Chesprocott Healthy Communities Coalition Farm Stand Recipe Initiative
The Chesprocott Health District provides essential public health services and information to the communities of Cheshire, Prospect and Wolcott.

Any questions? Call, visit our website, or stop by!
1247 Highland Ave, Cheshire CT 06410
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www.chesprocott.org

Don’t forget to follow us on Facebook and Instagram,
@chesproctthealthdistrict
Parmesan Squash Chips

**Ingredients:**
- 4 yellow squash, cut into rounds
- ¼ c. olive oil
- Kosher salt
- Freshly ground black pepper
- Pinch red pepper flakes
- 1 c. panko
- 2 tbsp. parmesan cheese

**FOR THE DIPPING SAUCE**
- 1 c. sour cream
- 1 tbsp. lemon juice
- 1 tbsp. freshly chopped parsley
- Kosher salt
- Freshly ground black pepper

**Directions:**
Preheat oven to 400° and line a baking sheet with parchment paper. In a large bowl, toss together squash and olive oil. Season generously with salt, pepper, and red pepper flakes. In a shallow bowl mix together panko, parmesan, and parsley. One at a time, dip squash into panko mixture, pressing to coat then place on baking sheet. Bake until golden and crispy, about 30 minutes, flipping halfway through. To make the dipping sauce: in a small bowl, stir together sour cream, lemon juice, and parsley. Season with salt and pepper. Serve chips with dipping sauce.

Prep time: 15 min  
Cook time: 30 min
Vegetable Kabobs

Ingredients:
- 2 c. mushrooms
- 1 c. cherry tomatoes
- 1 red & green bell pepper (cut into chunks)
- 1 red onion (cut into chunks)
- 1 green & yellow zucchini (sliced thick)
- 1/4 c. olive oil
- 3 garlic cloves (pressed)
- Juice of lemon
- 1/2 tsp. dried oregano
- 1/2 tsp. dried basil
- Kosher & black pepper to taste

Directions:
Preheat oven to 400 °. In a small bowl, whisk olive oil, garlic, lemon juice, oregano, and basil with salt and pepper. Thread mushrooms, tomatoes, bell peppers, onion, zucchini onto skewers. Place of baking sheet. Brush olive oil mix onto skewers and let sit for 10-15 minutes. Place into the oven and roast until tender, about 10-12 minutes. Serve immediately.

Prep time: 25 min
Cook time: 10 min
Farmer’s Market Pasta Salad

**Ingredients:**

- 2 c. halved baby heirloom tomatoes
- 2 small zucchini thinly sliced into half moons
- 1 small red bell pepper cut into thin strips
- 1 c. fresh corn kernels
- 1 c. diced firm ripe fresh peaches (medium size)
- ½ c. thinly sliced green onions
- 8 oz package penne pasta
- 2 c. shredded smoked chicken (about 10 oz)
- 1/3 c. torn fresh basil
- 1/3 c. torn fresh cilantro

**Directions:**
Toss together the first 7 ingredients in a large bowl. Meanwhile, prepare pasta according to package directions. Add hot cooked pasta and chicken to tomato mixture; toss gently to coat. Season with salt and pepper to taste. Transfer to a serving plate and top with basil and cilantro.

Prep time: 15 min
Cook time: 15 min
Grilled Mexican Corn Salad

**Ingredients:**
- 3 limes divided
- 8 large ears fresh yellow corn husks removed
- 3 tbsp. of mayonnaise
- 2/3 c. crumbled feta cheese
- 1/3 c. sliced fresh chives

**Prep time:** 25 min  
**Cook time:** 15 min

**Directions:**
Cut 2 limes in half and squeeze juice to equal about ¼ cup. Preheat grill to 400 ° to 450 ° (high) heat. Brush corn with mayonnaise and sprinkle with desired amount of salt and pepper. Grill corn, covered, about 10 to 2 minutes or until done, turning occasionally. (kernels may char and pop). Cut kernels from cobs into a large bowl. Stir cheese chives, and lime juice into kernels. Cut last lime serve with salad.
Tomato Salad with Feta and Pistachios

Ingredients:
• 3 tbsp pistachios
• 1 lb mixed tomatoes, some sliced, some cut into wedges
• Kosher salt, freshly ground pepper
• ¼ c. lemon vinaigrette
• ¼ c. chopped parsley, plus leaves for serving
• ¼ c. crumbled feta

Directions:
Preheat oven to 350°. Toast pistachios on a rimmed baking sheet, tossing once, until golden brown, 6–8 minutes. Chop once cool. Arrange tomatoes on a plate; season lightly with salt and pepper. Mix vinaigrette, ¼ cup parsley, and two-thirds of pistachios in a small bowl. Drizzle over tomatoes. Top with feta, parsley leaves, and remaining pistachios.

Prep time: 10 min
Cook time: 10 min
Visit these Farm Stands in Our Community!

- **Arisco Farms**  
  1583 Marion Rd, Cheshire, CT 06410
- **Norton Brother’s Fruit Farm**  
  446 Academy Road, Cheshire, CT 06410
- **Zentek Farms**  
  325 Higgins Rd, Cheshire, CT 06410
- **Carmody’s Farm Stand**  
  1735 Peck Ln, Cheshire, CT 06410
- **Hickory Hill Orchards**  
  351 S Meriden Rd, Cheshire, CT 06410
- **Drazen Orchards**  
  251 Wallingford Rd, Cheshire, CT 06410
- **Hidden View Farms**  
  311 Andrews Rd, Wolcott, CT 06716
Enjoy Our Local Parks!
Cheshire Parks

• **Bartlem Recreation Area, 520 S. Main St:** Offers ball fields, playground, community garden, skate park and the community pool

• **Cheshire Park, 954 Highland Ave:** Enjoy a pavilion, facilities for basketball, baseball, tennis, and a playground

• **Farmington Canal Linear Park, 480 Cornwall Ave:** Stroll along the Farmington Canal, perfect for walkers, bicyclists, rollerblades, and joggers

• **McNamara Legion Field, 550 Wiese Rd:** Offers baseball fields and a playground

• **Mixville Recreation Area, 1300 Notch Rd:** Has a playground, volleyball and basketball courts, baseball field, and swimming/fishing areas

• **Quinnipiac Recreation Area, 1325 Cheshire St:** Come play on the soccer and lacrosse fields

• **Roaring Brook Falls, 857 Roaring Brook Rd:** Hike the trails leading to a scenic Waterfall
Prospect Parks

• Hotchkiss Field, 61 Waterbury Rd: Offers a basketball court, baseball and soccer fields

• Canfield Park, 36 Coer Rd: Come play on the multiple purpose field and tennis courts

• Caplan Park, 91 New Haven Rd: Take advantage of the football field, baseball fields, and playground

• McGrath Park, 21 Cheshire Rd: Enjoy a large Field, tennis court, and fishing pond
Wolcott Parks

• Peterson Park, 123 Mad River Rd: Enjoy hiking trails, baseball fields, volleyball and tennis courts, a skate park, and a playground

• Woodtick Recreation Area, 201 Nichols Rd: Offers a beach and swimming area, basketball and volleyball courts as well as a playground
Safety Tips for Farm-to-Table Eating!

Rinse all fruits and veggies

Step 1. Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
Step 2. Clean all surfaces and utensils with hot water and soap before and after food preparation.
Step 3. Rinse produce under running tap water. Choose a water temperature similar to the temperature of the produce.
Step 4. Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.
Step 5. Shake or pat dry with a clean cloth or paper towel.
Step 6. Enjoy, and remember that no food can be nutritious until it is eaten.

Source: Julie Albrecht, PhD, RD and www.fightbac.org
For more information, please visit:
http://www.fightbac.org/storage/documents/animatedproduce.swf

Wash Your Hands

Wet hands
Apply soap
Wash for 20 seconds
Rinse well
Dry hands
Turn off tap with towel