

SEASONAL MAINE RECIPE

WITH LOCALLY-PRODUCED INGREDIENTS



Wheat Berry Fruit Salad

Wheat berries are the whole, unprocessed kernels of wheat. Packed with B vitamins, zinc, iron and fiber, they have a chewy texture and nutty flavor. To cook, combine 2 cups berries with 7 cups water in a large pot. Bring to a boil and simmer, covered, until tender, about 45 minutes or more. Drain and rinse. Cooked berries may be stored in the refrigerator or freezer.

3 c. cooked wheat berries
(approx. 1-1/2 c. uncooked)
1/3 c. orange juice
1/3 c. dried cranberries
1 apple, cored, unpeeled,
and cut into cubes
1/2 c. toasted, chopped
pecans or sunflower seeds
3 Tbsp. raspberry vinegar
3 Tbsp. olive oil or canola oil
1 Tbsp. chopped fresh
parsley
Sea salt and fresh pepper to
taste

In a small bowl, combine cranberries and orange juice. Warm the mixture a bit in the microwave and let it sit until the cranberries are plumped, about 2 minutes. In a large bowl, combine wheat berries, pecans and apple chunks. Add cranberries and orange juice, stirring gently. In a small bowl, whisk together the raspberry vinegar, chopped parsley and oil. Add to the wheat berries. Season to taste with sea salt and fresh pepper.

Makes eight servings, each about 3/4 cup. Nutritional analysis per serving: 237 calories, 5 g protein, 30 g protein, 10 g fat (0 g trans fat), 272 mg sodium, 5 g fiber.

NOVEMBER-DECEMBER What's in Season

Apples
Pears
Dry beans
Beets
Brussels sprouts
Cabbage
Carrots
Celeriac
Late season greens, such
as kale and spinach*
Kohlrabi
Leeks
Onions
Parsnips
Potatoes
Radishes
Rutabaga
Sweet potatoes
Turnips
Winter squash
Garlic

** By this time of year, most Maine produce available for sale is coming from cold storage. However, a few Maine farmers do grow vegetables in heated greenhouses through the winter, and even more grow frost tolerant crops in unheated structures to extend the seasons. You may be pleasantly surprised to find a good selection of greens at the winter farmers' markets well into December.*

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

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Maine Seasonal Food Guide

NOVEMBER-DECEMBER



**What's in Season
Resources for Eating
Local Foods in Winter
Seasonal Recipes
Root Cellars**

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Thai Winter Squash Stew

This recipe was adapted from *Vegetarian Cooking for Everyone* by Deborah Madison and features butternut squash. To complete the meal, serve over rice with a cabbage slaw.

2 medium leeks
 2 Tbsp. peanut oil or sunflower oil
 2 cloves garlic, finely chopped
 2 Serrano chilies*, minced
 1 Tbsp. finely chopped fresh ginger root
 1 scant Tbsp. curry powder
 1 tsp. brown sugar
 3 Tbsp. reduced sodium soy sauce
 1-14-ounce can unsweetened coconut milk
 1-1/2 pounds butternut squash, peeled and cut into bite-sized 1/2 inch cubes
 salt and fresh pepper to taste
 juice of 1 lime
 1/3 c. dry roasted peanuts (optional)
 1/4 c. chopped fresh cilantro

Serves six. Nutritional analysis per serving: 290 calories, 5 g protein, 17 g carbohydrates, 25 g fat (0 g trans fat), 310 mg sodium, 4 g fiber. Excellent source of vitamins A, C and K and manganese.

Halve leeks lengthwise, wash them thoroughly, then cut into 1/4-inch slices. Heat oil in a wide soup pot and add leeks, cooking over medium-high heat until softened. Add garlic, chilies and ginger, cooking for a minute. Add curry, soy sauce and brown sugar. Reduce heat to medium, scrape the bottom of the pot, and cook a few more minutes. Add 3 cups of water, the coconut milk and squash. Bring the mixture to a boil, then lower the heat and simmer, covered, for 15 minutes.

When the squash is almost tender, squeeze in the lime juice and season to taste with salt and fresh pepper.

Ladle the stew into warm bowls, sprinkle with chopped peanuts and cilantro.

**A note on chilies: Serrano chilies are small (about 1-1/2 inches long) and slightly pointed. As they mature, their smooth, bright green skin turns scarlet red, then yellow. If not available, use another hot chili pepper; test it sparingly at first. As always, when working with hot chilies, be sure to wear gloves.*

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Resources for eating local foods through the winter

The traditional summer farmers' market and Community Supported Agriculture (CSA) seasons end in November, but you can continue your local food lifestyle year round.

Winter farmers' markets and CSAs: A small but growing number of farms and markets offer products throughout the winter. To find options near you, visit www.mofga.net and click on the "Directories" tab for directories of farmers' markets and CSA farms in Maine, including those with winter seasons.

Natural food stores, coops and other retailers of local foods: Maine's independently owned grocers have a long history of supporting local agriculture by selling products from local farms. Visit one near you and check out the selection from Maine farms and food producers.

Join a buying club, or start your own: A buying club is a group of people who aggregate individual orders into a big order to purchase from suppliers at a wholesale price. Several Maine based distributors specialize in sourcing food from Maine farms year round, and local buying clubs are a large part of their customer base.

Grow your own greens and herbs indoors: Greens and herbs don't need much space and can easily be grown in containers indoors, on a windowsill or in another sunny space in your house. Microgreens can be grown in flats on windowsills. Sprouts are nutritious and also take up very little growing space.

Other storage options: Freezing, canning and drying are other methods for storing local foods for year round eating.



Root Cellars

Root cellars offer a way to store fresh, raw, whole vegetables and fruits to extend their keeping quality through the winter. The root cellar holds these foods for a few to several months after their normal harvest in a cold, rather moist environment that does not allow them to freeze and slows decomposition, maintaining eating quality.

Temperature and relative humidity (RH) determine how well produce will store in a root cellar, varying depending upon the vegetable or fruit:

Cold and Very Moist	Cold and Moist	Cool and Dry	Moderately Warm and Dry
32-40°F 90-95% RH	32-40°F 80-90% RH	32-50°F 60-70% RH	50-60°F 60-70% RH
beets brussels sprouts carrots parsnips turnips rutabagas leeks celeriac winter radish (daikon) sunchokes	potatoes apples cabbage dry beans	garlic onions dry beans	winter squashes pumpkins sweet potatoes



For more information on storage requirements for different crops, see MOFGA's Fact Sheet "Storing Garden Vegetables" at www.mofga.org under the Publications tab. A slide show on root cellars is available under the Resources tab, by clicking on "Power Point Presentations."

Other low-cost cold storage techniques include outdoor trenches or in-ground containers, keeping closets, bulkhead storage and other unheated indoor spaces. See *Natural Cold Storage of Fruits & Vegetables* by Mike & Nancy Bubel.