Maine Salad Niçoise

With new potatoes and fresh green beans. Substitute olive oil and olives with Maine organic canola oil and pickles for an all-Maine Dish!

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

Makes 6 servings. Nutritional analysis per serving: 258 calories, 8 g protein, 31 g carbohydrates, 12 g fat (0 g trans fat), 300 mg sodium, 5 g 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 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 or olive oil

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JULY-AUGUST

What’s in Season

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

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Maine Seasonal Food Guide

JULY-AUGUST

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

**General Directions:**
1. Select and wash fresh, ripe produce. Working in small batches, blanch vegetables (see below) for the recommended time, then cool rapidly in ice water. Drain, then pack into freezer bags or containers, or seal in vacuum packages.
2. Blanching (scalding vegetables briefly in boiling water or steam) 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.

**Summer Market Ratatouille**

This “casserole” is perfect 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.

**Ratatouille**

**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

**Resources:**
University of Maine Cooperative Extension, extension.umaine.edu/food-health/food-preservation/
National Center for Home Food Preservation, "So Easy to Preserve," www.uga.edu/nchfp/

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