

Savory Beet Smoothie

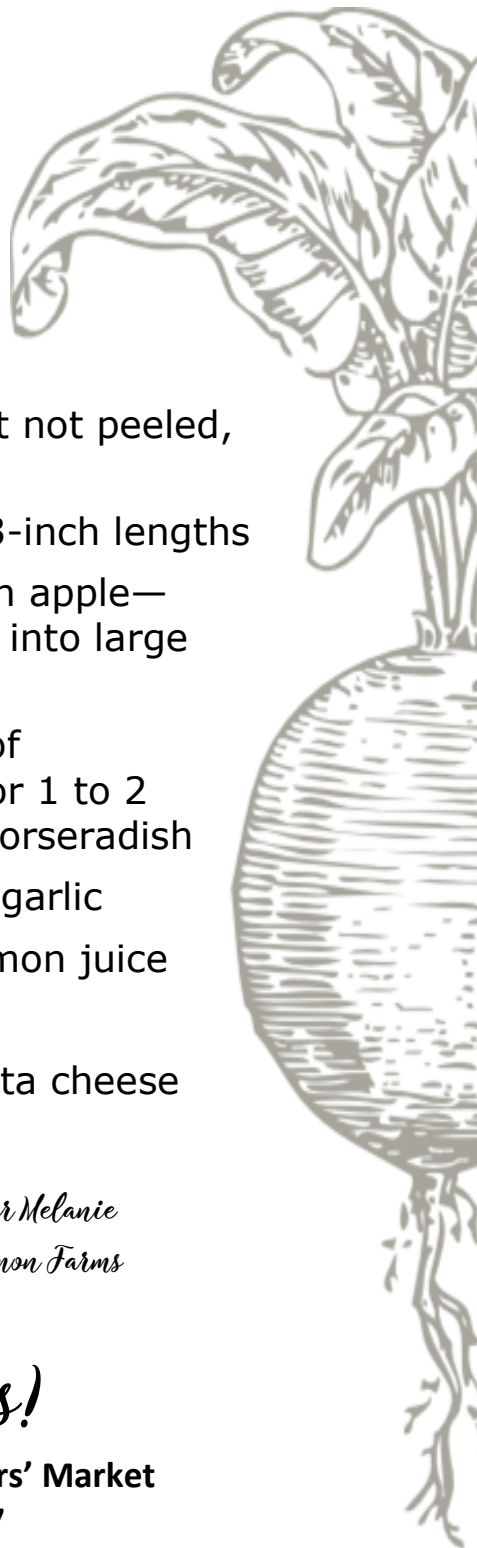
Ingredients:

- 1 small red beet (6 ounces), scrubbed but not peeled, cut into large chunks
- 1 celery rib, cut into 3-inch lengths
- 1 pound Granny Smith apple—halved, cored and cut into large chunks
- $\frac{1}{4}$ to $\frac{1}{2}$ ounce piece of horseradish, peeled, or 1 to 2 teaspoons prepared horseradish
- Rice vinegar, roasted garlic
- 1 tablespoon fresh lemon juice
- pinch of salt
- Add goat cheese or feta cheese for a creamy drink.

*Beets from grower Melanie
Solomon, of Solomon Farms*

Taste This!

Howard County Farmers' Market
May 19, 2017



Steamed Cabbage with Corn Gravy

Wash and cut 1 head cabbage into large pieces or wedges Steam cabbage until till tender.

Corn Gravy

- 2 Tbsp Butter
- 3 Tbsp Cornmeal
- 2 Cups Milk
- $\frac{3}{4}$ tsp Garlic Powder
- $\frac{3}{4}$ tsp Salt

Melt butter in saucepan, stir in cornmeal and let cook for a minute while stirring. Add 1 cup of the milk and bring almost to a boil. Reduce heat to low and let simmer until thickened, then add rest of milk, garlic powder and salt. Continue to simmer slowly until thickened, approximately 10 minutes.

Serve over hot steamed cabbage, sprinkled with Tony Chachere's Original Creole Seasoning or pepper.

*Cabbages from grower Melanie
Solomon, of Solomon Farms*

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