

## Secret Chocolate Cake

### INGREDIENTS & INSTRUCTIONS

- 3 c. cooked beets
- ¾ c. applesauce
- ¾ c. baking cocoa
- 2 tsp. vanilla

Puree in the food processor until smooth.  
Set aside.

- 2-¼ c. sugar
- ¾ c. neutral-flavored oil
- ¾ c. plain yogurt
- 4 eggs
- Beat in the bowl of your electric mixer.

Add the pureed beet mixture. Beat for about 90 seconds.

- 3-¾ c. whole meal (or whole wheat) flour
- 2 tsp. baking soda
- 1-½ tsp. cinnamon

Sift together and gently mix into the beet mixture. Stir in ¾ cup chocolate chips. Spoon the mixture into a greased one-half sheet pan (13- x 18-inch). Bake in a preheated 350-degree oven until a toothpick comes out clean, about 40 minutes. Let cool on a rack.



## November - December

### What's in Season

- Apples and apple cider
- Beets
- Brussels sprouts
- Cabbage
- Carrots
- Celeriac
- Cranberries
- Dry beans
- Fennel
- Garlic
- Greens: chicories, kale, lettuce, mesclun, spinach
- Jerusalem artichoke
- Kohlrabi
- Leeks
- Microgreens
- Onions
- Parsnips
- Pears
- Pie pumpkins
- Potatoes
- Radishes
- Rutabagas
- Shallots
- Sweet potatoes
- Turnips
- Winter squash

**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

# November - December

Seasonal recipes  
and more!



## Salad with Winter Greens

### INGREDIENTS

- 2 Tbsp. balsamic vinegar
- 1 clove garlic, minced
- salt and freshly ground pepper
- 1 tsp. dried basil
- ½ c. olive oil
- 2 ounces fennel bulb, trimmed and diced
- 1 large carrot, grated
- 6 c. winter greens, such as spinach, endive, mustard, mache, lettuce
- 1 c. red cabbage, finely shredded
- 1 c. radicchio leaves, torn in bite-size pieces
- 2 to 3 Tbsp. minced parsley



### INSTRUCTIONS

Combine the vinegar, salt, pepper, basil, and garlic in a large salad bowl. Whisk in the olive oil in a steady stream so that it thickens. Add the fennel and stir to coat. Set aside for 15 minutes. Rinse and dry the greens. Add the greens, grated carrot, shredded cabbage, parsley, and radicchio to the dressing and toss to coat. Adjust seasonings and serve.



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.*

## Winter Squash Bake

### INGREDIENTS

- 3 Tbsp. vegetable or olive oil
- 1 large kabocha squash
- 4-6 apples, peeled
- 2-4 Tbsp. butter
- 2-4 Tbsp. maple syrup



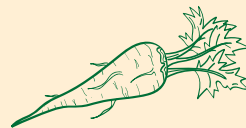
### INSTRUCTIONS

Peel and seed the squash. Slice into ¼-inch slices. Slice the apples to a similar thickness. Layer the squash and apples into a buttered baking pan or casserole dish. Melt the butter and syrup together. Drizzle over the layered squash and apples. Bake at 350 F until tender. Serve warm.

## Cidered Parsnips with Tatsoi

### INGREDIENTS

- 1 to 2 lbs. parsnips
- 1 c. apple cider
- ½ lb. tatsoi leaves



### INSTRUCTIONS

Steam parsnips until tender, 5 to 10 minutes. In a large frying pan, boil the cider until reduced to 1/3 c. or one-third its original volume if you decide to use more cider. Add parsnips and tatsoi leaves and toss to coat. Cover the pan for a minute or so until the tatsoi wilts. Serves 5.

MOFGA.ORG