

# Fresh from the Farm Alabama Recipes

► We hope you enjoy the following recipes collected from farmers across the state of Alabama. The recipes include produce the farmers themselves have grown on their farms. Support our farmers and support our communities.

## Stuffed Bell Peppers

**John Hall, Clarke County**

*Preparation time:* 60 minutes

*Cooking time:* 45 minutes



### Ingredients

- 3 to 4 dozen bell peppers
- 6 chicken leg quarters, skinned, cooked, deboned, chopped
- 4 to 5 pounds cooked ground beef
- 1½ to 2 pounds cooked pork sausage (or substitute chicken)
- 1 large onion, diced
- ¼ pound shredded cheese
- 1 sleeve saltine crackers, crushed
- 1½ cups oatmeal
- 3 tablespoons honey
- 1 teaspoon black pepper
- ¼ cup ketchup
- ¼ cup barbeque sauce



### Preparation

Preheat oven to 375 degrees F. Core peppers and remove seeds. Add all ingredients to a large bowl and mix well. Stuff peppers tightly. Place on a baking dish lined with foil or sprayed with nonstick cooking spray. Bake 30 to 45 minutes. For safety, the stuffing should reach at least 165 degrees F. Uncooked peppers can be frozen for up to 3 months.

## Squash Casserole

**Lee Ethel Childs, Greene County**

*Preparation time:* 20 minutes

*Cooking time:* 25 minutes



### Ingredients

- 6 cups raw summer squash, sliced
- 2 medium onions, chopped
- 2 tablespoons butter
- 1 cup shredded sharp cheddar cheese
- 1 cup mayonnaise
- 3 eggs, beaten
- 12 saltine crackers, crushed
- 1-ounce package of dry ranch style dressing mix
- 2 cups dry bread stuffing mix
- ½ cup melted butter

### Preparation

Preheat oven to 350 degrees F. Melt 2 tablespoons butter in a large saucepan over medium heat. Cook squash and onion until tender. Remove from heat and stir in cheese, mayonnaise, eggs, and crackers. Season with ranch mix. Spread squash mixture into a medium baking dish. Mix stuffing and melted butter, and sprinkle over the squash mixture. Bake 20 to 30 minutes until firm and lightly browned. Makes about 12 servings.

## Mozzarella and Tomato Salad

**Margaret Mazikowski, 4 Maz Farms ~ Moo Shine Dairy, Madison County**

### Ingredients

- 1 packet garlic and herb dry mix
- Olive oil

- Red wine vinegar
- 4 medium fresh tomatoes
- ½ pound fresh mozzarella

### Preparation

Mix garlic and herb mix with olive oil and red wine vinegar (a few tablespoons, to your taste). Slice or cube fresh cheese and tomatoes. Marinate tomatoes, cheese, and

vinegar mix overnight in refrigerator. Bring to room temperature just before placing on serving dish or in bowl. Great to eat alone and wonderful in salads (green and pasta).



## Fresh from the Farm Pizza

Laura Spencer, Spencer Farms, Dallas County

### Ingredients

#### Crust

- 1 cup warm water (90 to 110 degrees F)
- 1 teaspoon sugar
- 2¼ teaspoons active dry yeast
- 2½ cups all-purpose flour
- 2 tablespoons olive oil
- 1 teaspoon salt



#### Sauce

- 4½ cups chopped tomatoes
- 2 tablespoons sugar
- 1 tablespoon fresh oregano
- 1 tablespoon fresh basil
- ½ teaspoon red pepper flakes
- ⅓ cup tomato paste

**Topping Suggestions** (Choose any or all. As much of each as you like—sliced or diced.)

- Fresh mozzarella
- Sweet peppers
- Jalapeños
- Sweet onions
- Basil
- Baby spinach, kale, arugula
- Broccoli
- Mushrooms
- Bacon or sausage (cooked and crumbled)
- Crumbled feta cheese

#### Preparation

**Crust:** In a small bowl, dissolve yeast and sugar in warm water. Let sit for about 10 minutes or until creamy. In a medium bowl, whisk together flour and salt. Add yeast mixture to flour mixture. Add oil. Stir with wooden spoon until smooth. Cover bowl with damp paper towel until sauce is ready (at least 30 minutes).

**Sauce:** Mix all ingredients in blender or food processor. Blend until smooth. There's no need to cook this sauce. It can also be made ahead and frozen for future pizzas.

Preheat oven to 450 degrees F. Turn dough onto a floured surface. Pat or roll into desired shape and size. Lightly grease pizza pan, and dust with cornmeal. Place dough on pizza pan before adding toppings. Top with pizza sauce, fresh mozzarella, and other desired toppings. Bake for 15 to 20 minutes until sauce is bubbly and crust is toasty brown.

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**Note:** You can make this recipe ahead of time to freeze for lunch boxes or quick dinners. Follow the same steps, but bake for only 5 minutes. Transfer cooled pizza (pan and all) into freezer. When frozen solid, slide pizza off pan into large freezer bag. This also works with mini pizzas for a healthy lunch box meal. To reheat, bake at 450°F for about 15 minutes or until bubbly.

## Dehydrated Zucchini

Arlene Peters, Chilton County

### Ingredients

- Extra virgin olive oil
- Seasoned salt
- Garlic salt
- Dried basil
- Zucchini



### Preparation

Slice zucchini in ¼-inch slices. Put in plastic bag and add just enough olive oil to cover the slices. Place on dehydrator trays, and sprinkle with seasonings to taste. Dehydrate at 140 degrees F for at least 18 hours so they will be crispy. Great healthy snack!

## Miss Emily's Green Tomato Soup

Vince and Karen Wallace, Tuscaloosa County

### Ingredients

- 1 medium onion, diced
- ⅓ cup carrots, diced
- 2 cloves garlic, minced
- 6 cups green tomatoes, cored and chopped
- 2 cups chicken broth/bouillon
- Salt and pepper to taste
- 4 slices bacon
- ⅓ cup sour cream



### Preparation

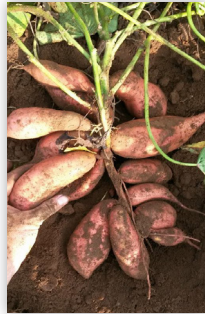
Cook bacon in deep pan until crisp. Remove and place on paper towel lined plate. In bacon grease, cook onion and carrots until soft. Add garlic and sauté for 3 minutes. Stir in tomatoes, broth, salt, and pepper. Bring to boil. Reduce heat and simmer 30 minutes. Using a food processor or blender, puree the soup until smooth. Return to pan and add sour cream, cooking until combined. Garnish with crumbled bacon.

## Thyme Sweet Potatoes

Connie Penry, Penry Farms, Baldwin County

### Ingredients

- 6 sweet potatoes, peeled and cut into ¼-inch rounds
- 1 tablespoon thyme
- 4 cloves garlic, diced
- Freshly ground sea salt and pepper
- ¼ cup olive oil



### Preparation

Preheat oven to 375 degrees F. In large mixing bowl, whisk olive oil, thyme, and diced garlic. Add sliced sweet potatoes, and toss until completely coated. Spread onto large shallow pan and salt and pepper to taste. Place in oven and cook until edges are slightly crisp, approximately 30 minutes. Makes 6 to 8 servings.

## Cup Cobbler

David and Margaret (Maggie) Cox  
Maggie Valley Berry Patch, Marshall County

### Ingredients

- Frozen or fresh berries
- ¼ to ½ cup sugar (for berries)
- 1 cup sugar
- 1 cup self-rising flour
- 1 cup milk
- ½ to 1 stick butter



### Preparation

I prefer to cook this in a cast iron Dutch oven, but it can be done in a regular 9 x 13 baking dish. Butter sides and bottom of baking dish. Pour enough berries in bottom of pan to cover well. Sprinkle ¼ to ½ cup of sugar over berries. Let sit for about 15 minutes. Mix 1 cup sugar, self-rising flour, and milk (does not have to be mixed smooth). Pour over fruit. Dot with butter. Place in 350 degrees F oven for about 45 minutes. The crust should be light golden brown. Serve as is or with ice cream. Great winter dessert to use frozen fruit!



## Lean's Kitchen Greens

Deep South Food Alliance, Marengo County

### Ingredients

- \*2 pounds collards cut off the stalk and chopped
- 3 slices salted pork or ham hock
- 1 tablespoon vegetable oil
- 1 teaspoon salt
- 1 tablespoon sugar
- Red pepper to taste

### Preparation

Fry salted pork in vegetable oil. Wash collards. Cook collards and pork in large pot on medium heat until tender (40 minutes to an hour). Add salt, sugar, and red pepper.

\*Greens can become very tough in the heat of summer, but are more tender after the first frost. In the summer, use only the tender leaves. After frost, more of the stalk can be used. Cooking times vary depending on the time of year—summer greens need to be cooked longer to achieve desired tenderness.

## Biscuits with Cane Syrup

Fannie Howard, Dallas County

### Ingredients

- 1 stick butter, cold
- 3 cups self-rising flour
- 1 cup buttermilk, cold
- 2 tablespoons sugar



### Preparation

In a large bowl, cut butter into about 2 cups of flour. When mixture is crumbly, add cold buttermilk and sugar. Mix. When mixture becomes like dough, roll onto floured surface and cut desired shape. Or roll by hand into a golf ball shape. Place in greased pan. You can also fold a half teaspoon of butter into the dough before placing on pan. Cook 15 to 20 minutes or until golden brown at 425 degrees F. Serve with Alabama cane syrup.



## Fresh Black-eyed Peas & Other Southern Peas

Susan Horn, Mockingbird Farm, Perry County



*“Fresh peas don’t need to cook nearly as long as dried peas and beans. They taste so good that they don’t need a lot of seasoning. If you’ve only eaten dried black-eyes, I would argue that you haven’t really eaten black-eyed peas. Here’s how to buy, prepare, cook, and serve fresh peas—some of the South’s most versatile, traditional staple foods.*

*“At the farmer’s market, look for fresh peas in the hull if you want to shell them yourself (they’re easiest to shell if you wait a couple of days after they are picked). You want them to look fresh and tender, not dried out, blemished, or moldy. If you want to save time and can spend a little more, you can buy fresh peas already shelled (some farmers offer them). Again, you want peas that look fresh and tender, not dry, wrinkly, or starting to spoil.*

*“Once you’re home with the shelled peas, put them in a large bowl of cold tap water and sort through, picking out any with worm holes, blemishes, or strange color. (Put these culls in the compost bin or feed them to the birds.) Rinse, sort, and drain once or twice until the water is clear and free of debris. Either cook right away, or put in the fridge and cook as soon as possible or the peas might start sprouting.”*

### Preparation

Put your peas in a saucepan and cover with water; add a few pieces of smoked sausage. For a meatless version, season with a couple of peeled cloves of garlic, some sea salt, and a bay leaf. Bring to boil and simmer 5 to 10 minutes. Cover, turn off heat, and allow to sit. Reheat when ready to serve. Note: for safety, if peas will sit for more than 1 hour between cooking and serving, make sure you turn on low heat to keep the temperature above 140 degrees F.

A simpler, one-dish approach is to drain and rinse the peas in a colander (you could save the pot liquor for cornbread). While the peas drain, chop up some herbs and veggies you like—celery, onions, cucumbers, bell pepper, parsley, basil, tomatoes—and set aside. Add just enough of these to season the peas, or chop up enough veggies to double or triple the volume of peas—whatever you like and whatever is on hand. Put the drained peas in a generously sized shallow bowl (like a pasta bowl) and toss lightly with just enough olive oil and apple cider vinegar to coat. Salt and pepper to taste. Add chopped raw veggies and toss lightly again. Serve chilled or at room temperature for a light summer meal or side dish. Keeps 2 to 3 days in fridge. For a longer-keeping dish, store the salad without dressing, and toss each serving with the oil, vinegar, salt, and pepper right before you eat it.

## Best Vinaigrette for Pea Salad

This dressing is made in the bowl with the salad, just before serving, so it’s always fresh.

- Olive oil
- Apple cider vinegar or lemon juice
- Nutritional yeast (available at health food stores)
- Salt and pepper
- Garlic, optional

If desired, rub the salad bowl with a mashed clove of garlic. Place salad ingredients in bowl. Drizzle with a small amount of olive oil and toss lightly\* to coat (better to start with too little and add more if needed after first toss). Sprinkle with a small amount of lemon juice or vinegar—the same amount of olive oil or less—and toss lightly. Sprinkle a little nutritional yeast—a teaspoon to a tablespoon for starters until you get a feel for how much you like. Add salt and fresh black pepper to taste. Toss lightly one last time, and serve. Once you’ve done this a few times, you’ll develop a sense of how much of each ingredient to use depending on your tastes and the size of the salad.

\*Very important! Toss lightly. If you *stir* or *beat* a salad—or even toss it too vigorously—you can ruin the texture and flavor.



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