

SEASONAL MAINE RECIPE

WITH LOCALLY-PRODUCED INGREDIENTS

Maine Salad Niçoise

This Maine inspired French Salad Niçoise is composed of new potatoes and fresh green beans. Substitute olive oil and olives with Maine canola oil and pickles for a 100% Maine Dish!

In a large pot, cover the new potatoes and green beans with water and bring to a boil. Reduce heat and simmer until just fork tender.

In a large bowl, whisk together the dressing ingredients. Drain the potatoes and beans, reserving 1/4 c. cooking liquid. Add potatoes, beans, chopped tomatoes, sliced boiled eggs and olives to the bowl with the dressing and gently stir to combine. Garnish with nasturtiums or chive blossoms. Serve at room temperature.

Makes six servings. Nutritional analysis per serving: 258 calories, 8 grams protein, 31 grams carbohydrates, 12 grams fat (0 grams trans fat), 300 mg. sodium, 5 grams fiber.

Ingredients:

- 1-1/2 lbs. new potatoes, scrubbed and thinly sliced
- 1 lb. new green beans cut into bite-sized pieces
- 2 tomatoes cut into wedges
- 3 hard boiled eggs, sliced
- 1/3 c. chopped pickles (or olives)
- Nasturtium blossoms or chive blossoms for garnish (optional)

Dressing:

- 2 Tbsp. finely minced shallots, scallions or onions
- Sea salt and freshly ground pepper
- 1/4 c. chicken stock or potato cooking water
- 2 Tbsp. Maine cider vinegar
- 3 Tbsp. chopped fresh parsley
- 3 Tbsp. canola oil (or olive oil)

JULY-AUGUST What's in Season

- Berries – strawberries, raspberries, blueberries, blackberries
- Plums
- August only – peaches, earliest apples, melons
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Fennel
- Green beans
- Greens: arugula, beet greens, bok choy, chard, kale, lettuce, mustard greens, Asian greens
- Leeks
- Onions, scallions and shallots
- Peas
- Peppers
- Potatoes
- Radishes
- Salad turnips
- Summer squash and zucchini
- Tomatoes
- Culinary herbs
- Garlic – scapes and bulbs

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SEASONAL, ORGANIC
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Maine Seasonal Food Guide JULY-AUGUST



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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 generously. Yield: 8 servings.

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:

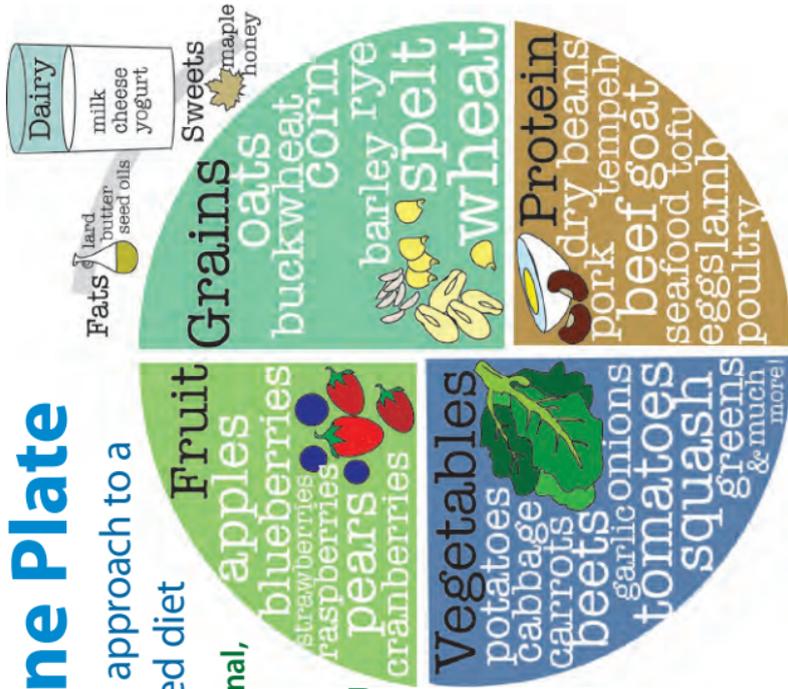
- 1 c. (about 2 medium) chopped fresh onion
- 4 garlic cloves, chopped, or more to taste
- 2 Tbsp. olive oil
- 1 medium eggplant chopped
- 3 Tbsp. chopped fresh herbs like parsley, basil, oregano, marjoram
- 2 c. chopped zucchini or summer squash (about 2)
- 1 bell pepper (red, orange, yellow, or green)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

My Maine Food Plate is a marketing and educational program of the Maine Organic Farmers and Gardeners Association, PO Box 170, Unity, Maine 04988. Graphic by Abby Selauckas.

My Maine Plate

A Maine-grown approach to a healthy, balanced diet

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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