

SEASONAL MAINE RECIPE

WITH ORGANIC AND LOCAL 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 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 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 raspberry vinegar, chopped parsley and oil. Add to wheat berries. Season to taste with salt and pepper.

Makes eight servings, each about 3/4 cup. Nutritional analysis per serving: 237 calories, 5 g protein, 30 g carbohydrates, 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
Fennel
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, some Maine farmers grow vegetables in heated greenhouses in winter, and even more grow frost-tolerant crops in unheated structures to extend the seasons. You may find a good selection of greens at the winter farmers' markets well into December.*

**TO LEARN MORE ABOUT
ORGANIC, LOCAL, AND
SEASONAL EATING
VISIT MOFGA.ORG**

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Maine Seasonal Food Guide

NOVEMBER-DECEMBER



**Seasonal Recipes
Resources for
Eating Local AND
Organic Foods in
Winter**

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Thai Winter Squash Stew

Adapted from “Vegetarian Cooking for Everyone” by Deborah Madison. To complete the meal, serve over rice with a cabbage slaw.

2 medium leeks
2 Tbsp. peanut oil or butter
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 lbs. butternut squash, peeled and cut into 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 thoroughly, then cut into 1/4-inch slices. Heat oil in a wide soup pot. 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 bottom of pot, and cook a few more minutes. Add 3 cups water, coconut milk and squash. Bring mixture to a boil, then lower the heat and simmer, covered, for 15 minutes.

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

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

**A note on chilies: Serrano chilies are about 1-1/2 inches long and slightly pointed. As they mature, their smooth, bright green skin turns scarlet red, then yellow. If unavailable, use another hot chili pepper; test it sparingly at first. When working with hot chilies, be sure to wear gloves.*

Resources for Eating Local AND Organic Foods in 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.

A growing number of farms and markets offer products all winter. To find options near you, contact local farmers, search mofgacertification.org, or find winter farmers’ markets at mainefarmersmarkets.org.

Maine’s independently owned groceries have long supported local, organic agriculture. Visit one near you to see the selection and to support Maine producers.

Join or start a buying club – a group of people who aggregate individual orders into a big order to purchase from suppliers at wholesale prices. Several Maine distributors source from Maine organic farms year-round, and local buying clubs are a large part of their customer base. Also, many local farmers offer winter weekly ordering to individuals or groups. Ask whether your local farmer offers this service.

Freeze, can or dry local, organic foods, or store some in a root cellar, for year-round eating. See MOFGA’s fact sheet, “Storing Garden Vegetables,” at MOFGA.org, or “Root Cellaring: Natural Cold Storage of Fruits & Vegetables” by Mike & Nancy Bubel.



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Fennel Chevre Soup

Delicious and easy to prepare. Serve with a artisan bread and a green salad.

Melt butter in large pot over low heat. Add fennel and leeks. Cook until tender, about 10 minutes. Add chopped tomatoes and bring to a boil. Stir in vegetable juice and red wine. Bring to a simmer. Whisk in the goat cheese until dissolved and soup is creamy. Season to taste with salt and pepper.

Add pasta to the soup and cook until al dente.

Ladle into heated bowls and sprinkle with the fennel tops.

Yield: 6 servings. Nutritional analysis per serving: 308 calories, 11 g protein, 35 g carbohydrates, 13 g fat (0 g trans-fat), 383 mg sodium, 5 g fiber.

Ingredients

3 Tbsp. butter
2 c. chopped fennel (about 2 bulbs, reserve and chop tops for garnish)
2 medium leeks, washed and sliced (about 1 c.)
3 tomatoes, seeded and chopped (fresh if available, or canned or frozen from summer)
1 32-ounce jar low sodium vegetable juice
1/2 c. red wine
4 oz. goat cheese
sea salt and fresh pepper
1 10-oz. package fresh tortellini

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