

PRODUCE COOKING BASICS 101

Boiling

Above-ground vegetables: Add to boiling water.
Below-ground vegetables: Start in cold water, then boil. Cook until tender. Season to taste.

- Spinach: 3-5 minutes
- Bush beans: 4-6 minutes
- Sweet corn: 8-10 minutes
- Black-eyed peas: 45-90 minutes



Sautéing

Heat a pan over medium-high heat. Add a thin layer of oil or butter. Cook and stir until desired doneness. Season to taste.

- Spinach: 1-5 minutes
- Bush beans: 2-10 minutes
- Tomato: 3-5 minutes
- Zucchini: 3-5 minutes
- Sweet peppers: 10-15 minutes



Steaming

Boil 1-2 inches of water. Place produce in a steamer basket and cook until tender. Season to taste.

- Sweet peppers: 4-6 minutes
- Sweet corn: 4-15 minutes
- Zucchini: 5-15 minutes
- Bush beans: 6-10 minutes



Roasting

Preheat oven to 400°F. Coat a dish with oil, arrange produce, and roast until golden and tender. Season to taste.

- Zucchini: 12-15 minutes
- Bush beans: 15-20 minutes
- Tomato: 15-45 minutes
- Sweet corn: 20-30 minutes
- Sweet peppers: 20-30 minutes



Raw

Wash thoroughly under running water, cut as desired, and enjoy!

- Cucumber, sweet peppers, tomato, and watermelon

CHECK OUT SEEDS AT ALL LIBRARY LOCATIONS

Leon County Main Library
200 West Park Ave.
(850) 606-2665

Bruce J. Host Northeast Branch Library
5513 Thomasville Rd.
(850) 606-2800

Dr. B.L. Perry, Jr. Branch Library
2817 South Adams St.
(850) 606-2950

Eastside Branch Library
1583 Pedrick Rd.
(850) 606-2750

Jane G. Sauls Ft. Braden Branch Library
16327 Blountstown Hwy.
(850) 606-2900

Lake Jackson Branch Library
3840 North Monroe St. #300
(850) 606-2850

Woodville Branch Library
8000 Old Woodville Rd.
(850) 606-2925



Learn more at:
LeonCountyLibrary.org/SeedLibrary



Leon County Seed Library Recipes Spring 2025



VEGETABLE GARDEN PASTA

Ingredients

- 8 oz pasta
- 2 cups crushed tomatoes
- 4 tbsp olive oil
- 2 cloves garlic, minced
- 1 medium onion, finely chopped
- 1 cup sweet peppers, finely chopped
- 1 medium zucchini, sliced
- 2 cups spinach, sliced
- 1/4 cup Thai basil, sliced
- Red pepper flakes and sea salt (to taste)
- Reduced-fat mozzarella (optional)

Instructions

1. Cook pasta according to package directions.
2. Crush tomatoes to desired consistency.
3. For sauce: Heat 2 tbsp oil in a skillet over medium heat. Add garlic and tomatoes. Cover and simmer on medium-low for 20 minutes, stirring occasionally.
4. For vegetables: Heat remaining oil in a skillet over medium-high. Add all vegetables. Cook until soft.
5. Combine pasta, sauce, and vegetables in a large dish. Mix well. Add basil, seasonings, and cheese (if using).

Serving Size: 4

Prep: 10 minutes

Cook: 30 minutes

Total: 40 minutes

Nutrition Information (Per Serving):

Calories: 388 | Fat: 15 g | Cholesterol: 0.6 mg |
Sodium: 258 mg | Carbohydrates: 53 g | Protein: 10g |
Vitamin A: 2,940 IU | Vitamin C: 55 mg |
Vitamin K: 100 mcg



KERNEL AND MELON SALAD

Ingredients

- 3 ears fresh corn
- 2 cups diced watermelon
- 1 cucumber, seeded and diced
- 1 medium red onion, thinly sliced
- 1/4 cup chopped Thai basil
- 1/4 cup crumbled feta cheese
- 2 tbsp apple cider vinegar
- 1/4 cup extra-virgin olive oil
- Salt and pepper (to taste)

Instructions

1. Preheat oven to 400°F. Roast corn for 20 minutes until tender. Cool, then cut kernels off the cob.
2. In a large bowl, toss corn, watermelon, cucumber, red onion, basil, and feta.
3. Whisk vinegar, oil, salt, and pepper in a small bowl. Drizzle over the salad and toss gently.

Serving Size: 4

Prep: 20 minutes

Cook: 20 minutes

Total: 40 minutes

Nutrition Information (Per Serving):

Calories: 160 | Fat: 11 g | Cholesterol: 5 mg |
Sodium: 274 mg | Carbohydrates: 14 g | Protein: 3g |
Vitamin A: 488 IU | Vitamin C: 9 mg |
Vitamin K: 13 mcg



THE IMPORTANCE OF EATING FRUITS AND VEGETABLES

Fruits and vegetables provide essential nutrients for a healthy body, including:

- **Vitamin A:** Supports vision, immunity, and reproduction.
- **Vitamin C (Ascorbic Acid):** Boosts immune system function.
- **Vitamin K:** Aids in blood clotting and bone health.
- **Vitamin B1 (Thiamin):** Converts food into energy.
- **Vitamin B9 (Folate):** Crucial for DNA production.
- **Iron:** Essential for oxygen transport in red blood cells.
- **Magnesium:** Regulates blood sugar, blood pressure, muscle function, and more.
- **Fiber:** Soluble fiber supports heart health; insoluble fiber aids digestion.

