

Maine Blueberry Potato Cake

INGREDIENTS

- 1 c. mashed potatoes
- 1 c. butter
- 1 ½ c. sugar
- 4 eggs
- 2 tsp. vanilla extract
- 2 c. white flour
- 2 tsp. baking powder
- ½ tsp. salt
- 2 c. fresh or frozen blueberries



INSTRUCTIONS

Preheat the oven to 350 F. Grease and flour a 9-by-13-inch cake pan.

Sift together the flour, baking powder, and salt. Stir in the blueberries to coat them. Set aside. Cream the butter and sugar until light and fluffy and add in the warm mashed potatoes. Add the eggs, one at a time. Add the vanilla. Then fold in the flour and blueberries, just until well incorporated. Pour into the floured pan. Bake for 45 minutes or until a toothpick comes out clean. Cool and serve.

January - April

What's in Season

- | | |
|------------------------|-------------------|
| • Apples | • Onions |
| • Beets | • Parsnips |
| • Blueberries (frozen) | • Potatoes |
| • Cabbage | • Rutabagas |
| • Carrots | • Shallots |
| • Celeriac | • Sweet potatoes |
| • Dry beans | • Turnips |
| • Garlic | • Winter radishes |
| • Leeks | • Winter squash |
| • Microgreens | |

Did you know that you can find local organic food in Maine year-round? In addition to the produce listed here, many other local organic foods are available including: bread and baked goods, dairy products, eggs, flour and grains, maple syrup and honey, meat, mushrooms, and value-added foods (e.g., jams and jellies, preserves, tofu, tempeh, and much more!).

MOFGA.ORG

Maine Seasonal Produce Guide

January - April

Seasonal recipes
and more!



Any Bean Gratin

INGREDIENTS

- 1-½ c. dry beans
- salt
- ½ c. diced onion
- ½ c. diced carrot
- ½ c. diced celery
- ⅔ c. olive oil
- 5 cloves garlic, thinly sliced
- 6 leaves fresh sage, rosemary, or parsley, or a mix
- ¾ c. chopped tomato, fresh or canned
- ½ c. breadcrumbs

INSTRUCTIONS

Soak and cook the beans. If time allows, let them cool in their liquid. Dice the onion, carrot, and celery. Slice the garlic and chop the herbs. Heat a heavy-bottomed pan and add 1/3 c. of the olive oil. Sauté the vegetables until tender, about 10 minutes. Add the garlic and herbs. Cook for 5 minutes and then stir in the tomatoes. Taste and add salt as needed. Drain the beans, reserving the liquid. Mix the beans with the vegetables, add salt to taste, and place them in a medium-sized oiled baking dish. Drizzle with the remaining olive oil. Add enough bean liquid to almost cover the beans. Sprinkle on the breadcrumbs. Bake for 40 minutes at 350 F. Add liquid if beans start to dry out.

MOFGA.ORG



Local and Organic — Better Together!

The Maine Organic Farmers and Gardeners Association (MOFGA) has been certifying organic farmers since 1972 and is one of the country's oldest certification programs. The MOFGA label — MOFGA Certified Organic — is highly respected for our commitment to sustainable, soil-based farming and humane livestock handling practices, and emphasizes quality over quantity, ensuring that your food not only meets national organic standards but exceeds them when it comes to care for the environment and local communities.

When you choose MOFGA Certified Organic, you're not just buying organic: you're supporting Maine's local farmers and protecting natural resources. **Eat locally in Maine year-round. Look for the MOFGA Certified Organic label.**



This guide was made possible by the support of USDA Agricultural Marketing Service Farmers Market and Local Food Promotion Program award 23FMPME1190-00.

Onion Soup

INGREDIENTS

- 3 Tbsp. vegetable or olive oil
- 3 or 4 large onions, thinly sliced
- ½ tsp. dry mustard
- dash of thyme, sage, rosemary, or all three
- 5 c. stock, vegetable, beef, or chicken, or water
- 3 Tbsp. tamari/soy sauce
- 3 Tbsp. dry white wine (optional)
- 2 Tbsp. miso
- white pepper to taste
- thin slices of Swiss or your favorite cheese
- croutons

INSTRUCTIONS

Heat the oil in a heavy soup pot. Add the onions and brown them until well cooked. Add the mustard and herbs. Cook slowly for 30 minutes, adding stock only if needed. Add the stock, wine, and white pepper. Simmer for 10 minutes and then shut off the heat. Mix the miso into some broth in a small bowl, stirring it until well dissolved, then stir it into the soup. Serve with cheese and croutons as desired.



MOFGA.ORG

