

## SEASONAL MAINE RECIPE

WITH LOCALLY-PRODUCED INGREDIENTS



### Spring Vegetable & Green Salad

This recipe is based on a suggestion by Barbara Damrosh of Four Seasons Farm in Brooksville where she and her husband, Eliot Coleman, grow delicious salad greens year-round. Be creative with vegetables: Try this salad with roasted beets!

#### Salad:

- 1 cup sliced radishes or spring turnip
- 4 cups Maine greens, such as spinach or arugula
- 1/4 cup diced scallions
- 2 ounces crumbled goat cheese (or blue cheese)
- 2 ounces toasted seeds or nuts (sunflower seeds, pumpkin seeds, pecans, walnuts, pine nuts)

#### Dressing:

- 1/4 cup Maine sunflower oil or extra-virgin olive oil
- 2 tablespoons raspberry vinegar
- 1 teaspoon Raye's mustard
- Sea salt and fresh pepper

Line a platter with greens, tearing the big pieces if necessary. Arrange sliced radishes / salad turnips over the greens. Sprinkle the top with the toasted seeds, diced scallions and crumbled cheese. In a small bowl, whisk the dressing ingredients. Pour over the salad and serve. Makes 8 servings.

*Nutritional analysis per serving: 153 calories, 4 grams protein, 6 grams carbohydrates, 13 grams fat (0 grams trans fat), 212 mg. sodium, 3 grams fiber. Nutritional benefits: Vitamin K, Vitamin A, manganese.*

## MAY-JUNE

# What's in Season

- Rhubarb
- Asparagus
- Radishes
- Salad turnips
- Scallions
- Peas
- Fiddleheads
- Culinary herbs: chives & parsley
- Greens: beet greens, bok choy, chard, dandelion greens, kale, spinach, lettuce, turnip greens

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# Maine Seasonal Food Guide

MAY-JUNE



What's in Season

Maine Local 20 –

Maine foods available year-round

Seasonal Recipes

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### Blueberry-Rhubarb Crumble

This delicious crumble combines Maine wild blueberries with tart rhubarb. Freeze the rhubarb to enjoy this dessert all year! Serves 8

Combine blueberries, rhubarb, maple syrup and flour. Spoon into a greased 6- by 10-inch baking dish.

For topping, combine rolled oats, honey, flour, nutmeg, cinnamon. Cut in butter until crumbly. Sprinkle over fruit mixture.

Bake in 350 degree oven for 45 to 55 minutes, or until fruit is bubbly and topping is golden brown. Let cool 10 minutes. Serve warm with whipped cream if desired.

*Yield: 8 servings. Nutritional analysis per serving: 253 calories, 2 grams protein, 48 grams carbohydrates, 7 grams fat, (0 grams trans fat), 48 mg Sodium, 3 grams fiber.*

#### Ingredients:

3 cups fresh or frozen Maine wild blueberries  
2 cups diced rhubarb  
1/2 cup Maine maple syrup  
1/4 cup all purpose flour

#### Topping:

1/2 cup rolled oats  
1/2 cup honey  
1/4 cup whole wheat flour  
1/2 teaspoon nutmeg  
1/2 teaspoon cinnamon  
1/4 cup butter at room temperature

# 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](http://www.mofga.org) or call (207) 568-4142.



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### Braised Greens

**Braising:** Food is first cooked in a small amount of fat, then simmered in liquid – an excellent way to cook greens.

Try adding chopped garlic and/or onion, and use fats such as olive oil, sesame oil or bacon. Liquid can be water, stock or wine. Braised greens retain many of their phytochemicals, and help maintain a healthy liver, boost the immune system, and repair damaged DNA.

Wash and roughly cut greens; chop large stems separately.

Heat the oil in a large skillet. Add toughest pieces first while stirring and cooking. Add liquid or stock, if necessary.

As the stems become tender, add garlic, onion and chopped leaves. Stir and cook until the greens are wilted and tender. If necessary, add stock, cover and cook until tender.

Season with sea salt and fresh pepper. Chopped fresh herbs such as parsley, basil, or cilantro may be added.

One pound of greens generally feeds 2 to 3 as a side dish.

**Kale:** Thick stems may be discarded. A vegetable loved by Italians that Americans are starting to develop a taste for.

**Kohlrabi:** Peel, chop the bulbous stem; braise it with the greens.

**Bok Choy:** Flavor like mild cabbage crossed with spinach. Try it braised with fresh ginger and garlic.

**Spinach:** Most versatile. Wash spinach thoroughly to remove sand and grit. Braised spinach does not need additional liquid as the leaves contain enough water. Try braising it with sesame oil and sesame seeds.

**Swiss Chard:** Not related to spinach, but with similar characteristics. Separate leaves from stalks. Comes in a variety of bright colors and grows well in Maine.

**Beet Greens:** Leaves of beet plants, the best with tiny beets attached. Wash them thoroughly. Delicious sautéed with bacon fat!

A good seed catalog will list many other types of greens that are enjoyed by adventuresome cooks!