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## Summer

The idea of adjusting our diets to the seasons is to stay present, to understand what the seasons are doing to the body, and treat it accordingly with the foods that nature provides. Just as the Earth holds onto more water from the rains of spring, the body holds on to more water during spring as well. These excess fluids, along with the natural increase of physical activity in the spring, help to flush the body of seasonal toxins. Combined with the lower fat harvest of spring this heightened activity also forces the body to increase its fat metabolism.

Summer is a time of high energy, demanding the energy producing properties of fruit, vegetables, and other carbs. If you have eaten properly during the spring, fat will continue to be a baseline energy source in the summer that will keep you on an even keel as you eat more fruits and carbs in general. If you hadn't forced the body into fat metabolism in the spring time, the body would be deconditioned to burn its own fat for energy and would start to crave emergency fuel.

With a high-carb, high-sugar harvest (this is NOT processed sugars!!) naturally available in summer, if you have not reset the blood sugar in the spring by activating fat metabolism, then you will be more susceptible to the ups and downs in blood sugar. To avoid low blood sugar and energy problems (fatigue and depression), you must understand how nature designed the prevention and cure for them. In the same way that winter brings cool relief from the heat of summer, and spring provides respite from a cold, dry winter by giving us moisture, summer produces the heat we need to dry up the excess moisture and mucus of spring. And so in the summer:

- ☪ Favor foods that are cool and liquid
- ☪ Favor foods that are sweet, bitter, and astringent. Minimize foods that create heat (spicy, salty, or sour).
- ☪ Eat the foods that are plentiful and LOCALLY being harvested –Summer in Central PA has lots of local fresh fruits and vegetables available to us.

Some specific summer recommendations:

Dairy – Milk butter and ghee are good. Reduce yogurt and salty cheese, sour cream, and cultured buttermilk (their sour tastes aggravate summer qualities). Nonhomogenized milk is best.

Sweeteners – unrefined sweeteners are best, like sucanat. Honey and molasses should be reduced in the summer. Agave is not a health food! It is mostly high fructose corn syrup, something I do NOT want to put into my body.

Oils – Olive and coconut oils are best.

Grains – Wheat, white rice, barley and oats are best. Reduce corn, rye, millet, and brown rice.

Fruits – Favor sweet fruits, such as grapes, cherries, melons, coconuts, pomegranates, and plums. Reduce sour fruits

Vegetables – Favor asparagus, cucumbers, sweet peppers, green leafy lettuce and vegetables, pumpkins, broccoli, cauliflower, celery, okra, beans, green beans, zucchini.

Reduce hot peppers, tomatoes, carrots, beets, onions, garlic, radishes, and spinach.



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Spices – Coriander, mint, cardamom, and fennel are great. The following spices increase heat and need to be used only in small amounts: ginger, cumin, black pepper, clove, fenugreek, and salt. Chili peppers and cayenne should be avoided.

What you eat now in these warm summer months can protect you from colds and flus in the fall and winter. If you want to avoid a bad week of coughing and a stuffy nose in the near future, there are 3 main foods I encourage you to eat more of this summer that will help you feel more energized, lean and clear.

Eating more of these foods will also help your skin look radiant and you will have less cravings for foods that don't make you feel good.

### Top 3 Summer Detox Foods

1. Eat dark leafy green vegetables every day, such as salads, micro greens, sprouts or steamed kale. Pile greens into your wraps and sandwiches, your burritos and even in your fruit smoothies (try spinach or romaine).
2. Enjoy decadent amounts of berries, such as strawberries, raspberries and blueberries. They make great desserts, toppings and even taste delicious in salad.
3. Drink copious amounts of plain water to stay hydrated.

When you eat light, juicy seasonal summer foods, the intestinal mucosa in your digestive system will stay clear and healthy. Remember, in nature it is not about avoiding certain foods. It is about eating more of the good ones.

Think about what you can eat more of this summer by circling the foods you love off the [Summer Grocery List](#). And then, give yourself permission to eat more of them to your heart's delight!

The above information is an excerpt from “The 3-Season Diet” by John Douillard

### To Stay Cool, Calm and Hydrated

- ॐ Sip cool or room temperature water with mint leaves or cucumber slices in it or drink coconut water to keep cool and hydrated.
- ॐ Drink herbal teas such as mint or hibiscus.

### Daily Routines (Dinacharya) for Summer:

- ॐ Self massage with coconut oil
- ॐ When resting lie on your right side, as this will promote breathing through your left nostril which is cooling
- ॐ Avoid excessive activity during midday heat as it can be draining.

### Signs of Excess Pitta During Summer:

- ॐ Irritability and impatience, heartburn, acid reflux, stomach ulcers, sensitivity to heat, lethargy, sarcasm, skin rashes, boils, acne, low blood sugar, difficulty falling asleep.
- ॐ If you experience some of these signs follow the above guidelines and the summer menus more closely or consult with an Ayurvedic Dr. (My Ayurvedic Dr. in Allentown Dr. Shekhar Annambhotla [www.ojas.us](http://www.ojas.us), 484/347-6110, doctorshekhar@gmail.com)



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## Summer Grocery List (July-October)

Though these are not the only items you can eat, they are the most beneficial foods in the Summer.

\*An asterisk means it is best to eat more of this food.

☯ Eat more foods that are Sweet, Bitter, Astringent / Cold, Heavy, Oily: such as salads, smoothies, fresh fruit.

☯ Eat less foods that are Pungent (Spicy), Sour, Salty / Hot, Light, Dry: such as spicy foods, hot beverages.

VEGETABLES	FRUIT	LEGUMES	BEVERAGES
Alfalfa Sprouts	*Apples	*Adzuki	Water (room temperature or cool)
*Artichokes	*Apricots	Bean Sprouts	
*Asparagus	*Blueberries	*Black Gram	
Avocados	*Cantaloupe	*Fava	<b>HERB TEA</b>
Bean Sprouts	*Cherries (ripe)	*Garbanzo	*Chicory
*Beet greens	*Cranberries	Goya	*Dandelion
*Bell Peppers	Dates	Kidney	*Hibiscus
*Bitter Melon	Dried Fruit	Lentils	*Mint
*Broccoli	Figs	Lima	
*Cabbage	*Grapes	*Mungs	<b>SWEETENERS</b>
*Cauliflower	*Guavas	*Split Pea	Maple Syrup (small amounts)
*Celery	*Mangoes	*Tofu	Raw Sugar
Chicory	*Melon (all)		Rice Syrup
*Cilantro	Nectarines	<b>CONDIMENTS</b>	
Collard Greens	Oranges (sweet)	Carob	
Corn	Papayas (small amounts)	Mayonnaise	
*Cucumbers	*Peaches (ripe and/or peeled)		<b>NUTS &amp; SEEDS</b>
*Dandelion	*Pears		Almonds
Eggplant	*Persimmons	<b>OILS</b>	*Coconut
Endive	*Pineapple (sweet)	Almond	Flax
*Fennel	*Plums (ripe)	Avocado	Macadamias
Green Beans	*Pomegranates (sour)	Canola	Pinon
*Jicama	*Raspberries	*Coconut	*Pumpkin
*Kale	*Strawberries	Flax	*Sunflower
*Lettuce	Tangerines (sweet)	*Olive	
Mushrooms		*Soy	<b>DAIRY</b>
Mustard Greens	<b>MEATS</b>	Sunflower	Butter
*Okra	Beef (moderation)	Ghee	Cheese (moderation)
Parsley	Chicken		Cottage Cheese
Peas	Duck (moderation)		*Ghee
Pumpkin	Eggs (moderation)	<b>SPICES</b>	Ice Cream
*Radishes (moderation)	Freshwater Fish	Anise	*Milk
*Seaweed	Lamb (moderation)	Asafoetida	*Rice/Soy Milk
*Snow Peas	Pork	*Chamomile	
Spinach (moderation)	Shrimp (moderation)	*Coriander	
*Squash, Acorn	Turkey	Cumin	
Squash, Winter		Fennel	
Sweet Potatoes	<b>GRAINS</b>	Peppermint	
Swiss Chard	*Barley	Saffron	
Tomatoes (sweet)	Oat	Spearmint	
Turnip Greens	*Rice		
*Watercress	Rye		
*Zucchini	Wheat		

*Learn more about the seasonal diet in "The 3-Season Diet" by Dr. John Douillard*



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### Summer Recipes

By favoring cooling foods it will actually help to keep you cool in the summer! You will feel less need for air conditioning and protect yourself from pitta imbalances. Ayurvedic cooking likes gazpachos in the summer, I just do not like cold soups, but if you do this is the time to be eating them.

### Breakfasts

Blueberry Pancakes (made with fresh or frozen blueberries)

Fresh seasonal fruit (cherries, apricots, or peaches whichever is in season)

Mint Herbal Tea (just put a fresh sprig of mint in hot water)

Pancakes for 2 recipe

3/4 cup flour (you can mix different flours, for ex. buckwheat, whole wheat, white, etc.)

1 3/4 tsp baking powder

1/2 tsp salt

1/2 TBSP sugar

3/4 cup milk

1 egg

1 1/2 TBSP coconut oil

splash vanilla

sift dry ingredients, make well in center and add wet ingredients. Stir gently. Add in Blueberries.

Heat coconut oil and butter in a skillet, sprinkle with sliced almonds, pour 1/4 cup pancake mix over almonds, on top of pancake sprinkle with coconut and cinnamon. When edges get dry, flip pancake (the coconut will toast :). Repeat above procedure for each pancake.

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Oatmeal

3/4 cup whole oats

Toasted almonds

3/4 cup almond milk

Fresh Seasonal Fruit

3/4 water

Sucanat

Raisins (optional)

Cook oats and raisins in water and almond milk until desired consistency. While oats are simmering toast almonds. When oatmeal is done stir in sucanat top with fruit and almonds.

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Cream of white rice cereal with almond milk and chopped dates (you can sweeten with a little sucanat if desired)

Fresh Seasonal fruit

Hibiscus Tea

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Fresh home-made fruit salad (cantaloupe and honeydew or what ever is in season)

Sourdough toast with butter or coconut oil

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Granola topped with fresh peaches (if in season) and almond milk

4 cups old fashioned rolled oats

1-1/2 cups sliced almonds (almonds are the best nut to eat in the summer as they are cooling)

1/2 cup sunflower and or pumpkin seeds

1/4 cup flax seeds

1/2 - 1 cup coconut flakes

Sprinkling of Sucanat

1/2 tsp salt

1 tsp cinnamon

1/4 cup maple syrup

1/4 cup coconut oil

1 TBSP vanilla

1-1/2 cups of dried fruits total such as raisins, cherries, blueberries, dates, cranberries



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Combine all oats, nuts and seeds, coconut, sucanat, salt, and cinnamon in a large bowl. In a saucepan heat oil, syrup, and vanilla, if coconut oil is not liquid (if coconut oil is liquid just mix together). Add to dry ingredients and mix well. Spread a ½ inch layer on a baking dish and bake at 250° for about 1 hour stirring occasionally. Remove from oven and stir in fruit, let cool. Can store in an air tight container at room temperature for one week or a freezer for up to 3 mos.

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Cottage cheese and peaches (or whatever fruit is freshest!)

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Eggs - Egg yolks increase heat and should be eaten in moderation in the summer.

Don't bother separating the whites from the yolks though. Despite what many nutritionists say about egg yolks the yolks contain lecithin which ultimately reduces cholesterol! The egg is a whole food that is best consumed whole or avoided all together. I love eggs! So I do eat them occasionally in the summer, when I do I cook them in coconut oil and a little ghee or butter with summer spices:

Coriander, Fennel, Cumin, Cardamom, Ginger, Cinnamon, Tumeric and top them with a little cilantro.



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Summer Mid-Day Main Meals

Summer medley

- Olive oil
- 1 clove garlic
- Small Vidalia onion
- Sweet red pepper
- Yellow and green zucchini
- Mushrooms
- Tomato
- Fresh oregano and basil or cilantro
- Farmer's cheese

Sauté garlic in olive oil, add onion and sauté a little longer. Add remaining vegetables and simmer until desired tenderness. Top with cheese and cover with lid just long enough to melt cheese. Serve over white jasmine rice.

Summer salad of red leaf lettuce, peppers, cucumbers, celery, yellow grape tomatoes, black olives, and a little feta cheese.

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Tomato Mozzarella Salad

Slice fresh mozzarella cheese, layer fresh tomatoes on top and top with basil that has been rolled tightly then cut into thin strips. Drizzle a little EVOO over it all.  
(Fresh tomatoes in the summer are ok, but you want to avoid tomato products in the summer such as sauces, these tend to be too heating to the body and are good for winter—thus the canning of tomatoes)

Kale and Cannellini Beans

In a large skillet add EVOO and sauté ½ a sweet onion finely chopped, a minced garlic clove, and fresh chopped rosemary. Add ½ cup dry white wine and simmer. While simmering remove the stems and ribs from the kale a coarsely chop. Add to sautéing mixture and allow to steam/cook for 7-10 minutes. The sauce should cook down a little to a syrupy texture. Add 1 ½ cups cooked/soaked or canned cannellini beans and heat through. Top with a good dose of fresh parmesan cheese. Serve over pasta.

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Sautéed Cabbage

Slice a head of cabbage in half, remove the core and slice. Heat EVOO in a large skillet or pot add onion and garlic and the sliced cabbage. Cook on a high heat till slightly browned adding a little fresh ground salt and pepper THIS IS AMAZINGLY DELICIOUS WHEN MADE WITH LOCAL IN SEASON CABBAGE.

Summer Fling

- 1 cup sugar snaps or sugar peas capped and strings removed
- 1 bunch spring onions
- 2 cups chopped potatoes with the skins
- 2 cups water, ½ tsp salt
- Minced cilantro
- Butter

Bring potatoes salt and water to a boil, then simmer until potatoes are just tender. Add the peas and the onions to the top of the pot and allow to steam with lid on until the peas are a bright green. Drain off potato water, add butter, cilantro, and more salt and/or pepper if desired..

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Cole Slaw

- ¼ cup sugar
- ½ tsp salt
- 1/8 tsp pepper



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- ¼ cup milk
- ½ cup mayonnaise
- ½ cup buttermilk or heavy cream
- 1-1/2 TBSP white vinegar
- 1-1/2 TBSP lemon juice
- 1 whole cabbage grated
- 1 med carrot grated

Combine first 8 ingredients, mix well, add cabbage and carrots. Chill for 2 hours.

#### Burrito in a bowl

- Jasmine rice with juice of 1 lime and chopped cilantro stirred in
- Black beans
- Cheese
- (layer above three ingredients in a bowl, and place under a broiler just long enough to melt cheese)
- Top with onion, cucumber, lettuce (whatever veggies you prefer) and a little more cilantro
- Top with Salsa of your choice or use recipe below and fresh sliced avocado or guacamole (recipe below).

#### Fresh Salsa

- 3 medium tomatoes
- sliced green onions with some tops
- Chopped green pepper
- Juice of one lime
- Lots of fresh cilantro
- ½ finely chopped jalepeno—seeds removed
- 1 small clove of garlic
- Salt
- Mix all ingredients and let sit for 2-3 hours before serving. You can easily turn this into peach salsa by adding 2 fresh chopped peaches to it :)

#### My sister from CA guacamole recipe

- 1-2 roma tomatoes
- Chopped onion or scallion
- Cilantro
- 1-2 avocados
- Scoop out avocados and mix in all other ingredients. (Avocados are best in the winter, but OK in moderation in the summer.)

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#### Veggie Shish Kebob

- Cherry tomatoes, pineapples, onion, peppers, mushrooms, and zucchini on skewers. Marinate in soy sauce and pineapple juice. You can grill them or place them on a cooking sheet and roast in the oven. Serve over basmati rice with toasted pumpkin seeds and shredded coconut.

#### Cucumber Raita

- 1 tsp fennel seeds
- 1 cup fresh plain yogurt
- 2 TBSP chopped fresh dill
- 2 small cucumbers peeled and diced
- ¼ tsp fresh ground black pepper
- 1/3 tsp salt
- In a skillet dry roast the fennel seeds over medium heat about 5 minutes. Ground coarsely with a mortal and pestle or coffee grinder. Stir together all ingredients, cover and refrigerate 30 minutes before eating.

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Peanut Buster Parfait ;) Well if you like ice cream summer is the time to have some—but eat it in the afternoon! Once or twice in the summer Alexis and I actually have a peanut buster parfait for our main meal . . . If you do so just be sure to eat a breakfast that includes fruit and a small dinner that is all vegetables.

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Barley Kitchari

Kitchari is one of the most balancing and easily digested meals in Ayurvedic cooking, the grains can vary depending on the season. Barley is considered the best grain for balancing Pitta due to its mildly astringent and cooling properties.

- 2 TBSP ghee or coconut oil
- 1 TBSP celery seed
- 2 TBSP ground fennel seeds
- 2 TBSP ground coriander
- 1 cup pearl barley, rinsed
- 1/3 cup mung beans
- 3 cups vegetable stock
- Salt
- Freshly ground black pepper

Rinse the mung beans and soak in 1 cup cold water for 2 hours. Heat the ghee or coconut oil in a large sauce pan over medium heat, add the spices and sauté stirring frequently until fragrant—about 3–4 minutes. Add the barley, mung beans, and vegetable stock. Bring to boil, reduce heat and simmer covered 45 minutes, stirring occasionally. Season to taste with salt and pepper, serve warm.

#### Roasted Portobello mushroom

Remove stem from a large Portobello, rinse, place under a broiler for about 5 minutes top with a slice of farmers cheese and broil a little longer.

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Cilantro Pesto

Two foods that antidote mercury stored in our tissues are seaweed and cilantro. They both chelate mercury and safely discharge it from the body. I always pick up a bunch or two of cilantro and generously strew it as a garnish or turn it into pesto. This recipe is also in the spring recipes, but cilantro is excellent in the summer as well, and this is one of my favorite recipes, I make it often.

Cilantro pesto is also good as a dip, over pasta or grains and on sandwiches. This pesto keeps in the refrigerator for several days. For optimum flavor, bring it to room temperature before serving.

Makes about 1¼ cup

- 1 bunch fresh cilantro, rinsed and dried (approximately 3 cups, loosely packed)
- ½ cup grated Parmesan cheese
- ½ cup roasted pine nuts, walnuts, macadamia nuts, or pistachios
- 2 cloves garlic
- 1 tablespoon lime juice
- ½ cup extra virgin olive oil
- ½ teaspoon sea salt or to taste

Strip the cilantro leaves from the stems and set the leaves aside. Place stems in a food processor or blender. Add the cheese, pine nuts, garlic, lime juice, oil and salt and process to a uniform consistency. Add the leaves and process until the leaves are coarsely chopped.

May you be well nourished,

#### Summer salad with dressing made of yogurt and crumbled bleu cheese

(Stir bleu cheese into yogurt—this makes a good for you and great tasting bleu cheese salad dressing). Yogurt is actually heating so you want to use it in moderation in the summer—if you make your own yogurt, which is better as fresh yogurt is less heating. I use the Greek strained yogurt, fage.

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Hummus Burrito

Spread a flour tortilla with hummus, for hummus since I have not been taking the time to make my own lately I like Healthy Grocer's homemade hummus.



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Top with Jasmine Rice, roasted red peppers (place red pepper under broiler until it is scorched, turning it every couple minutes then place in a brown paper bag until cool, slip the skins off and chop), lettuce, onions, cilantro, top with cheese and pop under the broiler until cheese melts, then roll up and enjoy!

Sliced Cucumber topped with bleu cheese/yogurt dressing

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Vegetable Sandwich

Sourdough Bread spread with sweet mustard

½ red pepper, thick slice of Vidalia onion, romaine or spinach, slice of tomato, thick slice of feta cheese

Stack vegetables and cheese between the slices and enjoy.

Baked Potato

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Penne from Heaven

12 ounce penne or ziti

Olive oil

1 chopped onion

2 cloves garlic

3 cups chopped ripe tomatoes (plum if possible)

½ cup water

Salt

2 cups broccoli florets

2 zucchinis sliced

1 cups sugar snaps (ends and strings removed) or snow peas

1 carrot sliced

2 TBSP chopped fresh parsley

Fresh Grated Parmesan

Cook the pasta, while the pasta is cooking, heat olive oil over medium-high heat. Add the onion and garlic, cook, stirring, until soft. Add tomato, water and salt. Cook, stirring often about 10 minutes.

Add broccoli, zucchini, sugar snaps, carrot, and parsley. Cook until vegetables are crisp-tender. Sever over pasta and top with grated cheese.

Greek Pepper Salad

1 each yellow, green, and red sweet pepper, cut into 1" square pieces

Grape tomatoes

Black olives

Red onion cut as the peppers

Feta cheese squared

Juice from ½ lemon

Oregano

Olive oil

Fresh ground black pepper

Mix together vegetables and sprinkle with herbs, oil, and lemon juice.

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Stuffed Peppers

3 large red or yellow peppers

1T coconut oil

1 clove garlic

1 onion chopped

1 cup jasmine rice, uncooked

2 cups vegetable stock

½ tsp pitta churna or allspice

1 cup chopped tomatoes

2 cups grated farmers cheese



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½ cup sliced almonds

Heat oil in a large skillet, add pitta churna, and sauté onion and garlic. Add rice and brown about 5 minutes. Add vegetable stock. Cover and cook until rice is done (15–20 minutes). Toast almonds on a dry skillet for a few minutes, tossing often. Stir in tomatoes, cheese, salt and pepper to taste into the rice, add the toasted almonds. Remove tops of peppers and clean out inside, place rice mixture in peppers and put tops back on. Place in a casserole dish with ½ – 1” water in bottom, bake covered for 30–35 minutes at 350°.

### Easy Salad

- 1 pint grape tomatoes
- 2 cups black olives, pitted
- 1 cup green beans, chopped large

Dressing:

- ½ cup olive oil
- 1 clove garlic, crushed
- 1 TBSP chopped fresh oregano
- 1 squeeze of lemon juice

Place tomatoes, olives, and beans in a bowl, mix dressing together and pour over salad, tossing well.

Garnish with a sprig of mint or oregano.

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### Pasta with Sweet Peppers and Tomato Sauce

4–6 large sweet red peppers, Roasted (to roast peppers place them under a broiler until scorched turning often until all black. Place them in a paper bag for at least 15 minutes (or until cool). Slide the skins off and clean out insides. Slice.

- Olive oil
- 2 cloves garlic
- 2 lbs. ripe tomatoes
- Salt and pepper
- Dash cayenne
- 2 TBSP chopped fresh basil
- 1 lb. rigatoni
- ¼ cup chopped fresh parsley

Fresh grated pecorino

Place oil in a heavy skillet and swirl it around, add the pepper strips, cook stirring often 3–4 minutes or until peppers are glossy. Transfer peppers to a plate and keep warm.

Put on the pasta water to boil add salt. Cook pasta while preparing sauce:

Oil the skillet again and sauté garlic until pale gold. Add tomatoes, salt, pepper, cayenne, and basil.

Stir well and simmer covered 15–20 minutes. Add the pepper plus any accumulated juices and cook 5 minutes more.

Pour pepper–tomato sauce over pasta, top with parsley and grated cheese.

### Greek Salad

- Romaine Lettuce
- Red onion
- Red pepper
- Celery
- Grape tomatoes
- Black olives
- Feta cheese

I like to use pumpkin seed oil for my dressing.

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### Summer Pesto Pizza

To make your own pizza dough: (If you can afford the time—it is hard to find a prepared crust that is “pure”!)

Mix together in a large bowl until yeast is dissolved:



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1 TBSP active yeast  
1-1/4 cups warm water

Add:

Approx. 3 cups flour  
1 tsp salt

Add enough flour to make a soft dough, knead 8-10 times until smooth and elastic. Place in a greased bowl, turning to grease both sides. Cover with a damp cloth and let rise until doubled (about 45-55 minutes). Generously grease a pizza pan or stone with olive oil, sprinkle with cornmeal. Roll or press dough into pan. Bake in pre-heated oven at 450° for 5-8 minutes.

### Basil Pesto

Large bunch of fresh basil  
1/2 cup olive oil  
1-2 cloves garlic  
Chuck of pecorino

Toasted pine nuts or pistachios, or walnuts

Place all ingredients in a food processor and puree.

Spread pesto mixture over pizza crust. Sprinkle with grated mozzarella cheese, top with chopped fresh tomatoes and sliced black olives. Bake in pre-heated oven at 450° for 5-8 minutes.

Serve with a Summer Salad

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### Eggplant Burgers

Whisk together in a small bowl:

2 TBSP EVOO  
2 tsp balsamic vinegar  
1 tsp Dijon mustard  
Salt and fresh ground pepper

Slice eggplant crosswise into 1/4" thick slices. Brush with the above oil mixture. Place on a grill over medium high heat along with sweet peppers that have been sliced in half. Roast the peppers and eggplant; turning and brushing the eggplant occasionally with the oil mixture. (You can also use a broiler or stove.) Roast about 5-10 minutes then remove from grill or stove.

Place a slice of provolone, gouda or farmers cheese on top of eggplant, top with another slice of eggplant, top that with a slice of tomato and a few fresh basil leaves, top that with roasted red pepper 1/2. Top that with another slice of eggplant, cheese, eggplant. Make several stacks, then place on grill and cook for about 2 minutes turning once.

Drizzle balsamic on inside of crusty rolls or sturdy bread toast it lightly on the grill and rub with clove of garlic. Place eggplant stacks in rolls and serve.

### Roasted Summer Vegetables

Cut into bite size pieces: whatever summer vegetables you have such as, squash, onions, potatoes, tomatoes, green beans, peppers, mild chili peppers, carrots, mushrooms, fennel, or eggplant.

Drizzle with:

Chopped fresh basil, cilantro, thyme mixed with olive oil, salt, pepper, and 1 clove garlic  
Grill roast or skewer in a thin layer, stirring or turning often. if roasting in oven roast at 425°.

This dish is very versatile, it can be a side dish, it can be mixed with pasta and topped with parm, or put on pizza!

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### Vegetable Quesadilla

Saute onion, garlic mushrooms, zucchini, carrots, sweet peppers, sprinkle with salt and pepper and cook until softened.



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Sprinkle a dry skillet with oregano, place a flour tortilla on skillet, top with sautéed vegetables and cheese, top with another flour tortilla. Cook couple minutes on each side.

#### Steamed Cauliflower

Sauce:

2 TBSP chopped fresh dill

¼ cup coconut milk

1 tsp maple syrup

¼ cup water

Pinch tumeric

Salt

Stir together all ingredients, cover and refrigerate about 1 hour.

Cut cauliflower florets and green beans into bite sized pieces. Steam until crisp tender. Pour sauce over and serve.

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#### Mediterranean Orzo

1 lb. orzo cooked

Chopped fresh basil and parsley

1 clove of garlic, crushed

Salt

Olive oil

1 large sweet red pepper, chopped

Sliced black olives

Feta cheese

1 tomato, chopped,

Mix together all ingredients and serve with salad.

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#### Spaghetti Squash Mediterranean

1 spaghetti squash

EVOO

1 onion, chopped

1 clove garlic, minced

2 heirloom tomatoes, chopped

fresh crumbled feta cheese

black olives

chopped fresh basil or dried basil is ok if fresh is not available

#### Directions

Preheat oven to 350 degrees F (175 degrees C).

Poke a few holes in the spaghetti squash, and bake about an hour in the preheated oven (or toaster oven), or until soft. Remove squash from oven, and set aside to cool enough to be easily handled.

Meanwhile, heat oil in a skillet over medium heat. Saute onion in oil until tender. Add garlic, and saute for 2 to 3 minutes. Stir in the tomatoes, and cook only until tomatoes are warm.

Use a large spoon to scoop the seeds out of the squash, then use a fork to scoop out stringy pulp from the squash, and place in a medium bowl. Toss with the sauteed vegetables, feta cheese, olives, and basil. Serve warm.

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#### Sicilian Eggplant

2 tbsp EVOO

3 cloves garlic, minced

1-1/2 lbs. coarsely chopped peeled tomato (about 2 cups)

Tsp salt



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- 1 lb. eggplant peeled and cut into cubes (about 4 cups)
- ¼ cup thinly sliced fresh basil
- ¾ lb. uncooked shell pasta
- 6 oz fresh mozzarella cubed (about 1 cup)

Place oil and garlic in large skillet; cook over medium-high heat 30 seconds or until garlic begins to sizzle. Add tomato and salt; cook 15 minutes or until liquid has evaporated. Add the eggplant,; cover, reduce heat, and cook 15 minutes or until eggplant is tender. Stir in basil; set aside. Cook and drain pasta. Toss w/ sauce and add cheese.

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**Babaganoush**

- 1 eggplant
  - 2 cloves garlic
  - 1 t. ground cumin, 1 T fresh Cilantro, salt and pepper, 2 teaspoons lemon juice
  - ¼ cup tahini (or you can substitute plain yogurt but it will have a much milder taste)
- Place a whole eggplant cap and all on a cookie sheet in 350° oven for approx. 1 hour or until soft. Remove from oven and allow to cool. Slice into eggplant and scoop out flesh. Add all ingredients to blender and puree till smooth.

**Beet and Orange Salad with Mint and Goat Cheese**

- (Oranges are not a “summer food” as they are heating and they are in season in the winter in Florida, but a little off season fruit once in a while is ok ;) plus the oranges add a nice sweetness to the beets and the cooling mint will counteract the heat from the oranges.)
- 2 small oranges, cut into segments
  - 3 medium cooked beets, diced (cook by either roasting or boiling until soft then cut off root and stem and slip off skins)
  - Goat cheese or feta cheese
  - 2 TBSP chopped fresh mint
  - sea salt to taste

Cut the oranges and place them in a bowl. Chop the mint and toss with the oranges. Dice the beets and toss with oranges and mint. Crumble the cheese and lightly toss. Sprinkle with salt. (If you are preparing this ahead of time or are traveling with it, it would be best to prepare all ingredients but wait to assemble them to just before eating.)

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- Christine’s coconut green beans
- melt ghee, pop mustard seeds and urad dal (white lentils) in ghee
  - chop green beans fairly small add to ghee mixture along with 2 whole chili peppers
  - cook til tender-crisp
  - add lots of shredded coconut
  - salt and pepper to taste

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**White Hakurei Turnips**

Farmer Stef gave us the newest and latest “in” food, White hakurei Turnips this week. How sweet they are! Very mild and delicious, you can even eat them raw. I experimented with a couple different recipes on line and found this simple one to be the best.

- 2 bunches hakurei turnips with greens
- 1 tablespoon olive oil
- 1 tablespoon butter
- Salt and pepper to taste
- 1/4 cup white wine

**Instructions:**

Rinse the turnips and greens well. Cut the greens from the turnips and chop into 2-inch pieces. Trim any straggly roots from the turnips and discard. Cut the turnips into quarters or eighths, depending on size.



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In a sauté pan with a lid, heat the olive oil and butter. Add the turnips, sprinkle lightly with salt and pepper, and sauté about 3 – 5 minutes. Add the greens to the pan, along with any moisture still clinging to the leaves. Cover the pan and allow the greens to cook, stirring once or twice, until just tender, 6 to 8 minutes. Add the white wine and cook until almost all the liquid is gone. Serve immediately.

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The salad below should not be eaten too frequently. Melons are very cooling and therefore interfere with digestion, so they are best eaten alone. On a hot summer mid-day though this refreshing salad is delicious and with the help of the summer-pitta heat we will more easily digest it.

Watermelon and feta salad  
(measurements are approximate, adjust to taste)  
1 small red onion, halved and sliced thinly  
Juice of 2-4 limes  
1/2 small watermelon, in bite-size cubes (rind removed)  
8 ounces feta cheese, in bite-size cubes  
1 bunch flat-leaf parsley  
1 bunch fresh mint, chopped  
3 ounces black olives, pitted  
3-4 tablespoons olive oil  
Freshly ground black pepper  
Toss onion slices in lime juice (the number of limes will depend on juiciness) to temper the onion's bite. Set aside.  
Tear parsley leaves from the stems but do not chop. Combine parsley with watermelon, feta and mint.  
Add onions and lime juice. Drizzle with olive oil and add freshly ground black pepper. Toss ingredients together with your hands.



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### Summer Light Suppers

#### Poached Pears

6 ripe but firm pears such as Anjou, Bartlett, or bosc.

Water

4 dates pitted and finely chopped

Juice of one orange

2 tsp maple syrup

1 tsp ground cinnamon

½ tsp grated fresh ginger

½ tsp grated orange zest

2TBSP shredded unsweetened coconut

Peel each pear leaving it whole with its stem in tact, cut a thin slice off the base so it can stand up on its own. Place the pears upright in a saucepan just large enough to hold them. Add an inch of water to the pan.

Place the pan over medium heat and bring the water to a simmer, add all the remaining ingredients except the coconut. Reduce the heat and simmer gently, uncovered until the pears are tender, approx. 12 min..

Carefully remove the pears and place them upright on a dish(es). Continue to simmer the liquid in the pan until it thickens enough to stick to the back of a spoon. Spoon the glaze over the pears and sprinkle with coconut.

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#### Roasted Asparagus

Preheat oven to 400°

🍷 1 lb. asparagus—woody ends broken off. Lay single layer on baking sheet.

🍷 1-2 cloves garlic, minced

🍷 Olive oil

Sprinkle garlic over asparagus, drizzle with olive oil and bake (or grill) at 400 , turning every few minutes.

When asparagus starts to wrinkle and turn brown (approx. 5 minutes) remove from heat and sprinkle fresh ground salt.

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Summer salad (no cheese or olives at night) of seasonal vegetables.

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Mixed cooked seasonal vegetables cooked in EVOO or ghee.

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#### Roasted Kale with Sea Salt

🍷 4 cups firmly-packed kale

🍷 1 Tbsp. extra virgin olive oil

🍷 1 tsp. good-quality sea salt

Preheat oven to 375 degrees F. Wash and trim the kale: Peel off the tough stems by folding the kale leaves in half like a book and stripping the stems off. Toss with extra virgin olive oil. Roast for five minutes. Turn kale over. Roast another 7 to 10 minutes until kale turns brown and becomes paper thin and brittle. Remove from oven and sprinkle with sea salt. Serve immediately.

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#### Potato Leek Soup

Scrub potatoes (do not peel) and cube into small pieces, about 5-6 cups. Slice two leeks ½ way up to the leaves, sauté in olive oil. Add potatoes, salt and pepper. Cover with water, bring to boil and simmer approx. 45 minutes. Mash in kettle with hand masher (you can puree in blender if you wan the hassle and smoother soup—I like it better a little chunky).

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#### Gazpacho

4 c tomato juice, 1/2 c finely minced onion, 1 med clove garlic, minced (I use more), 1 med bell pepper, minced, 1 t honey(optional), 1 med cucumber, peeled, seeded and minced, 2 scallions, minced, juice of 1/2 lemon + juice of 1 lime, 2 T wine vinegar, 1 t each tarragon & basil, 1/4 to 1/2 t cumin, 1/4 c freshly minced parsley, 2 to 3 T olive oil, salt, black pepper & cayenne to taste, 2 c freshly diced tomatoes.



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Combine all ingredients ( Optional: puree all or some). Chill until very cold.

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GREEN BEANS ALMONDINE

Fresh green beans, rinsed and ends snapped off

boiling water

salt

butter

slivered almonds

Cook green beans in salted boiling water in saucepan until tender-crisp. Remove and drain. Heat butter in same pan; saute almonds in butter until golden brown and butter is slightly browned. Toss beans with almond mixture.