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.
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.
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.

- 6 cups of sliced or chopped fruit, trimmed, peeled, pitted and cored as necessary
- 1/2 cup oatmeal
- 1/2 cup whole wheat flour OR total of 1 cup of alternatives
- 1/2 cup honey OR maple syrup OR brown sugar (lx for very sour fruit)
- pinch of salt
- 1/2 tsp cinnamon
- 1/4 tsp nuts or seeds
- 5 tablespoons oil OR butter - if cold cut into bits or coarsely grate

**Go-To Fruits**
Just about every fruit except melons, citrus and most tropical fruits are great in a crisp. Because crisps are so textual, you avoid peeking 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 dote, 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: 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.

**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.**

**CREAMY DOLLOP**
- whipped cream
- strained yogurt
- nondairy cream
- ice cream
- creme fraiche

**OILS & FATS**
- coconut oil
- sunflower oil
- grape seed oil
- nut oil

**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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**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!

- Heart leafy greens - about 1 cup
- Veggies and fruit - 1/2 cups
- Protein - 1/2 to 1 cup

**How To**
Prep vegetables and fruit (see pages xx, xx). Tear leafy greens into bite-sized 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.

**EXTRA**
Extra

**MADSTEY**
Find all kinds of ingredient possibilities on the "Basics" pages of each category.

**F-F-F-F-FROZEN FRUIT POPS**

- 2 cups of prepped fruit OR 2 cups total of prepped fruit and something creamy
- 2 tablespoons sweetener
- Something extra

**How To**
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!

- 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 store over soups, sandwiches and hearty grain bowls.

- 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.

- Beet, turnip and even radish greens are fantastic. Cut them off and refrigerate them in a reusable plastic bag. Cook them in any recipe that calls for leafy greens.

- 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.

- 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 (borscht anyone?)!

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**Berries**

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

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**Footprint**

Love it 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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**strawberries**
- ripen 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, cloudberries, loganberries, boysenberries, dew berries, marionberries and hundreds more
- many varieties, growing on long, arching, prickly, hollow stems (canes)
- each berry is a flower of tiny round fruits with even linier 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 bouncy when ripe
- grow in bogs

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**CCEUC Climate Change Series**

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**grapes**
- many varieties, all grow on vines
- 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

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**currants**
- small, round grow in clusters on perennial bushes
- red and white currants are very tart
- black currants are sweeter with an intense woody/grape 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, tart raw
- remove husk and stem
- easy to grow, even in planters

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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 pot 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.
**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 juicer, 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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McDonald’s 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 tbsp
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 aqua 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.

<table>
<thead>
<tr>
<th>Meal</th>
<th>Carbon Footprint</th>
<th>Number of Ingredients</th>
<th>Nutrients to Limit</th>
<th>Nutrients - Beneficial</th>
</tr>
</thead>
<tbody>
<tr>
<td>McDonald’s meal</td>
<td>McD</td>
<td>75%</td>
<td>20%</td>
<td>fiber</td>
</tr>
<tr>
<td>Pizza</td>
<td>McD</td>
<td>20%</td>
<td>75%</td>
<td>protein</td>
</tr>
<tr>
<td>Turning the Tables Meal</td>
<td>Turning</td>
<td>20%</td>
<td>75%</td>
<td>protein</td>
</tr>
</tbody>
</table>

CARBON FOOTPRINT
Here’s a comparison of the amount of carbon generated by each meal. In the McDonald’s 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 Turning the Tables 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 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.
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.