

Fresh Tomato Sauce for Pasta

INGREDIENTS

- 10 to 12 paste tomatoes, diced
- 1 c. minced parsley
- ½ c. minced basil
- 1 onion, minced
- 1 to 2 green peppers, diced
- ½ tsp. fresh oregano, minced
- 1 to 3 large cloves of garlic, minced
- 1 can of black olives, diced, or 10 to 15 Greek or kalamata olives, diced
- ¼ c. olive oil
- Freshly ground black pepper to taste
- Salt to taste
- Grated parmesan or cubed, fresh mozzarella



INSTRUCTIONS

Mix all ingredients (except cheese), adjusting seasoning as desired. Serve over warm pasta. Sprinkle with cheese. Makes 4 to 6 servings.

September - October

What's in Season

- | | | |
|--------------------------|-----------------|------------------------------|
| • Apples and apple cider | • Ginger | • Raspberries |
| • Beets | • Grapes | • Rutabagas |
| • Broccoli | • Greens | • Scallions |
| • Broccoli raab | • Green beans | • Shallots |
| • Brussels sprouts | • Hardy kiwis | • Shell beans |
| • Cabbage | • Husk cherries | • Summer squash and zucchini |
| • Carrots | • Leeks | • Sweet potatoes |
| • Cauliflower | • Melons | • Tomatoes |
| • Corn | • Microgreens | • Tomatillos |
| • Cranberries | • Parsnips | • Turnips |
| • Cucumbers | • Pears | • Winter squash |
| • Culinary herbs | • Peppers | |
| • Eggplant | • Pie pumpkins | |
| • Fennel | • Potatoes | |
| • Garlic | • Onions | |
| | • Radishes | |

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

September - October

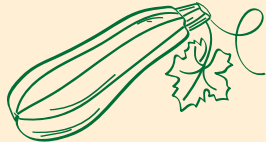
Seasonal recipes
and more!



Green Chili and Squash Soup

INGREDIENTS

- 1 large or 2 medium winter squash, or 6 summer squash
- 1 to 3 c. vegetable or chicken stock
- 1 large onion, diced
- 3 Tbsp. olive oil
- 1 tsp. salt or to taste
- ½ tsp. oregano
- ½ to 1 tsp. cumin (optional)
- 2 ears fresh corn or 1-½ cups frozen or canned corn kernels
- ½ to 1 c. chopped mild green chilies, fresh or canned
- 1 c. grated Monterey Jack or cheddar cheese



INSTRUCTIONS

Peel, seed, and steam the winter squash or chop and steam the summer squash. Purée until smooth. Sauté the onion in the oil in a large skillet, adding the oregano, cumin, and salt in the last minute of cooking. In a soup pot, combine the squash and onion mixture, adding as much stock as needed for desired soup thickness. Heat and stir, adding in the corn and chilies. Simmer for 15 minutes. Adjust seasonings. Serve with cheese sprinkled on top and tortilla chips. Serves 4 to 6.

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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.

Maple Pear Pie

INGREDIENTS

- Pie crust for one 10-inch pie
- 6 medium pears, cored, peeled
- 2 Tbsp. all-purpose flour
- 1 Tbsp. fresh lemon juice
- ¼ c. maple syrup
- 1 egg mixed with 2 tsp. water



INSTRUCTIONS

Preheat the oven to 400 F. Slice the pears crosswise into quarter-inch slices. Line the pie pan with half the crust. Pile one-third of the pears in the pie pan. Sprinkle 2 tsp. flour on them. Repeat twice more. Stir the lemon juice and syrup together. Pour the mixture over the pears.

Place the top crust on the pie. Seal the edges and make vent holes. Brush the top with the egg mixture. Bake for 55 minutes.



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