on medium until wilted.
3. Remove kale-onion-garlic mixture to a bowl and set aside.
4. Place butter in pan and sauté mushrooms ~2 minutes. Remove and set aside with kale mixture.
5. Remove sausage from casing and crumble into pan. Brown sausage over med – med/high heat.
6. Once browned, add 1/2 the tomatoes (~2 cups) and continue cooking over medium heat.
7. Add rinsed beans to sausage and tomatoes, mix.
8. Add basil and parsley, mix, and continue cooking over medium heat.
9. Add mushrooms, kale, onions, and garlic, remaining tomatoes, and water/stock (~3 cups, depending on the desired consistency) to stew.
10. Bring it all to a simmer and keep over heat for ~10 minutes to blend flavors.
11. Salt to taste.

## Stuffed Winter Squash

Serve with Mixed Greens Salad or Radish-Apple Salad on the side

*Vegetarians: Choose tofu over sausage.*

*Vegans: You're all set with the Veggie option if you skip the goat cheese garnish.*

*Omnivores: Get yourself some sausage from local, humanely raised animals and enjoy.*

What you'll need:

- 4 winter squash (my fave is delicata – you can eat the skin and it's gorgeous)
- 1/2 cup (uncooked) quinoa — white, red, or a mixture (makes 1-1/2 cups cooked)
- 1 lg sweet Italian sausage or 6 oz organic tofu
- 2 cloves garlic, minced
- 2 small sweet onions, chopped
- Any leftover mushrooms you have from making the kale-mushroom soup, up to 2 cups (uncooked) mushrooms of any variety, chopped
- 4 large kale fronds (~1/2 bunch), torn/chopped
- 1/4 cup fresh parsley, chopped (optional, if available)
- *Optional:* ~3/4 cup black beans (or use a whole can of Eden black beans if you like)
- 1 med-large tomato, chopped (optional, but adds great color)
- 4 oz goat cheese, for garnish
- olive oil to sautee your veggies
- salt to taste

Making Your Amazing Stuffed Squash:

1. **First things first: get your squash cleaned and roasting.** Preheat oven to 400 degrees. Clean outside skin of squashes well. Cut each squash in half lengthwise and clean out the centers — remove seeds, rinse and dry them, and set aside to toast them for your garnish. Place squash halves skin-side up in baking dishes with ~1/4-1/2 inch of water. Bake ~40 minutes until soft (a knife will easily slide through the skin).
2. **Prepping your main protein (sausage or tofu).** *For sausage*, crumble out of casing into a frying pan over med/med-high heat until browned. *For tofu*, cut the tofu into small cubes and either toss with olive oil and salt and bake for ~10-15 minutes at 350 degrees *or* cook in a frying pan until lightly browned (whichever your preference). Set aside your main protein for a bit later.
3. **Cook your quinoa.** 1/2 cup quinoa, 1 cup water, and dash of salt in a small saucepan. Bring to boil and immediately reduce heat to simmer. Simmer, covered, until the water is almost all gone (~15+ minutes, depending on your stove), then remove from heat and set aside (still covered) because the quinoa will continue cooking.
4. Meanwhile, **sautee garlic and onion** in ~1 TBSP olive oil until onion is translucent.
5. Add **mushrooms** to onion mixture and continue cooking.

6. Once mushrooms have reduced, add **parsley and kale**. Continue cooking, stirring occasionally, until kale is wilted.
7. Add **tomato and black beans** and combine with veggie mixture.
8. **Add sausage or tofu & quinoa** and combine over heat to blend flavors. Your stuffing is now ready.
9. By now, your squash is probably ready as well. **Did you remember to toast your squash seeds** in the toaster oven (or reg oven) — salted, drizzled in olive oil, and toasted for ~40 minutes at 250-300 degrees? Take 'em out now — you don't want them to burn!
10. **Stuff the Squash**. Remove the squash from the oven. Pour off any remaining water from the baking dishes and flip over squash halves, so they are now skin-sides down. Add 1/2 cup of your stuffing mixture to each squash half.
11. **Return to oven** for ~4-5 minutes.
12. **Garnish** with toasted seeds & crumbled goat cheese (you can also add the goat cheese before returned stuffed squash to the oven, if you like).

### **Rice & Beans**

You can do a lot to personalize rice and beans, but even the simple dish with onions, garlic, and something green, seasoned with salt and pepper tastes great, and is very comforting in winter.

Cook ~1-1/2 to 2 cups (dry) brown rice. If you are preparing dry beans, you should soak them overnight and then cook them in a pot or in a slow cooker the day you plan to prepare the dish. Once you have your cooked beans (~3 cups), heat a TBSP olive oil in a large sauté pan and sauté 2-3 chopped small sweet onions and 2 cloves minced garlic on med-high heat for a minute or two. Add beans to onions and garlic, and heat on low-med/med. Once beans are heated through and flavors are blended, combine rice with beans mixture. Toss in some fresh chopped parsley or cilantro. Top with tomatoes, salsa, avocado, cheese, hot sauce, etc. Using different toppings when you have this as leftovers can make it feel like an entirely different meal. You'll also be serving this with different side dishes: sautéed greens (kale/chard/collards) one night and mixed greens salad with radishes & carrots on the second night.

### **Roasted Root Veggies with Baked Tofu (or Fish)**

- 4 carrots
- 1 sweet potato
- 4 redskin or ½ lb fingerling potatoes
- ½ bunch small turnips (or 1 lg turnip)
- 2 parsnips
- 2 cloves garlic, minced
- 6-8 small sweet onions
- Olive oil to coat veggies; salt and pepper to season
- 1 pkg firm tofu (or local fish, if you prefer)
- Olive oil, tamari, salt & pepper to marinate tofu

### Making Your Roasted Veggies:

1. Preheat oven to 425 degrees.
2. Mince or finely chop garlic (or leave as whole cloves, if you like).
3. Clean all veggies (no need to peel) and chop into equal-sized chunks (~1" cubes).
4. Coat veggies with olive oil.
5. Toss with salt, pepper, and garlic.
6. Place veggies in baking dish(es) or on baking sheet(s) – best if you have only one layer of veggies so they roast more evenly and get crispy.
7. Place in oven for ~35-45 minutes, or until desired consistency. Turn the veggies once or twice while roasting.

### Making Your Baked Tofu:

1. Start by rinsing the tofu, wrapping it in a towel, and letting it sit for a few minutes with something heavy pressing on it (a book or cast iron skillet) to get the excess water out before baking.
2. Slice tofu block into ¾-inch thick slices or chop into ~3/4-inch cubes.
3. Place cut tofu pieces in a sealable container with ~TBSP olive oil, ~TBSP tamari/soy sauce/Bragg's, minced ginger and/or garlic if you like, and salt & pepper. Close the container and gently toss the tofu to coat with marinade.
4. Set tofu aside for at least 30 minutes (up to several hours). You might want to prep the tofu before preparing the veggies.
5. After it has marinated for some time, place tofu in a lightly oiled baking dish/sheet and bake at 350-375 degrees for ~30-50 minutes (turn the pieces gently at least once during baking).

### **Radish-Apple Salad**

The proportions and amounts of all the ingredients in this recipe are totally fluid, so adjust according to your own taste. Mix veggies (except greens) with dressing. Set aside in fridge for at least 10 minutes. Serve chilled on a bed of salad greens and garnish with toasted walnuts, if you like.

#### Ingredients:

- 1 watermelon radish or ~3 small red radishes, thinly sliced
- 1 apple, thinly sliced
- 1 carrot, shredded
- ~5 small sweet, white turnips (or 1-2 large turnips), thinly sliced
- 2-3 celery stalks with the leaves (optional), sliced
- Mixed salad greens
- Optional: 1/3 cup toasted walnuts

Dressing: ~2 tsp lemon juice, 2-3 tsp olive oil, 1 tsp apple cider vinegar, 2 tsp honey, salt & pepper to taste. Whisk together dressing ingredients and add to veggies.