

# Garden

# Fresh



## RECIPES

Delicious dishes you can  
make from fruits &  
veggies from:

- your garden
- farmer's market
- U-pick farms
- in-season produce  
at your grocery store

*Jill McSheehy*  
*journeywithjill.net*

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Hi, I'm Jill,

I'm not a cook or a chef. I'm simply a gardener who found that I needed more recipes when my harvest came on! (I could only eat so many salads, so what else could I use with cucumbers?) Over the years I tried many recipes I had found online and in cookbooks that simply didn't turn out like I had hoped. But I did find some that have become staples in my household -- many I adapted to our taste. My hope is that in this book you will find a few gems that will become staples in your household as well -- whether you have a garden, shop at the farmer's market, visit U-pick farms, or simply shop your grocery store's in-season produce. Fresh is always best, no matter where you get it. Enjoy!

## RECIPES

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BLUEBERRY PANCAKES

PEACH SALSA

BLUEBERRY MUFFINS

MATT'S SALSA

JILL'S GUACAMOLE

BLACK-EYED PEA SALAD

BLACK-EYED PEA & SPINACH SALAD

CUCUMBERS WITH DILL

FREEZER PICKLES

BROCCOLI SALAD

SNAP PEAS WITH GARLIC

GRILLED CABBAGE

SPAGHETTI SAUCE

FRIED OKRA

SAUTÉED ZUCCHINI



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# Blueberry Pancakes

1 1/2 CUPS FLOUR  
1 1/2 TBSP. SUGAR  
1 1/2 TSP. BAKING POWDER  
3/4 TSP. BAKING SODA  
1/2 TSP. SALT  
1 TBSP. CHIA SEED OR FLAXSEED (OPT)  
2 1/2 TBSP. BUTTER  
1 1/2 CUP BUTTERMILK  
1/4 CUP MILK  
2 EGGS

1. Melt butter in small mixing bowl.
2. Meanwhile, combine flour, sugar, baking powder, baking soda, salt, & chia seed or flaxseed in large mixing bowl.
3. After the butter has melted, add buttermilk, milk, and eggs to the butter. Whisk to combine.
4. Add wet ingredients to dry ingredients and mix until just combined.
5. Heat griddle on medium-low heat.
6. Fold blueberries into the batter.
7. Place 1/2-cup portions of batter onto hot, buttered griddle. Cook on both sides until light brown.

*Note from Jill:*

*These are the only pancakes my family eats!  
Fresh or frozen blueberries can be used. To freeze blueberries,  
simply place unwashed berries in plastic containers and freeze.  
When ready to use, rinse with water and add directly to  
batter.*

*Fresh-picked: blueberries*

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# Peach Salsa

4 PEACHES, PEELED & DICED  
JUICE OF 2 LIMES (1/4 CUP JUICE)  
2 TSP. HONEY  
3-4 TBSP. DICED RED BELL PEPPER  
1 TBSP. MINCED JALAPENO PEPPER  
1 TBSP. CHOPPED CILANTRO  
1 CLOVE GARLIC, FINELY MINCED  
2 TBSP. MINCED RED ONION

1. Combine all ingredients.
2. Refrigerate at least 4 hours.

*Note from Jill:*

*Ripe peaches are the easiest to peel. To peel easily, keeping the flesh in tact, submerge peaches into boiling water for 30 seconds; then transfer into ice water until cool. The skin should slip right off.*

*Fresh-picked:  
peaches, red bell pepper, jalapeno pepper, cilantro, garlic, red onion*



# Blueberry Muffins

1 1/2 CUPS FLOUR  
3/4 CUP SUGAR  
1/2 TSP. SALT  
2 TSP. BAKING POWDER  
1/3 CUP CANOLA OIL  
1 EGG  
1/3 CUP MILK  
1 CUP BLUEBERRIES  
CRUMB TOPPING:  
1/2 CUP SUGAR  
1/3 CUP FLOUR  
1/4 CUP BUTTER, CUBED  
1 1/2 TSP. CINNAMON

1. Combine flour, sugar, salt, & baking powder.
2. Place canola oil into a 1-cup measuring cup. Add the egg and enough milk to fill the cup.
3. Mix with flour mixture.
4. Fold in blueberries.
5. Fill muffin cups right to the top.
6. Mix crumb topping with a fork.
7. Sprinkle crumb topping over muffin batter.
8. Bake in 400 degree oven 20 - 25 minutes.

*Note from Jill:*

*If using frozen blueberries, let the berries sit out and thaw a bit before mixing them into the batter.*

*Mixing the crumb topping does put an extra step into these muffins, but I've tried many other simpler recipes and none of them compares. We never have extras at our house. They are delicious fresh but can be made the night before and eaten for breakfast the next morning.*

*Fresh-picked: blueberries*

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# Matt's

## Salsa

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4 CUPS CRUSHED TOMATOES  
(OR 1 QUART CANNED CRUSHED TOMATOES)  
1/2 ONION, CHOPPED  
1/4 CUP CILANTRO, CHOPPED (OR TO TASTE)  
4-5 JALAPENOS, MINCED  
1 TBSP. CRUSHED GARLIC  
1 TBSP. SUGAR

1. Combine all ingredients.
2. Refrigerate several hours before serving.

### *Notes from Jill:*

*I call this "Matt's salsa" because my husband got this recipe from a coworker. This recipe cannot be safely canned, as it has not been tested for safe levels of acidity for canning, but I will make it all year by using homegrown canned crushed tomatoes. If using fresh, drain off most of the juice. Crushed garlic in a jar can also be used. To simplify the chopping process, all ingredients can be added to a food processor and processed to desired chunkiness.*

*Fresh-picked: tomatoes, onion, cilantro, jalapenos, garlic*



# Jill's

# Guacamole

3 AVOCADOS, HALVED, SEEDED, & PEELED  
1 LIME, JUICED  
1/2 TSP. KOSHER SALT  
1/2 TSP. GROUND CUMIN  
1/4 TSP. CAYENNE PEPPER  
1/2 MEDIUM ONION  
1/2 JALAPENO, SEEDED & MINCED  
1 ROMA TOMATO  
1 TBSP. CHOPPED CILANTRO  
1 CLOVE GARLIC

1. In large bowl, placed avocado, lime juice, and salt. Toss to coat.
2. Add remaining ingredients.
3. Blend with an immersion blender or food processor.
4. Refrigerate 1 hour.

*Note from Jill:*

*Although I can't grow avocados, fresh guacamole uses many ingredients I can pick in my garden. During the off-season, I thaw frozen jalapenos and omit the tomato. For thicker guacamole, chop all ingredients together and skip the blending.*

*Fresh-picked: tomato, jalapeno, cilantro, garlic, onion*

# Black-eyed pea Salad

4 CUPS BLACK-EYED PEAS, COOKED &  
COOLED (OR 2 CANS BLACK-EYED PEAS,  
DRAINED)

1 TOMATO, DICED

1/2 RED ONION, DICED

1 RED BELL PEPPER, DICED

1 JALAPENO, DICED

4 GREEN ONIONS, SLICED

1/3 CUP CILANTRO, CHOPPED

1/4 CUP RICE VINEGAR

2 TBSP. OLIVE OIL

1/2 TSP. SUGAR

SALT & PEPPER

1. Toss to combine black-eyed peas, tomato, red onion, red pepper, jalapeno, & green onion.
2. In small bowl, dissolve sugar in vinegar. Whisk in oil. Season with salt & pepper.
3. Pour dressing over bean mixture. Toss to coat. Stir in cilantro and season with salt & pepper.
4. Refrigerate and serve.

*Note from Jill:*

*This salad can be eaten by itself as a side, or it is delicious as a dip for tortilla chips.*

*Fresh-picked: black-eyed peas, tomato, red onion, red bell pepper, jalapeno, green onions, cilantro*



# Black-eyed pea & Spinach Salad

3/4 CUP LOWFAT BUTTERMILK  
3 TBSP. MAYONNAISE  
1 1/2 TSP. DIJON MUSTARD  
1/4 CUP APPLE CIDER VINEGAR  
1/2 TSP. SALT  
1/8 TSP. PEPPER  
4 CUPS BLACK-EYED PEAS, COOKED &  
COOLED (OR 2 CANS BLACK-EYED PEAS,  
DRAINED & RINSED)  
1/2 CUP RED ONION, DICED  
3 STALKS CELERY, THINLY SLICED  
2 TBSP. CHIVES, CHOPPED  
4 CUPS BABY SPINACH LEAVES, CUT INTO  
WIDE RIBBONS

1. In small bowl, whisk together buttermilk, mayo, mustard, vinegar, salt, & pepper.
2. In large salad bowl, combine black-eyed peas, onion, celery, and chives.
3. Pour dressing over mixture and gently stir.
4. Add spinach and toss to coat. Season with salt & peper.

*Note from Jill:*

*This salad gives a fresh crunch to any meal. It's one of our family's favorites!*

*Fresh-picked: black-eyed peas, red onion, chives, spinach*

# Cucumbers with Dill

1 1/2 LBS. CUCUMBERS, THINLY SLICED  
1 TBSP. KOSHER SALT  
1/2 CUP VINEGAR  
1/4 CUP FINELY CHOPPED DILL  
3 TBSP. SUGAR  
1/2 TSP. PEPPER

1. Place cucumber slices in colander.
2. Sprinkle with salt. Toss to coat. Let stand 15 minutes, stirring occasionally.
3. Meanwhile, stir remaining ingredients together, until sugar is dissolved.
4. Drain cucumbers well; pat dry.
5. Add to dressing and stir to blend.
6. Refrigerate two hours.

*Note from Jill:*

*This is my husband's favorite fresh cucumber side dish. Fresh-picked dill adds an amazing flavor. Slicer varieties of cucumbers work best in this recipe.*

*Fresh-picked: cucumbers, dill*

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# Freezer Pickles

7 LARGE CUCUMBERS, SLICED  
1 CUP ONIONS, SLICED  
2 TBSP. SALT  
2 CUPS SUGAR  
1 CUP WHITE VINEGAR  
1 TSP. MUSTARD SEED  
1 TSP. CELERY SALT

1. Place cucumbers & onions in a bowl. Sprinkle salt over them and let stand overnight in the refrigerator.
2. Drain well in colander.
3. Bring to a boil the vinegar, sugar, & spices, until all sugar is dissolved. Cool slightly.
4. Pour over drained cucumbers. Stir well.
5. Refrigerate or freeze.

*Note from Jill:*

*These pickles are great as a snack or a side on a hot day. They are my favorite and the most requested of my friends. The best flavor comes after freezing them for at least two weeks and then thawing. I've used both the slicing and pickling variety of cucumber in this recipe with success.*

*Fresh-picked: cucumbers, onions*

# Broccoli Salad

1 HEAD FRESH BROCCOLI, CUT INTO  
BITE-SIZED PIECES  
1/2 CUPS DRIED CRANBERRIES  
1/4 CUP CHOPPED RED ONION  
2 TBSP. SUGAR  
3 TBSP. WHITE WINE VINEGAR  
1 CUP MAYONNAISE  
10 SLICES BACON

1. Fry bacon. Drain and crumble.
2. In salad bowl, toss together broccoli, cranberries, and red onions.
3. In a separate bowl, whisk together white sugar, white wine vinegar, and mayonnaise.
4. Pour mixture over broccoli and toss to coat.
5. Refrigerate at least 2 hours.
6. Before serving, sprinkle crumbled bacon on top and combine.

*Note from Jill:*

*Maybe I've lived a sheltered life, but I had never tasted broccoli quite like this before, as the day I tasted this dish at a church meal. I asked the woman what it was and I quickly did an Internet search to find a recipe. The original recipe calls for raisins but I prefer dried cranberries. Broccoli salad is now a staple in our house.*

*Fresh-picked: broccoli, red onion*

# Snap Peas with Garlic

3 TBSP. OLIVE OIL  
3 CLOVES GARLIC, MINCED  
1 CUP WATER  
4 CUPS SNAP PEAS, ENDS TRIMMED  
SALT & PEPPER

1. Heat olive oil in a skillet over medium heat.
2. Add garlic. Cook, stirring constantly, being careful not to let the garlic burn, until light brown.
3. Add snap peas, salt, & pepper, and toss to coat. Sautee peas for 2 minutes.
4. Slowly pour in 1 cup water and reduce heat to medium-low. Cover.
5. Cook 5 minutes more until peas are crisp-tender.

*Note from Jill:*

*My friend Lisa raved about this simple side, so I decided to grow snap peas just to try it. I now make a place for snap peas in both the spring and fall because we love this dish so much.*

*Fresh-picked: snap peas, garlic*



# Grilled Cabbage

1/2 HEAD CABBAGE  
2 TBSP. BUTTER  
4 SLICES BACON  
SPICE MIX:  
1/2 TSP. SALT  
1/4 TSP. GARLIC POWDER  
1/8 TSP. PEPPER  
1 TBSP. GRATED PARMESAN

1. Cut cabbage into 4 wedges and place each one on a square aluminum foil sheet.
2. Spread cut sides of cabbage with butter.
3. Sprinkle spice mix on each wedge.
4. Wrap bacon around each wedge.
5. Fold foil over each wedge and crinkle to seal.
6. Grill over medium heat for 40 minutes, turning twice.

*Note from Jill:*

*I love sautéed cabbage as well as the next person, but when all the cabbage forms heads at once, I need a little variety. This dish has a surprisingly delectable flavor, perfect for a late spring cookout.*

*Fresh-picked: cabbage*

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# Sauce Spaghetti

15 LBS. TOMATOES (PEELED & SEEDED)  
1/2 CUP CHOPPED ONIONS  
3 GARLIC CLOVES, MINCED  
1/2 CUP GREEN BELL PEPPER  
1 TBSP. SALT  
1 TSP. PEPPER  
1/8 CUP CHOPPED OREGANO  
1/8 CUP CHOPPED BASIL  
2 TBSP. SUGAR  
3 TBSP. ITALIAN SEASONING

1. Place peeled and seeded tomatoes in a large stock pot. Using a potato masher (or immersion blender), smash tomatoes to your desired chunkiness.
2. Add all other ingredients except herbs and bring to a boil.
3. Reduce heat and simmer to a desired consistency (this could be 30 minutes up to several hours depending on how thick you like your sauce).
4. Add herbs and simmer 20 minutes.

### *Notes from Jill:*

*This spaghetti sauce is my own creation, adapted from several recipes. I do make huge batches to pressure-can (this can not be safely water-bath canned), but it's also excellent served fresh. This recipe makes 3-4 quarts, so either freeze the extra or halve the recipe if you're not cooking for a crowd.*

*Fresh-picked: tomatoes, onion, cilantro, jalapenos, garlic*



# Fried Okra

8 CUPS FRESH OKRA  
1/4 CUP VEGETABLE OIL, PLUS MORE FOR  
FRYING  
1 CUP CORNMEAL  
1 TBSP. SALT  
2 TSP. PEPPER

*Use this same recipe for southern-fried squash! Simply substitute yellow summer squash for okra.*

1. Wash and slice okra in 1/2-inch thick slices, discarding ends.
2. Place okra in large mixing bowl. Pour 1/4 cup vegetable oil over okra, tossing to coat.
3. Spread cornmeal, salt, & pepper on top of okra, shaking the bowl to cover the okra.
4. Pour vegetable oil into large skillet 1/2-inch deep. Heat until a drop of cornmeal makes the oil sizzle.
5. Carefully add okra in single layers, cooking until the batter is light brown. Flip over.
6. Drain on paper-towel lined plate, and sprinkle with salt while hot.

*Note from Jill:*

*Be sure and pick the okra young. If they get too big, they'll be hard and inedible. An easy way to know is if your knife glides through the okra easily.*

*Fresh-picked: okra*

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# Sauteed Zucchini

4 MEDIUM ZUCCHINI, SLICED (OR  
MIXTURE OF ZUCCHINI AND YELLOW  
SQUASH)

1 LARGE ONION, SLICED

2 GARLIC CLOVES, MINCED

4 SLICES BACON, CUT INTO 1 INCH PIECES

SALT & PEPPER

1. Heat skillet over medium-high heat.
2. Cook bacon until almost browned.
3. (Add vegetable oil if bacon hadn't rendered enough fat to coat the bottom of the pan.)
4. Add minced garlic and cook while stirring for 1 minute.
5. Pour in zucchini and onions, tossing with bacon and garlic.
6. Reduce heat to medium. Cook for 15 minutes, stirring every few minutes to prevent scorching, until vegetables are tender.

*Notes from Jill:*

*Tender zucchini works best in this recipe, but I've been known to let my zucchini get too large before I pick them. They take a little longer to cook but will still work.*

*Fresh-picked: zucchini, onions, garlic*

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Do you have a Garden Fresh recipe you love? I would love to have it! I'm always trying new recipes every year. E-mail me your favorite at [jill@journeywithjill.net](mailto:jill@journeywithjill.net).

Are you a gardener? A gardener wannabe? I'd love to connect with you at my blog -- [journeywithjill.net](http://journeywithjill.net), where I blog on my Faith, Family, & Garden.

Join the conversation on my Facebook page -- [Journey with Jill in the Garden](#). I share articles, resources, and videos that will help you have your best garden yet.

Thank you for reading, and I hope you enjoy your new recipes!

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