

SEASONAL MAINE RECIPE

WITH LOCALLY-PRODUCED INGREDIENTS



Asian Kohlrabi Salad

Kohlrabi is a close relative of broccoli. The raw bulb tastes a bit like radish, and cooked, it's more like broccoli. Asian Kohlrabi Salad is excellent made with other vegetables, such as red bell peppers. Be creative!

2 c. peeled and diced kohlrabi or 2 c. broccoli florets
1 carrot, scrubbed and sliced, or ½ red bell pepper, cut into pieces
1 small leek, diced, or 3 scallions, diced

Steam the vegetables until they are just fork tender, then remove immediately to a cold water bath to stop the cooking.

Dressing:

1 Tbsp. sesame oil
1 tsp. canola oil
1 tsp. light soy sauce
1 tsp. minced fresh ginger
1 tsp. minced fresh garlic
1 Tbsp. rice wine vinegar

Whisk ingredients together in a small bowl.

Just before serving, toss the vegetables with the dressing. Season to taste with sea salt and fresh pepper if necessary.

Makes four servings. Nutritional analysis per serving: 79 calories, 2 g protein, 5 g fat, 8 g carbohydrates, 72 mg sodium, 2 g fiber. Excellent source of vitamins C and K.

SEPTEMBER-OCTOBER What's in Season

- Apples (and apple cider)
- Pears
- Cranberries
- Melons
- Raspberries
- Broccoli
- Broccoli raab
- Brussels sprouts
- Cabbage
- Cauliflower
- Kohlrabi
- Celeriac
- Celery
- Sweet corn
- Cucumbers
- Fennel
- Greens: arugula, Asian greens, beet greens, bok choy, chard, kale, lettuce, mustard greens, sorrel, spinach
- Leeks
- Onions
- Scallions
- Shallots
- Beets
- Carrots
- Parsnips
- Potatoes
- Rutabaga
- Sweet potato
- Turnips
- Radishes
- Salad turnips
- Green beans
- Shell beans
- Soy beans (edamame)
- Summer squash
- Zucchini
- Eggplant
- Peppers
- Tomatillos
- Tomatoes – cherry, salad & canning/sauce
- Winter squash
- Pie pumpkins
- Variety of culinary herbs
- Garlic

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ORGANIC EATING, GO TO
THE FORUMS PAGE ON
WWW.MOFGA.NET

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Maine Seasonal Food Guide

SEPTEMBER-OCTOBER



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Autumn Harvest Corn & Chevre Pudding

This is a delicious custard that is thickened by puréeing half of the corn in the food processor. In this recipe, fresh basil and Maine goat cheese contribute to the flavors. You could also make this versatile pudding with other cooked vegetables, dried herbs, even Maine shrimp or lobster. Autumn Harvest Corn Pudding is perfect for using leftover corn-on-the-cob, or you may use frozen corn – just be sure it is extra sweet.

Ingredients:

- 4 c. sweet corn (approximately one dozen ears)
- 1 c. fresh basil leaves, chopped
- 3 Tbsp. all purpose flour
- 2 c. milk
- 4 eggs
- Sea salt and fresh pepper to taste
- 4 ounces chevre (goat cheese – optional)

Grease a 9" x 13" glass baking pan. Preheat the oven to 350 degrees.

In the bowl of your food processor, pulse 2 cups of the sweet corn until chopped. Scrape into a large bowl. Stir in remaining corn, basil and flour. Whisk in the milk and eggs. Season with sea salt and fresh pepper. Pour mixture into the baking dish. Sprinkle goat cheese over the mixture. Bake until set, about 45 minutes to 1 hour. Let stand 15 minutes before serving. Served hot, cold or at room temperature.

Makes 12 servings. Nutritional analysis per serving: 130 calories, 7 g protein, 15 g carbohydrates, 5 g fat (0 g trans fat), 76 mg sodium, 1.5 g fiber.

Who's Your Farmer?

More and more Maine families buy food directly from local farmers.

To understand how your food is produced, ask your farmer:

How do you build soil fertility on your farm? Certified organic farms rely on crop rotation, cover crops and careful applications of composts and manures to build soil health and grow healthy crops.

How do you control weeds and pests? For weed control, certified organic farms use crop rotation, cover crops, cultivation and mulch. For pests, they use crop rotation, row covers, botanical pesticides and other materials approved by the USDA National Organic Program.

How do you raise animals? Certified organic farmers must give animals only certified organic feed (as pasture, hay and/or grains); don't use antibiotics or hormones; and use only materials approved by the USDA National Organic Program. Animals such as cows and sheep must get a significant part of their diet from pasture, and all animals must have daily outside access. These animals never eat genetically modified feeds.

Is the farm certified organic? Any farm selling more than \$5,000 of products in a year that are marketed as organic must, by law, be certified. In Maine, MOFGA Certification Services LLC (MCS), the primary certifying agent, verifies annually that each certified organic farmer stewards land and natural resources and protects animal health and welfare. Farms using the term "organic" that are not certified (i.e., that sell \$5,000 worth of organic goods or less per year) must still meet the USDA organic standards.

For more information, visit www.mofga.org to find a searchable directory of certified organic farms and products; organic standards; and information on the health and environmental benefits of organic agriculture.



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Canning Applesauce & Tomato Sauce

In canning, foods are placed in jars and heated to a temperature that destroys microorganisms and inactivates enzymes. This heating and subsequent cooling forms a vacuum seal that prevents other microorganisms from recontaminating the food in the jar. Acid foods such as apples and tomatoes can be processed or canned in a boiling water bath.

For detailed instructions on home canning using the boiling water bath technique, consult University of Maine Cooperative Extension, <http://extension.umaine.edu/food-health/food-preservation/> and National Center for Home Food Preservation, www.uga.edu/nchfp/

Applesauce One pound of apples makes about 1 pint of sauce. Unsweetened and unflavored applesauce is great for baking, so you might can plain sauce and sweeten to taste with maple syrup or honey before serving.

Wash and scrub the apples, cutting off blemishes and scabs. Cut the apples into pieces and cook in a large pot with a bit of water until soft. To remove skins and seeds, press through a sieve or food mill (or peel and core apples before cooking). Spoon sauce into sterilized pint or quart jars, leaving ½ inch headspace. Run a knife through the jarred sauce to remove air bubbles. Tighten lids. Process in a boiling water bath, 15 minutes for pints and 20 minutes for quarts.

Nutritional analysis per ½ cup serving: 52 calories, 1 g protein, 14 g carbohydrates, 0 g fat, 4 mg sodium, 2 g fiber.

Tomato Sauce – Seasoned Two pounds of tomatoes make about 1 pint of sauce. Add bottled lemon juice or citric acid to ensure adequate acidity.

- 10 pounds or more of tomatoes, washed
- 3 medium onions, finely chopped
- 3 or more cloves garlic, chopped
- basil, oregano, salt, fresh pepper
- Lemon juice or citric acid

In a large, non-reactive pot, simmer tomatoes until they start to thicken, 1 to 2 hours. Press through a sieve or food mill to remove seeds and peels. Return to the pot and add onions, garlic and seasonings. Cook over medium-high heat until thick, stirring frequently. Taste and correct the seasonings. Add 1 tablespoon of bottled lemon juice or ¼ teaspoon of citric acid to each sterilized pint jar (twice as much for quart jars). Pour in the hot sauce, leaving ½ inch of headspace. Adjust lids and process in boiling water bath, 35 minutes for pints and 40 minutes for quarts.

Nutritional analysis per ½ cup serving: 40 calories, 2 g protein, 9 g carbohydrates, 0 g fat, 200 mg sodium, 2 g fiber.