Area Resources for Community and Human Services (ARCHS) Farm to Table initiative is a special partnership with the USDA, Missouri Department of Social Services, the Family and Community Trust (FACT) and ARCHS network of funded and community partners.

Summer brings a bounty of fresh produce. Here's some fun and easy recipes to try out with your family and friends.

**Roasted Radishes**

**Ingredients**
- 1-pound radishes
- 3 tablespoons olive oil
- 3 cloves minced garlic or 1 tablespoon garlic powder
- ⅛ teaspoon salt
- ½ teaspoon dried parsley
- ¼ teaspoon ground black pepper

**Step 1**
Preheat the oven to 425 degrees.

**Step 2**
Trim the ends of the radishes and cut into thirds.

**Step 3**
Mix radishes with oil, garlic, salt, parsley, and pepper together. Transfer to a rimmed baking sheet.

**Step 4**
Roast in the preheated oven until tender, about 35 minutes. Let cool a bit before eating.

**Nutrition Facts**
Per serving:
- calories 112
- total fat 10g
- saturated fat 1g
- sodium 410 mg
- total carbohydrate 5g
- dietary fiber 2g
- protein 1g
- vitamin c 18mg
- calcium 34 mg
- iron 1mg
- potassium 278 mg

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Vegetable Sauté

**Ingredients**
- 1 tablespoon olive oil
- 1 tablespoon butter
- 3 cloves minced garlic or 1 tablespoon garlic powder
- 1 minced jalapeño pepper, seeds and ribs removed
- 2 zucchini, halved lengthwise and sliced
- 1 yellow bell pepper, cut into chunks
- 1 red bell pepper, cut into chunks
- 1 shallot, sliced
- ¼ teaspoon salt
- freshly ground black pepper to taste
- 1 pinch paprika

**Nutrition Facts**
Per serving:
- 103 calories
- total fat 7g
- saturated fat 2g
- cholesterol 8mg
- sodium 180mg
- total carbohydrate 10g
- dietary fiber 2g
- total sugars 4g
- protein 2g
- vitamin c 113mg
- calcium 32mg
- iron 1mg
- potassium 451mg

**Step 1**
Heat olive oil and butter in a large skillet over medium heat. Add garlic and jalapeño; cook and stir until softened, about 5 minutes.

**Step 2**
Add zucchini, yellow bell pepper, red bell pepper, and shallot; continue to cook and stir until vegetables are tender, about 5 minutes more. Season with salt, pepper, and paprika.

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Roasted Zucchini

**Ingredients**
- 1-pound of zucchini cut into 2-inch strips
- 1 ½ tablespoons olive oil
- 1 pinch salt and ground black pepper to taste
- 1 pinch garlic powder
- 1 pinch cayenne pepper
- 1 serving cooking spray
- ½ lemon

**Nutrition Facts**
Per serving:
- 131 calories
- total fat 11g
- saturated fat 1g
- sodium 263mg
- total carbohydrate 9g
- dietary fiber 3g
- total sugars 4g
- protein 3g
- vitamin c 45mg
- calcium 38mg
- iron 3mg
- potassium 623mg

**Step 1**
Preheat the oven to 400 degrees. Place a rimmed baking sheet in the oven to heat up.

**Step 2**
Place zucchini in a bowl. Add oil, salt, pepper, garlic powder, and cayenne; toss to coat.

**Step 3**
Carefully remove the hot baking sheet and spray lightly with cooking spray. Spread out zucchini in an even layer. Avoid overcrowding the zucchini or it will steam, not brown.

**Step 4**
Roast in the preheated oven until browned, turning halfway, about 20 minutes.

**Step 5**
Squeeze lemon juice on top and garnish with parsley. Sprinkle sea salt on top.

Recipes adapted from: allrecipes.com