

Sorrel or Spinach Onion Tart

INGREDIENTS

- Tart dough
- 1 large onion, thinly sliced
- 4 Tbsp. butter
- ¼ tsp. salt
- 4 to 8 ounces spinach or sorrel leaves
- 2 large eggs
- 1 c. milk or cream or soy milk
- 3 ounces Gruyere cheese, grated
- nutmeg



INSTRUCTIONS

Prepare the tart dough, partially pre-bake it, then set it aside. Melt 3 Tbsp. butter in a large frying pan. Add the onions and salt. Stew slowly, covered, for 10 minutes, stirring occasionally. Cut the stems from the spinach or sorrel and chop coarsely. Melt the remaining butter in another pan. Add the greens and cover. Cook for a few minutes until wilted. In a bowl, whisk the eggs with the milk, then stir in the onions, greens, and half the cheese. Add a sprinkle of nutmeg and salt to taste. Preheat the oven to 375 F. Sprinkle the remaining cheese over the crust, then add the egg mixture. Bake in the center of the oven until the egg is set, about 35 to 40 minutes. Serve hot.



May - June

What's in Season

- Asparagus
- Culinary herbs: chives, cilantro, dill, parsley
- Fiddleheads
- Garlic scapes
- Greens: arugula, beet greens, bok choy, chard, chicories, collards, dandelion greens, kale, lettuce, mesclun, spinach, turnip greens
- Microgreens
- Peas
- Radishes
- Rhubarb
- Salad turnips
- Scallions
- Strawberries

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

May - June

Seasonal recipes
and more!



Rhubarb Juice

INGREDIENTS

- 1-½ quarts of rhubarb, cut into 1-inch pieces
- 2 quarts water
- 1 c. sugar or ¾ c. maple syrup or honey



INSTRUCTIONS

Boil the rhubarb in the water in a covered pot until mushy. Strain. Add sweetener to taste. Refrigerate.

Green Herb Dressing

INGREDIENTS

- 5 tsp. Dijon mustard
- 2 Tbsp. white wine or white balsamic vinegar
- 1 Tbsp. each chopped chives and fresh basil leaves
- ½ cup chopped parsley
- 1 clove garlic, chopped
- 1 Tbsp. maple syrup
- 4 Tbsp. olive oil



INSTRUCTIONS

Blend in a blender or food processor in the order given, but drizzle the olive oil in slowly to create an emulsion.

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 23FMPPME1190-00.

Recipes developed by Roberta Bailey and published in The Maine Organic Farmer & Gardener.

Grilled Asparagus

INGREDIENTS

- 1 lb. asparagus
- 2 Tbsp. olive oil
- sprinkle of salt
- lemon juice
- grated parmesan cheese (optional)



INSTRUCTIONS

Toss the asparagus with the olive oil and salt. Place on a hot grill and turn every few minutes until tender. Remove and drizzle with lemon juice. Sprinkle with cheese if desired.

Baked Kale Chips

INGREDIENTS

- 1 bunch kale, curly or 'Lacinato'
- 1 Tbsp. olive or sesame oil
- 2 tsp. tamari
- 1 Tbsp. sesame seeds (optional)



INSTRUCTIONS

Remove center stems from kale, wash and dry the kale thoroughly. Heat the oven to 350 F. Tear the kale into bite-sized pieces. Toss it with the oil, tamari, and sesame seeds if desired, until just glistening. Taste and adjust seasonings. Spread the kale on two baking sheets (with or without parchment paper) and bake for 7 to 12 minutes, until almost completely crisp but with a little softness remaining in the middle. Watch and experiment with the timing in your oven. Cool and eat.

MOFGA.ORG