

SEASONAL MAINE RECIPE

WITH LOCALLY-PRODUCED INGREDIENTS



Spicy Beef and Beans

Local ground meat produced in Maine can be enjoyed year round. Spicy Beef and Beans is an easy, versatile recipe for all ages. To complete the meal, serve with corn chips or corn bread and a salad. Or roll the beef and beans in a tortilla with rice and sour cream.

1 pound ground beef or other ground meat

1-1/2 c. cooked beans (black beans, kidney beans, soldier beans) *

1 onion, chopped

2 garlic cloves, chopped

1-1/2 c. salsa

1/4 c. chopped hot or jalapeño peppers, to taste (use gloves when chopping)

1 Tbsp. oil for sautéing meat salt and pepper to taste

1/2 c. grated cheddar cheese

In a fry pan, sauté onion and chopped garlic in oil. Add ground meat, cooking and stirring until done. Drain fat from pan. In a large bowl, mix together meat and cooked beans. Stir in salsa. Add hot peppers if desired. Season to taste with salt and pepper. Spoon mixture into oven-proof casserole dish. Top with grated cheese. Bake in a 350 degree oven until bubbly, and cheese is melted, about 20 to 30 minutes.

Makes 6 servings. Nutritional analysis per serving: 354 calories, 26 g protein, 16 g carbohydrates, 20 g fat (0 g trans fat), 214 mg sodium, 5 g fiber.

* Instead of canned beans, try cooking your own. About 3/4 c. dry beans will make 1-1/2 c. cooked beans for this recipe. Soak dry beans in a large pot for several hours. Drain the water. Cover the beans with water and simmer (do not boil rapidly) until the beans are just tender – 2 or more hours, depending upon the bean. Add water to the pot as needed. Once they are just cooked, drain and cool. Pack into glass jars and freeze for later use. This method is more economical and avoids the high sodium content of commercially canned beans – as well as the toxic bisphenol A (BPA) used in the lining of many cans.

JANUARY-APRIL What's in Season

Apples

Dry beans

Beets

Cabbage

Carrots

Celeriac

Leeks

Onions

Parsnip

Potatoes

Rutabaga

Sweet potatoes

Turnip

Winter squash

Garlic

The Maine Local 20 list (reverse) shows food from Maine sources, including dairy, protein/meat, grains and sweeteners, that are in season year-round. You can eat a balanced diet consisting primarily of foods produced in Maine ALL year!

TO JOIN THE CONVERSATION ABOUT LOCAL, SEASONAL, ORGANIC EATING, GO TO THE FORUMS PAGE ON WWW.MOFGA.NET

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Maine Seasonal Food Guide

JANUARY-APRIL



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Thai Cabbage Slaw

Thai Cabbage Slaw is a tasty addition to any supper and is packed with vitamins C, K and A. One serving provides 4 grams of fiber!

For the slaw:

4-1/2 c. shredded Napa (Chinese) cabbage or green cabbage

2 c. grated red cabbage

3/4 c. grated carrots

1 apple, cored but not peeled, cut into matchstick julienne pieces*

For the dressing:

2 Tbsp. fresh lime juice

2 Tbsp. rice vinegar

1-1/2 Tbsp. fish sauce**

1 Tbsp. water

1 Tbsp. creamy peanut butter

1 clove finely chopped garlic

1 tsp. chili paste with garlic**

Whisk together the dressing ingredients. Mix the vegetables together in a large bowl. Toss with the dressing. Just before serving, stir in the following:

3 Tbsp. chopped dry roasted peanuts

1 Tbsp. minced fresh cilantro***

1 Tbsp. minced fresh mint***

Makes 6 servings. Nutritional analysis per serving: 76 calories, 3 g protein, 9 g carbohydrates, 4 g fat, 390 mg sodium, 4 g fiber.

* During the summer, you may replace the apple with a red bell pepper.

** Available in Asian food sections of most markets

*** Mint and cilantro are grown in greenhouses throughout the winter. If fresh is not available, use a teaspoon each of dried and add some fresh chopped parsley if available.

Maine Local 20

Twenty foods Maine has the capacity to produce for its citizens to enjoy all year.

FRUIT: Blueberries & Apples

VEGETABLES: Potatoes, Carrots, Beets & Beet Greens, Garlic, Salad & Braising Greens, Tomatoes, Winter Squash, Cabbage, Onions

DAIRY: Milk, Cheese

PROTEIN: Eggs, Ground Meat, Seafood, Dry Beans

SWEETS: Maple Syrup, Honey

GRAINS: Wheat

For more information on Local, Seasonal, Organic eating in Maine, visit www.mofga.org or call (207) 568-4142.



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Secret Chocolate Cake

Ask folks if they can taste the “secret” ingredient in this cake. (Hint: it’s a root vegetable!) The beets add a depth and richness to the chocolate. This cake is so good it doesn’t even need frosting! Adapted from a recipe in *Simply in Season*.

2 c. cooked beets

1/2 c. applesauce (no sugar, no spice)

1/2 c. baking cocoa

1-1/2 tsp. vanilla

Puree in the food processor until smooth. Set aside.

1 c. sugar

1/2 c. butter at room temperature

1/2 c. maple syrup

1/2 c. plain yogurt

3 eggs

In the bowl of your electric mixer, cream the butter and the sugar. Beat in eggs, maple syrup and yogurt. Add pureed beet mixture. Beat for about 90 seconds.

Makes 24 servings. Nutritional analysis per serving: 172 calories, 3.5 g protein, 27 g carbohydrates, 6 g fat (0 g trans fat), 132 mg sodium, 3 g fiber. Good source of trace minerals manganese and selenium.

2-1/2 c. whole meal flour, or substitute whole wheat flour*

1-1/2 tsp. baking soda

1 tsp. cinnamon

1/2 c. chocolate chips

Whisk together flour, baking soda and cinnamon and gently mix into the beet mixture. Stir in 1/2 c. chocolate chips. Spoon mixture into a greased 9- x 13-inch pan. Bake in preheated 350 degree oven until a toothpick comes out clean, about 40 minutes. Let cool on a rack.

* Whole meal flour contains all three components (bran, germ and endosperm) of the wheat berry. Wheat germ in freshly ground wheat adds a nutty flavor and is a concentrated source of vitamins, minerals and proteins. The best way to get whole meal flour is to grind your own.