



The Good Herb

A monthly newsletter with ideas for using the bounty of the garden!

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This time of year I'm all about color when it comes to planning meals. I try to include a colorful salad or brightly colored vegetables in my menu plans, just to help me get through the long winter! I do find however that just steaming the vegetables does get a little "ho-hum" night after night. For this month I'm sharing some easy ways to use what you already have in the kitchen to add a new and interesting taste to those supertime vegetables.

On another note, I'm in the process of redoing our website. As spring approaches look for a new layout as well as being able to use a credit card to order our soups online and sign up for classes here at the farm, which will be starting in early May. I'll be offering some old favorites like the living wreath, and several new classes such as "Theme Gardens" and "Heirloom Tomatoes". I'll also have some guest presenters here for programs. The tiny plants are growing in the greenhouse and we'll have a huge selection of spring herbs for all your garden needs! Stay warm and think spring!

Dress up your Vegetables!!

So often in the winter our meals become a little boring. Here are some ideas to add some new flavors to your meal!!

Carrots – stir in 1 Tablespoon maple syrup, 1 Tablespoon butter, ½ teaspoon thyme

Sugar Snap Peas – 1 Tablespoon light olive oil, 1 teaspoon lemon juice, 1 Tablespoon chopped fresh or 1 teaspoon dried mint

Brussel Sprouts – Roasted – drizzle with 1 Tablespoon olive oil and salt and pepper to taste. Roast for 25-30 minutes until tender. Drizzle with 1-2 Tablespoons balsamic vinegar or lemon balsamic vinegar.

Broccoli or Cauliflower – make a sauce of 1/2 cup sour cream or plain Greek yogurt with 1 teaspoon fresh garlic or ½ teaspoon dried minced garlic stirred in, along with a dash of pepper.

Green Beans – after cooking and draining the beans, try adding ½ cup dried cranberries and 1 Tablespoon Honey or Dijon mustard stirred together with 1/2 teaspoon savory or thyme.

Corn – try a couple shakes of mesquite BBQ seasoning stirred into 1 Tablespoon butter

Make Ahead Pesto Stuffed Chicken Rolls

4 boneless chicken breast

Salt and pepper to taste

4 ounces (1/2 block) cream cheese, softened

¼ cup pesto (homemade or purchased)

½ cup finely minced red bell pepper (can use fresh or frozen peppers)

Fresh basil or parsley for garnish

One at a time, place a chicken breast in a Ziploc freezer bag and using a meat mallet or rolling pin, flatten it down to about ½ inch thick. Repeat with all four chicken breasts. Lightly salt and pepper the flattened chicken breast and set aside.

In a small bowl, combine the cream cheese, pesto, and sweet red peppers. Spread ¼ of this blend on each chicken breast. Carefully roll up the chicken breast, using a toothpick to secure it in place. Place in a 9x12 casserole dish and cover with saran wrap. Put in the refrigerator for 8 hours or overnight.

Remove chicken from the refrigerator about 20 minutes before you need to put it in the oven. Preheat oven to 350 degrees. Bake, uncovered, for 35 minutes. Remove from oven and let stand 5 minutes. These can be served whole, or you can remove the toothpick and slice them into 1 inch "rounds". Garnish with fresh basil or parsley.