

SEASONAL MAINE RECIPE

WITH ORGANIC AND LOCAL INGREDIENTS

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
- Celery
- 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
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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 may be served over pasta; spooned into individual casserole dishes, topped with Parmesan cheese and heated at 350 F until bubbly and cheese is melted; or served at room temperature with artisan bread or crackers as an appetizer.

*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.*

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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

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My Maine Organic Plate

A Maine-grown, organic 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 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: Select and wash fresh, ripe products. 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.

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. To blanch vegetables, bring a large pot of water to a boil. Using a basket, lower vegetables into the boiling water. Keeping the heat on high, rapidly return water to a boil. When the water boils, blanch vegetables for the recommended time. Then cool them in an 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, extension.umaine.edu/food-health/food-preservation/; National Center for Home Food Preservation, "So Easy to Preserve," www.uga.edu/nchfp/