

## Red Onion Salsa

### INGREDIENTS

- 2 c. red onion, chopped very fine
- ½ c. minced fresh cilantro (packed)
- 1 c. minced parsley (packed)
- 2 c. fresh ripe tomatoes
- ½ tsp. salt
- black pepper to taste
- ¼ tsp. ground cumin

### INSTRUCTIONS

Combine all ingredients and mix well. Adjust seasonings to taste.



## Cucumber Mint Salsa

### INGREDIENTS

- 2 medium slicing cucumbers
- 1 Tbsp. lemon juice
- 1 scallion
- 3 to 4 Tbsp. spearmint leaves
- 1 tsp. minced hot pepper
- ¼ c. minced sweet pepper, green or red
- ¼ c. yogurt
- ¼ tsp. salt

### INSTRUCTIONS

Peel both cucumbers. Seed if needed. Puree one in a food processor with the lemon juice. Finely chop the second cucumber and scallion, mint, and peppers. Stir all into the yogurt and add salt to taste. Good with chips, or on cold veggies or fish, or as a salad dressing.



## July - August

### What's in Season

- |  |                              |                 |
|--|------------------------------|-----------------|
| • Berries<br>blackberries,<br>blueberries,<br>raspberries,<br>strawberries | • Cherries                   | • Shallots      |
| • Beets  | • Eggplant                   | • Peas          |
| • Broccoli   | • Fennel                     | • Peaches       |
| • Cabbage  | • Garlic<br>(scapes + bulbs) | • Plums         |
| • Carrots  | • Green beans                | • Peppers       |
| • Cauliflower  | • Greens                     | • Potatoes      |
| • Celery   | • Kohlrabi                   | • Raspberries   |
| • Corn   | • Leeks                      | • Salad turnips |
| • Cucumber   | • Melons                     | • Shell beans   |
| • Culinary herbs   | • Microgreens                | • Summer squash |
|  | • Onions                     | • Zucchini      |
|  | • Scallions                  | • Tomatoes      |

**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!).



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## Maine Seasonal Produce Guide

## July - August

Seasonal recipes  
and more!



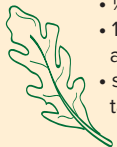
## Grilled New Potatoes & Arugula Salad

### INGREDIENTS

- 1-½ lbs. silver dollar-sized new potatoes, washed gently
- 2 Tbsp. olive oil
- 2 Tbsp. lemon juice
- salt and pepper
- ½ lb. arugula
- ¼ c. chives, minced
- ¼ c. minced red onion

#### Dressing:

- 2 Tbsp. olive oil
- 2 Tbsp. white balsamic or sherry vinegar
- ½ tsp. Dijon mustard
- 1 large clove garlic, minced and mashed with ¼ tsp. salt
- squeeze of lemon and zest to taste



### INSTRUCTIONS

Slice potatoes in half. Steam them for 10 minutes, then spread them to cool. Season with salt and pepper and toss with the olive oil and 2 Tbsp. lemon juice. Heat the grill. (You may need to have bigger potatoes or a grill basket.) Grill them until they have finished cooking, about 10 minutes. The closed lid or a baking sheet over them will help. Remove from grill and place in a salad bowl.

Meanwhile mix the dressing ingredients together. Toss with the potatoes, chives, arugula, and minced red onion. Add lemon juice, zest, and salt or pepper to taste. Serves 4.

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## 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 23FMPPME1190-00.*

## Raspberry Cobbler

### INGREDIENTS

- 3 c. fresh or frozen berries
- ¾ c. water
- 5 Tbsp. honey
- 2 ½ Tbsp. quick-cooking tapioca
- ½ c. whole wheat pastry flour
- ½ c. white flour
- 1 ½ tsp. baking powder
- ¼ c. and 2 Tbsp. butter
- ⅓ c. finely chopped raw almonds
- ¼ c. buttermilk or yogurt
- 1 egg, slightly beaten



### INSTRUCTIONS

Preheat oven to 400 degrees F. In a medium saucepan, combine raspberries, 4 Tbsp. honey, water, and tapioca. Set aside. In a medium-sized bowl, sift together the flour and baking powder. Cut in ¼ c. butter. Stir in almonds. Add the buttermilk, egg, and remaining 1 Tbsp. honey, stirring just to moisten. Bring raspberry mixture to a boil; cook, stirring constantly, for 1 minute. Stir in the remaining 2 Tbsp. butter. Pour into a buttered 2-qt. casserole. Drop dough by round spoonfuls on top of fruit. Bake for 20 to 25 minutes, until lightly browned. Serves 5 to 6.



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