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## Nettle Clam Chowder

Serves 6 to 8

5 pounds butter or littleneck clams  
1 cup water or white wine  
2 tablespoons unsalted butter  
1 large onion, diced  
1 large leek, diced  
2 stalks celery, diced  
1 carrot, diced  
1 large bunch fresh, young nettles\*  
1 tsp chopped fresh thyme  
2 dried bay leaves  
1½ pounds potatoes, cut into 1/2-inch dice  
1 1/2 cups milk or heavy cream  
Salt and pepper to taste  
**\*Always wear thick rubber gloves when harvesting and handling uncooked nettles.**

Carefully harvest nettles (**see note**). Wash nettles well and sauté in olive oil until thoroughly wilted like spinach. The nettles are now safe to touch with bare hands and taste! Remove from pan, cool, roughly chop, and set aside. Rinse clams well under fresh water and discard any clams that are cracked or open. Put clams in a large pot, add 1 cup water or wine, cover, and cook over med-high heat, stirring often. As individual clams open, remove them to a bowl and continue to cook until all or most clams have opened. It is very easy to overcook clams-remove them promptly. Reserve clam liquor, strain through cheesecloth or coffee filter and set aside. As soon as clams are cool enough to handle, remove all clam meat and roughly chop. In a heavy bottomed soup pot sauté onion and leeks until wilted. Add celery and carrot and sweat for 3 minutes. Add herbs, potatoes, milk or cream, reserved clam liquid, and turn heat to low. Bring chowder to a very gentle simmer and cook, stirring often to prevent sticking, until potatoes are just tender. Stir in chopped clams and nettles to heat through and taste for salt and pepper.

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## Lopez Apple Berry Mazurka Bars

Makes a 9" by 13" pan

4 cups any fresh or frozen fruit  
(we used 1 part applesauce to 3 parts frozen fruit)  
2½ cups flour  
½ tsp salt  
12 oz cold butter, cut into ½" pieces  
1¾ to 2 cups brown sugar  
1 cup unsweetened dried coconut\*  
1 cup chopped nuts or seeds\*  
1½ cup oats\*  
\*If you choose to omit coconut and/or nuts seeds increase other dry (\*) ingredients to total 3½ cups.

Preheat oven to 350°. Butter a 9" by 13" baking pan. In the bowl of a standing mixer or food processor combine flour and salt. Cut in butter until mixture resembles coarse cornmeal. Add sugar, coconut, nuts, and oats and mix. Press half of mixture evenly into bottom of baking dish. Top with even layer of fruit. Gently press remaining crumb mixture into top of fruit. Bake for about 25 minutes or until top is nicely golden browned. Cool and cut and enjoy!

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## Carrot Herb Cornbread

Makes 1-8" by 8" pan

1¾ cups yellow cornmeal  
¾ cup whole wheat pastry flour  
1 tsp salt  
½ tsp baking soda  
1 tsp baking powder  
1 to 3 Tbsp honey or other sweetener  
1 to 2 eggs, beaten  
1 ½ cups buttermilk, yogurt, or milk  
1 cup grated carrot  
1 Tbsp chopped fresh herbs

Mix dry ingredients thoroughly in a bowl. Add eggs and milk and mix briefly. Add optional ingredients and lightly mix. Pour batter into buttered baking pan. Bake at 350° until golden brown and a toothpick inserted into center comes out clean.