

SEASONAL MAINE RECIPE

WITH ORGANIC AND LOCAL INGREDIENTS

Asian Kohlrabi Salad

Kohlrabi is a close relative of broccoli. The raw bulb tastes a bit like radish; cooked, it's more like broccoli. Asian Kohlrabi Salad is excellent made with other vegetables, such as red bell peppers.

2 c. peeled and diced kohlrabi or 2 c. broccoli florets

1 carrot, scrubbed and sliced, or 1/2 red bell pepper, cut into pieces

1 small leek, diced, or 3 scallions, diced

Steam vegetables until just fork tender. Remove immediately to a cold water bath to stop the cooking.

Whisk ingredients together in a small bowl.

Just before serving, toss vegetables with dressing. Season to taste with sea salt and fresh pepper.

Makes four servings. Nutritional analysis per serving: 79 calories, 2 g protein, 5 g fat, 8 g carbohydrates, 72 mg sodium, 2 g fiber. Excellent source of vitamins C and K.

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Dressing:

1 Tbsp. sesame oil

1 tsp. canola oil

1 tsp. light soy sauce

1 tsp. minced fresh ginger

1 tsp. minced fresh garlic

1 Tbsp. rice wine vinegar

SEPTEMBER-OCTOBER What's in Season

- Apples and apple cider
- Pears
- Cranberries
- Melons
- Raspberries
- Broccoli
- Broccoli raab
- Brussels sprouts
- Cabbage
- Cauliflower
- Kohlrabi
- Celeriac
- Celery
- Sweet corn
- Cucumbers
- Fennel
- Greens: arugula, Asian greens, beet greens, bok choy, chard, kale, lettuce, mustard greens, sorrel, spinach
- Leeks
- Onions
- Scallions
- Shallots
- Beets
- Carrots
- Parsnips
- Potatoes
- Rutabaga
- Sweet potato
- Turnips
- Radishes
- Salad turnips
- Green beans
- Shell beans
- Soy beans (edamame)
- Summer squash
- Zucchini
- Eggplant
- Peppers
- Tomatillos
- Tomatoes – cherry, salad and canning/sauce
- Winter squash
- Pie pumpkins
- MANY culinary herbs
- Garlic

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Maine Seasonal Food Guide

SEPTEMBER-OCTOBER



**Seasonal
Recipes
and more!**

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Autumn Harvest Corn and Chevre Pudding

A delicious custard, thickened by puréeing half the corn in the food processor. Fresh basil and Maine goat cheese contribute to the flavors. Try this versatile pudding with other cooked vegetables, dried herbs, even Maine shrimp or lobster. Autumn Harvest Corn Pudding is perfect for using leftover corn-on-the-cob, or use frozen corn.

Ingredients

- 4 c. sweet corn (approximately 1 dozen ears)
- 1 c. fresh basil leaves, chopped
- 3 Tbsp. all purpose flour
- 2 c. milk
- 4 eggs
- Sea salt and fresh pepper to taste
- 4 ounces chevre (goat cheese – optional)

Grease a 9- x 13-inch glass baking pan. Preheat the oven to 350 F.

In the bowl of your food processor, pulse 2 cups of sweet corn until chopped. Scrape into a large bowl. Stir in remaining corn, basil and flour. Whisk in milk and eggs. Season with sea salt and pepper. Pour mixture into baking dish. Sprinkle chevre over mixture. Bake until set – 45 minutes to 1 hour. Let stand 15 minutes before serving. Served hot, cold or at room temperature.

Makes 12 servings. Nutritional analysis per serving: 130 calories, 7 g protein, 15 g carbohydrates, 5 g fat (0 g trans fat), 76 mg sodium, 1.5 g fiber

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Canning Applesauce and Tomato Sauce

In canning, foods are placed in jars and heated to a temperature that destroys microorganisms and inactivates enzymes. This heating and subsequent cooling forms a vacuum seal that prevents other microorganisms from contaminating the food in the jar. Acid foods such as apples and tomatoes can be processed or canned in a boiling water bath.

Find detailed instructions for the boiling water bath technique at University of Maine Cooperative Extension, extension.umaine.edu/food-health/food-preservation/, and National Center for Home Food Preservation, www.uga.edu/nchfp/.

Applesauce One pound of apples makes about 1 pint of sauce. Unsweetened and unflavored applesauce is great for baking, so you might can plain sauce and sweeten to taste with maple syrup or honey before serving.

Wash and scrub apples, cutting off blemishes and scabs. Cut apples into pieces and cook in a large pot with a little water until soft. To remove skins and seeds, press through a sieve or food mill (or peel and core apples before cooking). Spoon sauce into sterilized pint or quart jars, leaving 1/2-inch headspace. Run a knife through the jarred sauce to remove air bubbles. Tighten lids. Process in a boiling water bath for 15 minutes for pints and 20 minutes for quarts.

Nutritional analysis per 1/2 c. serving: 52 calories, 1 g protein, 14 g carbohydrates, 0 g fat, 4 mg sodium, 2 g fiber

Tomato Sauce Two pounds of tomatoes make about 1 pint of sauce. Add bottled lemon juice or citric acid to ensure adequate acidity.

10 lbs. or more tomatoes, washed
3 medium onions, finely chopped
3 or more cloves garlic, chopped
basil, oregano, salt, fresh pepper
Lemon juice or citric acid

In a large stainless steel pot, simmer tomatoes until they start to thicken, 1 to 2 hours. Press through a sieve or food mill to remove seeds and peels. Return to the pot and add onions, garlic and seasonings. Cook over medium-high heat until thick, stirring frequently. Taste and adjust seasonings. Add 1 Tbsp. bottled lemon juice or 1/4 tsp. citric acid to each sterilized pint jar (twice as much for quart jars). Pour in the hot sauce, leaving 1/2-inch headspace. Adjust lids. Process in boiling water bath for 35 minutes for pints and 40 minutes for quarts.

Nutritional analysis per 1/2 cup serving: 40 calories, 2 g protein, 9 g carbohydrates, 0 g fat, 200 mg sodium, 2 g fiber