

Basil

Basil is not only delicious; it's highly nutritious as well. Just like chives, it is high in vitamins A (in the form of beta-carotene), B-6, C and K (essential for proper blood clotting factors). Along with calcium and iron, basil also contains high levels of lutein and Omega-3's.

A word from nutritionist Martha Berkesch "One of my favorite things about having a share from Cosmic Apple is the amount of basil we get every summer. Native to Africa, India and parts of Asia, basil grows best in warm, tropical climates like our greenhouses in Idaho! Basil leaves have many antibacterial and anti-inflammatory essential oils. Eat basil to get plenty of vitamin K necessary for blood clotting and bone strength and for minerals like potassium, manganese, copper, and magnesium and especially iron. Basil is also a great source of calcium and vitamin A. Make lots of pesto for the freezer and enjoy your basil all year round!"

Besides making pesto, what else can you do with basil? Sprinkle chopped basil on garlic bread, pizza and on soups. A great ingredient in salads and dressings, it also goes well in all sorts of tomato-based sauces. Familiar in Italian and Thai cuisine, it also blends well with a variety of other foods - French, Indian, Vietnamese and Greek dishes take well to its spritely flavor. Mince some, add to melted butter and put on popcorn for a quick snack. Chop it and put it in a grilled cheese; put in melted butter and on pasta; on chicken; sprinkle on a fine steak; morel, basil cream sauce; mix into your scrambled eggs; top tomato soup with some; put a leaf on cheese and crackers; use as an excuse to order pizza and sprinkle on top; put it in your salad; basil, tomato cheeseburger! Make herb butter, infuse olive oil, garnish everything with it, freeze it with olive oil in ice cube trays, make basil tea, and make a basil-blackberry crumble, make lemon basil sorbet, make basil lemonade, make spinach pesto lasagna. Basil cheesecake, mix into fruit salad.

Mmmmm... breathe that scent into your body! Basil is yummy in everything! Yes even ice cream, it is much more flavorful if left uncooked. So add it at the end, or after you remove your food from the stove.

Basil plants for the markets.



Dressings:

Lemony Chive-Basil Vinaigrette

1/4 cup fresh squeezed lemon juice

2/3 cup extra-virgin olive oil

1/2 teaspoon EACH: salt and pepper

1-2 cloves freshly crushed garlic

1-2 tablespoons freshly minced chives

1-2 tablespoons freshly chopped basil

Whisk together all ingredients until well-blended. Store any extra in a tightly-lidded glass jar.

Green Garlic Goddess

1/3 cup minced garlic curls

1/3 cup chopped parsley or chives

1/3 cup chopped fresh herbs of your choice...basil, thyme, etc...

1/3 cup white wine vinegar

Juice of half a lemon

Salt and pepper to taste

1 cup olive or vegetable oil

2 Tbsp. mayonnaise, optional

In a blender or food processor, combine all ingredients, except the oil and optional mayonnaise, if using, together until fairly smooth. Slowly add the oil in a thin stream, so the dressing thickens and emulsifies. Store in a glass jar with a tight lid for up to one week in the fridge.

Dale's Basil Sesame Vinaigrette (Workshare Lunch!)

1 garlic curl-finely diced

¼ C. Rice Wine Vinegar

¼ C. Soy sauce

1 t. Red Pepper Flakes

½ C. Packed Basil

2/3 C. Sesame Oil

Put Vinegar, curls, soy sauce, pepper flakes and basil in blender. Puree. Turn Blender on, add oil turn off blender.

Basil Vinaigrette

2 cups basil leaves

1/2 cup olive oil

1/4 cup white wine, champagne or Balsamic vinegar

1 T. minced fresh garlic

Salt and pepper to taste

Put all ingredients in blender and process until smooth. Makes about a cup.

Basil Dressing

Great on salads, chicken, shrimp or sliced Tomatoes

About 1/3 c. fresh basil leaves

2 T. plus 1 t. fresh lemon juice

Salt and lots of freshly ground black pepper

2 to 3 t. honey (to taste)

6 T. extra virgin olive oil

Place the basil food processor, pulse until finely chopped. Add the lemon juice, salt, pepper and honey, and pulse several times until combined. Add the olive oil and process until emulsified. Taste and adjust honey and salt. Serve right away to preserve the color.

Dale's Basil Vinaigrette (Workshare Lunch!)

1 garlic curl or clove chopped

1 cup packed basil

¼ cup balsamic vinegar

¾ cup olive oil

Salt and pepper to taste

Puree garlic, basil and vinegar. Turn on Blender, add oil and turn off immediately.

Share Member Anna Adam's Favorite Dressing Recipe (Shareholder Favorite!)

1 cup packed cilantro leaves

2 garlic cloves, crushed

1 diced jalapeno (I leave the seeds in, but they can be removed if you want less heat)

4-5 T chopped dill

¼ cup packed basil

¼ cup honey

Place all ingredients in food processor, blend while pouring in 1 cup olive oil. Pulse in ¼ cup rice vinegar.

Basil Green Goddess Dressing By Susie Gall

1c basil

1/2c parsley

1c yogurt

1-2tsp honey

2TBS green onions

Juice of 1 lemon

2TBS garlic curls or garlic clove

1/2tsp Apple Cider Vinegar

1/2tsp Worcestershire sauce

Salt n' pepper

2TBS olive oil

Place all ingredients except olive oil in a food processor. Pulse until smooth and creamy. Start drizzling in olive oil & process until oil is incorporated. Place in an airtight container. Delicious if served immediately, best flavor if left overnight

Basic Herb Vinaigrette

1/3 cup apple cider vinegar

1 cup extra virgin olive oil

2 Tbsp. fresh herb of choice (favorites are mint or basil)

Splash of honey or maple syrup
Salt and pepper to taste

Garlicky Tomato Dressing

2 Tomatoes cut into quarter

1/2c Basil chopped

2 Garlic cloves minced

1/2c olive oil

1/4c Balsamic Vinegar,

2tsp Tomato Paste

Salt n' Pepper

Combine ingredient in a food processor or blender. Whirl until smooth. Makes 1 ½ cups.

Honey Basil Dressing

1/2c packed whole basil leaves

1/4c honey

1/3c olive oil

1/4c apple cider vinegar

Pinch of salt

Roughly chop basil leaves & combine all ingredients in a food processor or blender & puree until dressing is smooth.

Pour into a jar and refrigerate before serving. Keeps for a week or longer in the refrigerator.

Basil Peppercorn Dressing

¾ cup roughly chopped basil

½ cup extra virgin olive oil

1 TBS balsamic vinegar

1 TBS red wine Vinegar

1 tsp fresh lemon juice

1-2 cloves garlic

¼ tsp salt

¼ tsp black pepper

Bring a pot of water to boil and fill another bowl with ice water. Blanch the basil in the boiling water for 15 seconds, then immediately add it to the ice water to stop the cooking process. Once cold, dry out some of the water from the basil. Place everything into a blender and blend on high until smooth.

Tomatoes and Basil growing in the greenhouse. 6/2/16



Pestos:

Basic Pesto 1

2 c. packed basil leaves

1/3 c. pine nuts (sub walnuts to save lots of money, and still have great taste)

2 garlic cloves

½ c. Parmesan cheese, grated

½ c. Olive Oil

Salt and Pepper

Put basil, pine nuts, garlic and cheese in food processor. Process to a rough paste. Turn on machine, add oil and turn off.

If freezing, I omit the cheese. Freeze in an ice cube tray for individual servings all winter long! Transfer to a freezer bag to prevent freezer burn.

Basic Pesto 2

Here's a basic recipe that you can use with any green and any nut or seed. Get creative and mix it up!

2 cups packed greens-basil, sorrel, kale, radish greens, turnip greens, etc.

2 cloves garlic, baby garlic or garlic curl

1/4 cup nuts-pine nuts, walnuts, almonds, pumpkin seeds, etc.

2/3 cup olive oil

Salt and pepper to taste

Blend in a food processor. Add a dash of lemon juice to keep the pesto green if you want. Freeze in ice cube trays and then put the cubes in freezer bags to store in single-size portions.

Spinach Basil Pesto

1 ½ c. spinach

¾ c. basil

- ½ c. olive oil
- ½ c. toasted pine nuts
- ½ c. grated Parmesan
- 4 garlic curls or garlic cloves, cut in chunks
- ¾ t. salt
- ½ t. pepper
- 1 T. lemon juice
- ½ t. lemon zest

Blend the spinach, basil, pine nuts, Parmesan cheese, garlic, salt, pepper, lemon juice, lemon zest, and 2 tablespoons olive oil in a food processor until nearly smooth, scraping the sides of the bowl with a spatula as necessary. Drizzle the remaining olive oil into the mixture while processing until smooth.

Roasted Tomato Basil Pesto

- 2 pre-roasted tomatoes or 1 fresh tomato
- 2 garlic cloves, peeled and halved
- 3 Tbsp. pine nuts
- 2 Tbsp. olive oil
- 1 cup basil leaves
- 1/2 cup grated parmesan
- 2 Tbsp. butter, softened

Combine the tomatoes, garlic, pine nuts and oils in a blender and process until just combined. Add a handful of basil and process again briefly; continue adding the basil in small amounts until all is combined. Stir in the Parmesan cheese and butter and season with salt and pepper to taste. *Farmer John's Cookbook

More Basil Recipes:

Foolproof Cheesy Garlic Spread

- 1 - 8 oz. package cream cheese, softened
 - ½ cup butter, softened
 - 2 tablespoons chopped parsley or basil
 - 2 tablespoons chopped onion
 - 5-6 cloves minced fresh garlic
 - A few dashes of salt, black pepper and cayenne, red pepper flakes or paprika...
- In a food processor or with a hand mixer, whip or puree all ingredients together till fairly smooth. Spread and even layer on both sides of a split French loaf, broil for a few minutes, and enjoy.

Sugo Rosso (Red Sauce)

- 4-6 large tomatoes, chopped
- ¼ cup chopped onion
- 4-5 cloves fresh minced garlic
- ¼ cup olive oil
- ¼ cup basil
- 1 tablespoon parsley
- Salt and plenty of black pepper

Basil plant growing in the greenhouse. 6/3/16



In a large saucepan over medium heat, sauté the onions and garlic just till golden brown in the olive oil. Add the remaining ingredients and simmer for 20 minutes. Puree, if you like, and serve hot over cooked pasta.

Scalloped Tomatoes with Basil

2-3 pounds tomatoes, chopped
2 c. cubed, toasted French bread
1 finely minced onion
3-4 cloves minced garlic
1/3 cup shredded fresh basil
1 tablespoon olive oil
A few pinches of sugar
Salt and pepper to taste
½ cup grated Parmesan

Sauté the onion and garlic in the olive oil till soft and toss together with the tomatoes, basil, French bread, and seasonings. Spread in a casserole dish and sprinkle with the grated Parmesan. Bake at 350 for 30 minutes or till bubbly and brown on top. Great side dish.

Swiss Chard with Pine Nuts, Parmesan and Basil

1 large bunch Chard
1 Tbsp. extra virgin olive oil
3 Tbsp. pine nuts
Kosher salt
1 Tbsp. minced garlic
1 Tbsp. cold unsalted butter, cut into 4 pieces
1/4 c grated Parmigiano-Reggiano
1/4 c thinly sliced fresh basil leaves (8-10 large leaves)

Cut stems from the chard leaves. Cut leaves into 2-3 inch pieces. Slice the stems crosswise into 1/4 inch thick pieces. In a 12 inch skillet, heat olive oil over medium heat. Add pine nuts and cook stirring constantly, until lightly browned 2-3 minutes. Transfer the nuts to a plate leaving as much oil as possible. Return the pan to medium-high heat add the chard stems and a pinch of salt, and cook stirring occasionally, until shrunken and beginning to brown lightly, 6-7 minutes. Add garlic and cook until fragrant, about 15 sec. Add chard leaves and 1/4 tsp. salt. Toss with tongs until just wilted, 1-2 minutes.

Remove the pan from the heat, add the cold butter pieces and stir just until the butter has melted. Sprinkle on the cheese, pine nuts and basil, toss to serve.

Great as a side dish or tossed with pasta (which is how my kids loved it!)

Pasta and Swiss Chard

1 Lb. Penne, Rigatoni or Ziti Pasta, cooked and drained ½ red onion, thinly sliced
¼ cup extra-virgin olive oil 3-4 minced fresh garlic cloves or 2-3 garlic curls
1 large bunch Swiss chard, washed and trimmed, chopped into bite-size pieces
1 cup grated hard Italian or Spanish Cheese, or something nice like a Dry Vella Jack
2 cups cubed cooked chicken, beef or Italian sausage, optional
¼ cup chopped fresh herbs such as basil, thyme, oregano, chives, parsley, etc...

Cook and drain the pasta according to package directions, drizzle with a little olive oil, and keep warm. Meanwhile, in a large skillet, heat olive oil over medium-high then add the onion and garlic. Add the chard, chopped herbs and cooked

meats, if using, and stir to coat with the olive oil. Cook and stir for 4-5 minutes until chard is wilted. Add a few tablespoons of water or wine, if desired. Heat through, toss with the grated cheese, and serve immediately.

Zucchini-Basil Muffins

2 large eggs, well-beaten

¾ cup whole milk

2/3 cup vegetable oil

2 cups all-purpose flour

¼ cup sugar

1 tablespoon baking powder

1 teaspoon sea salt

2 cups coarsely shredded zucchini

2 tablespoons fresh basil, minced

¼ grated Parmesan cheese

Beat eggs, milk and oil together. Combine all dry ingredients and blend, just until moistened, with the egg, oil and milk.

Fold in the zucchini and the basil. Fill greased muffin cups about ¾ full and sprinkle the tops with the grated Parmesan cheese. Bake at 425 for about 20-22 minutes, or until golden brown on top. Cool and turn out of muffin tin. Serve warm or at room temperature with herb

Quick Salsa

Strain on can diced tomatoes. Add chopped up basil, chives and garlic.

Stir-fry! By Dale (Workshare Lunch!)

I always say to throw it all in a stir-fry and enjoy it.

So here is one of my stir-fry recipes.

Brown Rice

Soy Sauce

Fresh Ginger

Spinach

Bok Choy

Basil

Snow +/- Snap peas (destringed)

Kale (chopped)

Tomato

Garlic Curls (cut into 3" lengths)

Cosmic Stir Fry Beef (optional)

Fresh Shitakes (optional)

Sesame Oil

Cook the Rice. Heat Sesame oil in a skillet. If cooking with beef, cook meat first, and then add garlic curls and mushrooms. Sauté until curls get lightly browned. Add Kale and Bok Choy stems. Sauté for 3-5 minutes. Add Peas and sauté for 2 minutes. Add freshly grated ginger (use a small size grater). Add a lot, and then add a bit more. Add Bok Choy leaves and spinach. Add Soy Sauce. I usually put in enough that there is about 1/4" in the bottom of the skillet. Cook until all greens are bright green and a bit of the soy sauce has evaporated. Serve veggies over rice with fresh chopped basil and tomato on top!

Basil with cotyledons and first true leaves. 1"X 1" cell



Cosmic Curry (Workshare Lunch!)

1 onion, chopped
3 cloves baby garlic
1 tbsp. fresh ginger
1 tsp. Chili paste
1 tbsp. vegetable oil
1/2 tsp turmeric
1/2 tsp coriander
1 tsp cumin
1 tsp curry
1 cup coconut milk
1/2 tsp salt Collards (sliced)
Beans (chopped)
Zucchini (sliced)
Tomatoes (chopped)
Basil (minced)
Bok Choy (chopped)
Snow Peas (De-stringed)
Rice Noodles (prepared as on package)

Process the onion, garlic, ginger and chili paste in food processor until smooth. In a large skillet, heat oil. Add the onion mixture and turmeric, coriander, cumin and curry. Allow to cook for a minute or two, stirring frequently. Add the zucchini, collards, beans, snow peas, bok choy and the coconut milk and stir well. Season generously with 1/2 teaspoon salt, or to taste. Cover and allow to cook for at least 20 minutes, or until veggies are tender. Add tomatoes; cook long enough to heat them. Serve over Rice noodles with basil on top!

Zucchini Cakes!!!! (Workshare Lunch!)

An annual favorite on the farm. From the Cook's Garden by Ellen Ecker Ogden is where I found this recipe, and my cookbook falls open to this page.

4 c. grated summer squash
2 t. fine sea salt
4 eggs
½ c. AP flour
4 T. (1/2 stick) melted butter
1 T. chopped Basil
¼ c. Olive oil
1 c. Lifeline Sharp Cheese

Toss squash in a colander with salt. Let the juices drain for 30 min. Preheat oven to 200° F. Beat eggs in a medium bowl. Add squash, flour, melted butter, and basil. Mix well. Fold in the cheese. Heat oil in skillet over med. using ¼ c. for each cake drop the batter in the skillet. Cook until golden brown on one side and flip. Be careful, the oil can splash! Cook 2nd side until golden brown. Keep warm on a baking sheet in oven until you are done. These are yummy plain, with yogurt dill sauce or tomato basil vinaigrette.

Pesto with Quinoa and Veggies (Workshare Lunch!)

A traditional meal, a bit lighter. Make quinoa and sauté: Peas, Green beans, Peppers, and summer squash in butter or olive oil. Toss with pesto, quinoa and tomatoes! Serve with some grated Lifeline mozzarella.

Mangiatutto al Pomodoro

Mangiatutto means "eat everything" and pomodoro is tomato! Supposedly Italians use this recipe for any veggie.

5-6 ripe tomatoes (use canned stewed tomatoes if fresh not avail)

Salt and Pepper

Extra virgin olive oil

1 onion, sliced thinly

Extra water as needed

Small handful of basil

1 to 1.5 lb. of beans

Zucchini

Potatoes

Kale

Any hard green veggie!

Garlic

Extra touches: red wine, dash of lemon or lemon curd, other fresh herbs like thyme, oregano, and sage

Sauté onions, garlic in olive oil, then flash any hard veggies (not necessary for zucchini). Tomatoes should be peeled and cut in pieces, toss in pan. Once cooked they get mashed. Add herbs. Cover and cook 30 minutes- this seems long but it really makes the veggies super tender and flavorful and is the key to the recipe.

Sue Muncaster learned this recipe at an Italian cooking school, in Italy! Thanks for sharing!

Polenta (Workshare Lunch!)

Need I say more? Okay....cheesy baked polenta smothered in veggies! This is my favorite farm lunch. Rich and satisfying as the seasons changes to fall. It feels good to turn the oven on again. This is a Joy of Cooking recipe I tampered with over the years to make a bit more decadent. You can make the polenta the day before and reheat it before serving. It makes great leftovers....not that we usually have any.

2 T. Butter

½ c. onions, finely chopped

2 ½ cup water

2 ½ c. milk

1 ½ c. coarse ground cornmeal

12 oz. Lifeline Motzarella, grated

1/2 c. cream

Basil, chopped

Carrots, sliced

Tomatoes, chopped

Kale, chopped

Melt butter in a large saucepan over med. Heat. Add onions and cook until translucent, about 5min. Stir in 1 ½ c. milk and 1 ½ c. water and bring to a boil. Stir together in a bowl, 1 c. water, 1 c. milk, and 1 ½ c. cornmeal. Gradually add to boiling pot. Cook stirring constantly with a whisk, over low heat until it thickens, about 15 min. Preheat oven to 350°.

Lightly butter a shallow 2 qt. Baking dish. Pour half the polenta in dish. Smooth with a spatula. Spread half the cheese on. Pour on the rest of the polenta. Spread the rest of the cheese on. Pour cream on top. Bake 35-45 min. or until the top is golden brown and bubbly. Let stand 10 min. before cutting. While the polenta bakes, Melt butter in a skillet. Sauté

peppers, carrots and eggplant until cooked. Serve over polenta with fresh tomatoes and basil. It also tastes great with tomato sauce and more cheese on top!

Basil Butter

A great way to preserve basil if you ever find yourself with too much!

1 1/2 cups loosely packed fresh basil

1/2 pound Cosmic butter, softened

1 teaspoon lemon juice

1 teaspoon pepper

1/2 teaspoon garlic salt

In a food processor, chop basil. Add butter, lemon juice and pepper and garlic salt; blend until smooth. Drop by half-tablespoons onto a baking sheet; freeze. Remove from baking sheet and store in freezer bags. Use to flavor chicken, fish, pasta, vegetables...

Lemon Butter Basil Turnips

1 bunch turnip greens chopped

1 bunch turnips

2 Tbsp. Cosmic butter

2 Tbsp. basil chopped

Salt

Lemon Pepper

Melt butter in a sauté pan. Add turnips and sauté until brown. In a separate dish cook greens until tender. When turnips are almost done, add turnip greens and sauté together. Season with salt and lemon pepper. Finally add chopped basil and sauté for 1 minute more. Serve warm.

Wilted Greens and Basil

2 T. Cosmic Butter

¾ C. chopped onion

½ t. chopped garlic curl or clove

2 c. chopped tomato

¼ t. ground ginger

Salt and Pepper

½ c. chopped basil

4-5 c. Kale (you can substitute any green)

Heat butter in large pot over med. heat. Add onion, cook until soft, about 5 min. Add garlic, cook until fragrant and golden, about 5 min. Add tomatoes and ginger. Cook and stir until slightly thickened, about 5 min. Stir in greens, Cover and cook until they are wilted. Stir in Basil just before removing from the heat. Season with salt and pepper. Serve hot or at room temperature. From Farmer John's Cookbook.

Basil Beans

1 lb. green beans, ends trimmed

1 T. olive oil

1 c. packed basil leaves, thinly sliced

Bring a medium pot of water and 2 t. salt to a boil. Meanwhile, prepare a bowl of ice water for shocking the beans. When the water boils, add the beans and cook until bright green and barely tender, 4-6 min. Remove the beans to the ice water. Leave them to cool 1 or 2 min; any longer and their flavor will start to wash away. Move them to a clean towel to dry. Heat the olive oil in a med. sauté pan over med. heat. When it's warm, add the beans and basil and toss to combine. Cook just until the beans are hot, 2-4 minutes. Season to taste with salt and pepper.

Tomatoes, Basil and Beans

3 T. olive oil
1 c. onion, finely chopped
2 garlic cloves, minced
1 ½ lb. Trimmed green beans
1 c. tomatoes, finely chopped
1/2 cup water

Heat oil in large nonstick skillet over med. Add onion and garlic and sauté until onion softens slightly, about 5 min. Add beans, tomatoes, basil leaves, and 1/2 cup water. Cook until beans are crisp-tender, stirring and tossing occasionally, about 10 min. Season to taste with salt and pepper.

Roasted Carrot and Tomato Soup with Basil

1 large onion, thinly sliced
2 lbs. tomatoes, halved lengthwise
1 lb. carrots, peeled, cut into ½ "thick rounds
2 garlic cloves, unpeeled
1 tablespoon olive oil
2 1/2 cups water
2 3/4 cups (about) milk
1/2 cup thinly sliced fresh basil

Preheat oven to 400°F. Arrange onion, tomatoes, carrots and garlic cloves on oiled baking sheet. Drizzle with oil. Sprinkle with salt and pepper. Roast until vegetables are tender and brown, turning occasionally, about 55 min. Cool slightly. Peel garlic cloves. Transfer vegetables to large bowl (do not clean baking sheet).

Add 1 cup water to baking sheet, scraping up browned bits; add to blender, then add half of vegetables and puree until smooth. Transfer to large saucepan. Add remaining vegetables and 1 1/2 cups water to blender and puree. Transfer to same saucepan. Gradually add enough milk to soup too thin to desired consistency. Stir in 1/4 cup basil. Simmer 10 minutes to blend flavors. Season with salt and pepper. (Can be made 6 hours ahead.) Cover; chill. Bring to simmer before continuing.)

Ladle soup into bowls. Sprinkle with remaining 1/4 cup basil and serve.

Spinach & Basil Soup

6 T butter
1 1/2 cups finely chopped onions
1 clove garlic, minced
4 cups spinach, chopped
2 T basil, chopped
3 cups broth
1/2 cup freshly grated parmesan cheese
1 cup heavy cream

- 1 t salt
- 2 t lemon juice (or sorrel)
- 1/2 t pepper
- 1/4 t zest of lemon (or more sorrel)

In a large sauce pan, melt butter over low heat and sauté onion until soft, about 10 minutes. Add the garlic, sauté another minute or two; mix in the drained spinach, basil and chicken broth and bring to a boil. Reduce the heat and simmer, uncovered, approximately 10 minutes. Mix in the remaining ingredients. Blend if desired.

Basil Marinade

- 1 T olive oil
- 1 T red wine vinegar
- 1 T chopped basil leaves
- 1 T finely chopped chives or onion
- 2 t kosher salt
- 1 t whole black peppercorns
- 1 garlic curl chopped, chopped

Whisk together the oil, vinegar, basil, onion, salt, peppercorns, and garlic in a bowl. Transfer the marinade to a glass dish with Cosmic meat or tempeh. Refrigerate for at least 3 hours and up to 12 hours.

Basil Gelato

- 2 cups basil leaves
- 2 cups milk
- 1 cup heavy cream
- ¾ cup sugar
- 1 T lemon zest
- ¼ t salt
- 6 egg yolks

Combine basil, milk, cream, sugar, zest, salt, and yolks in a blender and puree until smooth. Pour into a 2-qt. saucepan and heat gently until sugar dissolves. Remove from heat and pour through a fine strainer. Pour onto rimmed cookie sheet and freeze. When solidified, scoop into quart jar and refreeze until you are ready to use. Alternatively, use ice cream maker.

MAKES 1 QUART Original recipe from Saveur

Panzanella Salad

- 1 lbs. tomatoes, cored and cut into small wedges
- 6 oz. country-style bread, torn into bite-size pieces and lightly toasted
- 1/2 cup kale, chopped
- 6 fresh basil leaves, torn
- ¼ cup red onion, thinly sliced
- 1/4 cup extra-virgin olive oil
- 1.5 T red wine vinegar
- 1/2 head baby garlic
- Kosher salt & pepper

In a large bowl, combine the tomatoes, bread, kale, basil, and onions. In a small bowl, whisk together the oil, vinegar, and garlic; drizzle dressing over salad. Season generously with salt and pepper, toss to combine, and let sit for 10 minutes before serving. If you wish, add some fresh mozzarella to the salad.

Zucchini Frittata

2 small cloves garlic

Olive oil

1 zucchini

A handful of kale, chopped

½ cup basil

8 eggs

2 T milk

Salt and pepper

1/4 cup grated Lifeline Cheese

Preheat the broiler. Sauté olive oil and garlic. Thinly slice the zucchini on a mandolin. When the oil and garlic are heated, tear some basil into the pan, add zucchini & kale then cook 2 minutes. Season with salt and pepper. Blend eggs in a blender with a little bit of milk and some salt and pepper. Blend on the highest speed. Pour the egg mixture into sauté pan and let it sit for 1 minute. When there isn't much loose egg left in the pan, add cheese and place pan in the broiler for 1 minute. Take pan out of broiler, let it cool and set in pan for 5 minutes. When cool invert a plate on top of pan and turn over.

Adapted from The Food Network

Napa Cabbage Salad

1/2 cup slivered almonds

3 T vegetable oil

2 T rice vinegar

1 T soy sauce

1/2 t sugar

1 lb. Napa cabbage, thinly chopped

2 scallions, thinly sliced

1/4 cup chopped cilantro or basil

Freshly ground pepper

Preheat the oven to 350°. In a pie plate, bake the almonds for 5 minutes. Let cool. In a bowl, mix the oil, vinegar, soy sauce and sugar. Add the cabbage, scallions and cilantro or basil and toss. Add the almonds and season with pepper. Toss again and serve.

- Adapted from Food & Wine

Tomato Basil Salad

1 cup balsamic vinegar

2 t honey

¼ t garlic, minced

¼ t shallot, minced

1 small sprig rosemary

4 med tomatoes, cored, cut crosswise into ½ in. slices

8 large basil leaves, sliced finely

1-2 oz. parmesan cheese or other Lifeline Cheese

¼ cup olive oil

In sauce pan, add vinegar, honey, garlic, shallot & rosemary. Bring the ingredients to a boil then simmer uncovered until it has reduced to 1/3 cup and is the consistency of syrup. Arrange tomato slices with basil sprinkled on top. Season with salt & pepper. Without drenching the tomatoes, drizzle reduction over tomatoes followed by parmesan cheese and olive oil. - Farmer John's Cookbook

Tomato Basil Quiche

1 T olive oil

1 onion, sliced

2 cups tomatoes, sliced

2 T flour

2 T basil

3 eggs

1/2 cup milk

Salt & Pepper to taste

1 cup of your favorite Lifeline Cheese

Preheat oven to 400°. Grease 9" pie pan with butter or oil and layer ½ cup of cheese on the bottom. Heat olive oil in a large skillet over medium heat and sauté onion until soft; layer over cheese in pie pan. Sprinkle tomato slices with flour and basil, then sauté 1 minute on each side; layer over onions in pie pan. In a small bowl, whisk together eggs and milk, season with salt & pepper and pour over the onion/tomato layers in the pie pan. Sprinkle top of quiche with remaining ½ cup of cheese and bake at 400° for 10 minutes. Reduce heat to 350° and bake for 15-20 min. or until filling is golden brown. Feeling adventurous? Bake the quiche in a pie crust.

Classic Bruschetta (Farm Family Favorite)

2 lbs. tomatoes, diced

½ onion, chopped (lightly sautéing optional)

4 cloves garlic, finely minced

1 handful basil, thinly sliced

4 T extra virgin olive oil

Salt & fresh ground pepper

460 baguette, sliced

Mix all ingredients and chill for 30 minutes. Adjust seasoning as needed. Lightly butter or oil slices of baguette and toast. Pile topping on baguette slices.

Herb-Infused Vinegar

1/2 cup chopped fresh herbs

2 cups vinegar (wine, champagne or apple cider)

Put the herbs in a pint jar. Heat the vinegar in a medium, nonreactive pot over medium-low heat until it reaches almost a simmer (be careful not to boil). Pour the vinegar over the herbs and cover tightly with a nonmetallic lid or with 2 layers of plastic wrap and a metal lid. Set the jar aside in a cool, dark place for 2-3 weeks. Strain the vinegar through a coffee filter or a strainer lined with cheesecloth. Repeat until the vinegar is completely clear. Pour the strained vinegar into a clean, sterilized, nonmetallic jar or bottle. For a pretty touch, add a clean and dry sprig of the fresh herb with its flowers.

Cap the jar of bottle with a plastic or plastic-lined cap or a new cork. Tightly sealed and stored in the refrigerator, the herb-flavored vinegar. It will keep for several months. Farmer John's Cookbook

Tomato Basil Spinach Risotto

2-1/2 cups chicken broth
1 Tbsp butter
1 shallot, minced 1 garlic clove, minced
salt & pepper
3/4 cup Arborio rice
1/4 cup dry white wine
2 tomatoes, chopped
2 cups baby spinach
Handful torn basil
1/4 cup grated parmesan cheese

Bring chicken broth to a boil in a small saucepan. Reduce heat to low and keep hot. In a large skillet, melt butter over medium heat then add shallot, season with salt & pepper, and then sauté until translucent, about 3 minutes. Add garlic then sauté for 30 more seconds. Add rice then stir to coat in butter. Add wine then stir until nearly absorbed by rice. Add 1/2 cup chicken broth then stir continuously until broth is absorbed. Continue adding broth, 1/2 cup at a time, stirring until nearly absorbed before adding more. When there's 1/4 of the broth remaining, add tomatoes then continue stirring. Add baby spinach and basil with the last broth addition then continue stirring. Stir in parmesan cheese

Sugar Snap Peas with Basil and Lemon

2 teaspoons butter
1 1/4 lbs. sugar snap peas
1/2 teaspoon salt
1/4 teaspoon white pepper
1/3 cup chopped fresh basil
1/2 teaspoon grated lemon zest
1/2 lemon, cut in wedges

Heat oil in a large nonstick skillet over medium heat. Add Chinese peas, season with salt and pepper. Stir-fry until crisp-tender, or about 3 minutes. Add basil and lemon zest, stir-fry until basil is wilted and fragrant. Serve immediately with lemon wedge

Summer Squash Ribbons Thanks for the recipe Marylou Klene! (Shareholder Favorite!)

1 1/2 pounds summer squash
1 shallot thinly sliced (2 Tbsp.)
2 Tbsp extra virgin olive oil
2 tsp white wine vinegar
Salt & pepper
1/4 cup chiffonade of basil
1/4 cup toasted pine nuts
2 ounces goat cheese

Trim the ends off the squash and, using a mandolin, vegetable peeler, or knife, cut the squash lengthwise into very thin strips. Place in a large bowl with the sliced shallot, olive oil, and vinegar, and gently toss to combine. Let stand for 10 minutes. Season to taste with salt and pepper. Then add the basil and pine nuts and gently toss to combine. Transfer to

a serving dish(es) and crumble goat cheese on top. Serve immediately. * <http://www.thekitchn.com/summer-saladrecipe-squash-rib-119479>

Watermelon, Basil, & Lime Infusion

Beat the summer heat!!

Melon

Basil

Lime

Chop melon, basil, & lime into small chunks. Place in water, chill & enjoy!

Italian Wonderpot By Beth Moncel, Budget Bytes

Vegetable broth

Fettuccine

Olive oil

Spinach

Diced tomatoes

Green onions (sliced thin)

Garlic Curls (sliced thin)

Basil

Oregano

Red pepper flakes

Salt & pepper

Feta cheese

Add vegetable broth to a large pot. Break the fettuccine in half, add to pot. Add diced tomatoes, olive oil, onion, garlic, basil, oregano, red pepper, & salt n' pepper. Make sure all ingredients are submerged in liquid, place lid on top, & turn heat to high. Bring pot to a full boil, remove lid & turn heat to medium.

Boil for 10-15 min. without a lid or until pasta is fully cooked and most of the liquid is absorbed. Add fresh spinach for the last 2 min. Stir occasionally to avoid sticking.

Broccoli Rabe with Tomatoes & Mozzarella

1lb Broccoli Rabe trimmed

1TBS Olive Oil

½ TBS Red Pepper Flakes

1 Garlic Curl chopped

2 med. Tomatoes chopped,

1TBS Balsamic Vinegar

1TBS Butter

1c corn

½ c Basil chopped

½ c Mozzarella cubed

Salt n' Pepper

Bring a pot of salted water to a boil & drop in broccoli rabe. Cook 5- 8 min. Drain well. In a skillet over medium heat warm olive oil. Add garlic, & pepper flake, cook until the garlic starts to brown, 1 min. Add 1/2 tomatoes, stir, cook until softened, 5 min. Add corn. Stir to coat with flavor. Stir in the butter and balsamic. In a large bowl, combine tomatoes, basil, & mozzarella. Top with the warm broccoli rabe & stir all together. Season with Salt n' Pepper.

Tomato Basil Chicken

2 Chicken Breasts
Salt n' Pepper
2TBS Olive Oil
2c Tomatoes chopped
2tsp Garlic minced
4TBS cold Butter,
1/2c Basil chopped
12oz of Noodles
Parmesan for garnish

Season the chicken breasts with salt n' pepper. Add olive oil to a large skillet. Begin cooking the pasta according to package. Once oil is hot, add the chicken, cook for 4-5 minutes, flip & cook for 4-5 minutes. Add tomatoes, basil, butter, & garlic. Mix all together. Turn heat down to low keep warm until pasta is done cooking. Divide pasta amongst bowls; add chicken, & veggies top with a little cheese.

Lemon, Ginger, & Basil Ice Tea

2 Lemons
5 Ginger sliced into quarter sized pieces
3/4c Basil Leaves loosely packed
3TBS Honey
9c Boiling Water

Cut the lemons in half & juice them into a large pitcher, catching any seeds. Add the lemon halves into the pitcher along with the ginger coins & basil. Pour water into the pitcher & stir in the honey. Allow to steep until cool. Remove the ginger, basil, and lemon halves. Serve with ice.

BASIL!!!!

