#### SEASONAL MAINE RECIPE

WITH LOCALLY-PRODUCED INGREDIENT

## Fennel Chevre Soup

Delicious and easy to prepare. Shop at the farmers' market in the morning and serve this elegant soup for lunch. To complete the meal, add a loaf of artisan bread and a tossed green salad.

Melt the butter in large nonreactive pot over low heat. Add the fennel and leeks, and cook until tender, about 10 minutes. Add the chopped tomatoes and bring to a boil. Stir in the vegetable juice and red wine. Bring to a simmer. Whisk in the goat cheese until dissolved and the soup is creamy. Season the soup to taste with sea salt and fresh pepper. If desired, add a splash of licorice liqueur.

Add the pasta to the soup and cook until al dente.

Ladle the soup into heated bowls and sprinkle with the chopped fennel tops.

#### **Inaredients:**

- 3 Tbsp. butter
- 2 c. chopped fennel (about 2 bulbs, reserve and chop tops for garnish)
- 2 medium leeks, washed and sliced (about 1 c.)
- 3 tomatoes, seeded and chopped
- 1 32-ounce jar low sodium vegetable juice
- 1/2 c. red wine
- 4 ounces goat cheese sea salt and fresh pepper
- 1 10-ounce package fresh tortellini

Yield: 6 servings. Nutritional analysis per serving: 308 calories, 11 g protein, 35 g carbohydrates, 13 g fat (0 g trans-fat), 383 mg sodium, 5 a fiber.

# JULY-AUGUST Matos In Season Berries - strawberries, Leeks

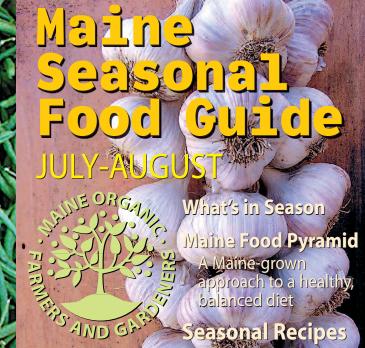
ORGANIC EATING, GO

THE FORUMS PAGE ON

WWW.MOFGA.NET

- Berries strawberries, raspberries, blueberries blackberries
- Plums
- August only peaches, earliest apples, melons
- Beets
- Broccoli
- Cabbage
- Carro
- Cauliflower
- Celery
- Cucumpers Eggplant
- Fennel
- Green beans
- Greens: arugula, beet greens, bok choy, chard, kale, lettuce, mustard greens, Asian greens

# **BUY LOCAL – SUPPORT MAINE FARMS**



#### **SEASONAL MAINE RECIPE**

WITH LOCALLY-PRODUCED INGREDIENTS



#### Summer Market Ratatouille

This "casserole" is perfect for when tomatoes, zucchini, summer squash, and peppers are bursting at the market. Feel free to vary the vegetables, and season liberally with fresh herbs.

In a heavy pot, heat the olive oil over medium heat. Add onion and garlic and sauté until soft. Stir in eggplant and herbs, cover, and cook until eggplant is soft, stirring to prevent from sticking. Add zucchini/ summer squash, bell pepper and tomatoes and cook until soft. Season to taste with sea salt and fresh pepper.

Serving Suggestions: Ratatouille may be served over pasta; or spooned into individual casserole dishes, topped with Parmesan cheese, heated in 350 degree oven until bubbly and cheese is melted; or served at room temperature with artisan bread or crackers as an appetizer; or served cold on a sandwich.

Serves 4 aenerously. Yield: 8 servinas.

Nutritional analysis per serving: 157 calories, 5 g protein, 21 g carbohydrates, 8 g fat, (0 g trans fat), 261 mg sodium, 8 g fiber.

## Ingredients:

- 1 c. (about 2 medium) chopped fresh onion
- 4 garlic cloves, chopped, or more to taste
- 2 Tbsp. olive oil
- 1 medium eggplant chopped
- 3 Tbsp. chopped fresh herbs like parsley, basil, oregano, marioram
- 2 c. chopped zucchini or summer squash (about 2)
- 1 bell pepper (red, orange, yellow, or green) cut into julienne strips
- 2 c. chopped tomatoes sea salt and fresh pepper freshly grated Parmesan cheese

O ced bal



www.mofga.org O inform 5

ō

#### **SEASONAL MAINE RECIPE**

WITH LOCALLY-PRODUCED INGREDIENT



## Freezing Summer Vegetables

Freezing is one of the easiest and most convenient methods of preserving foods. Most vegetables may be frozen, but water in the food expands as it is frozen, rupturing cell walls, resulting in textural changes when defrosted. Choose vegetables that your family enjoys as frozen products, or that will be used in stir-fries, soups or casseroles.

General Directions: Select products of optimum ripeness and freshness. Wash well. Working in small batches, blanch vegetables (see below) for the recommended time, then cool rapidly in ice water. Drain, then pack into freezer bags, containers, or seal in vacuum packages.

Blanching (scalding vegetables in boiling water or steam for a short time) is necessary for vegetables to be frozen. It stops enzyme activity, which causes loss of flavor, color and texture. Blanching also cleanses surfaces and brightens color. To blanch vegetables, bring a large pot of water to a boil. Using a basket, lower vegetables into the boiling water. Keep the heat on high, and bring water rapidly back to a boil. When the water boils, blanch vegetables for the recommended time and when complete, cool them in ice water bath. Drain before packaging.

#### **Vegetables that freeze well:**

**Broccoli** – Select young, firm, tender heads. Separate florets. Soak in brine (4 tsp. salt for 1 gallon water) for 30 mins. to remove insects. Blanch 3 mins.

Cauliflower – Choose compact white heads. Cut head into pieces about 1 inch across, Soak in brine as with broccoli (above). Blanch in water containing 4 tsp. salt per gallon of water 3 mins.

Corn – Blanch whole cobs 4 mins. Cool, promptly drain, and cut kernels from cob. Greens – Spinach, chard, kale, Asian greens. Blanch 3 minutes. Cool in water bath. If necessary, chop before freezing. Green, snap or yellow beans – Select young, tender beans. Blanch in

water 3 mins. **Bell or sweet peppers** – Wash, remove stems and seeds, cut into strips. Blanching is not necessary.

Peas - Blanch 2 minutes.

Resources: University of Maine Cooperative Extension, http://extension.umaine.edu/food-health/food-preservation/; National Center for Home Food Preservation, www.uga.edu/nchfp/, also publishes So Easy to Preserve, a good book on home food preservation