



# Farmer's Market Collection

RECIPES TO INSPIRE EVERYDAY GOURMET MEALS







## NUTRITION FACTS

CALORIES PER  
SERVING

42

CALORIES  
FROM FAT

0

SERVING SIZE 1/2 cup (123g)

Cholesterol 0g 0%

Sodium 5g 0%

Total Carbohydrates  
10g 3%

Dietary Fiber 4g 16%

Total Sugars 4g

Protein 1g

Vitamin A 380%

Vitamin C 8%

Calcium 4%

Iron 10%

# Organic Pumpkin



## HIGHLIGHTS

Farmer's Market Organic Pumpkin is rich, smooth and nutritious. Pumpkin is one of the most versatile vegetables. It can replace oil, butter and even eggs in recipes. To thicken a sauce or soup naturally, add a little pumpkin. Its unique flavor and health properties make it a fall necessity. However, its ability to make any recipe adaptable makes it a year-round staple. Our pumpkins are a special variety that we've been cultivating for years. You can't find this variety anywhere else!

### *Chef's Substitution Tips*

1 egg	1/4 cup pumpkin
1/4 cup oil	1/4 cup pumpkin
1 Tbsp. butter	1 Tbsp. pumpkin





# Vegan Pumpkin Pie

We made this recipe for people with dietary restrictions so that everyone can enjoy the taste of traditional pumpkin pie!

## INGREDIENTS

1.5 cans	Farmer's Market Pumpkin	1 Tbsp.	pumpkin pie spice
1 cup	coconut milk	3 Tbsp.	corn starch
1/3 cup	maple syrup	1/2 tsp.	sea salt
2 Tbsp.	brown sugar	1 tsp.	vanilla extract

- 1 Preheat the oven to 350F. In a medium sized mixing bowl, whisk together the pumpkin, coconut milk, syrup, brown sugar, pumpkin pie spice, corn starch, salt, and vanilla until very smooth. Pour into the pre-baked pie crust and carefully transfer to the oven.
- 2 Bake for 35-45 minutes, until the pumpkin pie filling has set. Be sure to check half way through baking and cover the crust edges with foil or a crust shield if they are getting dark. It's okay if it still jiggles a bit, it sets while it cools overnight.
- 3 Remove from the oven and let the pie cool completely. Transfer to the refrigerator to set up overnight. Serve chilled with dairy free whipped cream.



Gluten-Free





# Gluten-Free Pie Crust

We made this recipe to complement our delicious vegan pumpkin pie. It makes the perfect vegan crust every time.

## INGREDIENTS

<b>2 cups</b>	almond flour	<b>3 Tbsp.</b>	coconut oil
<b>1/4 cup</b>	arrowroot starch	<b>1 Tbsp.</b>	maple syrup
<b>1/4 tsp.</b>	salt		

- 1 Preheat oven to 350F. Add almond flour, arrowroot, and salt to a medium sized bowl. Whisk to combine.
- 2 With a rubber spatula or spoon, stir in the coconut oil and syrup until the mixture is crumbly but sticks together when pressed. Add a little water if the mixture is still too dry, about 1 tablespoon should be plenty.
- 3 Form a ball with the dough. Press into a tart or pie dish.
- 4 Prick the bottom and sides of the pie crust with a fork to prevent bubbling. Place the crust in the freezer for 5 minutes. Pre-bake for 10 minutes at 350F.





# Pumpkin Scones

## INGREDIENTS

- |                                     |  |
|-------------------------------------|--|
| <b>2 cups</b> flour                 | <b>6 Tbsp.</b> sugar                                       |
| <b>1 Tbsp.</b> baking powder        | <b>1/2 tsp.</b> sea salt                                   |
| <b>1/2 tsp.</b> ground cinnamon     | <b>1/2 tsp.</b> ground nutmeg                              |
| <b>1/4 tsp.</b> cloves              | <b>1/4 tsp.</b> ground ginger                              |
| <b>6 Tbsp.</b> cold unsalted butter | <b>3/4 cup</b> Farmer's Market Pumpkin<br><b>+ 3 Tbsp.</b> |
| <b>3 Tbsp.</b> half & half          | <b>1</b> egg   |
| <b>8 oz.</b> mascarpone cheese      | <b>1/4 tsp.</b> vanilla extract                            |
| <b>1/4 tsp.</b> pumpkin pie spice   | <b>pinch</b> salt  |
| <b>1 1/4 cups</b> powdered sugar    |  |
- 1 Preheat the oven to 425F. Line a baking sheet with parchment paper. Combine dry ingredients in a large bowl. Cut the butter into the dry mixture until the mixture is crumbly.
  - 2 In a separate bowl, combine the pumpkin, half-and-half and egg. Mix egg mixture into dry ingredients, and form the dough into a ball. Form the dough into a large rectangle 1" thick. Cut the rectangle into equal thirds. Cut each of the smaller rectangles in an 'X' pattern. This should give you 12 scones. Bake for 14 minutes.
  - 3 In a small bowl, combine mascarpone, pumpkin pie spice, pumpkin, vanilla, and salt until smooth. Add powdered sugar. Chill in freezer for about an hour. Allow scones 30 minutes to cool. While scones are warm spread the icing on top of scones.



# Pumpkin Oatmeal Muffins

Keep these around for a slightly sweet breakfast option when you're in a rush or a mid-day snack between meals.

## INGREDIENTS

1 cups	flour	1	egg
2 cups	oats	2 tsp.	vanilla extract
1 tsp.	ground nutmeg	pinch	salt
1 tsp	ground cinnamon	2 tsp.	baking powder
1 cup	Farmer's Market Pumpkin	3/4 cup	semi-sweet chocolate chips
1 cup	brown sugar		

- 1 Preheat oven to 350F and prepare muffin tin with liners or a non-stick cooking spray. Mix together the pumpkin puree, brown sugar, egg and vanilla extract.
- 2 In a separate bowl, mix together the flour, oats, nutmeg, cinnamon, salt and baking powder. Combine the two mixtures in one bowl. Add the chocolate chips, and fold them into the dough.
- 3 Fill 3/4 of the muffin tin with the mixture. Bake for 20-23 minutes or until baked through. Let the muffins cool for 20 minutes before removing from the tin.

Dairy-Free







**Dairy-Free**

# Thai Basil Pumpkin Soup

A hearty, quick, gluten-free pumpkin soup that can easily be vegan with a quick substitution.

## INGREDIENTS

- |         |   |            |                                |
|---------|---|------------|--------------------------------|
| 2 Tbsp. | olive oil                                 | 2 1/2 cups | chicken stock                  |
| 1       | onion, chopped                            | 1          | lime                           |
| 2       | garlic cloves, minced                     | 1 Tbsp.    | fish sauce or vegan substitute |
| 1 can   | coconut milk                              | 2 Tbsp.    | fresh thai basil, minced       |
| 1 Tbsp. | Thai green curry paste<br>Farmer's Market | 2 Tbsp.    | fresh cilantro, minced         |
| 2 cans  | Pumpkin                                   |            |                                |

- 1 Sauté the onions until soft. Add the Thai curry paste and garlic. Continue to cook over low heat for 1-2 minutes.
- 2 Add the pumpkin puree, chicken stock, and coconut milk, bring to a simmer. Season with salt and pepper. Process until smooth in a blender.
- 3 Taste and correct seasoning, add lime juice and fish sauce or vegan substitute. Reheat the soup and add the Thai basil and fresh cilantro just before serving.

# Pumpkin Chili

Gluten-Free

This hearty dish is the ultimate comfort food. It's one of our weeknight go-to meals because it's a quick crowd-pleaser.

## INGREDIENTS

1 can	Farmer's Market Pumpkin	1/4 tsp.	red pepper flakes
3 lbs.	ground beef	2 Tbsp.	sugar
2 cans	red kidney beans, drained and rinsed	1 tsp.	salt
2	medium onions, chopped	2	bay leaves
2 Tbsp.	chili powder	1 cup	mushrooms, sliced
1/4 tsp.	red pepper flakes		

- 1 Brown the meat over medium heat in a large pot. Drain off excess fat.
- 2 Add the kidney beans, onions, tomatoes, chili powder, red pepper flakes, sugar, salt, bay leaves and mushrooms.
- 3 Cook on low for one to two hours, stirring occasionally. Serve with rice, sour cream and shredded cheese.

## Chef's Tip

Make it vegan by substituting the ground beef with zucchini, potatoes, bell peppers and tempeh!







*Quick & Easy*

# Pumpkin Muffins

This recipe is a staple at the farm. It's quick, easy and delicious. The batter will appear dry at first. Keep stirring until combined.

## INGREDIENTS

- 1 can Farmer's Market Pumpkin
- 1 cup chocolate chips
- 1 box spice cake mix
- 1 egg (optional)

- 1 Preheat oven to 350F. Combine the pumpkin, egg, and spice cake mix. Mix Well. Fold in the chocolate chips.
- 2 Use a pastry bag to fill muffin liners, the batter will come out exactly like you put it in the oven.
- 3 Smooth the tops with a spatula. Place in the center rack in the oven and cook for 20 minutes.

## Chef's Tip

Use a can of pumpkin in place of eggs and oil in boxed brownie and cake mixes too!

# Pumpkin Chocolate Milkshake

A gluten-free & dairy-free milkshake that's soon to become a staple for busy mornings and afternoon pick-me-ups. The xanthan gum, a natural thickener, creates the smooth, creamy texture of ice cream without the calories!

## INGREDIENTS

<b>2 cups</b> almond milk	<b>3 Tbsp.</b> agave nectar
<b>1/3 cup</b> Farmer's Market Pumpkin	<b>2 Tbsp.</b> cocoa powder
<b>1/2 tsp.</b> ground cinnamon	<b>1/2 tsp.</b> xanthan gum
<b>1/4 tsp</b> ground ginger	<b>2 cups</b> ice
<b>1/8 tsp.</b> ground nutmeg	dairy-free whipped cream for garnish

- 1 Combine almond milk, pumpkin, cinnamon, ginger, nutmeg, agave, cocoa powder and xanthan gum (if using) in a blender. Blend until combined.
- 2 Add ice and blend on high until consistency is smooth. Garnish with whipped cream, shaved chocolate and/or cinnamon.

Dairy-Free







## NUTRITION FACTS

CALORIES PER SERVING

42

CALORIES FROM FAT

0

SERVING SIZE 1/2 cup (123g)

Cholesterol 0g 0%

Sodium 5g 0%

Total Carbohydrates 10g 3%

Dietary Fiber 4g 16%

Total Sugars 4g

Protein 1g

Vitamin A 380%

Vitamin C 8%

Calcium 4%

Iron 10%

# Organic Pumpkin



## HIGHLIGHTS

Our organic pumpkin also comes in a box package! It's ideal for people that don't want to use can openers. Pumpkin can replace oil, butter and even eggs in recipes. To thicken a sauce or soup naturally, add a little pumpkin. See our substitution guide (on pg. 3) for more easy ways to use pumpkin every day. Our pumpkins are a special variety that we've been cultivating for years. You can't find this variety anywhere else!



## Chef's Tip

Organic pumpkin puree in the box can be used in any recipe that calls for a can of pumpkin! It's smooth, creamy texture is the same, no matter the package!







**Gluten-Free**

# Pumpkin Pancakes with Pears

## INGREDIENTS

1/4 cup + 1 Tbsp.	coconut flour	1/4 tsp.	baking soda
1/4 tsp.	sea salt	1/8 tsp.	nutmeg
1/4 tsp.	cinnamon	1/4 tsp.	ginger
dash	allspice	2	eggs
1/4 cup	Farmer's Market Pumpkin	3 Tbsp.	almond milk
2 Tbsp. + 1 tsp.	maple syrup	1/2	pear, cored and sliced
1 Tbsp + 1 tsp.	coconut oil		

- 1 In a medium bowl, whisk coconut flour, baking soda, sea salt and spices until fully blended. In a separate bowl, whisk eggs, pumpkin puree, almond milk, and maple syrup until completely incorporated. Whisk dry ingredients into wet, mixing just until fully blended.
- 2 Heat a non-stick or cast-iron pan over medium heat, adding coconut oil to coat the pan. Add batter in 1/4 cup scoops, spreading into circles. Let cook 2-3 minutes. When bubbles appear, flip and cook a minute or two on the other side. Remove once appropriately browned. Remove from pan and keep warm in heated oven while you cook the rest.
- 3 Once all pancakes are done, wipe any crumbs from the pan, and add a teaspoon of coconut oil and a teaspoon of maple syrup to the pan. Swirl to mix and coat the pan. Place pear slices in a single layer in the pan, and let them sear and caramelize, about 5 minutes. Serve with yogurt and maple syrup.

# Pumpkin Roll

## INGREDIENTS

<b>3/4 cup</b> flour	<b>1/2 tsp.</b> baking powder
<b>1/2 tsp.</b> baking soda	<b>2-3 tsp.</b> pumpkin spice mix
<b>1/4 tsp.</b> salt	<b>3</b> large eggs
<b>2 tsp.</b> vanilla extract, divided	<b>1 cup</b> sugar
<b>2/3 cup</b> Farmer's Market Pumpkin	<b>8 oz.</b> cream cheese
<b>1 cup</b> powdered sugar	<b>6 Tbsp.</b> butter

- 1 Preheat oven to 375F. Whisk together flour, baking powder, baking soda, spices and salt in a large mixing bowl until combined. In a separate bowl, whisk eggs and granulated sugar. Add the vanilla and pumpkin, and whisk until just combined. Fold in the flour mixture with a rubber spatula, and stir together until just combined.
- 2 Line a 15 x 10-inch jelly roll pan with parchment paper, leaving an extra 1" of parchment sticking up on both 15" sides of the pan so that you can easily lift the cake out after baking. Spread the batter evenly into prepared pan. Bake for 13-15 minutes, or until top of cake springs back when touched.
- 3 Carefully lift the parchment paper and cake out onto a flat surface. Then slowly, roll the cake from the short end to the short end. Transfer the cake roll to a wire rack, and cool until it reaches room temperature. In a separate bowl, mix together cream cheese, powdered sugar, butter and vanilla extract until smooth.
- 4 Once the cake has reached room temperature, transfer to a flat surface, and carefully unroll it. Spread the cream cheese mixture evenly over cake, leaving a 3/4-inch border on all sides. Then carefully re-roll the cake. Tightly wrap the pumpkin roll in plastic wrap and refrigerate at least one hour.







Vegan

# Pumpkin Hummus

We love hummus at the farm. This quick, easy recipe is the perfect everyday snack.

### INGREDIENTS

- 1 can chickpeas, drained & rinsed
- 1 cup Farmer's Market Pumpkin
- 1 Tbsp. tahini
- 1 Tbsp. lemon juice
- 1 Tbsp. olive oil
- 1 1/2 tsp. maple syrup
- 1/4 tsp. salt
- roasted pumpkin seeds for garnish

- 1 In a food processor, puree the chickpeas, pumpkin, tahini, lemon, olive oil, maple and syrup together until smooth.
- 2 Serve with roasted pumpkin seeds on the top and additional maple syrup (optional).

### Chef's Tip

Serve with crispy flatbread dusted in cinnamon and sugar!

# Creamy Pumpkin Soup

Preparing a rich and decadent pumpkin soup has never been quicker or easier thanks to Farmer's Market Organic Pumpkin. Surprise your family or guests by serving this delicious, homemade soup.

## INGREDIENTS

<b>1 can</b>	Farmer's Market Pumpkin	<b>1 Tbsp.</b>	coconut oil
<b>1</b>	large onion, chopped	<b>2</b>	carrots, peeled & chopped
<b>1 can</b>	light coconut milk	<b>2 cups</b>	vegetable broth

- 1 Heat coconut oil in a large pot. Add onions, carrots and garlic. Sauté until carrots are soft, 10 to 15 minutes. Add vegetable broth and bring to a boil. Reduce heat and simmer for another 10 minutes.
- 2 Remove from heat and add the vegetables and broth to a food processor or blender. Blend until smooth.
- 3 Return to pot. Add pumpkin and coconut milk. Simmer uncovered for 10 minutes. Garnish with coconut cream, parsley and pumpkin seeds.

Vegan







## NUTRITION FACTS

CALORIES PER  
SERVING

148

CALORIES  
FROM FAT

0

SERVING SIZE	1/2 cup (123g)
Cholesterol	0g 0%
Sodium	0g 0%
Total Carbohydrates	35g 12%
Dietary Fiber	1g 4%
Total Sugars	24g
Protein	1g
Vitamin A	20%
Vitamin C	6%
Calcium	4%
Iron	4%

# Organic Pumpkin Pie Mix



## HIGHLIGHTS

When it comes to sweetness and spice, nothing beats our mouth-watering Organic Pumpkin Pie Mix. This rich and smooth organic pumpkin puree is delicately mixed with spices and deliciously sweetened with cane sugar. Save time and ingredients by using the Pumpkin Pie Mix!

### *Chef's Tip*

Pumpkin Pie Mix is great on its own too! Simply warm up our creamy puree and top with graham cracker crumbs for a delicious snack! You can also add it to milkshakes, smoothies and even craft cocktails for a pumpkin flavored beverage.







**Gluten-Free**

# Pumpkin Coffee Creamer

No need to wait for fall to enjoy pumpkin every morning in your coffee. With this simple recipe, you can enjoy this fall favorite in the comfort of your home all year long.

## INGREDIENTS

- 1 1/2 cups organic heavy cream, half-and-half, whole milk, or nondairy substitute
- 2 Tbsp. Farmer's Market Pumpkin Pie Mix

- 1 In a small saucepan over medium heat, whisk together heavy cream and the pumpkin pie mix. Bring to a soft boil, whisking occasionally for one minute, then remove from heat and let creamer cool in pan for 5 minutes.
- 2 Add to your favorite morning coffee. Top with whipped cream and garnish with pumpkin spices. Store leftovers in refrigerator for up to 1 week. Shake well before each use.

## Chef's Tip

Garnish with whipped cream and chocolate shavings for a decadent morning coffee.

# Pumpkin Cheesecake Cupcakes

Quick & Easy

Impress special guests or simply treat your family to this unique cupcake recipe. The smooth combination of Farmer's Market Pumpkin Pie Mix and cream cheese creates delectably creamy cupcakes with rich pumpkin flavor that everyone will savor.

## INGREDIENTS

2 lbs.	cream cheese	4	eggs
1 2/3 cup.	sugar	2 Tbsp.	rum
1/4 cup	flour	36	ginger cookies
1 can	Farmer's Market Pumpkin Pie Mix		

- 1 Preheat oven to 325F. Cream together sugar and cream cheese until fluffy, scraping bowl often.
- 2 Add the pumpkin pie mix and then eggs one at a time, making sure to scrape the bowl after each addition.
- 3 When eggs are fully incorporated, add the rum and flour and mix well.
- 4 Place papers in standard cupcake pan and place one cookie in the bottom of each paper. Fill with cheesecake mixture, then bake for 30 to 40 minutes until fluffy but not fully set.







**Gluten-Free**

# Grandma's Pumpkin Pie

We came up with this recipe in our test kitchen. During the taste test in our office, an exclamation rang out, "this tastes exactly like my Grandma's pumpkin pie."

## INGREDIENTS

- |            |                                 |         |                                      |
|------------|---------------------------------|---------|--------------------------------------|
| 1 can      | Farmer's Market Pumpkin Pie Mix | 3       | eggs                                 |
| 2 Tbsp.    | brown sugar                     | 1/2 cup | half & half                          |
| 1 1/2 tsp. | cornstarch or arrowroot powder  | 1/2 cup | whole milk                           |
| pinch      | salt                            | 1       | gluten-free pie crust (recipe pg. 5) |

- 1 Preheat oven to 375F. In a bowl, whisk together the brown sugar, cornstarch and salt. Add the pumpkin pie mix, eggs, cream and milk. Whisk to combine.
- 2 Pour the filling into a deep dish pie crust and bake until the center is set, 60 to 65 minutes. Cover the edges of the crust with aluminum foil after 30 minutes if they brown too quickly.
- 3 Transfer the pie to a wire rack and let cool completely, at least 2 hours, before serving.

# Pumpkin Chai Tea

Dairy-Free

We love afternoon tea time at the office! There's nothing quite like a warm tea and the caffeine boost after lunch. Try this recipe for a fun twist on a classic chai tea.

## INGREDIENTS

- |        |               |         |                                  |
|--------|---------------|---------|----------------------------------|
| 3 cups | almond milk   | 3 tsp.  | loose leaf chai tea or 3 sachets |
| 1 tsp. | ground ginger | 1/4 cup | Farmer's Market Pumpkin Pie Mix  |

- 1 In a small saucepan, bring the almond milk and ground ginger to a simmer. Simmer, stirring occasionally, for 5 minutes.
- 2 Remove from heat and whisk in the pumpkin pie mix. Once combined, add the chai tea. Let steep for 3 to 5 minutes.
- 3 Garnish with ground cinnamon and coconut cream. Serves 2.

## Chef's Tip

For a spicy chai flavor, substitute the ground ginger for 1 Tbsp. peeled, diced fresh ginger. Strain before serving.







## NUTRITION FACTS

CALORIES PER  
SERVING

93

CALORIES  
FROM FAT

0

SERVING SIZE	1/2 cup (123g)
Cholesterol	0g 0%
Sodium	35g 1%
Total Carbohydrates	22g 7%
Dietary Fiber	3g 12%
Total Sugars	7g
Protein	2g
Vitamin A	390%
Vitamin C	26%
Calcium	4%
Iron	4%

# Organic Sweet Potato Puree

## HIGHLIGHTS

Not only does our Organic Sweet Potato Puree make a wonderful side or main dish, its natural sweetness lends itself to a wide variety of delicious recipes. Try sweet potato pancakes, muffins, biscuits or even bisque. We've made it easier than ever to incorporate the luscious taste of sweet potatoes in your recipes with our gourmet, canned puree.

### Chef's Tip

Dogs and cats love sweet potato too! Add a tablespoon to your pet's dry food for a healthy boost of vitamins. Alternatively, mix leftover sweet potato puree with a few tablespoons of peanut butter. Divide the mixture in ice cube trays and freeze for a healthy frozen treat!







# Ginger Sweet Potato Cupcakes

## INGREDIENTS

1 can	Farmer's Market Sweet Potato Puree	1 tsp.	cinnamon
2 cups	flour	1 tsp.	ground ginger
1 cup	brown sugar	1/2 tsp.	nutmeg
1 cup	white sugar	2 sticks	butter, melted
1 tsp.	baking soda	4	eggs
1 tsp.	baking powder	6 oz.	Greek yogurt
1 tsp.	salt	1 box	vanilla instant pudding

- 1 Preheat oven to 350F and place cupcake liners in a muffin tin. In a small bowl, combine the instant pudding mix, flour, baking soda, baking powder, salt, cinnamon, ginger, and nutmeg. Set aside.
- 2 In a large bowl combine the brown sugar, white sugar, and butter. Add the eggs one at a time, followed by the Greek yogurt. Add the sweet potato puree. Slowly add the dry ingredients; mix until relatively smooth. Spoon the mixture into the cupcake liners, filling them 3/4 of the way full.
- 3 Bake in the center rack for 25-27 minutes. Test with a toothpick for readiness, and let them rest for five minutes before removing from the tin. Top with cream cheese frosting and diced candied ginger.

# Sweet Potato Smoothie Bowl

Dairy-Free

A simple, delicious recipe that's ready in minutes. It will keep you full and focused until lunch. Our favorite toppings are listed below, but feel free to create your own combinations!

## INGREDIENTS

2	bananas, frozen	1/2 tsp.	cinnamon
3/4 cup	Farmer's Market Sweet Potato Puree	1/4 tsp.	ground ginger
1/2 cup	almond milk	<b>garnish</b>	walnuts, sunflower seeds and pomegranate seeds.

- 1 Combine bananas, sweet potato puree, almond milk, cinnamon and ginger in a blender and blend on high until fully combined.
- 2 Pour into bowls and top with sunflower seeds, chopped walnuts, pomegranate seeds and any other desired topping. Serve immediately.

## Chef's Tip

For a sweeter smoothie, add 1 Tbsp. of honey and 1 Tbsp. almond butter and garnish with chocolate shavings.







# Sweet Potato Soup

At Farmer's Market, we adore simple soups that can be ready in minutes. This soup is a weeknight star with minimal ingredients and a smooth finish.

## INGREDIENTS

- |                |                                    |                 |                          |
|----------------|------------------------------------|-----------------|--------------------------|
| <b>1 can</b>   | Farmer's Market Sweet Potato Puree | <b>4 cups</b>   | vegetable broth, divided |
| <b>2/3 cup</b> | yellow onion, chopped              | <b>1/4 tsp.</b> | cinnamon                 |
| <b>2/3 cup</b> | carrot, shredded                   | <b>1/4 tsp.</b> | ground ginger            |
| <b>2/3 cup</b> | celery, chopped                    | <b>1/4 tsp.</b> | nutmeg                   |
| <b>1 tsp.</b>  | garlic, minced                     | <b>1/8 tsp.</b> | cloves                   |
| <b>2 Tbsp.</b> | olive oil                          |                 |                          |
- 1 Sauté the onion, carrot and celery in olive oil until onion is translucent and vegetables are soft. Add garlic and sauté for another minute until fragrant and browned. Add 1 1/2 cups of vegetable broth and bring to a boil. Reduce heat to low and simmer for 15 minutes.
  - 2 Transfer to a food processor or blender and blend until smooth. Return to soup pot and add the sweet potato puree and the remaining 2 1/2 cups of vegetable broth. Add the spices. Bring soup to a boil, then simmer uncovered for about 15 minutes. Add salt and pepper to taste. Serve immediately.

*Vegan*

# Sweet Potato Pie

Dairy-Free

Farmer's Market sweet potato puree is practically begging to be made into a pie! This recipe is our absolute go-to.

## INGREDIENTS

1 can	Farmer's Market Sweet Potato Puree	1/3 cup	sugar
1/2 tsp.	ground nutmeg	1/4 tsp.	ground ginger
1 tsp.	vanilla	1/2 cup	rice milk
2	eggs, slightly beaten	1	9" deep dish pie shell

- 1 Preheat oven to 425F. In a bowl, whisk together all of the ingredients except the pie shell.
- 2 Pour the sweet potato mixture into a pre-made, gluten-free pie shell (recipe pg. 5). Place in the center rack and bake for 15 minutes. Then reduce the temperature to 350F and bake for an additional 35-40 minutes.
- 3 Remove from the oven and let the pie cool completely. Transfer to the refrigerator to set up overnight. Serve chilled with dairy free whipped cream.

## Chef's Tip

For a traditional pie, substitute the 1/2 cup rice milk for 1 cup evaporated milk.







## NUTRITION FACTS

CALORIES PER  
SERVING

41

CALORIES  
FROM FAT

0

SERVING SIZE	1/2 cup (103g)
Cholesterol	0g 0%
Sodium	5g 0%
Total Carbohydrates	11g 4%
Dietary Fiber	3g 12%
Total Sugars	2g
Protein	1g
Vitamin A	230%
Vitamin C	25%
Calcium	4%
Iron	4%

# Organic Butternut Squash



## HIGHLIGHTS

Thanks to Farmer's Market Organic Butternut Squash, everyone can enjoy the sweet flavor and silky texture of this rich and popular squash all year long without the hassle. We've eliminated the difficulty in preparing butternut squash by cracking the "nut" ourselves and creating this amazing and versatile puree. We're seeing it used more than ever in homemade recipes. It's also popping up on more restaurant menus as a featured main dish. Try it today!

### Chef's Tip

Butternut squash puree is great on its own too! Simply warm up our creamy puree and top with maple syrup and cinnamon for a sweet treat!







# Butternut Squash Carrot Turmeric Smoothie Bowl

A great smoothie, loaded with veggies to start your day off right. It's also a great afternoon snack.

## INGREDIENTS

1/2 cup	finely grated carrot or frozen diced carrot	2 tsp.	ground turmeric
1 cup	Farmer's Market Butternut Squash	1 Tbsp.	fresh ginger, peeled and diced
1 cup	frozen mango or pineapple	pinch	sea salt
3/4 cup	almond milk or coconut milk	1/2 tsp.	cinnamon
1 serving	Protein powder of your choice in Vanilla	pinch	black pepper

- 1 Combine all ingredients in a blender and blend until smooth.
- 2 Divide among bowls and garnish with granola and unsweetened coconut flakes.

**Dairy-Free**

# Butternut Sage Scones

The perfect balance of savory and sweet, these quick scones are perfect on their own or drizzled with crispy sage sautéed in butter.

## INGREDIENTS

<b>2 cups</b>	all-purpose flour	<b>7 Tbsp.</b>	brown sugar
<b>1 Tbsp.</b>	baking powder	<b>1/2 tsp.</b>	salt
<b>1/4 tsp.</b>	ground cinnamon	<b>1/4 tsp.</b>	ground ginger
<b>1 Tbsp.</b>	fresh chopped sage	<b>6 Tbsp.</b>	cold, unsalted butter
<b>1/3 cup</b>	half & half or almond milk	<b>1/2 cup</b>	Farmer's Market Butternut Squash
<b>1</b>	egg	<b>12</b>	sage leaves

- 1 Preheat oven to 425F. Mix the dry ingredients and chopped sage together in a large bowl. Using a fork or pastry knife, cut in the butter until the mixture resembles a course meal.
- 2 In a separate bowl, combine the butternut squash, half & half and egg. Whisk until combined. Make a well in the center of the dry ingredients and pour in the butternut mixture. Gently fold, using a fork, until combined. Knead dough slightly to form a ball.
- 3 Turn out onto a floured surface and pat into a rectangle. Cut out 12 triangles and place on a baking sheet. Brush with cream. Top each with a sage leaf dipped in melted butter. Bake for 20 - 25 minutes.

Quick & Easy







*Vegan*

# Easy Butternut Soup

A perfect gourmet weeknight meal, this soup has only a few ingredients and takes about 20 minutes to prepare. It's a wonderful go-to recipe in a pinch.

## INGREDIENTS

- 2 cans** Farmer's Market Butternut Squash
- 1** onion, chopped
- 1 Tbsp.** unsalted butter
- 2 cups** vegetable broth, divided
- garnish** coconut cream, thyme and/or pumpkin seeds

- 1 Melt the butter in a medium pot. Sauté the onion until translucent. Puree the mixture with 1 cup of vegetable broth.
- 2 Return to pot. Whisk in the butternut squash and remaining vegetable broth. Bring to a boil. Reduce to a simmer and cook for 15 minutes.
- 3 Divide among bowls and serve with coconut cream, thyme and pumpkin seeds.

# Butternut Mac n Cheese

The creamy texture of butternut squash paired with the rich blend of spices and cashews makes the perfect “cheese” sauce.

## INGREDIENTS

1 can	Farmer's Market Butternut Squash	1 lb.	macaroni noodles
1/2 cup	onion, chopped	1 Tbsp.	olive oil
2 cloves	garlic, minced	1/4 cup	almond milk
2 Tbsp.	reserved cooking liquid	1/4 cup	vegetable broth
1/4 cup	raw cashews, soaked in water for 30 minutes	3 Tbsp.	nutritional yeast
1/8 tsp.	smoked paprika	1/8 tsp.	turmeric

- 1 Bring a large pot of water to a boil over high heat and salt liberally. Add the pasta and cook according to package instructions. Drain, reserving 2-3 Tbsp. of the cooking liquid, and set aside.
- 2 While the pasta is cooking, heat the olive oil in a large saucepan. Sauté the onions and garlic for two minutes or until fragrant.
- 3 Add the onion mixture to a blender along with the remaining ingredients. Blend until smooth. Return to the pan and bring to a simmer. Cook for five minutes. Off heat, add the macaroni and toss to coat. Garnish with fresh, chopped parsley.

Vegan







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