



Because the Farmers' Market showcases the freshest seasonal produce, some ingredients in the following recipes may not be available at certain times of the year. For your convenience, we've included a list of what's in season at the market on the next page. For more information on what you'll find at the market, check out our Overland Park Farmers' Market Guide.





Look for the symbol on each list of ingredients for items that can be found at the Overland Park Farmers' Market. Use it to build your shopping list the next time you visit the market.



The perfect blend of sweet and savory, this refreshing summer salad packs the most flavor when made with farm-fresh ingredients.

#### Yield: 4 servings

5 yellow peaches M

3 green onions, sliced M

¼ cup chopped fresh cilantro ™

3 Tbsp. honey 🝱

1 tsp. salt

1 tsp. lime zest 🜃

½ cup fresh lime juice 🜃

34 tsp. ground cumin

¾ tsp. chili powder

1/3 cup olive oil 🚻

6 oz. baby arugula 🚻

¾ lb. fresh mozzarella, cut into ¼ inch slices

Fresh cilantro, for garnish M

Peel and chop 1 peach. Cut remaining four peaches into  $\frac{1}{4}$  inch rounds, cutting through stem and bottom ends. Discard pit.

In a food processor, blend the chopped peach, green onions, chopped cilantro, honey, spices, salt, lime zest and lime juice until smooth (about 10-15 seconds). Add olive oil and pulse three to four times until thoroughly combined.

Spray grill with cooking spray and preheat to 350-400 degrees F. Brush both sides of peach rounds with peach dressing and place on grill. Cover and heat for three to five minutes on each side (grill marks should appear).

Arrange arugula evenly on four plates. Alternately layer four grilled peach rounds and three cheese slices over the arugula on each plate. Top each with three more peach rounds. Drizzle with remaining peach dressing and garnish with cilantro. Serve immediately.





This Midwest-style
Cowboy Caviar is
chock full of colorful,
fresh ingredients
you can find at the
Farmers' Market.
This recipe makes a
great dip or side salad
for a summer BBQ
and is naturally vegan
and gluten-free.

¼ cup sugar

1/4 cup white wine vinegar

1 cup salsa verde

1 tsp. salt

1 lb. tomatoes, seeded and diced **1** 

1 15oz. can black beans, drained and rinsed

1 11oz. can sweet corn, drained

1 red onion, diced **M** 

½ cup diced green bell pepper M

½ cup diced red bell pepper ™

½ cup cilantro, chopped M

6 avocados, peeled and diced

In a large bowl, combine all ingredients.

Cover and chill for at least one hour to blend flavors. Serve as a side salad or with tortilla chips.



Buying too much fruit at the Farmers' Market is no issue with this recipe for slow-cooker fruit butter. Fruit butter can be made from almost any variety of non-citrus fruit. Spread on biscuits, fold into pancake batter or use as an ice cream topping.

5 lbs. fruit 🚻

1 cup granulated sugar

½ tsp. salt

2 Tbsp. freshly squeezed lemon juice W Herbs and spices of choice, if desired

### **Equipment:**

Colander

Knife and cutting board

Measuring cups and spoons

6 qt. or larger slow cooker

Immersion blender

Prepare fruit by rinsing under cool water. Peel or pit as needed and cut into 1-inch chunks.

Put fruit into slow cooker. Add sugar, salt and any desired herbs and spices. Stir to combine.

Place a wooden spoon across the top of the slow cooker and place the lid on top to allow venting. Cook on LOW, stirring every few hours, until thick and spreadable (about 10-12 hours). Put the spoon back in place beneath the lid after each stir.

Turn off slow cooker. Add lemon juice and stir to combine. Leave uncovered to cool. Transfer to blender and blend until smooth.

Store in sealed containers in the refrigerator for up to 10 days or in the freezer for up to six months.



The freshest hash around uses locally grown ingredients to create a filling breakfast dish. This hash can be enjoyed immediately with eggs or stored in the refrigerator for up to 5 days after prepping.

### Yield: 4 servings

8 oz. turkey sausage 🝱

1 small onion, finely chopped 🝱

2 garlic cloves, minced M

1 large sweet potato, peeled and diced ₩

½ red bell pepper, diced ™

1 cup diced eggplant III

1 cup spinach, roughly chopped M

1 ½ cups sliced mushrooms M

4 - 6 eggs 🜃

Preheat oven to 425 degrees F. Spread diced potato in a thin layer on a large baking sheet. Bake for 20 minutes or until potatoes have slightly browned.

While potatoes are baking, heat a large skillet over medium-high heat. Remove sausage from casings if necessary and cook until golden brown, stirring occasionally (about eight minutes). Transfer to plate and set aside.

Reduce heat to medium. Add onions and cook for five minutes, until translucent. Add garlic and sauté until fragrant (about one minute).

Add eggplant and mushrooms. Cook until softened.

Add red bell pepper and cook until softened slightly (about five minutes).

Stir in spinach and cook until wilted. Add sausage back to skillet and stir to incorporate.

Spread potatoes and hash mixture in a thin layer in a walled baking dish. Create wells and crack eggs into them. Season with salt and pepper and bake in preheated oven for 10 - 20 minutes, until the eggs are done to your preference.

Serve warm and enjoy.





Beat the summer heat with these cool, refreshing sandwiches. Late summer is the best time for tomatoes at the Farmers' Market. Tip: use a serrated knife when slicing the tomatoes to retain their juiciness.

### Yield: 6 servings

- 1 8oz. package of cream cheese, softened
- 2 cucumbers, seeds removed, diced M
- ¼ cup finely chopped red onion ™
- 2 ½ teaspoons fresh dill, chopped 🔟
- 2 ½ teaspoons fresh mint, chopped ™
- 2 tsp. fresh lemon juice
- 1 tsp. white wine vinegar
- 1 tsp. kosher salt
- ½ tsp. black pepper

6 thick slices of bread, toasted M

- 1 ½ lb. assorted fresh tomatoes (about 3 large), cut into ½ inch-thick slices ☑
- 2 Tbsps. extra virgin olive oil ™

Chives, thinly sliced, for garnish M

In a medium bowl, mix together cream cheese, cucumber, red onion, dill, mint, lemon juice, vinegar, salt and pepper.

Spread ¼ cup of the cucumber mixture onto each slice of toasted bread. Top each with two to three tomato slices and drizzle with 1 tsp. olive oil. Top with chives, salt, and pepper. Serve immediately.

For a tangy, sweet breakfast treat, whip up a batch of these crostatas featuring summer fruits. The simple recipe is also perfect for dessert in a pinch.

#### Yield: 4 servings

1 cup granulated sugar, divided

2 cups all-purpose flour

½ tsp. salt

1 cup (2 sticks) unsalted butter, cut into small pieces\*

4 - 6 Tbsps. ice water

1 cup fruit 🚻

1 tsp. lemon or lime zest 🍱

Preheat oven to 450 degrees F. Grease a baking sheet or line with foil.

In a food processor, combine  $\frac{1}{2}$  cup sugar, the flour and the salt. Add butter cubes and pulse several times, until the mixture is crumbly. Add the water one tablespoon at a time until the dough comes together.

Shape dough into a thick disk and wrap in plastic wrap. Store in the refrigerator for one hour or in the freezer for 20 minutes.

Divide the dough into four equal portions and roll each into a ball. Use a rolling pin to flatten the dough into  $\frac{1}{4}$  inch thick rounds.

Spoon ¼ cup of the fruit into each round of dough, leaving a 1½ inch border around all edges. Sprinkle lemon or lime zest on top and give each fruit filling a squirt of lemon or lime juice. Sprinkle remaining sugar over all of the fruit.

Fold dough edges toward the center, firmly pinching together the seams between the folds (this will prevent your crostata from unraveling as it's heated). Fruit should still be visible in the center of the dough pocket.

Bake the crostatas for 12-14 minutes, until brown around the edges. Remove from oven and allow to cool before transferring to serving plate. Serve at warm or room temperature.





Loaded with veggies, this easy overnight egg bake is deliciously satisfying and healthy, to boot. Perfect for make-ahead breakfasts to feed the whole family.

#### Yield: 8 servings

- 1 lb. sweet Italian turkey sausage 🝱
- 1 ½ cups diced sweet onion M
- 8 oz. sliced mushrooms 🔟
- 2 cloves garlic, minced M
- 2 cups frozen shredded hash brown potatoes
- 2 cups shredded reduced-fat cheddar cheese, divided
- 1 cup diced green pepper **1**
- 2-3 plum tomatoes, seeded and diced **11**

½ cup chopped green onions 🝱

- 12 eggs 🜃
- 1 ¾ cups non-fat milk ™
- 1 ½ tsps. dried parsley
- 1 tsp. kosher salt
- 1 tsp. dried basil

1/4 tsp. black pepper

In a large non-stick skillet over medium heat, cook sausage, onions, mushrooms and garlic until sausage is cooked through and mushrooms have softened (about 10 minutes). Drain the liquid and set aside.

In a greased 9x13 pan, layer potatoes, sausage mixture, 1 cup cheese, green peppers, tomatoes and green onions. Set aside.

In a medium bowl, combine eggs, milk, parsley, salt, basil and pepper. Whisk thoroughly to combine, then add remaining cup of cheese and whisk again. Pour evenly over ingredients in baking pan. Cover and refrigerate overnight or bake immediately.

Preheat oven to 375 degrees F. Bake casserole, uncovered, for 60-70 minutes or until middle is set and edges are golden brown.

Remove from oven and cool for 10 minutes before serving.

This protein-packed vegetarian meal makes use of fresh ingredients you can find at the Farmers' Market in the early summer months.

## Yield: 4 servings

½ cup quinoa

1 cup water

½ tsp. oil (coconut, olive or avocado) ™

1 clove garlic, smashed and minced M

5 oz. fresh spinach 🜃

½ tsp. basil 🚻

1/4 tsp. red pepper flakes

¼ tsp. oregano 🚻

Salt and pepper to taste

1 cup grated mozzarella cheese, plus extra for topping ™

⅓ cup crumbled Feta cheese ™

4 bell peppers 🚻

Fresh parsley to garnish (optional) III

Preheat oven to 350 degrees.

Cook quinoa in water until fluffy, set aside.

Heat a skillet with oil and sauté garlic and spinach until tender and fragrant.

Season with basil, red pepper flakes, oregano, salt and pepper.

Add cheeses, saving a little extra mozzarella for topping if desired.

Remove from heat and stir in quinoa.

Slice peppers in half, removing the veins, stems and seeds.

Stuff liberally with cheesy spinach and quinoa filling.

Top with extra cheese and red pepper flakes if desired.

Bake on a foil-lined baking sheet, for 8-10 minutes.

Garnish with fresh parsley and enjoy!





With the Farmers' Market open into November, there are plenty of opportunities to create some hearty fall meals using local ingredients. This chicken recipe evokes the classic tastes of fall.

#### Yield: 4 servings

- 4 chicken breasts III
- 4 Tbsp. olive oil, divided ™
- 1 ½ Tbsp. red wine vinegar
- 3 cloves garlic, minced **™**
- 1 Tbsp. each thyme and sage **™**Salt and freshly ground black pepper
- 1 large sweet potato (peeled if desired), chopped into 3/4-inch cubes ₩
- 1 lb. Brussels sprouts, sliced into halves **™**
- 2 apples, cored and sliced into halfmoons about 3/4-inch thick **™**
- 2 shallot bulbs, peeled and sliced about 1/4-inch thick ™
- 1 medium butternut squash, peeled and sliced about 3/4-inch thick w

Pour 2 Tbsp. olive oil, red wine vinegar, garlic and herbs over chicken and season with salt and pepper. Set aside to rest and chop vegetables.

Place sweet potato, Brussels sprouts, apples, shallots and squash on a large rimmed baking sheet.

Drizzle with remaining 2 Tbsp. olive oil, then toss to evenly coat and season with salt and pepper to taste.

Spread into an even layer, then set chicken over veggie mixture.

Roast in preheated oven until chicken and veggies are golden brown, about 25 - 30 minutes (chicken should register 165 degrees at the center).

Broil during last few minutes for a more golden skin on chicken if desired.

Sprinkle with more herbs if desired and serve immediately.





## About the Overland Park Farmers' Market

The Overland Park Farmer's Market has brought farmfresh food to Downtown Overland Park for more than 30 years. It's been named the "Best Farmer's Market in Kansas" by Cooking Light magazine and Tripping. Patrons can interact with local farmers, listen to live music, and enjoy the surrounding shops and restaurants of Downtown Overland Park.

#### Location

7950 Marty St Overland Park, KS 66204 (Near 80th and Metcalf)

#### Hours

## Saturday mornings

April - September

7 a.m. – 1 p.m.

October - November

8 a.m. – 1 p.m.

#### Wednesday mornings

May - September

7:30 a.m. - 1 p.m.

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