

Turning the Tables

Cooking to Thrive in the 21st Century



Turning the Tables: Cooking to Thrive in the 21st Century, a work in progress, is designed to be a **joyful resource**, showing simply and clearly **how our food choices affect climate change** and how **transitioning** to food that is locally grown, plant-rich, home cooked, and shared with others can help **heal the earth, support physical and emotional health, and strengthen communities** for the challenges ahead.



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A set of **simple master recipes** enable using whatever **fresh produce** is at hand, **pantry staples**, and **common kitchen tools** to **improvise endless meal variations**. Fun step-by-step graphics will show how to put delicious meals on the table, every day, for one or many.

Also illustrated are the **basics of fresh produce and whole foods**, **minimizing waste**, **food storage**, **preservation** and other essential knowledge.



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Strengthening relationships with neighbors is a crucial element of weathering an unpredictable future and **breaking bread together** is one of the best ways to bond. *Turning the Tables* shows how to organize engaging potluck dinners and community-building block parties.

This **unique combination of strategies** provides an inspiring road map to transitioning our lives to thrive in a changing future.

Following are sample pages.



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FRUIT CRISP

A wonderful, quick comfort food dessert any time of the year!
Serves 6-8, double the recipe for a 9 x 13 pan.

low carbon

6 cups of sliced or chopped fruit, trimmed, peeled, pitted and cored as necessary

1/2 cup oatmeal and 1/2 cup whole wheat flour OR total of 1 cup of alternative

1/2 cup honey OR maple syrup OR brown sugar (2x for very sour fruit)

pinch of salt
1/2 tsp cinnamon
1/4 cup nuts or seeds

5 tablespoons oil OR butter - if cold cut into bits or coarsely grate



1 Put on some mood music. Preheat oven or toaster oven to 450 degrees.

2 Prep the fruit. (p. xx), cut into bite-size pieces, place in an 8" square pan or a 9" round one.

3 In a medium bowl, measure and mix the dry ingredients: flour, salt, cinnamon, oatmeal, chopped nuts, seeds and brown sugar if you're using it.



4 Add oil or butter, honey or syrup, if you're using it. Mix thoroughly with a spoon, food processor, or your clean hands - squashing the butter bits is fun!



5 Sprinkle or pour the mixture on the fruit and bake in the oven until it's bubbling in the center, about 35 minutes. Try to let it cool a bit before you serve it: it will be crispier.

FRUIT CRISP CORE SAMPLE



INSPIRATION

Go-To FRUITS

Just about every fruit except melons, citrus and most tropical fruits are great in a crisp. Because crisps are so textural, you avoid peeling fruit, which both saves time and conserves nutrients. All fruit should be washed, but don't wash berries until just before you use or freeze them.

apples, pears: pare skin or don't, cut in quarters and cut out core, slice into crescents.

blackberries, raspberries, blueberries, wine berries: remove stems.

currants: use a fork to comb berries from stems.

cherries: to pit whole, use the loop of a paperclip to scoop pit out through the stem end. Or cut in half and remove pit, or use a cherry pitting gizmo.

peaches, apricots: peel, if you must, cut in half and pull out pit. Crack the pits for the fragrant bitter almonds inside, which you can chop and add to the fruit - a traditional secret ingredient.

plums: cut in half and remove pit, slice, or cut fruit from pit.

elderberries: use a fork to gently comb berries from stems.

strawberries: remove stem and cap, if bigger than bite size, cut smaller.

rhubarb: cut off the leaf, it is not edible, cut the stem in 1-inch pieces. Use twice the sweetener.

GREAT GRAINS

Like a good parent, a fruit crisp is very forgiving. You can use almost any grain or flour to make crispy topping. To create texture, use grain flakes or whole grains that are whizzed in a blender until not quite fine.

buckwheat flour
corn meal
barley flakes
rye flour (dark)
almond flour
granola or muesli (reduce sweetener)

NUTS & SEEDS

walnuts
almonds
pecans
peanuts
hazelnuts
sunflower seeds
pepitas
coconut, flaked

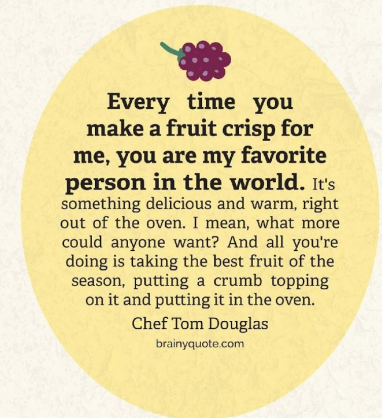
CREAMY DOLLOP

whipped cream
strained yogurt
nondairy cream
ice cream
creme fraiche

OILS & FATS

coconut oil
sunflower oil
grape seed oil
nut oil

MY NOTES



GREEN HACKS

Head Start put your pan of fruit in the preheating oven while preparing the topping. The first time, check to see if you need a lid or foil to protect the top from burning.

On Demand Multiply the topping recipe and freeze the extra in a zipper bag. Use right out of the freezer. Oh, yeah!

All Year Long Prep and freeze seasonal fruit on cookie sheets, then transfer to a zipper bag. Use in place of fresh, add about 15 minutes of cooking time.

Even Better Toaster ovens use a fraction of the electricity of a full-size oven, plus they preheat super quickly. Check your pan first to make sure it fits.

SOME DELICIOUS COMBOS

A crisp made with one kind of fruit is wonderful, with two kinds, divine! The variations are infinite!

Sun Day Crisp: peaches, blueberries, sunflower seeds, sunflower oil.

Spring Fever Crisp: strawberries, rhubarb, almonds, sub vanilla for cinnamon.

Summertime Crisp: raspberries, red currants, hazelnuts.

The New Black Crisp: blackberries, black currants, black raspberries, black walnuts.

What do you call your crisp?

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new DINNER SALAD

Yes, it's possible to make a salad hearty enough to call dinner! Add some eggs, nuts, some whole grain, and you and your tummy will be happy!



Hearty leafy greens - about 1 cup

Tender leafy greens about 2 cups

Veggies and fruit - 1-2 cups

Protein - 1/2 to 1 cup

Extras

Tender herbs up to 1/2 cup

Whole grains about 1/2 cup

How To
Prep vegetables and fruit (see pages xx, xx). Tear leafy greens into bite size bits. Other ingredients can be sliced, diced or grated. To give the salad a nice balance, make the firmer or more strongly flavored ingredients smaller so that they don't overwhelm the more delicate ingredients.

MAKES ONE SERVING
Find all kinds of ingredient possibilities on the "Basics" pages of each category.

VINEGAR

OIL

S

P

F-F-F-F-FROZEN FRUIT POPS

2 cups of prepped fruit OR 2 cups total of prepped fruit and something creamy

something extra

2 tablespoons sweetener

- 1 Prep the fruit (see flip side), and measure. Crush in a bowl with a fork or masher, or puree it with a blender or food processor, as you wish.
- 2 Add sweetener and, if you like, something creamy, and/or something extra, like minced herbs, chopped nuts or chunks of fruit. Taste and adjust the mix until you do your happy dance.
- 3 Fill pop molds (flip side) and add sticks. Freeze for a long time - at least 4 to 6 hours. Don't keep checking - it will take longer!

4 Unmold your pops (flip side again) and enjoy them with friends and family! Store them frozen in a sealed bag or container with wax paper or parchment in between each.

It's fun to layer different mixtures. If you want to get fancy, you can freeze layers before adding the next.

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TWO-FERS!

Did you know that many fresh, whole vegetables have more than one edible part? It's like getting a second vegetable free!

no carbon



Celery leaves are a delicious green leafy vegetable in their own right! Add them to soup or mixed vegetables. If you've got a lot, braise them in a lidded skillet with oil, a few fresh or canned tomatoes and some garlic until tender.

Carrot greens make a zippy sprinkle for just about anything. Wash and dry the leaves thoroughly, then fry until crisp in 1/4" of oil. Drain and cool on absorbent paper, then crush and strew over soups, sandwiches and hearty grain bowls.



There's a treat hiding in every head of cabbage: cut the core out and sprinkle with a little salt - it's a perfect snack for the cook, or a cook's little helper.



Within the tough-skinned stem of broccoli is the most tender part of all. Use a knife to peel and strip off the thick skin, then use the tender core as you like.



All kinds of leftover vegetable bits are great for soup stock. Onion skins, pared skins of carrots, potatoes, tough herb stems, celery leaves can be saved in a reusable zipper bag in the freezer. To make stock, simply cover with water, add some salt, and simmer. Note: using red beet scraps makes bright pink stock (borsht anyone?).



Any gnarly, brown, or wilted bits that aren't suitable even for the stock pot can be added to your compost bin to become fertile earth once again.



BERRIES

Who doesn't love berries? After all, berries are designed by plants to be eaten! A berry's job is to be attractive, delicious and nutritious to animals, so that they will eat them and later drop the seed in a nourishing pat of manure.

- most are great raw; most are great cooked, exceptions noted.
- nutrient dense, especially the dark purple ones.
- store in the fridge - berries don't ripen after harvest.
- don't wash until ready to eat.
- for fresh fruit about to go bad - sweeten or cook to extend life a few days, or freeze.
- dishes to make with berries: pops, xx, crisp, xx, salad, xx, etc. xx, etc. xx.

strawberries

- ripe when red
- remove stem and cap
- conventionally grown strawberries have more pesticide residue than other fruits - rinse well or buy organic
- local strawberries are more fragrant, juicier and sweeter
- easy to grow or forage



blueberries, huckleberries

- ripe when very blue
- white frost is normal
- to prep: remove any stem
- can be grown, with care, easy to forage



cane berries

- (blackberries, red, black, and golden raspberries, wine berries, cloud berries, loganberries, boysenberries, dew berries, marionberries and hundreds more)
- many varieties, growing on long, arching, prickly, hollow stems (canes)
- each berry is a cluster of tiny round fruits with even tinier seeds
- gold, pink, red, or purple
- to prep: remove stems and the core of raspberries
- easy to grow or forage



mulberries

- resemble cane fruit, but grow on trees
- two varieties: white and black (when ripe)
- eat fully ripe to avoid possible stomach upset
- short soft stem is edible
- harvest by shaking branches over a spread cloth



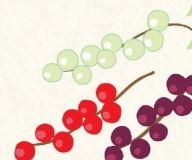
cranberries

- tart and flavorful
- red and bounce when ripe
- grow in bogs



currants

- small, round grow in clusters on perennial bushes
- red and white currants are very tart
- black currants are sweeter with an intense woody fragrance - good to use as a fruit flavor bomb
- use a fork to comb berries from stems



gooseberries

- green or red gooseberries, sweetest when very ripe
- easy to grow on small, thorny, perennial bushes
- a delightful, unique flavor.



elderberries

- dark purple when ripe
- a wonderful, winey flavor
- perennial bushes, foraged or garden grown
- use a fork to gently comb berries from stems
- blossoms are edible, too
- always eat cooked, fully ripe elderberries to avoid possible digestive upset



ground cherries, husk tomatoes

- packaged in a pretty, papery, husk
- golden when ripe
- sweet, best raw
- remove husk and stem
- easy to grow, even in planters



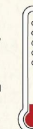
grapes

- many varieties, all grow on vines
- red, green, purple, with or without seeds
- usually eaten raw
- leaves are edible: use as a wrap, cook
- fairly easy to grow and forage
- conventionally grown grapes have more pesticide residue than other fruit - rinse well or buy organic



FOOTPRINT

Low! If you pick wild berries close to home, the footprint is ZERO! Other local berries, especially if organically grown have a very low footprint. Indulge with abandon! Watch out for berries from distant states or other countries, their footprints are bigger.



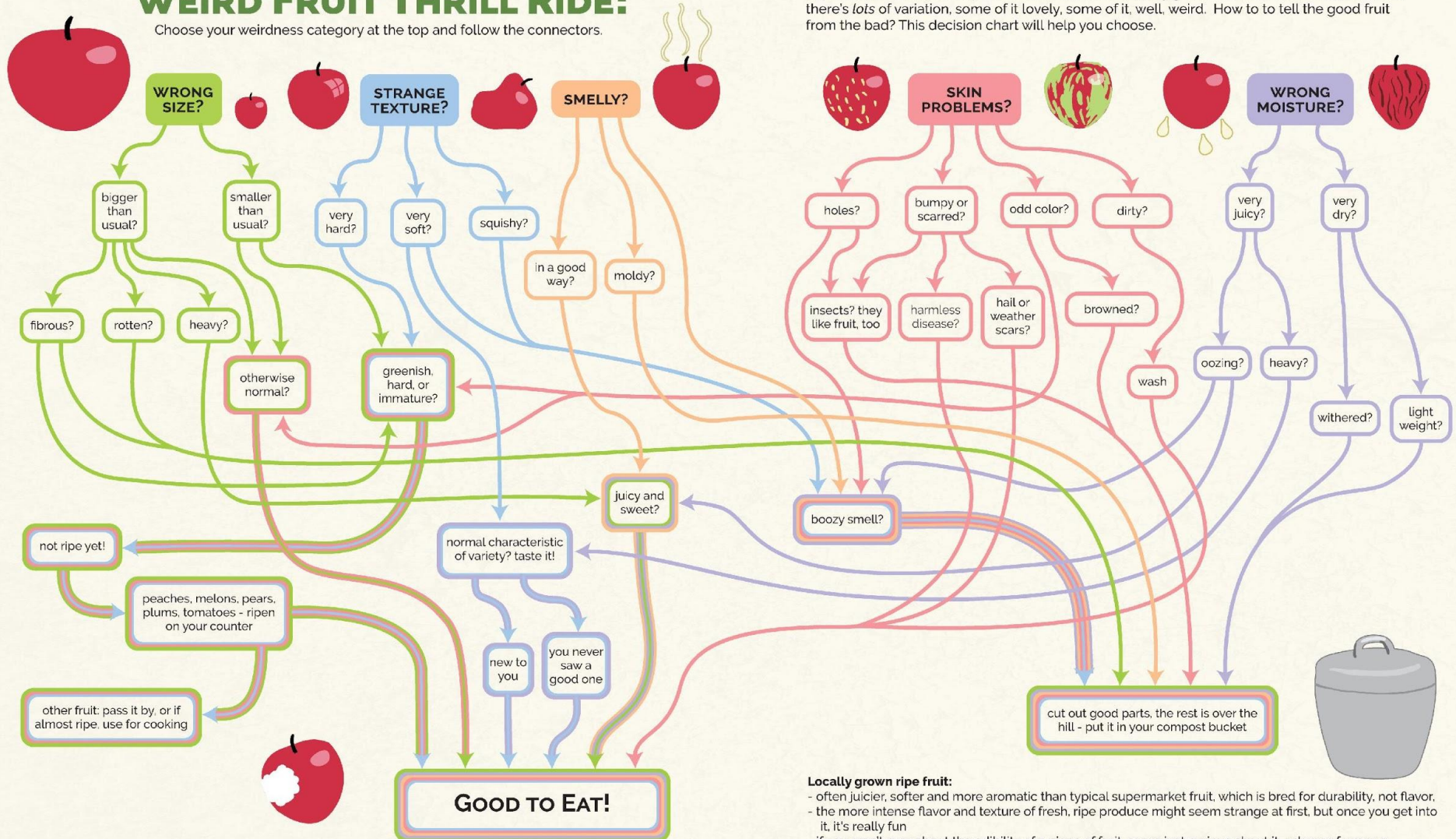
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WEIRD FRUIT THRILL RIDE!

Choose your weirdness category at the top and follow the connectors.



Supermarkets sell perfect, almost identical fruits. Locally grown food can be so beautiful, and there's *lots* of variation, some of it lovely, some of it, well, weird. How to tell the good fruit from the bad? This decision chart will help you choose.

Locally grown ripe fruit:

- often juicier, softer and more aromatic than typical supermarket fruit, which is bred for durability, not flavor.
- the more intense flavor and texture of fresh, ripe produce might seem strange at first, but once you get into it, it's really fun
- if you aren't sure about the edibility of a piece of fruit, or are just curious about it, ask your farmer, a knowledgeable friend, or call your local Cooperative Extension - most folks are happy to share their knowledge.

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MCDONALDS MEAL
 Quarter pounder with cheese
 Medium fries
 Medium Coke, 12 oz
 Ketchup
 Baked apple pie

Footprint: 4.5

PIZZA DINNER
 Digiorno meatball pizza, 2 slices
 Green salad, Kraft ranch dressing, 3 tbs
 Minute Maid Fruit Punch, 12 oz
 Ben & Jerry's Cherry Garcia ice cream, 3/4 cup

Footprint: 6.5

TURNING THE TABLES MEAL
 Broccoli-parm frittata, half skillet
 Herbed barley-sunflower pilaf
 Mixed green salad with cherry tomatoes, oil and vinegar dressing
 Raspberry agua fresca
 Warm peach blackberry crisp

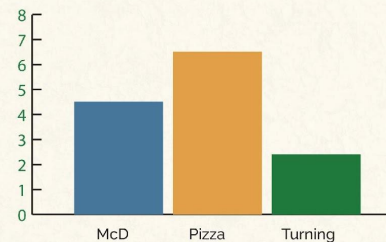
Footprint: 2.5

WHAT'S IN A MEAL?

Here are three typical meals with their carbon footprints, nutrition, and ingredients compared.

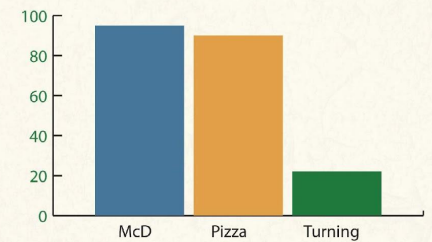
- McDonalds meal
- Pizza
- Turning the Tables Meal

DRAFT



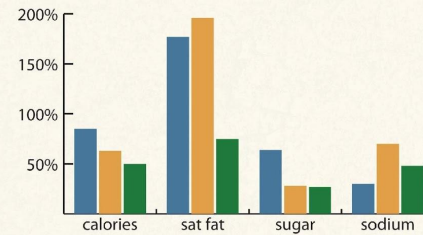
CARBON FOOTPRINT

Here's a comparison of the amount of carbon generated by each meal. In the McDonalds meal, it's the quarter pounder, with its beef patty and cheese, that racks up the carbon, in the pizza dinner, it's the cheese and beef pizza and ice cream. In the Footprint meal, it's the eggs that score the highest.



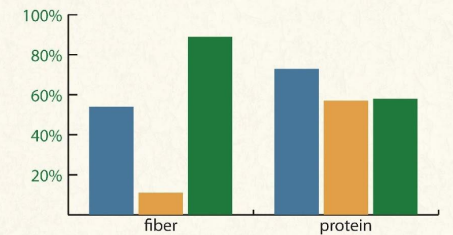
NUMBER OF INGREDIENTS

The number of ingredients in a food is a good rule-of-thumb guide to how processed it is: generally highly processed food is engineered with lots of chemical additives to improve flavor, texture, and shelf life.



NUTRIENTS TO LIMIT

Our bodies need all kinds of nutrients for vibrant health, but enough is enough! Processed food tends to have great amounts of refined carbohydrates (like white flour), saturated fat (often tropical vegetable oils), sugar (in the form of high fructose corn syrup), and sodium (salt is a preservative). Sugar is both a preservative and adds weight, and it's cheaper than more nutritious ingredients like vegetables, fruit and whole grains. Too much saturated fat, sugar, salt and refined carbs lead to many types of chronic metabolic illness like diabetes, heart disease, and obesity.



NUTRIENTS - BENEFICIAL

Some nutrients are not dangerous in higher amounts. Humans are designed to eat a lot of fiber - it keeps your digestive tract humming and prevents colon and other cancers. You can't really eat too much fiber.

Protein doesn't hurt you if you eat more than necessary, but it also doesn't really improve health either. Protein-rich foods like meat also have a higher carbon footprint and eating more than needed is wasteful.

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Turning the Tables is a work in progress of Cornell Cooperative Extension Ulster County with author and artist Maria Reidelbach. Find out more at ulster.cce.cornell.edu.

