

Delaware Grown Cool Weather Recipes



Looking for ways to keep the family eating healthy during those cold winter months? Or maybe you want to stay active and healthy, but the cold weather has got you down. Don't worry, we've created a list of our favorite Delaware Grown winter recipes to warm your soul and your belly.

Butternut Squash Soup

This sweet and savory soup will change your view on butternut squash and is the perfect warm you up appetizer.

Sweet Potato Biscuits

Nothing completes dinner like a warm buttery biscuit but when you add in those sweet potatoes and top it with honey, it's like dessert for dinner.

Stuffed Acorn Squash

Skip the bowl – Get in the mood for fall with this all in one autumn recipe.

Minestrone Soup

Warm & tasty our Minestrone Soup is tradition mixed with local and everything you'll love.

Turnip Casserole

Don't run, it's an amazing dish with a cheesy zest you'll want to try.

Strawberry Rhubarb Pie

It's time to dig out those local strawberries you froze over summer and surprise your holiday party guest with this twist on a classic strawberry pie.

Farmers' Market Fun for the Family



You might find your kids are more open to eating their fruits and veggies if you incorporate them into your visit to the local farmers' market. Many parents find it a struggle when introducing children to new foods. The resistance can be

even worse when the dreaded V-word, aka "vegetable," becomes the topic of meal planning. If your children are anything like mine they don't like the "flavor green" and incorporating healthy fresh produce into their diet can become a challenge.

However, when put to the task of finding ways to join shopping, healthy foods, and children together, the local farmers' market is a parent's dream. Turn shopping at your local farmers' market safely into a game. How? Create a scavenger hunt! As you move down the list, your children can actively hunt each stand for unique food items that raise awareness and get them asking questions. Let them know that they can ask the farmers and vendors questions about each item and there may even be samples.

Download and print our Delaware Grown Farmers' Market Scavenger Hunt for the next time you go shopping at the farmers' market.

Happy hunting!

Become a Featured farm

Contact us with your story.

Fifer Orchards

Est. 1919

Delaware Century Family Farm

Located at:

1919 Allabands Mill Rd, Camden Wyoming, DE 19934

Website: <https://www.fiferorchards.com/about-our-farm/>

Coastal Growers

Est. 2008

In 2008, a group of watermelon growers from Maryland and Delaware, all with the same goal, decided to join together.

Located at:

Delaware – 32206 Hastings Drive Laurel, DE 19956

Maryland – 1320 Robins Avenue Salisbury, MD 21804

Website: <http://www.coastalgrowers.com/>

Vincent Farms

Est. 1978

Located at:

Kingsley Orchards



On a hot summer afternoon, after all the quarts of blueberries had been sold, Meghan Morgan took us on a tour of Kingsley Orchards. Full of spunk, a twinkle in her eye, and excited to showcase how far Kinglsey Orchards under her care,

Meghan's story is about finding a diamond in the rough.

In June 2016, Meghan and her husband Tony purchased a large abandoned piece of property in Frankford, Delaware through a sheriff's sale. As a builder, Tony had plans on developing the land, but all that would change when they began to clear the overgrown land. When he started removing the very tall weeds and saplings that had grown in the field, he uncovered a hidden treasure – rows and rows of blueberry bushes. Recently retired, Meghan was exploring different areas that she enjoyed and having a green thumb, she felt this would be up her alley. She convinced Tony that she was up to the challenge to bring this old blueberry farm back to its glory.

Meghan credits University of Delaware Cooperative Extension for providing her the technical knowledge she needed to get back into production. She has been actively involved in the day to day operation – from pruning, mulching, picking blueberries and driving her blue tractor to operating her on-farm market and managing the books. It's obvious of how proud Tony is of his wife's accomplishments.

Her goal was to leave a legacy for all involved in the farm and for the community to treasure the memories that they made picking blueberries at Kingsley Orchards. While Meghan recently stepped down from running the farm, she has turned the reins over to the Collins Family who is looking to continue Meghan's work on bringing the best tasting blueberries and family fun to visitors from near and far. Don't forget to give a call before heading out to pick your blueberries.

Located at:

24349 Blueberry Lane Frankford, Delaware 19945

Website: <https://www.kingsleyorchards.com/>

Facebook: <https://www.facebook.com/KingsleyOrchardsblueberrylane/>

Bennett Orchards

Est. 1867

Delaware Century Family Farm

Located at:

31442 Peach Tree Lane Frankford, Delaware 19945

Website: <http://www.bennettorchards.com/>