

Recipes From Our Community

Summer 2024

The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.

- Galatians 5:22-23

The fruits of the summer were strawberries, blueberries, peaches and apples!

- Aurelia Zwilling, age 7

Dear Friends,

Over the summer of 2024 we have shared such incredible experiences together, and we have truly experienced the fruits of the spirit in more ways than we can count! We shared many moments together at worship throughout the summer (love), we danced and listened to live music (joy), we waited to see if blueberries were ripe enough to pick (patience), and we were understanding when they were not (kindness), because so many people agreed to pick up their own blueberries to make cobbler (generosity). We gathered on Third Beach for dinner, s'mores, and Compline, even when the tide was so high there was barely room for us on the beach (faithfulness). We spent time in silence at a Rest and Return Retreat (gentleness). No one ate *all* of the yummy desserts and snacks we shared with one another (self-control 😊) so we always had plenty for everyone.

After all of our incredible experiences together, we now have this tangible gift - one we can hold in our hands and use in our homes. A gift offered by members of our community who have shared their recipes and by Jen Zanetti, who has collected these recipes and (with help from Sara Barker) cooked many of them for the photos you'll find in these pages.

I hope this cookbook will be a sweet reminder of this summer we have shared together, and of all the many ways the Spirit makes herself known in this incredible community.

Thank you to all of you for making this experience possible!

Faithfully,
Meaghan Brower
Associate Rector



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Strawberry Poppy Seed Salad

Courtesy of Sheila Collins

3 Tbsp salad oil

3 Tbsp honey

1 Tbsp vinegar

1 tsp poppy seed

1/2 tsp prepared mustard

Combine and Mix well

In large bowl combine

1 small sliced onion

4 Cups torn Bib lettuce

2 Cups sliced strawberries or sliced strawberries and blueberries or peeled sliced kiwi

Toss with dressing and enjoy!

Broccoli Salad

Courtesy of Karen Stevenson

2 bunches broccoli, chopped

1 cup shredded cheese

6 slices cooked crumbled bacon

1 red onion, chopped

Dressing- stir together:

1 cup mayonnaise

2 Tbsp vinegar

¼ cup sugar (or 2 Tbsp)

Mix broccoli and onion together in morning and let marinate in dressing in fridge.

Add cheese and bacon just before serving.

Can also add walnuts or raisins

Judy's Cucumber Salad

Courtesy of Judy Hall

3 large cucumbers, peeled and scored with tines of a fork; sliced as thin as possible

Dressing:

½ cup white wine vinegar

4 Tbsp sugar

4 Tbsp water

Dash of pepper

Optional:

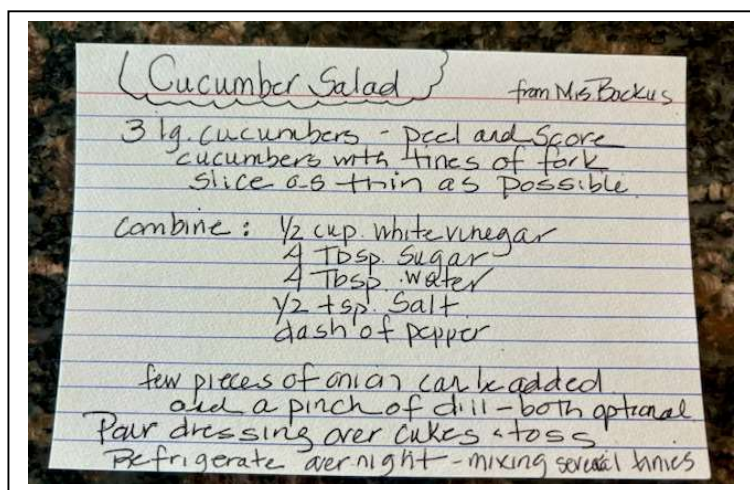
Few pieces of onion

Pinch of dill

Combine dressing ingredients and pour over cucumbers; add onion and dill (if using)

Pour over cucumbers and toss

Refrigerate overnight, mixing several times



Molly's Cold Cucumber Soup

Courtesy of Sheila Collins

In blender place:

1 1/2 cucumbers peeled, seeds removed and chopped

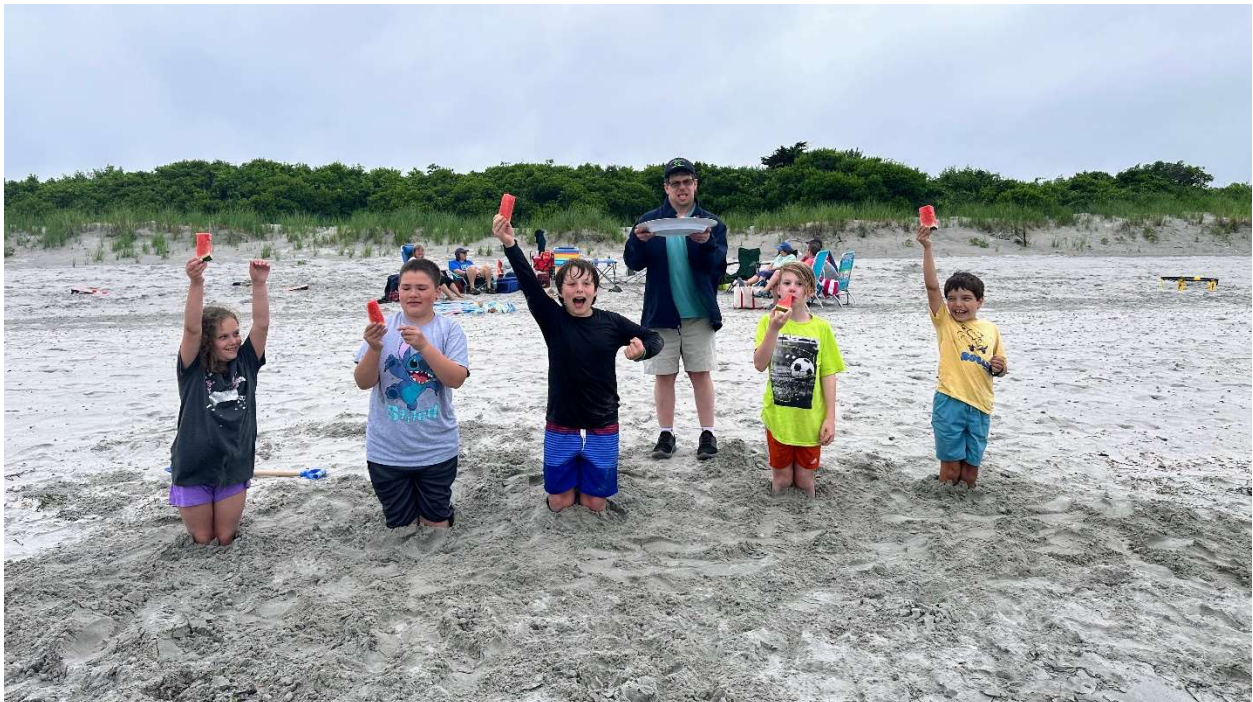
1 Cup chicken broth

2 Tbsp flour

1 Cup sour cream or Greek yogurt

Blend till smooth for soup. Add salt, pepper and fresh dill

Chill. Great on a hot summer day! Enjoy



Zucchini and Goat Cheese Tart

Courtesy of Sara Barker, originally an Ina Garten recipe

- 1¼ cups all-purpose flour
- Kosher salt and freshly ground black pepper
- 10 tablespoons (1¼ sticks) cold unsalted butter, ½-inch-diced
- ½ teaspoon white wine vinegar
- 5 tablespoons ice water
- 1½ pounds zucchini, unpeeled and sliced ⅛ inch thick
- 2 tablespoons good olive oil, divided
- 8 ounces plain creamy goat cheese, such as Montrachet, at room temperature
- 1 teaspoon minced fresh thyme leaves
- ¼ teaspoon grated lemon zest

Place the flour, ¾ teaspoon of salt, and the butter in the bowl of a food processor fitted with the steel blade and pulse 12 to 14 times, until the butter is the size of peas. With the processor running, pour the vinegar and ice water through the feed tube and continue to process and pulse until the dough just comes together. Dump out on a floured board, form into a disk, wrap in plastic, and chill for 30 minutes.

Meanwhile, place the zucchini in a colander set over a plate. Toss it with 2 teaspoons of salt and set aside for 30 minutes. Spread the zucchini out on a clean dish towel, roll it up, and squeeze gently to remove some of the liquid. Put the zucchini slices into a bowl and toss with 1 tablespoon of olive oil. With a fork, mash together the goat cheese, thyme, lemon zest, ½ teaspoon salt, and ¼ teaspoon pepper and set aside.

Preheat the oven to 400 degrees. Roll the dough out on a floured board to an 11-inch circle and place on a sheet pan lined with parchment paper. Spread the dough with the goat cheese mixture, leaving a ½-inch border. Lay the zucchini slices in tightly overlapping circles, starting at the very edge of the -pastry (the zucchini will shrink when it bakes).

Continue over-lapping circles of zucchini until the whole tart is covered. Drizzle with the remaining tablespoon of olive oil and sprinkle with pepper. Bake for 40 to 50 minutes, until the dough is golden brown. Cut in wedges and serve hot, warm, or at room temperature.

** I only use 4 ounces of goat cheese. My family prefers a thin layer of goat cheese.

** My sister-in-law makes it with cream cheese instead of goat cheese.

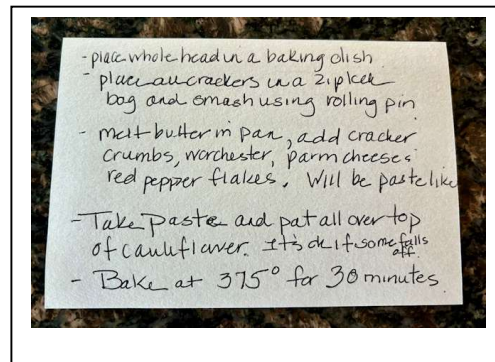
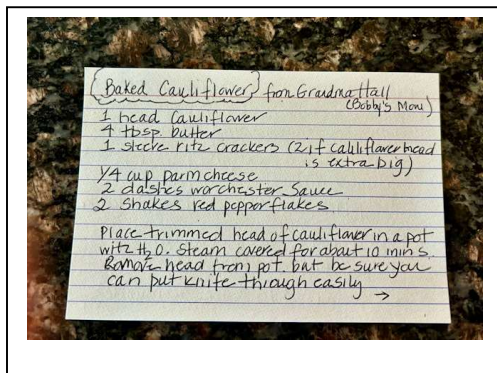


Baked Cauliflower

Courtesy of Judy Hall
From Grandma Hall, My Mother

- 1 head of cauliflower
- 4 Tbsp of butter
- 1 Sleeve Ritz crackers (2 if cauliflower head is extra big)
- ¼ cup Parmesan cheese
- 2 dashes Worcestershire sauce
- 2 shakes red pepper flakes

Place trimmed head of cauliflower in a pot with water and steam for about 10 minutes. Remove from pot but be sure you can put a knife through it. Place whole head in oven casserole. Place all crackers in a Ziploc bag and smash with a rolling pin. Melt butter in a pan; add crackers, Parmesan, and red pepper flakes- will be paste like. Take paste and pat all over cauliflower; it's ok if some falls off. Bake in 375 degree oven for 30 minutes.



Farro Salad with Citrus Vinaigrette

Courtesy of Kati Machtley

Ingredients:

1 cup Italian Pearled Farro lightly toasted. (I do not toast mine)
2 tsp. salt plus more for seasoning
2 and 1/4 cup water or stock. I use water.

Dressing :

1 Tbsp of Orange Zest
2 Tablespoons fresh orange juice from about 1/4 orange
2 Teaspoons Dijon Mustard
3 Tablespoons of White Balsamic vinegar
1/3 cup extra virgin olive oil

Additional fruits and vegetables to be added:

1/3 cup dried cranberries
1/2 cup of diced Granny Smith apple
3/4 cup of diced green zucchini
1/4 cup of diced yellow or orange bell peppers
2 Tablespoons chopped fresh dill
2 Tablespoons chopped fresh Italian Flat Parsley
Salt and pepper to season as desired.

Directions. This is best when made the morning of or day of and left to sit at room temperature until serving. Refrigerate after serving and enjoy leftovers.

Before cooking the Farro, I always rinse it in a colander with cold water. I rinse it twice until the water runs clear.

1. In a large heavy saucepan over medium high heat, add the farro, 2 teaspoons of salt and the water. Bring to a simmer. Cover and cook, stirring occasionally, until the farro is tender. 35 to 45 minutes. Check a few times while it is cooking. You want it to be al dente. Remove from the heat, drain any excess water, and set aside to cool.
2. While the grains are simmering make the dressing. Whisk together the orange zest and juice, white balsamic vinegar, and olive oil. Add salt and pepper to taste and set aside.

3. Before serving place farro in a large bowl, and toss it with 3 Tablespoons of the dressing. In the same bowl combine the cranberries, chopped Granny Smith apple, chopped zucchini, yellow or orange peppers and chopped dill and parsley. Add 3 more Tablespoons of the dressing and toss everything together. Add more dressing as needed and season with salt and pepper.



Blueberry Buckle

Courtesy of Marilyn Ferkinhoff

1/2 cup butter

3/4 cup sugar

1 egg

2 cups flour

2 1/2 teaspoons baking powder

1/2 cup milk

Mix above ingredients in bowl with mixer.

Pour into greased 8" X 11" pan.

2 cups blueberries

top with blueberries.

1/2 cup sugar

1/2 cup flour

1/2 teaspoon cinnamon

1/4 cup butter

Melt butter, and add above ingredients and crumble on top of berries.

Bake at 350 degrees for 30 minutes.

Double Good Blueberry Pie or Strawberry Pie

Courtesy of Marilyn Ferkinhoff

Baked 9 inch pie shell or graham cracker crust

1/4 to 3/4 cups of sugar depending on your taste

3 Tablespoons corn starch

1/8 teaspoon salt

1/4 cup water

4 cups blueberries or strawberries

Place 2 cups of berries in pie crust.

Combine sugar, cornstarch and salt in pan.

Add water and 2 cups of berries.

Cook over medium heat stirring until thickened.

Place over fresh berries and refrigerate.

Seve with whip cream if desired.



Blueberry Lemon Pound Cake

Courtesy of Rick Updegrave

Ingredients:

1 lb unsalted butter, at room temperature
3 cups sugar
6 eggs, at room temperature
1 cup milk, at room temperature
1 tsp lemon juice
1 Tbsp baking powder
4 cups flour
2 cups blueberries
1 tsp grated lemon rind

Directions:

Preheat oven to 350 degrees.

Cream together the butter and sugar with an electric mixer at high speed until light and fluffy. Add eggs one at a time, beating well after each addition; remove bowl from electric mixer.

Sift together dry ingredients in a separate bowl. Mix together milk and lemon juice in a separate bowl. Add dry and wet ingredients to butter mixture alternately, beginning and ending with dry. Mix by hand, using a rubber spatula or wooden spoon, after each addition. Mix thoroughly just enough to blend without excess beating. Fold in blueberries and grated lemon peel.

Pour into a buttered and floured bundt or tube pan. Bake for 1 hour, or until toothpick inserted in center comes out clean. Cool in pan for 10 minutes, then turn out on to plate and cool completely before slicing.

Apple Crunch

Courtesy of Marilyn Ferkinhoff

This recipe was a favorite of my mother, Martha Hall

4 cups sliced tart apples

1/2 cup water

1 teaspoon cinnamon

3/4 cup of flour or corn flake crumbs

1 cup white or brown sugar

1/2 cup butter

Arrange apples in greased baking dish.

Pour on water.

Mix last 4 ingredients together and place over apples.

Bake at 350 for 30 minutes or until apples are tender.

Serve warm with whipped cream or vanilla ice cream.

Serves 6 to 8.

Cheesecake Recipe

Courtesy of Robert Sorenson

Ingredients

Crust

1 1/2 cup graham cracker crumbs

1/4 pound butter melted

2 Tbsp sugar

Filling

2 8-oz pkg cream cheese (room temperature)

2 eggs

1/2 cup sugar

1 tsp vanilla

Topping

1 pint sour cream

2 Tbsp sugar

1 tsp vanilla

Mixed fresh berries

Preheat oven to 350 F. Mix the graham cracker crumbs with the butter and sugar. Press crumbs firmly into a 9 inch cake pan (removable bottom or springform pan). Crumbs should come to about 2 inches along the side of the pan and cover the entire bottom. Bake crust for 10 minutes, checking to make sure it doesn't burn. Remove from oven and cool.

Prepare the first layer of the filling by mixing the cream cheese, eggs, sugar and vanilla. Beat until smooth and no lumps appear. Place filling into the cool crust and bake in 350 F oven for 20 minutes. Let cake cool.

Once the cake is cool prepare the topping by mixing the sour cream, sugar and vanilla and spread evenly on top of the cake. Bake again for 5 minutes at 350F. Let cool and then refrigerate. Remove the cake from the pan before serving to enable easy cutting. Top with fresh berries.



Pear Ginger Oat Muffins (Gluten Free)

Courtesy of Jen Zanetti

Ingredients:

4 large eggs

½ tsp finely grated lemon zest

1 Tbsp fresh lemon juice

2/3 cup plus 1 Tbsp maple syrup

2/3 cup plus 1 Tbsp coconut oil, melted

1 ½ cups gluten free oat flour

1 cup almond flour or meal

1 Tbsp flaxseed meal

2 tsp baking powder

½ tsp cinnamon

½ tsp ground ginger

1 tsp kosher salt

1 large pear, finely diced

4-5 pieces crystallized ginger, finely diced

¾ cup sliced almonds, divided

¾ cup old fashioned oats, divided

Directions:

Preheat oven to 350 degrees, and line a 12- cup muffin pan with liners. Whisk eggs, lemon zest, lemon juice, 2/3 cup maple syrup and 2/3 cup oil in a large bowl. Whisk oat flour, almond flour, flaxseed, baking powder, cinnamon, ginger, and salt in a medium bowl until no clumps remain. Gently add dry ingredients to egg mixture and whisk to combine. Stir in

pears, crystallized ginger, ½ cup almonds, and ¼ cup oats. Divide batter among prepared muffin cups, filling each to the very top.

In a separate bowl, mix the remaining ¼ cup almonds, ½ cup oats, 1 Tbsp maple syrup and 1 Tbsp oil to combine. Sprinkle oat topping over each muffin.

Bake about 25-30 minutes, rotating pan halfway through, until tops are golden brown and a toothpick inserted in center comes out clean



Aunt Molly's Unbaked Blueberry Pie

Courtesy of Lee Ferreira

1 quart blueberries, divided use
¾ cup water
2 Tbsp flour
½ cup sugar
1/8 tsp salt
9-inch baked pie shell or prepared graham cracker crust
whipped cream for topping, optional

Put 1 cup of the blueberries in a saucepan. Mix water and flour together and add to the pan. Add sugar and salt. Start cooking on high until first bubbles appear, then lower to medium heat, stirring frequently until thickened and the berries are a deep color, 7 – 10 minutes. Some berries will pop. Remove from heat and let stand a few minutes.

Add remainder of uncooked berries to the pan using a spatula to scrape juices into mixture. Mix well and again let it sit a few minutes, then pour into pie shell. Gently level off. Allow to set and cool completely before slicing. It may take several hours for it to reach room temperature. Refrigerate after cutting.

Note: If using your own pie crust, bake it for 10 – 15 minutes until cooked and cool before filling.

Whipped cream makes a nice topping but so, too, does ice cream.

Fresh Strawberry Pie

Courtesy of Lee Ferreira

Bake and cool 1 pie shell

Wash and hull 1 quart of fresh strawberries

Cut up 1 cup of berries

Mix 1 cup sugar and 3 Tbsp corn starch in 2-qt saucepan.

Stir in 1 cup water gradually until smooth.

Add cut up berries. Cook and stir over medium heat until thick (till it boils).

Add 1 box strawberry jello, stir until dissolved.

Cool a little. Add remaining berries, save a few for garnish, if you wish.

Pour into pie shell, cool until firm.



Applesauce Brownies

Courtesy of Mattie Gustafson

6 Tbsp margarine

1 cup brown sugar

1 egg, beaten

½ cup applesauce

1 tsp orange zest

1 tsp vanilla

1 ½ cup flour

1 tsp baking powder

½ tsp salt

¼ tsp baking soda

½ cup walnuts – chopped small

In a saucepan combine margarine and brown sugar. Over medium heat cook, and stir until margarine melts. Remove from heat and cool a bit. Into this mixture beat the egg, the applesauce, orange zest and vanilla. Mix. Add the nuts.

Sift together dry ingredients. Stir into applesauce mixture.

Spread in greased 9 x 12 inch pan and bake at 350 degrees for 15 minutes (or so).

Orange Glaze – not necessary, but a nice touch

1 ½ cups confectionary sugar

½ tsp vanilla

Dash salt

2 T orange juice

Mix together and spread over brownies thinly.

NOTES: I varied using nuts or not. Also, homemade applesauce takes this dish to another level, but not absolutely necessary.



The Fruit Trifle – Variations on a Theme

Courtesy of Mattie Gustafson

My sister, Susan, and I discovered the trifle while in high school. It is a very simple, very beautiful dessert for family or company. We made it in many ways, and even did a non-alcoholic one for our father, who did not drink spirits.

The “Basic” Trifle

1 sponge cake, bought, sliced (approximately ¼ inches wide), and soaked in dry sherry

3 pkg vanilla pudding

3 pkg frozen strawberries

1-pint heavy cream

Stem cherries, slivered almonds

While the sherry soaks into the cake, make the vanilla pudding. I usually used the cooked kind, but then you need to let it cool a while. Instant is fine, too.

Get a trifle dish (we bought one from the Christmas Tree Store, alas, a thing of the past now) and assemble. Slices of cake, some of the pudding, some of the strawberries, and then repeat the layers. Garnish with whipped cream, cherries, and slivered almonds.

And now some variations.....

- Use orange juice instead of dry sherry, for soaking the cake.
- Use grenadine syrup instead of fruit or as an addition to the fruit.
- Mix the fruit – strawberries and blueberries, peaches – whatever. And you can always use fresh. Just sugar them a bit, if they are not sweet enough.
- Make the cake from scratch or from a cake mix.

Mrs. Livingston's \$10 Pie

Courtesy of Sheila Collins

1 cup sugar

1 cup flour

1 cup milk

1 stick of butter

3 tsp baking powder

1 quart of fruit sweetened to taste (use extra sugar) Delicious with peaches or blueberries, strawberries, raspberries, blackberries, and even apples with cinnamon

Stir together the sugar, flour, baking powder, and milk in deep baking dish. Melt butter and pour on top of the batter. (no eggs or salt are used) Heat the sweetened fruit (I use the microwave for about 3 minutes). Pour the hot fruit on top of the batter. Bake in the oven at 375 for about 30 minutes until golden. Enjoy warm with vanilla ice cream or still delicious cold the next day.

Apple Cider Donut Bread

Courtesy of Elise Laparle Garcia

This Apple Cider Donut Bread brings all the cozy, fall flavors of an apple orchard right to your kitchen. Each bite is a nostalgic trip to those crisp autumn days spent picking apples and savoring warm, cinnamon-sugar-coated apple cider donuts. With this recipe, you can enjoy that same crackly texture and rich apple flavor anytime—no orchard trip required!

Ingredients:

- 2 cups apple cider
- ½ cup butter (room temperature)
- 1 cup brown sugar
- 1 large egg
- 2 cups flour
- 1 tablespoon apple pie spice
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt

Topping:

- ¼ cup melted butter
- ½ cup sugar
- 1 tablespoon cinnamon

Directions:

1. Boil the apple cider until reduced by half.
2. Preheat oven to 350°F. Grease a 9x5 loaf pan.
3. Beat butter and brown sugar until fluffy. Add the egg and mix.
4. Mix in dry ingredients and reduced cider by hand until just combined.
5. Pour into the pan and bake for 50 minutes.
6. Brush with melted butter, sprinkle with cinnamon sugar, and let cool before serving.

Zucchini Bread

Courtesy of Karen Stevenson

3 eggs
3/4 cup vegetable oil
1 1/2 cup sugar
2 cups grated zucchini
1 tsp powered lemon peel
1/2 tsp vanilla
2 1/2 cups unsifted flour
2 tsp baking powder
1 tsp baking soda
3/4 tsp salt
1/2 tsp cinnamon
1/4 tsp ginger
1/2 cup chopped nuts (optional)

Beat eggs; add oil and sugar, beat well. Add lemon peel, vanilla, and zucchini, beat. Mix dry ingredients together, stir into wet ingredients and add nuts (if using). Mix well. Bake in oiled small loaf pans or cans (size 2 1/2) at 350 for 1 hour. Cool until bread will remove easily, then cool on wire rack.

You may need more flour if using small or medium size zucchini that have more moisture. If using very large zucchini, discard center pulp. The firm flesh is not extra moist but is perfect for this recipe.

Vegan Strawberry Ice Cream

Courtesy of Sara Barker, originally a Megan Gilmore-Detoxinsta recipe

INGREDIENTS

- 1 pound strawberries (*fresh or frozen*)
- 1 (14.5 oz) can full-fat coconut milk
- 1/2 cup maple syrup (*155 grams*)
- 1 teaspoon vanilla extract (*5 grams*)

Be sure to freeze the bowl of your ice cream maker at least 24 hours in advance, if your ice cream maker requires it. In a blender, combine the strawberries, coconut milk, maple syrup, and vanilla. Blend until very smooth.

Pour the mixture into the frozen bowl of your ice cream machine, then process until thick and creamy, about 30 to 35 minutes.

Once the strawberry ice cream is thick, it's ready to serve right away. You can store the leftovers in an airtight container in the freezer for up to 3 months. It will become harder to scoop when you freeze it overnight, but it will soften if you let it sit at room temperature for 10 to 15 minutes first.

Note: **you cannot taste any coconut



Chocolate Zucchini Cake

Courtesy of Priscilla Cousins

For the cake:

2 ½ cups flour
½ cup cocoa powder
2 ½ tsp baking powder
1 ½ tsp baking soda
1 tsp salt
1 tsp cinnamon
¾ cup soft butter
2 cups sugar
3 eggs
2 tsp vanilla extract
2 tsp orange peel, grated
2 cups zucchini, coarsely shredded
½ cup milk
1 cup pecans or walnuts, chopped

Optional glaze:

¾ cup semisweet chocolate chips
3 Tbsp butter
1 Tbsp light corn syrup
¼ tsp vanilla extract

Directions:

Preheat oven to 350 degrees. Combine the flour, cocoa powder, baking powder, baking soda, salt, and cinnamon in a bowl; set aside

With a mixer, beat together the butter and sugar until they are smooth. Add the eggs to the butter/sugar mixture one at a time, beating well while adding each egg. Stir in vanilla, orange peel, and zucchini.

Alternately stir the dry ingredients and the milk into the zucchini mixture, including the nuts with the last addition. Pour the batter into a greased and floured 10" tube pan or bundt pan. Bake about 45 minutes or until a cake tester inserted in the center comes out clean. Cool

cake for 10 minutes in the pan before turning out. While it cools make the glaze, or when cool dust with confectioners sugar.

Glaze:

Combine the butter, chocolate chips, and corn syrup in a microwaveable dish. Heat in the microwave in 30 second intervals at 50% power, stirring in between, until nicely melted. Stir in vanilla and drizzle over the top of the cooled cake



THANK YOU To All Our Contributors!
Enjoy!

