

Sweet Beet Eats



Seasonal Allergies Recipe Collection

Supporting you through spring with seasonally inspired meals.

Brought to you by the Kearsarge Food Hub | In collaboration with Jennifer Silvia Nutrition



Spicy Honey-Glazed Parsnips

Category: Side

Servings: 4

Prep Time: 5 min

Cooking Time: 40 min

INGREDIENTS

- 2 lbs. **parsnips**, peeled, cut into 3" lengths, halved, or quartered if too large
- 1/4 cup **olive oil**
- **Salt** and freshly ground pepper
- 3/4 tsp. **crushed red pepper flakes**
- 2 tbsp. **unsalted butter**
- 1 tbsp. **apple cider vinegar**
- 1 tbsp. **honey**

Note: Pick up all **BOLD** ingredients at Sweet Beet Market!

PROCEDURE

- Preheat oven to 450°F. Toss parsnips and oil on a rimmed baking sheet; season with salt and pepper. Roast parsnips, tossing occasionally, until tender and deep golden brown in spots, 35–40 minutes.
- Meanwhile, heat butter, vinegar, honey, and red pepper flakes in a small saucepan over medium heat, stirring occasionally, until butter is melted.
- Drizzle chile-honey butter over parsnips and toss to coat.



Twice-Roasted Sweet Potatoes With Hot Honey

Category: Side

Servings: 4

Prep Time: 30 min

Cooking Time: 90 min

INGREDIENTS

- 3 medium **sweet potatoes**, scrubbed (about 3 pounds)
- 2 tbsp. **olive oil**
- 1 Fresno or other red chiles, thinly sliced
- 1/4 cup **honey**
- 4 tbsp. **unsalted butter**
- **Salt**
- 2 tbsp. **apple cider vinegar**

Note: Pick up all **BOLD** ingredients at Sweet Beet Market!

PROCEDURE

- Preheat oven to 350°F. Poke holes all over sweet potatoes, rub with oil and salt lightly. Place on a rimmed baking sheet and roast until potatoes are tender, 60–70 minutes. Once tender, remove from oven and wait until cool enough to handle. Increase oven temperature to 450°F. Meanwhile, combine chile, honey, and butter in a small saucepan; season with salt. Bring to a simmer over low heat, stirring to combine. Remove from heat and stir in vinegar.
- Smash sweet potatoes with your palm, then tear into bite-sized pieces (including skin), the more irregular, the better. Place in a large bowl and add half of hot honey (do not include chile as it will burn); season with a bit more salt. Arrange pieces, skin side down, in a single layer on an unlined rimmed baking sheet and roast until browned and crisp around the edges, 20–25 minutes. Drizzle with remaining hot honey with chile pieces.



Honey-Ginger Glazed Salmon

Category: Main

Servings: 4

Prep Time: 10 min

Cooking Time: 25 min

INGREDIENTS

- **Olive oil**, for coating baking sheet
- ½ cup **honey**
- ¼ cup lower-sodium soy sauce
- 1 (1 1/2-inch) piece **ginger**, fresh or frozen, grated
- 1 **garlic clove**, grated
- 1.5 lbs. **salmon** fillet, 4 (6-ounce) portions
- 2 cups cooked brown rice

Note: Pick up all **BOLD** ingredients at Sweet Beet Market!

PROCEDURE

- Preheat oven to 400°. Lightly coat baking sheet with cooking oil.
- Combine honey, soy sauce, ginger, and garlic in a small saucepan over medium heat; simmer 2 minutes, stirring frequently. Cool marinade to room temperature.
- Place fillets in an 8-inch square glass or ceramic baking dish. Pour cooled marinade over fillets, turning to thoroughly coat each. Let stand 10-30 minutes.
- Transfer fillets to the prepared pan. Strain marinade through a sieve into a small saucepan; discard solids. Bring the marinade to a simmer over medium heat; cook 5 minutes. Reserve 2 tablespoons marinade in a small bowl and 3 tablespoons in a separate small bowl. Save any remaining marinade for a future recipe (refrigerate 3-5 days).
- Roast fillets at 400° for 5 minutes; remove pan from oven.
- Preheat broiler to high.
- Brush fillets with reserved 2 tablespoons marinade; broil 1 to 2 minutes or until fillets are done and glazed on top. Serve fillets over rice; drizzle with remaining 3 tablespoons marinade.



Green Tea Teriyaki Chicken

Category: Main

Servings: 4

Prep Time: 20 min

Cooking Time: 5 min

INGREDIENTS

- 3-1/2 teaspoons **green tea leaves**, divided
- 1 cup boiling water
- 4 green onions, chopped, divided
- 3 tablespoons **honey**
- 2 tbsp. **apple cider vinegar**
- 2 tbsp. low-sodium soy sauce
- 4 garlic **cloves**, minced
- 1/2 tsp. grated **ginger**
- 1/8 tsp. sesame oil
- 2 lbs. **boneless chicken breast**, halved, skin removed
- 2 cups cooked brown rice

Note: Pick up all **BOLD** ingredients at Sweet Beet Market!

PROCEDURE

- Place 2-1/2 tsp. tea leaves in a small bowl; add boiling water. Cover and steep for 5-6 minutes.
- Strain and discard leaves; pour tea into a large skillet. Add half of the onions. Stir in the honey, vinegar, soy sauce, garlic, ginger and sesame oil. Bring to a boil. Reduce heat; simmer, uncovered, until sauce is reduced to about 3/4 cup.
- Add chicken and remaining tea leaves; cover and cook over medium heat for 4-5 minutes on each side or until a thermometer reads 170°. Cut chicken into thin slices; serve with sauce, cooked rice, and garnish with remaining onions.



Honey Taffy

Category: Treat

Servings: 24

Prep Time: 45 min

Cooking Time: 30 min

INGREDIENTS

- **Olive oil**, for coating pan
- 1 lb. local **honey**

Note: Pick up all **BOLD** ingredients at Sweet Beet Market!

PROCEDURE

- Line a baking sheet with parchment paper; lightly coat with olive oil.
- Place honey in a medium saucepan. Cook over medium-low heat, uncovered, until honey begins to boil (about 8 minutes). Continue cooking until a candy thermometer registers 280°, about 10 minutes.
- Quickly pour mixture onto prepared pan, spreading evenly. Cool 20 minutes.
- Lightly coat your hands with a little more oil. Using your hands, fold the honey over itself to form a ball. Stretch honey into a long strand (about 2 feet long). Double strand back onto itself twice, pressing ends together. Continue pulling and folding honey for about 5 minutes or until the color changes from dark amber to a soft tan. Wrap in plastic wrap coated with oil, and chill for 10 minutes.
- Coat a knife with oil, and cut the taffy into 4 equal pieces. Roll each piece into a 12-inch log. Cut each log into 6 pieces. Roll each piece into a log, and wrap each piece in confectionary paper, cellophane wrappers, or wax paper. Enjoy as a treat or when allergies are acting up



Cleansing Tea

Category: Beverage

Servings: 4

Prep Time: 15 min

Cooking Time: 15 min

INGREDIENTS

- 12" cinnamon stick
- ¼ cup coriander seeds
- 1 bunch cilantro, with roots if possible, lightly bruised with the side of a knife
- 1 bunch rosemary, lightly bruised with the side of a knife
- 1 2" piece **ginger**, finely grated
- 1 tbsp. raw **local honey**
- 1 tbsp. **apple cider vinegar**
- 4 tbsp. **herbal tea** (such as White Heron turmeric ginger, hello sunshine, citrus green, chamomile; Old Friends Farm turmeric elderberry ginger; Free Verse Farm mint and lemons, take it easy, tulsi mint rose, breathe deeply)
- 4 cups filtered water


Note: Pick up all **BOLD** ingredients at Sweet Beet Market!

PROCEDURE

- Toast cinnamon stick and coriander seeds in a dry small skillet over medium heat, tossing occasionally, until fragrant and beginning to crackle, about 4 minutes (go easy, you don't want to burn them). Crush on a cutting board with the side of a chef's knife or cleaver (or use mortar and pestle). Transfer to a large saucepan and add 4 cups water. Cook over medium-high heat until an instant-read thermometer registers 100°.
- Add cilantro, rosemary, ginger, loose tea leaves, honey, and vinegar to saucepan, stirring to dissolve honey. Reduce heat to low and let mixture steep until flavorful, 10–15 minutes. Strain through a fine-mesh sieve into a quart jar or large heatproof glass measuring cup, using a ladle to extract as much liquid as possible.
- Sip hot tea while enjoying the sun and wildlife (highly recommended!)


Ingredient Spotlight

Honey




During the pollination process, bees take the nectar and traces of pollen of a flowering plant and make it into the sticky, sweet substance that we eat. It is thought that eating raw, local honey with the pollen that we are exposed to in our everyday environments will over time help to alleviate allergy symptoms. It's the idea that exposure to small amounts of an allergen will help build immunity. Along with its anti-inflammatory, antimicrobial and antibacterial properties, honey is a staple pantry item! Honey is also an excellent first aid kit addition - it naturally produces hydrogen peroxide for any wound healing needs.

Onions




Onions have antiviral, antibacterial and anti-inflammatory effects that benefit the immune response to allergens. Due to their flavonoid content, they are able to help the body modify its reaction to outside stressors, like dust, pollen, pet dander and mold, and aid in the immune system response. Great news - the more pungent the better and cooking increases flavonoid content even more! So no need to power through that intense raw onion flavor. Enjoy by roasting, baking, sauteing, frying or grilling.

Green Tea



Green tea contains quercetin, a potent antioxidant and good friend to the immune system. Quercetin helps to modulate the immune response to allergens that ultimately gives us those annoying allergy symptoms. An added bonus - quercetin also helps with cell proliferation which will help give us that extra boost of energy. Can't think of a better time to enjoy that tea with honey!

Blueberries



We know we keep talking about antioxidants, but they are so important for protecting every bodily process. Blueberries are exploding with antioxidants and also have strong antihistamine properties. Their high concentrations of vitamin C benefits the immune system and its response to allergy triggers. Blueberries are one of those superfoods that are so delicious, it's not hard to incorporate them into our everyday regimens. Adding a handful to your smoothie, oatmeal or salad is a great way to start.

Other seasonal supporting foods this spring include: salmon, seaweed, apples, cabbage, ginger, dill, oregano, and citrus fruits. Food is not the only way to help with allergies – air purifying, adequate sleep, and hydration are all beneficial for optimal health.



Jennifer (she/her/hers) is a clinical nutritionist and CNS candidate working under supervision, specializing in helping to support blood sugar regulation, gastrointestinal health, minimizing stress levels, and more. Practicing with a holistic approach, Jennifer works with each individual to come up with a customized plan that compliments their lifestyle.

Book a free discovery call today to learn more about Jennifer's practice and 1:1 nutritional therapy.
email: jennifersilvianutrition@gmail.com



Kearsarge Food Hub

Home of Sweet Beet Farm + Market + Cafe



NONPROFIT VISION

We envision a resilient and connected community where everyone is empowered to access healthy food, where local farmers are supported and the land is nourished, and where all people share a common sense of place.

Shop Online: www.sweetbeetmarket.com

MARKET HOURS

Weds-Fri: 10am-6pm | Sat-Sun: 9am-5pm

CAFE HOURS

Weds-Fri: 7am-2pm | Sat-Sun: 8am-3pm