

SEASONAL MAINE RECIPE

WITH ORGANIC AND LOCAL INGREDIENTS



Spring Vegetable and Green Salad

Based on a suggestion by Barbara Damrosch of Four Season Farm in Brooksville, where she and her husband, Eliot Coleman, grow delicious greens year-round. Try this salad with roasted beets!

Salad

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

Dressing

- 1/4 c. Maine sunflower oil or extra-virgin olive oil
- 2 tbsp. raspberry vinegar
- 1 tsp. prepared mustard
- Sea salt and fresh pepper

Line a platter with greens, tearing the big pieces if necessary. Arrange sliced radishes/salad turnips over greens. Sprinkle with 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 g protein, 6 g carbohydrates, 13 g fat (0 g trans fat), 212 mg sodium, 3 g fiber.
Nutritional benefits: Vitamins K and A, manganese..

Find organic and local ingredients year-round at MOFGACertification.org

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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ORGANIC, LOCAL, AND
SEASONAL EATING
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Maine Seasonal Food Guide

MAY-JUNE



Seasonal Recipes and more!

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Blueberry-Rhubarb Crumble

Combines Maine organic blueberries with tart rhubarb. Freeze rhubarb and berries to enjoy this dessert all year!

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

For topping, combine dry ingredients. Cut in butter until crumbly. Sprinkle over fruit mixture.

Bake at 350 F for 45 to 55 minutes or until fruit bubbles 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 g protein, 48 g carbohydrates, 7 g fat, (0 g trans fat), 48 mg sodium, 3 g fiber

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Ingredients

- 3 c. fresh or frozen Maine organic blueberries
- 2 c. diced rhubarb
- 1/2 c. Maine maple syrup
- 1/4 c. all purpose flour

Topping

- 1/2 c. rolled oats
- 1/2 c. honey
- 1/4 c. whole wheat flour
- 1/2 tsp. nutmeg
- 1/2 tsp. cinnamon
- 1/4 c. butter at room temperature

Tips for Eating Organic on a Budget



Buy directly from local, organic farmers



Cook from scratch



Plan meals around seasonal ingredients



Transition gradually to familiarize yourself with prices and products.



Eat what is abundant



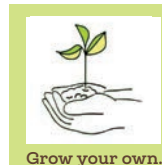
Preserve what is in season.



Buy in bulk.



Join a Community Supported Agriculture (CSA) farm for weekly shares of the harvest.



Grow your own.

For more on organic, local and seasonal eating in Maine, please visit MOFGA.org/buyorganic



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Braised Greens

Braised greens retain many of their phytonutrients, help maintain a healthy liver, boost the immune system and repair damaged DNA.

Ingredients

- greens (1 lb. greens feeds 2 to 3 as a side dish.)
- chopped garlic and/or onion
- olive or sesame oil or bacon fat
- water, stock or wine
- sea salt and fresh pepper

Wash and roughly cut greens; chop large stems separately.

Heat a little fat or oil in a large skillet. Add toughest pieces of greens first while stirring and cooking. Add a little liquid or stock if necessary.

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

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

Kale: Thick stems may be discarded.

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: Like spinach but with milder flavor and thicker stalks. Separate leaf blades from stalks and cook blades. Comes in 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!

Good seed catalogs list many other greens that are enjoyed by adventuresome cooks!

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