

# Foods For Thought

From the Vegetable Garden Team of Eden Mill Nature Center

Volume 2 | Issue 7



Featuring:

Year-End Thoughts



Presented by  
Harford County  
Master  
Gardeners  
and  
Family &  
Consumer  
Sciences  
Educator

## Potato Soup

### Ingredients

1 3/4 cups peeled, diced potatoes  
1 medium onion, chopped  
1/4 cup chopped celery  
1 can (14 1/2 ounces) reduced-sodium chicken or vegetable broth  
1/8 teaspoon pepper  
3 tablespoons cornstarch  
1 can (12 ounces) fat-free evaporated milk, divided  
1 cup shredded reduced-fat cheddar cheese, optional



### Directions

In a large saucepan, combine potatoes, onion, celery, broth, and pepper. Bring to a boil. Reduce heat. Cover and simmer until vegetables are tender. Combine cornstarch and 1/4 cup milk until smooth; stir into potato mixture. Add the remaining milk. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Remove from heat. Stir in cheese until melted.

*Nutrition Info per cup: Calories 178, Fat 2g, Sodium 274mg, Carbs 26g; Protein 14g*

## Glazed Carrots

### Ingredients

1 1/2 pounds carrots peeled and cut into 1/2 inch thick slices  
1/4 cup butter  
1/4 cup brown sugar  
1/4 teaspoon salt



Cook for 8 to 10 minutes or until carrots are tender. Drain off excess water. Add butter, brown sugar and salt to the pan. Stir to coat the carrots. Cook for an additional 4-5 minutes, stirring occasionally, until a sauce has formed.

### Directions

Place the carrots in a large pan and add 1 1/2 cups of water. Bring the carrots to a simmer.

*Serves 6. Nutrition info per serving: Calories 149, Carbs 19g, Protein 1g, Fat 7g, Sodium 245mg*

## Sweet and Sour Red Cabbage

### Ingredients

2 tablespoons butter  
1/2 large red cabbage, sliced 1/4" thick  
2 tablespoons sugar  
1/4 cup balsamic vinegar  
Salt and pepper to taste



slightly wilted, about 5 minutes. Sprinkle sugar over the cabbage and toss to coat evenly. Add the vinegar to the pot. Bring to a simmer and then reduce heat to medium low. Cover and simmer until the cabbage is completely tender but not mushy. Stir often, about 30 minutes. Season to taste with salt and pepper.

### Directions

Sauté the cabbage. Melt the butter in a large pot over medium heat. Add the cabbage and toss to coat with the butter. Sauté until

*Nutrition Info per 1 cup serving: Calories 199, Fat 6g, Carbs 29g, Protein 8g, Sodium 97mg*

Recipes courtesy of Harford County Master Gardeners



## Who said this?

*"Having children in the garden is a joy. They employ all of their senses when they visit. They rub the lamb's ear foliage between their fingers. They press the miniature magnifying glasses to their eyes to inspect the formation of petals in flowers. They inhale the fragrance of rosemary, basil, and citronella. They taste the subtle flavors of pineapple sage and lemon verbena. Before they leave, they sit on the garden benches and listen to the sounds of crickets, birds, and the wind. In the poetic words of one six year old, she hears 'the song of nature'". - Ginger Huller, Master Gardener*



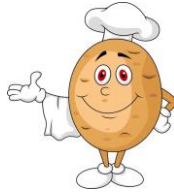
*"My fondest memory of the garden this year is just being able to volunteer there. I love Eden Mill and all the beautiful people that volunteer there as well." - Jamie Healey, Master Gardener*



*"Never give up!" - Taryn Gray, Master Gardener →*

## Believe It or Not!

1. Potatoes were the first vegetable grown in space, in 1995 aboard the Space Shuttle Columbia.
2. The Incas cultivated potatoes as early as 1,800 years ago.
3. Carrots are rich in Vitamin A, which plays a crucial role in allowing you to see in low light conditions. But a common myth is that eating carrots will actually improve night vision. This myth was created by the British Air Force during WWII to conceal the fact that radar technology was helping them shoot down German planes at night.
4. According to the Guinness World Records the heaviest carrot ever recorded weighed 22.44 lbs.
5. Legends of babies coming from cabbage patches have been told to children throughout the ages, and now there are famous cabbage patch dolls.
6. Babe Ruth used to wear a cabbage leaf under his baseball cap during games to keep cool, and it is reported he switched it out for a new leaf halfway through each game.



memory lane. Tomatoes, cucumbers, lettuce, green beans, beets – no matter the vegetable – a youthful memory is shared by Ms. Marge. We share a laugh about how we both love tomato sandwiches on white bread with mayo, salt, and pepper. We double laugh when we remember how she taught me to can tomatoes and the hot mess I made. The vegetables are simply a gateway into a conversational garden of friendship, or silence in the presence of friends simply giving time to each other. So, the moral of sharing is get out there, visit a neighbor, and share your time and harvest – it is good for everyone's soul.

- **Cindy Monius, Master Gardener**

## Health Benefits

The summer harvest is a fading memory. However, fall vegetables offer cool weather comfort, freshness, and flavor. A variety of fresh, local vegetables are available in your grocery store or farmer's market.

When I was a kid, the smell of Brussels sprouts turned my stomach. Now, however, Brussels sprouts are one of my favorite vegetables. They have evolved into a trendy dish, often served shaved raw in a salad, fried crispy as an appetizer, or roasted with olive oil. Make sure the mini cabbages are firm, pretty tight and light green. After purchasing, keep them refrigerated.

Cauliflower is another vegetable that has found its way into the popular crowd. I have seen cauliflower steaks as an alternative to New York strip on restaurant menus. Cauliflower rice is a delicious side dish, and it's super easy to make in a food processor or can be purchased frozen. Mashed, roasted, or creamed in a soup are other ways to enjoy this big, beautiful, healthy vegetable.

Kale and spinach are two of the top ten super foods, loaded with nutrients and health benefits. They can be eaten raw in a salad or blended in a smoothie. They can be sautéed, baked into casseroles, and stirred into soups. Kale is also an interesting substitute for chips. Simply coat kale leaves with olive oil, salt and spices and roast on a baking sheet. They will crisp up in about 10 minutes. - **Ann Blocher, Master Gardener**

## What is... Sharing?

When I think of sharing, I think of my 83-year-old neighbor, Ms. Marge. Walking to her house and "sharing" our garden's vegetables is a walk down

**MASTER  
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