Vegetables are colorful, delicious, and plentiful at French Meadows camp. They appear in salads, freshly cooked side dishes, and dishes with grains, sea vegetables, or miso. Every meal has vegetables; even breakfasts, as the staff serves vegetables from the previous night’s dinner. Preparing vegetables at camp is similar to preparing them at home, with the exception that there is no refrigeration at camp—everything must be planned and coordinated to use while fresh so there is no waste.

Green vegetables are served daily at camp and coordinated with freshness in mind. Salads are served the first few days and immediately after the vegetable delivery while lettuce is in its prime. Kale, leafy greens, and broccoli are prepared also. Green cabbage and Chinese cabbage and bok choy last a few days longer. At home in the refrigerator, a similar thing happens; cabbage lasts longer in the crisper than lettuce or broccoli.

The recipes that follow are some of the favorites served at camp. They reflect summer’s bounty and cooking preparation and can easily be used other times of the year.

This installment of recipes finishes the series of camp recipes. If you wish to have the entire set of recipes, contact Carl at the Foundation to request back issues. We plan to compile and bind the collection for availability by camp 2008.

**SOLO VEGETABLES**

Solo vegetables are cooked alone, one type at a time and is a preferred method for vegetables such as corn on the cob. Solo cooking is useful when blanching vegetables, as timing is crucial and varies with different kinds of vegetables. After cooking, serve vegetables alongside a full meal, or mix with other vegetables in a salad or top noodles.

**CORN ON THE COB**

*Yield: 4 pieces*

- ½ cup water
- ¼ tsp sea salt
- 2 large ears of corn, broken or cut into 4-inch pieces

Bring water to a boil. Add sea salt. Add corn, cover, and bring to a boil. Simmer 7 to 10 minutes until tender. If desired, dab a pinch of umeboshi paste on corn while eating.

**WINTER SQUASH**

*Yield: 4 cups*

- 1 cup water
- ½ large butternut squash, washed, seeded, and cut into 2-inch squares, 5 cups
- ¼ tsp sea salt

Place water in a pan. Place squash on top and sprinkle sea salt on top. Cover and bring to a boil. Simmer 30 minutes or until tender. Gently re-
move while serving to retain shape.

**BLANCHING VEGETABLES**

Many vegetables are blanched at camp because it is easier when preparing quantities of food. At home, preparation is simplified due to smaller amounts and also, due to lower elevation. Water boils at a lower temperature at 5000 feet and vegetables require more time to become tender. The cooks at camp are attuned to this fact and work hard to blanch vegetables to perfection.

When blanching, time carefully for best results. Some vegetables, such as shredded Chinese Cabbage require 15 to 20 seconds of immersion. Others, such as green beans can take as long as 8 minutes. Timing depends on the age of the vegetable, whether or not the vegetable is cut, and how thick are the pieces.

The following recipe gives a description of how to blanch and uses vegetables that are prepared at camp with suggested timings for the home kitchen. Use your own attunement to prepare vegetables according to your liking.

**BLANCHING PROCEDURE**

Bring water to a boil. Use enough water to completely submerge vegetables while cooking; use a large enough pot to allow room for expansion. For example, use 8 cups of water for 1 bunch of kale; use 4 cups of water for ¼ pound of snow peas.

When water boils, add salt if used. Use salt for all vegetables except leafy greens. Salt brings out more flavor for vegetables; for leafy greens, salt can increase bitterness. In addition, blanching leafy greens removes some of the bitterness and they taste better. Blanching is the preferred method for preparing kale, collards, mustard greens, and other greens that become bitter when sautéed or steamed.

Add vegetables, one kind at a time, and without covering pan, return to a boil. Cook to desired texture, crisp or tender. Remove with a slotted spoon or strainer. Drain in colander and separate gently to cool. Cook a second vegetable if desired. After all vegetables are cool, serve or mix with other vegetables and dressings as desired. After blanching, use cooking water to cook pasta, or save for soup, if not bitter.

- **Broccoli**—Use salt. Cut each stalk 3 inches below flower; separate into flowerets. (Save stems for use in soup.) When water comes to a boil, add broccoli, stem side down. Return to a boil, then immediately, remove and drain. Broccoli retains crispness. If you wish tenderer broccoli, boil 1 to 2 minutes.

- **Snow peas**—Use salt. Trim stems off snow peas. When water boils, add snow peas and simmer 3 to 4 minutes. Remove and drain.

- **Kale, radish greens, or baby bok choy**—Avoid salt. Prepare greens well: discard wilted or discolored leaves, remove hard stems on kale, and wash well in a basin of water to remove sand. Cut into shreds or tear into bite size pieces. When water boils, immerse one of these kinds of greens and time as follows: kale 1 to 2 minutes, up to 5 if thick; radish greens, 30 seconds to 1 minute; baby bok choy, 1 to 2 minutes, up to 5 minutes. Baby bok choy can be separated into stalks and leaves. Blanch separately: stalks up to 5 minutes and leaves for 1 to 2 minutes.

- **Green beans and carrots**—Use salt. Cook one kind at a time. Cut green beans into 2-inch lengths and Blanch for 5 to 8 minutes. Cut carrots into matchstick pieces, similar in size to green beans. Blanch for 4 to 5 minutes. After cooking, mix and serve together.

**BOILED SALAD**

**YIELD: 5 CUPS**

| 6 cups water | ¼ tsp sea salt | ¼ Chinese cabbage, shredded, 5 cups |
| 1 medium carrot, thin matchsticks, ¼ cup Dressing: 1 Tbsp umeboshi vinegar and 3 Tbsp olive oil |
Bring water to a boil. Add salt. Blanch Chinese cabbage for 15 to 20 seconds, then remove. Add carrot and blanch 1 to 2 minutes. Remove. When vegetables are cooled, mix with dressing and serve.

**MIXED VEGETABLES**

Mixed vegetable dishes can be simple or ornate. The sautéed vegetables listed here are a step-up from the solo vegetables, utilizing onion in the dishes with the respective vegetable. Onion adds sweetness to vegetable dishes, especially when sautéed. The Arame and carrot dish includes arame sea vegetable, and the Onion miso dish adds miso. The Chunky pasta sauce adds herbs. Also included are two grain and vegetable combination dishes. The Noodle and Vegetable Dish is a full meal. The Cauliflower and Millet "Mashed Potatoes" is served with Seitan and Sage Gravy as printed in the March/April 2007 issue of *Macrobiotics Today*.

**YELLOW CROOKNECK SUMMER SQUASH**

**YIELD: 5 CUPS**

- 1 tsp light sesame oil or olive oil
- 1 medium onion, thin crescents, 1½ cups
- 8 medium yellow squash, cut into chunks, 8 cups
- ½ to 1 tsp sea salt

Heat oil in a pan. Sauté onion with a pinch of sea salt until transparent. Add squash and the rest of the sea salt and sauté 1 to 2 minutes. Stir constantly. Cover. (If you have a otoshibuta, a Japanese "drop cover", moisten and place directly on top of squash in pan; then cover pan with lid. This kind of cover is made of wood but can be substituted with a small lid. It fits inside the cooking pan and traps heat close to the vegetables. Vegetables release more of their own juices, and flavor sweetens.) Simmer vegetables over low heat for about 20 minutes, stirring once or twice. Vegetables will simmer in their own juices.

**CABBAGE**

**YIELD: 3 CUPS**

- 1 tsp light sesame oil or olive oil
- 1 medium onion, thin crescents, 1½ cups
- ½ medium cabbage; 5 cups core, finely minced leaves, 1-inch squares
- ½ tsp sea salt
- ½ tsp ume vinegar

Cook cabbage in the same manner as listed above for yellow squash. Add ume vinegar at the end of cooking to season.

**ARAME AND CARROT**

**YIELD: 3 CUPS**

- 1 cup arame, soaked in 2 cups water, will swell to 2 cups
- 1 onion, thin crescents, 2 cups
- 1 carrot, thin matchsticks, 1 cup
- 1 to 2 tsp light sesame oil
- 2 Tbsp soy sauce

Soak arame for 5 to 10 minutes. Drain and reserve soaking water. Rinse again. Measure. If you have more or less than 2 cups of arame, adjust the soy sauce quantity accordingly.

Heat oil in a pan. Add onion and sauté until transparent. Add carrots and sauté. Add 1 cup of reserved soaking water. Lay arame on top. Add soy sauce. Bring to a boil and simmer 20 to 25 minutes. Remove cover and cook away remaining liquid. At camp, sea palm and hijiki are prepared in similar manner and can be substituted for arame in the above recipe.

**ONION miso**

**YIELD: 3 CUPS**

- 2 tsp light sesame oil
- 4 medium onions, thin crescents, 6 cups
- ½ tsp sea salt
- 2 Tbsp water
- 2 to 4 tsp soybean, barley, and/or rice miso

Heat oil. Sauté onion with sea salt until transparent, 1 to 2 minutes. Add water, cover and bring to a boil. (Otoshibuta can be used here.) Simmer over low heat 10 to 15 minutes until onion is tender. Add miso in small pats on top on onions. Cover and simmer 5 minutes to soften miso. Stir miso into onion.

**NOODLE AND VEGETABLE DISH**

**8 SERVINGS**

- 4 quarts water
- ¼ bunch kale, remove hard stems, cut leaves into bite-sized squares, 4 cups
- ½ tsp sea salt
- ½ pound green beans, cut into 2-inch lengths, 2 cups
- 1 pound Eden garlic ribbons, or other pasta
- 1 Tbsp light sesame oil
- 1 onion, thin crescents, 2 cups
- ½ tsp sea salt
- ½ Chinese cabbage, cut into 1-inch pieces, 3 cups
- 2 medium yellow squash, chunks, 2 cups
- 1 carrot, thin matchsticks, 1 cup
- Dressing—Yield: 2 cups
- 2 cups walnuts
- 4 Tbsp soy sauce
- 1 cup boiling water

In large pasta pot, bring water to a boil. Blanch kale, boiling for up to 5 minutes; remove and drain. Add sea salt (to the same water) and blanch...
the green beans. Boil 5 to 8 minutes or until tender; remove and drain. In the same water, add the garlic ribbons. Bring to a boil and simmer 7 to 10 minutes until al dente. Drain, rinse, and drain again.

In the meantime, heat oil in a pan and sauté the onion with a pinch of salt until transparent. Add Chinese cabbage, yellow squash and carrot, one kind at a time and sauté 1 to 2 minutes before adding the next vegetable. Add the rest of the salt. Cover and simmer over low heat for 7 to 10 minutes until tender, stirring once or twice. Vegetables will cook in their own juices. Use otoshibuta if desired.

To make the dressing: roast the walnuts in a dry skillet, stirring often, from 5 to 7 minutes. Place in blender with soy sauce and boiling water and process until smooth. If blender is small, process in two batches.

Serve noodles with vegetables and dressing on top.

**Chunky Pasta Sauce**

**YIELD: 4 CUPS**

- 1 tsp light sesame oil
- 1 medium onion, crescents, 1 ½ cups
- ½ to ¾ cup water
- ½ small butternut squash, seeded, cut into 1-inch squares, 2 cups
- 3 medium carrots, large chunks, 2 cups
- 1 bay leaf
- 1 ½ tsp oregano
- 1 ½ tsp basil
- ½ tsp sea salt

Heat oil. Sauté onion with a pinch of sea salt until transparent. Add water, squash, and carrots. Sprinkle herbs and sea salt on top. Bring to a boil and simmer 25 to 30 minutes until tender. Mash to a chunky consistency and serve on pasta.

**Cauliflower and Millet “Mashed Potatoes”**

**YIELD: 5 CUPS**

- 3 cups water
- ¼ tsp sea salt
- 1 cup millet, rinsed and drained
- ½ medium cauliflower, chopped, 2 cups

Boil water in a 3 or 4 quart pan. Add sea salt and millet. Cover and return to a boil. Add cauliflower, cover pan and simmer 30 minutes over low heat, using a heat diffuser if needed. There is no need to stir. When cauliflower is tender and water is absorbed, remove from heat and mash together. Serve with a sauce, such as Sage Gravy.

Julia Ferré is author of Basic Macrobiotic Cooking: 20th Anniversary Edition and coordinates the children’s program and plan the menus at French Meadows camp.