



2014

# Buy Local Maryland Cookout Recipes



*Presented by the Maryland Department of Agriculture*

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2014 *Buy Local*  
**Maryland Cookout Recipes**



*Presented by the Maryland Department of Agriculture*





Dear Friends,

It is a pleasure to support the Buy Local Challenge and host the Buy Local Cookout. This seventh cookbook, which contains original recipes submitted by professional chefs from across Maryland, is a testament to the endless possibilities we have for preparing delicious, nutritious meals with items grown and harvested by farmers and producers right here in our diverse state.



Buying local, however, is about much more than good food. It is about preserving open space, protecting the environment, supporting local economies, building communities, and even improving educational attainment of students by making nutritious foods available to low income families and children who may not otherwise have access.

In Maryland, we have seen our farmers markets grow from 88 in 2008 to 145 markets today. We started our Farm to School Program in 2008, and Maryland was the first state in the nation to have every public school system participate in Homegrown School Lunch Week, which brings farm fresh products directly to school cafeterias. That program has not only become more robust, but it is showcased as a national model for Farm to School programs. Our Maryland's Best marketing program provides an easy online database ([www.marylandsbest.net](http://www.marylandsbest.net)) for residents to find local products and farms near home. And we have successfully connected farmers and other producers with restaurants, grocery stores, hospitals, and other large scale buyers that make local products more accessible to all of us.

The Buy Local Cookout that Katie and I have hosted these past seven years is a landmark event that celebrates all of these efforts and successes. We have been proud to be a part of it, and we encourage all Marylanders to continue to support their family farms and help keep Maryland Smart, Green and Growing.

Sincerely,

Martin O'Malley  
Governor

*Top photo: Agriculture Secretary Buddy Hance (left) and Governor Martin O'Malley.*



Dear Friends,

We are pleased to present the 2014 Maryland Buy Local Cookout Recipes cookbook, the seventh in a series of mouthwatering delights that you can make with local products.

During the seven years that Governor O'Malley has hosted the Buy Local Cookout and supported the Buy Local Challenge, we have witnessed a surge in interest among the public for local farm products. We now have 145 farmers markets across the state – at least one in every county – and most of them participate in the federal Farmers Market Nutrition Program to help provide low income residents with access to fresh produce and vegetables.

The Buy Local Challenge asks all Marylanders to incorporate at least one Maryland grown or raised product in their meals every day for a week. Those signing the pledge to participate have increased every year. We believe that if families eat local for a week, they will want to eat local as often as possible. This Challenge encourages that.

By buying local, you not only provide your families with healthy, delicious foods, you also help family farms remain profitable; help keep land open and free from development; and help reduce pollution by buying food that does not have to be transported long distances.

The original recipes in this book have been provided by some of the most renown professional chefs in Maryland. We hope that these recipes will give you ideas for how you can buy and eat local every day.

On behalf of the chefs and producers represented in this book, as well as those who work so hard to make agriculture one of Maryland's leading and most sustainable industries, I thank you for your support of Maryland farmers.

Sincerely,

Earl F. Hance  
Secretary



*[www.marylandsbest.net](http://www.marylandsbest.net)*

Maryland's Best is your source to find the best local products from Maryland farmers -- from produce, seafood, and specialty foods to grains, nursery items, and ag-recreational activities. Find everything you need and more, including information about Maryland's Best produce.

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*Wine pairings in this cookbook were provided by the Maryland Wineries Association.*



# Appetizers





# Chili Garlic-Marinated Grilled Blue Catfish Fresh Rolls

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## Ingredients

*Makes 8 fresh rolls*

### *Catfish Marinade*

1 navel orange, juiced and zested  
¼ cup rice vinegar  
¼ cup soy sauce  
1-½ tablespoons chili oil  
2 teaspoons fresh ginger, peeled and chopped  
4 small chilies, dried red, lightly crushed  
3 garlic cloves, sliced

### *Filling*

2 ounces rice vermicelli  
8 rice wrappers  
16 ounces blue catfish, marinated, grilled, cooled  
1-½ tablespoons fresh Thai basil, chopped  
3 tablespoons fresh mint leaves, chopped  
3 tablespoons fresh cilantro, chopped  
2 leaves Bibb lettuce, chopped

### *Fish Sauce*

4 teaspoons fish sauce  
¼ cup water  
2 tablespoons fresh lime juice  
1 clove garlic, minced  
2 tablespoons white sugar  
½ teaspoon garlic chili sauce

### *Peanut Sauce*

3 tablespoons Hoisin sauce  
1 teaspoon peanuts, finely chopped

## Preparation

1. Combine all marinade ingredients together in a small bowl. Allow to rest for 30 minutes.
2. Brush catfish with marinade and allow to rest for 1 hour.
3. Grill catfish until done over high heat, turning as not to burn, about 5 to 8 minutes per side. Remove from heat and allow to cool.
4. Bring a medium saucepan of water to boil. Boil rice vermicelli 3 to 5 minutes, or until al dente, and drain.
5. Fill a large bowl with warm water. Dip one wrapper into the hot water for 1 second to soften. Lay wrapper flat.
6. In a row across the center, place 2 ounces of sliced catfish, a handful of vermicelli, basil, mint, cilantro and lettuce, leaving about 2 inches uncovered on each side. Fold uncovered sides.

## Pair With...

Sauvignon Blanc, Vineyards at Dodon, Davidsonville (Anne Arundel County)



## About the Recipe

**Chef: James Barrett, Azure Restaurant at the Westin Annapolis (Anne Arundel County)**  
[www.azureannapolis.com](http://www.azureannapolis.com)

From his beginnings in local restaurants in southern Anne Arundel County to the deserts of Arizona, Chef Barrett has worked tirelessly to put together good flavors and textures. His passion for fresh, local ingredients is a nod to his family's farming roots in Anne Arundel County. Buying local and eating local are more than buzz words for chef; they are a way of life that was instilled in him by his grandparents.

**Producer: Tom Lydon, ProFish, Ltd. (Washington, D.C.)**  
[www.profish.com](http://www.profish.com)

Products used in the recipe: Blue catfish

ProFish, a seafood company serving the Washington metro area, is dedicated to bringing its customers the finest, freshest, and safest seafood at competitive prices. Sustainability is the core of its business, and the company proactively seeks methods to conduct its business as responsible stewards for the environment, both in the way it sources products and the way it runs the business. The ProFish staff has a combined 250 years of experience in the seafood business.



# Chilled Gooseberry Soup

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## Ingredients

2 quarts local gooseberries, shucked  
1 cup crème fraîche  
1 teaspoon salt or to taste

1 teaspoon sugar or to taste  
Mint for garnish

## Preparation

Preheat oven to 400 degrees. Roast fresh gooseberries in oven until lightly caramelized, about 10 minutes. Combine with salt, sugar and crème fraîche and blend in a blender. Pass through a chinois, a conical sieve. Chill mixture. Adjust consistency with water and check for seasoning. NOTE: Only fresh local gooseberries that are ripe will work.

## Pair With...

Pinot Grigio, Bordeleau Vineyards & Winery, Eden (Wicomico County)

## About the Recipe

**Chef:** Justin Moore, Vin 909 Winecafe (Anne Arundel County)

[www.vin909.com](http://www.vin909.com)

Justin Moore has built a menu structured around a few simple values. These are: If there is an organic version of a particular product available, get that. If a product can be sourced locally, do that. If a product can be acquired sustainably, go with that.

**Producer:** Margaret Evans, Groundworks Farm (Wicomico County)

[www.groundworksfarm.com](http://www.groundworksfarm.com)

Products used in the recipe: Gooseberries

Margaret and Kevin Evans have a combined 15 years of experience in sustainable, diversified farming. They founded Groundworks Farm in 2009 on just two acres of rented family farmland in Hebron, New Hampshire. After a brief stint leasing a farm in Pittsford, Vermont, they had the opportunity to purchase Groundworks Farm's current and permanent location in Pittsville, Maryland. The farm's growing membership base recently led to the acquisition of another farm in Pittsville where Groundworks Farm grows most of its bulk-harvested root vegetables and other storage crops, such as carrots, potatoes, sweet potatoes, winter squash, onions, shallots, turnips, beets, daikon and more. The operation now encompasses 60 acres of tillable ground and 20 acres of managed forest land.



# Frosted Crab Soup with Avocado

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## Ingredients

*Serve chilled; serves 8-10*

1 can (12 ounces) cream of tomato soup	2 teaspoons McCormick Old Bay Seasoning
1 bottle (12 ounces) George's Bloody Mary Mix	2 ripe avocados, medium, diced
1 cup Cloverland Greenspring sour cream	1 cup Maryland Jumbo Lump Crabmeat
1 cup Cloverland Greenspring heavy cream	

## Preparation

Blend together the first 5 ingredients and chill well (overnight). Serve in a chilled soup cup and “float” one ounce of crabmeat and avocado on top just before serving.

## Pair With...

Vidal Blanc, Woodhall Wine Cellars, Parkton (Baltimore County)

## About the Recipe

**Chef: Brian Chester, Bulle Rock Golf Club (Harford County)**

[www.bullerock.com](http://www.bullerock.com)

Brian Chester, better known as Chef Chet, was born and raised in Kingsville and graduated from the Culinary Institute of America in Hyde Park, NY. Having worked in some of the finest country clubs in the area, Chef Chet holds rare dual certifications as a “Certified Executive Chef” and “Certified Club Manager.” He also served as the executive chef on some high profile events, including the 1986 Ryder Cup matches in Dublin, Ohio; Super Bowl XXII in San Diego; President Clinton’s Inauguration Festivities at the Lincoln Memorial and then “USAir” arena where Barbara Streisand sang.

**Producer: Dave Levins, Cloverland Greenspring Dairy (Baltimore County)**

[www.cloverlanddairy.com](http://www.cloverlanddairy.com)

Products used in the recipe: Sour cream and heavy cream

Cloverland Farm Dairy was started in 1919 by the Kemp Family. In 1995, it merged with another Maryland dairy, Greenspring Dairy, to form the company it is today. Cloverland Greenspring Dairy provides a wide variety of dairy products to hospitals, schools, institutions, convenience stores, supermarkets, etc.





**Producer: Greg David, George's Bloody Mary Mix (Worcester County)**

[www.georgesmixes.com](http://www.georgesmixes.com)

Products used in the recipe: Bloody Mary mix

Greg David began his quest to master the Bloody Mary while working in Annapolis restaurants, then moved to the Eastern Shore to open the Globe Restaurant in Berlin. After winning several Bloody Mary contests, Greg's family persuaded him to bottle his creation.

**Producer: McCormick Spice Company (Baltimore County)**

[www.mccormick.com](http://www.mccormick.com)

Products used in the recipe: Old Bay Seasoning

The company was founded in 1889 by Willoughby M. McCormick when he was 25. From one room and a cellar, the company's initial products were flavoring extracts, fruit syrups and juices sold door-to-door. McCormick entered the spice industry by buying the F.G. Emmett Spice Company in 1896. McCormick's is now a Fortune 500 company manufacturing a full line of spices, herbs and flavorings for retail, commercial and industrial markets with headquarters in Sparks.

# Maryland Avenue House-Cured, Irish Style Pork-Wrapped Cantaloupe on Baby Sorrel with Blackberry Vinaigrette

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## Ingredients

4 pounds of pork loin  
1 quart water  
¼ cup kosher salt  
¼ cup of white sugar  
2 tablespoons of Pink Curing Salt

1 ounce baby sorrel  
3 ounces cantaloupe  
3 ounces Irish style bacon (sliced thin and cooked)

### *Blackberry Vinaigrette*

1 pint blackberries  
1 teaspoon Dijon mustard  
1 tablespoon honey  
¼ cup red wine vinegar  
1 pinch salt  
1 pinch white pepper  
½ cup extra virgin olive oil

## Preparation

Mix water, salt, curing salt and sugar. Pour over pork loin and submerge completely in the brine for 5 days in the refrigerator. Remove and slice as you like.

### *Blackberry Vinaigrette*

Combine first 6 Blackberry Vinaigrette ingredients and puree. Slowly whisk in olive oil. Strain to remove seeds.

Slice melon into wedges. Slice bacon as needed. Cook bacon on griddle or frying pan, then wrap around cantaloupe and arrange on top of a bed of sorrel. Drizzle with the Blackberry Vinaigrette.

## Pair With...

Rosé, Thanksgiving Farm Winery, Harwood (Anne Arundel County)



## About the Recipe

**Chef: Kevin Duffy, Galway Bay Irish Restaurant & Pub (Anne Arundel County)**

[www.galwaybaymd.com](http://www.galwaybaymd.com)

Chef Kevin was born in Pensacola, FL to Carolyn and James Duffy (an officer in the United States Navy) and went to the school for American chefs in Napa Valley where he began crafting his skills. After settling in the Annapolis area with his wife and five children, Kevin became used to feeding a small army every day with good food and a pleasant smile. A long career in some of the finest restaurants in Annapolis has honed his skills and taught him how to master his craft. He believes in providing excellent quality fare to his guests by cooking fresh choice meats, seafood and produce. Kevin highlights great local products with his own unique approach.

**Producer: Deana Tice, Enticement Farms (Anne Arundel County)**

[www.facebook.com/pages/Enticement-Farm-Raised-Meats/433238590079246](https://www.facebook.com/pages/Enticement-Farm-Raised-Meats/433238590079246)

Products used in the recipe: Pork loin

Family owned and operated, Enticement Farms raises animals in a natural atmosphere, feeding many families and supplying a few restaurants in the Southern Anne Arundel County area. Their products are pasture-raised beef, grain/corn-finished, naturally raised.

**Producer: Gina Schillinger, Schillinger Farm (Anne Arundel County)**

[www.papajohnsfarm.net](http://www.papajohnsfarm.net)

Products used in the recipe: Cantaloupe and blackberries

If you're looking for fresh produce, vegetables and delicious corn, look for the big red barn of Papa John's Farm. Owned and operated by the Schillinger family for the past four generations, this farm's market is ripe for the picking, from apples to zucchini. Named after owner Jim Schillinger's father, the original Papa John's (well before the pizza place) has been attracting visitors from miles around for years.

**Producer: Gigi at Power Plants Microgreens (Anne Arundel County)**

[www.facebook.com/powerplantsmicrogreens](https://www.facebook.com/powerplantsmicrogreens)

Products used in the recipe: Baby sorrel

Power Plants is empowering people to make healthy decisions for a more balanced diet and fulfilling life through microgreens. Power Plants Microgreens was founded this year and some products include arugula, basil, broccoli, radish, and sorrel.



# Old Bay Wild Green Chips

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## Ingredients

6 cups assorted wild greens (clover, violet, lambsquarters, dandelion, curly dock)	2 tablespoons olive oil
2 cups sunflower seeds, soaked for 6 hours and sprouted if you like	1 lemon, juiced
	Old Bay to taste

## Preparation

Blend sunflower seeds, olive oil, lemon, and Old Bay in a food processor or blender until smooth. Massage this mixture into the wild greens until they are evenly coated. Dehydrate until dry. Can be stored in an airtight container for a week or more.

## Pair With...

Nouvella, Friday's Creek Winery, Owings (Calvert County)

## About the Recipe

**Chef: Janet Phillips, My Nature (Worcester County)**

[www.mynatureocmd.com](http://www.mynatureocmd.com)

Janet Phillips teaches about wild edible plants and is a raw food chef. She started making raw vegan wild green chips using sunflower seeds as the base for the different flavors she created. So far dill, sun-dried tomato, and turmeric have all gone over well.

**Producer: Janet Phillips, Backyard Bounty (Worcester County)**

[www.mynatureocmd.com](http://www.mynatureocmd.com)

Products used in the recipe: Clover, dandelion, violet, curly dock and plantain(longleaf and broad leaf, lambsquarters)

After 13 years, Jane Phillips' backyard is home to a variety of nutritious plants, and all she does is let them grow. Violet has five times more vitamin A than spinach as well as dandelion, which is also loaded with calcium, dock is loaded with minerals, lambsquarters is hailed as the second most nutritious plant in the world, behind amaranth. Five leaves of clover have the same amount of protein as a slice of American cheese. She hopes to solve many economic and ecological problems as well as health problems by making these plants a highlight of diets.



# Schillinger Farm Sugar Baby Gazpacho with J.M. Clayton's Lump Crab

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## Ingredients

*Makes about 1 gallon*

### *Gazpacho*

1 Sugar Baby watermelon, remove seeds  
5 slices Pullman white bread, crust off  
¾ cup blanched almonds  
2-¾ cups orange juice  
¼ cup lime juice  
1 Serrano chili, minced  
1 teaspoon garlic, chopped  
3 tablespoons cilantro, chopped

1 small seedless watermelon, cut rind into small cubes  
or diced, and cut watermelon flesh into chunks  
2 seedless cucumbers, diced  
1 yellow bell pepper, diced  
½ onion, small diced

1 pound Maryland lump crabmeat

## Preparation

Purée the first eight ingredients listed under Gazpacho above. Fold the watermelon rind chunks, cucumbers, bell peppers, and onion into the soup and chill well. When ready to serve, top each serving with pieces of lump crabmeat.

## Pair With...

Traminette, Layton's Chance Winery, Vienna (Dorchester County)

## About the Recipe

**Chef: John Shields, Gertrude's (Baltimore)**

[www.gertrudesbaltimore.com](http://www.gertrudesbaltimore.com)

Chef, author and television personality John Shields is the owner of Gertrude's Restaurant at the Baltimore Museum of Art. He is often called "The Culinary Ambassador of the Chesapeake Bay," and he has written three popular cookbooks on the cuisine of the region: *The Chesapeake Bay Cookbook*; *The Chesapeake Bay Crab Cookbook*; and *Chesapeake Bay Cooking with John Shields*. In 1998, public television stations across the country began airing John's series "Chesapeake Bay Cooking," based on the book of that title. For the series, John hit the road, interviewing folks who lived along the shores of the bountiful Chesapeake Bay, and showing how they prepared their favorite regional dishes.





**Producer: Bill Brooks, J.M. Clayton Seafood (Dorchester County)**

[www.jmclayton.com](http://www.jmclayton.com)

Products used in the recipe: Lump crabmeat

J.M. Clayton claims the title of World's Oldest Crab Company. For five generations, watermen have delivered live Chesapeake Bay Blue Crabs to the doors of J.M. Clayton. The company offers the traditional delicacy of Maryland steamed crabs or its Epicure™ Crabmeat.

**Producer: Gina Schillinger, Schillinger Farm (Anne Arundel County)**

[www.papajohnsfarm.net](http://www.papajohnsfarm.net)

Products used in the recipe: Sugar Baby watermelons

If you're looking for fresh produce, vegetables and delicious corn, look for the big red barn of Papa John's Farm. Owned and operated by the Schillinger family for the past four generations, this farm's market is ripe for the picking, from apples to zucchini. Named after owner Jim Schillinger's father, the original Papa John's (well before the pizza place) has been attracting visitors from miles around for years.



# Seafood Chili

## Ingredients

8 ounces butter	½ pound shrimp, 31/35 count, peeled and deveined
2 cups onion, diced	1 can (8 ounces) Ocean Clams, chopped
1 cup green pepper, diced	1 can (8 ounces) navy beans
1 teaspoon fresh garlic, minced	1 can (8 ounces) dark kidney beans
2 Jalapeño peppers, minced	1 can (16 ounces) chopped tomatoes
1 cup flour, all purpose	½ cup Gordon's Bay Oysters
3 tablespoons chili powder	½ cup Chesapeake Bay rockfish fillet, cooked and flaked
1 pint chicken stock	
½ cup Atlantic Assateague Bay scallops	

## Preparation

In a heavy gauge pot, sauté onions and peppers for 3 minutes until slightly caramelized. Add garlic and jalapeño peppers and sauté additional 1 minute. Add chili powder and flour and cook for 3 minutes. Add all other ingredients, except oyster and rockfish, and simmer for 45 minutes. Stirring occasionally. Add rockfish and oysters and simmer 3 minutes.

## Pair With...

Vidal Blanc, Harford Vineyard, Jarrettsville (Harford County)

## About the Recipe

**Chef: Brian Chester, Bulle Rock Golf Club (Harford County)**

[www.bullerockgolf.com](http://www.bullerockgolf.com)

Brian Chester, better known as Chef Chet, was born and raised in Kingsville and graduated from the Culinary Institute of America in Hyde Park, NY. Having worked in some of the finest country clubs in the area, Chef Chet holds rare dual certifications as a “Certified Executive Chef” and “Certified Club Manager.” He also served as the executive chef for some high profile events, including the 1986 Ryder Cup matches in Dublin, Ohio; Super Bowl XXII in San Diego; President Clinton’s Inauguration Festivities at the Lincoln Memorial and then “USAir” arena where Barbara Streisand sang.

**Producer: Steve Gordon, Gordon Shellfish (Worcester County)**

[www.lowershore.net/gordonshellfish/aquaculture.htm](http://www.lowershore.net/gordonshellfish/aquaculture.htm)

Products used in the recipe: Chincoteague Oysters

Gordon Shellfish is a “sustainable fishery” aquaculture farm in Public Landing on the lower Eastern Shore in Worcester County. Started in 1997 by Steve and Christy Gordon, the company has evolved



into a top quality producer of clams and oysters in the local waters of Maryland's coastal bays. Gordon Shellfish now has more than 14 million clams and 10 million oysters growing at different stages in and around Chincoteague Bay. Steve also has been a lifelong friend of Chef Chet's from their days in Kingsville Elementary School.

**Producer: Sea Watch International (Talbot County)**

[www.seawatch.com](http://www.seawatch.com)

Products used in the recipe: Maryland coastal ocean clams

Sea Watch is one of the largest producers of canned ocean clams from the coastal waters of Maryland.

Headquartered in Easton, Sea Watch has a fleet of 30 vessels harvesting ocean clams.



# Sweet Potato, Black Bean and Quinoa Sliders with Baby Greens and Olive Aioli

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## Ingredients

2 cups sweet potato	½ teaspoon cumin
1 cup quinoa	1 teaspoon cracked black pepper
4 ounces black beans	½ teaspoon sea salt
10 cups water	8 jalapeño cheddar biscuit
1 red bell pepper, cleaned and diced	¼ cup extra virgin olive oil
1 teaspoon fresh garlic, peeled and minced	2 tablespoons apple cider vinegar
1 teaspoon fresh ginger, peeled and minced	6 large green olives, pitted and chopped
1 bunch scallions, chopped	1 pinch cayenne
2 fresh shell eggs	1 pound baby greens

## Preparation

1. Bring 2 cups of water to a boil, add quinoa, cover, reduce heat. Continue cooking for 15 minutes until tender. Cool, set aside for later use.
2. Peel and small dice sweet potatoes, add to stock pot with 4 cups cold water. Bring to a boil, reduce to simmer, continue cooking 12 minutes until tender.
3. Bring 4 cups cold water and black beans to a boil, reduce heat to a simmer, and continue cooking for 35 minutes until soft.
4. Mix together cooked potatoes and quinoa in a large bowl, add 1 egg and beat together until smooth.
5. Add to mixture: black beans, bell pepper, garlic, ginger, scallions, cumin, black pepper and salt. Mix until evenly incorporated.
6. Scoop mixture into 16 3-ounce balls and flatten into patties (sliders).
7. Heat 2 tablespoons of oil in cast iron skillet, sear sliders on both sides, and hold in a warm oven for service.
8. Crack and separate egg yolk from white using yolk only, add vinegar and whisk. Slowly add remaining olive oil and whisk vigorously. Season with cayenne, salt and pepper.
9. To assemble sliders, spread olive aioli on biscuit, layer sweet potato slider, then baby greens and top with biscuit.



## Pair With...

Chardonnay Reserve, Boordy Vineyards, Hydes (Baltimore County)

## About the Recipe

**Chef:** Jakob Fatica, Sodexo at Johns Hopkins Hospital (Baltimore City)

[www.sodexousa.com](http://www.sodexousa.com)

Jakob Fatica, a professionally trained chef originally from north eastern Ohio, has more than 20 years of culinary experience. His passions include creating visually appealing and tasteful dishes using any ingredients available. Jakob also enjoys sports and exercise when he is not cooking. His favorite workouts take place in a 30,000 square foot kitchen curling pots and pans, benching stacks of sheet trays and climbing countless stairs. As a mentor to three chefs, Jakob takes an active role teaching the trade he has learned throughout his career. The fast paced excitement of a busy hospital kitchen motivates him to prepare and serve foods to patients that give them the vital nutrients they need during their recovery.

**Producer:** Ned Atwater, Atwater's Bakery (Several locations, Baltimore area)

[www.atwaters.biz](http://www.atwaters.biz)

Products used in the recipe: Bread

Atwater's is a Baltimore-based maker and purveyor of traditional foods. All are crafted by hand with fresh, often organic and seasonally local ingredients. The bakery's friendships with farmers inspire the foods they make and give them an understanding of the ingredients.

**Producer:** Joe Bartenfelder, Bartenfelder Farms (Baltimore County)

Products used in the recipe: Fresh herbs, onions, garlic, peppers and baby greens

Bartenfelder Farms has been growing fresh local produce for more than 130 years. Joe Bartenfelder, a sixth generation truck farmer, grew up working on his family's farm alongside his grandparents, parents, and uncle's in Fullerton. Now in its seventh generation, Joe Bartenfelder's family keeps the legacy alive by working with him on the farms. The farm supplies fresh produce to large food chains such as Giant. In between working on the farms and wholesaling from Virginia to New York, they can be found at the Baltimore Farmers' Market & Bazaar, the 32nd Street Farmers Market in Waverly, or selling at one of their local produce stands in Fullerton and Preston. The farm also donates truckloads of food to The Maryland Food Bank every year.

**Producer:** John and Ginger Myers, Evermore Farm (Carroll County)

[www.evermorefarm.com](http://www.evermorefarm.com)

Products used in the recipe: Fresh eggs

Evermore Farm was founded in 1783 and is directly descended from the lands owned by Charles Carroll, one of the signers of the Declaration of Independence. Originally part of a larger tract of land called "Molly's Fancy," it was transferred to John Warner in 1783. The home that still stands and is being used on the farmstead is believed to have been built in 1787. While there were many transfers and several previous owners of this land, it was John Warner who built the house, creating a fully functioning farm.





# Wide Net Catfish Cakes

## Ingredients

*Makes 8 cakes*

½ pound Chesapeake Bay wild blue catfish fillets  
½ cup + 1 tablespoon olive oil, divided  
1 medium russet potato, peeled, cooked, and mashed  
2 large eggs  
1 scallion (green and white parts), sliced  
1 medium shallot, minced  
½ cup sour cream  
¼ cup mayonnaise  
½ teaspoon dijon mustard  
1 tablespoon Worcestershire sauce  
1-½ cups Japanese breadcrumbs (panko), divided  
½ teaspoon fish peppers, minced  
¼ cup red bell pepper, finely chopped  
½ teaspoon kosher salt  
¼ teaspoon fresh cracked pepper

### *Caper-Dill Sour Cream*

½ cup sour cream  
¼ teaspoon fish peppers, minced  
2 tablespoons capers, chopped and drained  
1 tablespoon fresh dill, chopped  
2 teaspoons lemon juice  
¼ teaspoon lemon zest  
⅛ teaspoon salt  
Pinch of black pepper  
Dill, chopped for garnish

## Preparation

1. Preheat oven to 375 degrees. Season each wild blue catfish fillets on both sides with 2 tablespoons olive oil, salt and pepper. Bake catfish until just cooked through, 15-18 minutes. Remove from oven and let cool.
2. Sauté shallot in 1 tablespoon olive oil until lightly browned
3. In a small bowl, mix potato, 1 egg, sautéed shallot, scallions, sour cream, mayonnaise, mustard, Worcestershire sauce, ¾ cup panko breadcrumbs, fish peppers, red bell pepper, salt and pepper until evenly blended. Shred cooled fish with a fork, and add to bowl. Fold everything together.
4. Form 8 small cakes. Place remaining egg in a bowl and whisk. Add remaining bread crumbs in another bowl. Dredge catfish cakes first in beaten egg, then in bread crumbs.
5. In a large sauté pan over medium heat, add 3 tablespoons olive oil. When hot, add catfish cakes and cook until browned on each side, about 5 minutes. Remove and drain. Repeat with remaining catfish cakes
6. In a separate bowl, stir together all ingredients for Caper-Dill Sour Cream.
7. Serve catfish cakes warm or at room temperature, with a dollop of the sour cream on top and a sprinkle of chopped dill for garnish
8. Red cabbage cole slaw and lemon dill potatoes can be served as sides.



## Pair With...

Honey Blossom, Rocklands Farm Winery, Poolesville (Montgomery County)

## About the Recipe

**Chef: Emily Hagel, Wide Net Project (Montgomery County)**

[www.widenetproject.org](http://www.widenetproject.org)

With a background in international relations and nearly a decade of ventures in the global arena, Emily believes people, places, and palates are uniting forces. Authentic Andalucían tapas, spice markets in Istanbul, Afghan kebabs in Kabul, her professional travels resonated not for their business outcomes—but for the trials and tribulations in pursuit of taste. Fast forward several years, a food truck, two chef jobs, and a whirlwind year with a D.C. start-up, Emily finds herself as Director of Kitchen Operations at Miriam's Kitchen in Foggy Bottom. She partners with Wide Net Project to create win-win opportunities to feed people and change lives.

**Chef/Producer: Wendy Stuart, Wide Net Project (Montgomery County)**

[www.widenetproject.org](http://www.widenetproject.org)

Products used in the recipe: Chesapeake Bay wild blue catfish

Wide Net Project is a Maryland-based, non-profit organization that supports restoration of the Chesapeake Bay and improved access to healthy food for underserved communities. Wide Net works with Maryland watermen to catch tons of wild blue catfish in the Bay, where it is overabundant, and then sells this delicious fish to universities, hospitals, restaurants, and others. This reduces the blue catfish population, allowing the Bay's native animals and plants to recover from being destroyed by this non-native fish. As a key part of its core mission, Wide Net provides fish below cost to customers who normally can't afford healthy, local, proteins. Co-founder Wendy Stuart holds a master's degree in economics, a master's degree in food systems from the Università di Scienze Gastronomiche in Italy, and a degree in culinary arts from the Culinary Institute of America.

**Producer: Mark Mills, Chocolates and Tomatoes Farm (Montgomery County)**

[mmarkmills.wix.com/chocolates-tomatoes](http://mmarkmills.wix.com/chocolates-tomatoes)

Products used in the recipe: Red bell peppers and shallots

Chocolates and Tomatoes Farm, founded in 2013, strives to be sustainable, colorful, and delicious. The founder, farmer, and chocolatier of the farm is Mark Mills. He graduated from pastry school in 2013, but has long worked in the restaurant industry. Chocolates and Tomatoes Farm allows him to share his passion for unique foods and flavors by growing them sustainably, creatively crafting edible yumminess, and selling locally.

**Producer: Emma Williams, Moon Valley Farms (Baltimore County)**

[www.moonvalleyfarm.net](http://www.moonvalleyfarm.net)

Products used in the recipe: Fish peppers and eggs

Moon Valley Farm is a small, woman-owned family farm that raises organically grown vegetables, herbs, and native fruits. Emma Williams is committed to small-scale agriculture that is based around hand tools and human power, recycled and upcycled materials and supplies, and ecologically sound



farming practices. By keeping these commitments central to her practice she has been able to expand sustainably as a business and community through each of her growing seasons. Additionally, she extends her support of local food access and self-reliance by offering free and inexpensive classes on everything from gardening basics to food preservation and advanced production techniques.

# Entrées





# Chicken Chesapeake with Béarnaise Sauce, “Maryland” Wild Rice Pilaf and Seasonal Vegetables

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## Ingredients

### *Chicken*

2 chicken airline or boneless breasts

### *Crab Meat Stuffing*

1 pound crab meat

3 eggs, beaten

2 tablespoons Old Bay

1 lemon zest plus juice

Salt and pepper to taste

### *Béarnaise Sauce*

1 cup butter, clarified

1 tablespoon fresh tarragon

4 egg yolks

½ cup white wine vinegar

½ crushed black peppercorns

2 tablespoons shallots, chopped

1 tablespoon tarragon, chopped

1 tablespoon chervil or parsley, chopped

Cayenne pepper, dash

Lemon juice, to taste

Salt and pepper, to taste

### *Wild Rice Pilaf*

2 cups wild rice or 2 cups short-grain brown rice

Mushrooms

1 tablespoon chives

½ teaspoon fine sea salt, plus more to taste

⅛ teaspoon freshly ground white pepper

2 tablespoons butter

1 tablespoon oil

3 large shallots, minced

4 cups chicken stock

Salt and pepper, to taste

### *Seasonal vegetables*

Green beans

Squash

Corn

## Preparation

### *Chicken*

Grill chicken until ¾ done, then top with crab meat stuffing and finish in the oven. When done, top with the Béarnaise Sauce. Serve with Wild Rice Pilaf and seasonal vegetables on the side.

### *Crab Meat Stuffing*

Toss all crab meat stuffing ingredients together lightly, being careful not to break up the crab meat.





### *Béarnaise Sauce*

1. Heat an inch or two of water in a saucepan over a medium heat. Also, clarified butter should be warm, but not hot.
2. In a separate saucepan, heat the vinegar, shallots, peppercorns and half of the tarragon to a simmer and reduce until the mixture is nearly dry (au sec). There should be about two tablespoons of liquid remaining. Remove from heat and transfer to a glass or stainless steel bowl (not aluminum).
3. Add the egg yolks and whisk for a minute or two, until the mixture is light and foamy.
4. The water in the saucepan should have begun to simmer. Set the bowl directly atop the saucepan of simmering water. The water itself should not come in contact with the bottom of the bowl. Whisk the egg-vinegar mixture for a minute or two, until it is slightly thickened.
5. Remove the bowl from the heat and begin adding the melted butter slowly at first, a few drops at a time, while whisking constantly. If you add it too quickly, the emulsion will break.
6. Continue beating in the melted butter. As the sauce thickens, you can gradually increase the rate at which you add it, but at first, slower is better.
7. After you've added all the butter, strain the sauce into a new bowl, stir in the chervil and the remaining tarragon. Season to taste with lemon juice, kosher salt and cayenne pepper (or a dash of Tabasco sauce). The finished béarnaise sauce will have a smooth, firm consistency. If it's too thick, you can adjust the consistency by whisking in a few drops of warm water.
8. It's best to serve Béarnaise right away. You can hold it for about an hour or so, provided you keep it warm. After two hours, though, you should discard it — both for quality and safety reasons.

### *Wild Rice Pilaf*

1. Heat 1 tablespoon of butter in a large saucepan over medium heat. Add shallots and  $\frac{3}{4}$  teaspoon salt and cook, stirring often, until softened, 3-5 minutes. Add the rice and cook, stirring, for 30 seconds. Proceed to cook the rice according to the package directions, replacing the water (if specified) with the equivalent amount of chicken broth.
2. Meanwhile, heat the oil in a large skillet over medium-high heat. Add the mushrooms,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon pepper. Cook, stirring occasionally, until browned, 6-8 minutes. Add  $\frac{1}{2}$  cup chicken stock and deglaze pan, scraping up the brown bits, until evaporated, 1-2 minutes.
3. Fluff the rice and fold in the mushrooms, chives, and remaining two tablespoons of butter.

### **Pair With...**

Traminette, Port of Leonardtown Winery, Leonardtown (St. Mary's County)

### **About the Recipe**

**Chef:** Jeremy Andersen, U.S. Navy (St. Mary's County)

Petty Officer Andersen enlisted in the Navy in March 2007. Upon completion of Boot Camp, he attended Culinary Specialist School in Great Lakes, IL. He is currently stationed at the Naval Air



Station at Patuxent River. He has engaged himself with the base, putting together multi-faceted, highly visible culinary functions at the Admiral's Quarters. He is also creating and strengthening the bond with St. Mary's community through Wounded Warrior projects, First Annual Haunted House, gingerbread classes for the Lettie Marshall Dent Elementary School, and being a mentor for JNROTC program at Great Mills High School. Petty Officer Andersen has earned the Navy and Marine Corp Achievement Medal (3) and Good Conduct Award.

**Producer: Janet Butterfield, Hole in the Woods (St. Mary's County)**

[www.holeinthewoodsfarmandmeats.com](http://www.holeinthewoodsfarmandmeats.com)

Products used in the recipe: Chicken

Hole in the Woods farm and meats in St. Mary's County is a family farm that raises beef and pork for re-sale to consumers who want to know where their meat comes from and how it is raised.

**Producer: Annapolis Seafood Market (Anne Arundel County)**

[www.annapolisseafoodmarket.com/](http://www.annapolisseafoodmarket.com/)

Products used in the recipe: Crab meat



# Chile-Cumin Skirt Steak with Cornbread Salad

## Ingredients

*Makes 4 servings*

### *Steak*

2 pounds Crow Farm skirt steak, trimmed

### *Marinade*

½ cup orange juice

⅓ cup extra virgin olive oil

2 garlic cloves, peeled and minced

1 tablespoon chipotle peppers, finely chopped in adobo or jalapeño pepper, seeds removed

1 tablespoon Spanish smoked paprika

1 tablespoon ground cumin

¼ teaspoon cayenne pepper

½ teaspoon kosher salt

½ teaspoon freshly ground black pepper

### *Garnish*

Juice of 1 lime

1-2 tablespoons cilantro, coarsely chopped

### *Cornbread Salad*

1 pound (about 3-4 cups) corn bread, cut into 1-inch cubes

2 poblano peppers, roasted, peeled and sliced

1 red bell pepper, roasted, peeled and sliced

¼ cup scallions, thinly sliced

### *Vinaigrette*

1 garlic clove, peeled and minced

1 tablespoon minced oregano

1 teaspoon toasted cumin seeds

1 jalapeño, seeded and minced (optional)

¼ cup red wine vinegar

¼ cup tomato juice

¾ cup olive oil, salt and pepper to taste

2 tablespoons parsley, chopped for garnish

## Preparation

### *Steak*

1. In a bowl, combine the ingredients for the marinade and mix briefly until blended. Add the steak and coat it with the spice mixture. Cover and refrigerate. Marinate the steak for a minimum of 1 hour, but ideally 6 to 8 hours. Turn the steak several times to help it marinate evenly.
2. When ready to cook, preheat a grill (or broiler) and remove the steak from the marinade. Pat dry with a paper towel and reserve the excess marinade. Grill the steak for about 4 to 5 minutes a side for medium rare, or until the internal temperature of the steak is 125 degrees. While the meat is cooking, briefly boil the remaining marinade and brush on the steak. Rest the meat for 5 minutes.
3. Slice the steak against the grain into ½-inch slices. Sprinkle the lime juice and cilantro over the steak just before serving.

### *Cornbread Salad*

Heat oven to 300 degrees. Spread the cornbread cubes on a sheet tray in one even layer. Toast in oven for about 10-15 minutes, or until the cubes are dried and lightly brown around the edges. Cool. Mix



with remaining salad ingredients. Set aside.

### *Vinaigrette*

Combine all vinaigrette ingredients in a bowl and whisk to blend. Taste and adjust seasoning with salt and pepper. Dress the salad right before serving with enough vinaigrette to moisten the cornbread, but not make it mushy. Garnish with the chopped parsley.

### **Pair With...**

Syrah, Crow Vineyard & Winery, Kennedyville (Kent County)

### **About the Recipe**

**Chef: Sabrina Sexton, Sabrina in the Kitchen (Kent County)**

[www.sabrinainthekitchen.com](http://www.sabrinainthekitchen.com)

Sabrina Sexton trains the next generation of great chefs as lead chef and instructor at The Institute of Culinary Education in New York City while maintaining her private business Sabrina in the Kitchen. Prior to teaching and consulting, Sabrina honed her skills cooking under Tom Colicchio at Gramercy Tavern and for David Waltuck at Chanterelle. She studied Culinary Arts at The Institute of Culinary Education and apprenticed in Paris at Taillevent. She also studied at California Sushi Academy, The International Culinary Institute for Foreigners in Italy and The French Culinary Institute. She has appeared in The New York Times, The Wall Street Journal, Smart Money and appeared on Fox's Good Day New York, ABC's Eyewitness News and Martha Stewart Radio's Morning Living. A graduate of Johns Hopkins University, she is proud to be the third generation of her family to live on the Eastern Shore of Maryland.

**Producer: Judy Crow, Crow Farm and Vineyards (Kent County)**

[www.crowfarmmd.com](http://www.crowfarmmd.com)

Products used in the recipe: Grass-fed skirt steak

Judy and Roy Crow both grew up on farms and both have a passion for maintaining the agricultural authenticity of the area and their farm. Their motto is "stay original" and it drives a growing business of selling their natural grass-fed beef to local citizens and quality restaurants in the area. To further sustain the profitability and natural environment of the farm, the family's third generation has established a vineyard business including wine-making and a wine tasting room, Crow Vineyard & Winery LLC.



# Crab Pierogies and Corn Salad

## Ingredients

*Makes 4 servings*

### *Pierogies*

2 cups all purpose flour  
2 eggs  
1 tablespoon Old Bay  
¼ cup water

### *Crab Filling*

1 pound Maryland crab meat\*  
½ pound cream cheese, softened  
1 small onion, minced, or 3 tablespoons dehydrated  
minced onion  
1 tablespoon capers (or to taste)  
1 tablespoon caper juice  
1 tablespoon Old Bay  
1 tablespoon lemon juice  
1 tablespoon parsley, dried or fresh  
1 teaspoon garlic powder  
¼ cup panko breadcrumbs

### *Corn Salad*

4 cobs of Maryland corn, or 2 cans  
1 red onion  
1 jalapeño pepper  
1 lemon  
1 lime  
1 bunch cilantro (approximately)  
½ cup olive oil  
1 tablespoon kosher salt  
2-3 pinches of pepper  
½ teaspoon cumin  
½ teaspoon coriander

\*For making small quantities, backfin will do. Rogue  
Pierogies use 1 part lump to 2 parts backfin

Entrées

## Preparation

This dish can be an appetizer or an entrée. For an appetizer portion, allow 3-4 pierogies per person. As an entrée, serve 4-6 pierogies per person.

### *Pierogies*

1. Add Old Bay to flour and mix to distribute.
2. Add egg. Use hands to combine eggs and flour/Old Bay mixture as much as possible before adding water. Fold flour over eggs and press. Egg and flour mixture should be dry and crumbly.
3. Add water and continue to mix, folding developing dough over itself. Add more water or flour as needed to make a stiff dough that is not sticky. Dust dough ball with flour and set aside in a cool place.

### *Crab Filling*

Combine all crab filling ingredients except crab and panko. Mix to an even consistency. Gently fold crab meat into cream cheese mixture. Gently mix in panko. Place in refrigerator to cool before filing pierogies. This will make the filling stiffer and easier to work with.



### *To assemble pierogies*

1. Have extra flour and a small cup of water handy. On a flat and floured surface, roll dough to approximately ¼ inch thickness. With a biscuit cutter, or a handy thin-lipped cup, cut the dough into circles. You may re-roll scraps.
3. Once all circles are cut, place approximately 1 teaspoon of filling on the dough. Wet the thumb of the non-dominant hand and the index finger of the dominant hand. With the index finger, wet the circumference of the dough circle. Fold the dough over the filling, pushing the filling back with the wet thumb. This will keep the filling from sticking to the thumb. Press the edges of the dough together to form a semi-circle.
4. Place finished pierogies on a baking sheet lined with parchment paper, making sure pierogies do not touch. They may stick together.
5. Once all pierogies have been formed, boil them until they float, 1-3 minutes. Scoop out with a slotted spoon, and set in a colander or on a cooling rack to drain. They may, at this point, be refrigerated or frozen.

### *Frying the pierogies (optional)*

Place pierogies (frozen, thawed, or still warm) in a pan on medium low heat with 1-2 tablespoons of olive oil. Flip frequently so they do not stick and burn. They will be golden brown in 7-8 minutes.

### *Corn Salad*

1. Remove corn from husk. Coat with olive oil. Broil at 350 for about 30 minutes, rotating after 15 minutes. Let cool. Remove corn from cob. Alternatively, use cans of corn. Drain and rinse corn. Pat dry. Sauté for a few minutes in olive oil. Let cool.
2. Mince onion and add to cooled corn.
3. Mince cilantro and add to corn and onion.
4. Remove seeds from jalapeño, unless you would like your salad very spicy. Mince jalapeño. In a small bowl, mash jalapeño into a paste with kosher salt with the back of a spoon, or a pestle. Add juice of lemon and lime, and 1-2 tablespoons of olive oil. Stir.
5. Add jalapeño dressing to corn, onion, and cilantro mixture. Stir gently to combine all ingredients. Set salad aside.

Serve hot pierogies atop the cool corn salad. Enjoy!

### **Pair With...**

Rosé, Clovelly Vineyard & Winery, Chestertown (Queen Anne's County)





## About the Recipe

**Chef: Krista Sermon, Rogue Pierogies (Anne Arundel County)**

[www.roguepierogies.com](http://www.roguepierogies.com)

Krista Sermon is a former attorney and self taught chef. She trained briefly in pasta at Ristorante Tosca in Washington, D.C. and worked the line at The Moorings Bistro in Heritage Harbor, and at The Old Stein in Edgewater. In 2013, she founded Rogue Pierogies. Her products will be available this summer at the Westfield Annapolis Farmers' Market, the Riva Road Farmers' Market, and the Kent Island Farmers' Market. Rogue Pierogies is an Annapolis-based producer of local handmade pierogies that sources ingredients from local farmers. The Crab 'Rogies are made with Maryland crab, eggs from Triple J Farm in Stevensville, local onions, and Olive Oil from Dimitri Olive Oil, a Maryland based importer of fine Greek foods. All of Rogue Pierogies' products are produced in Anne Arundel County and sold exclusively at Maryland farmers' markets.

**Producer: John Wrang, Triple J. Farm (Caroline County)**

<http://triplejfarm.wix.com/farm#!page-3>

Products used in the recipe: Eggs

Triple J focuses on quality by raising hens from day old chicks and offering a totally natural environment for the birds, allowing them to forage on grass, seeds, and other natural foods making up a large portion of their diet. The remainder of their diet is made up from grains and other natural ingredients; custom mixed; resulting in superior egg quality and taste. John Wrang spent 25 years in sales before starting his chicken and dairy farm. He is well known among farmers' market patrons and vendors, and is a valuable resource to the local farmers' market community.



# Camellia's Ziti with Green Goddess Arugula Salad

## Ingredients

### *Ziti*

2 large zucchini  
2 large yellow squash  
4 cloves of garlic  
2 eggplant  
1 large yellow onion  
4 heirloom tomatoes  
1 bag of arugula  
4 ears of corn  
1-2 jalapeños depending on preference  
20 fresh basil leaves  
1 jar of good quality marinara sauce (or make your own)  
¼ cup white wine (Great Frogs Annapolis White recommended)  
3 tablespoons brown sugar  
1 cup fresh ricotta cheese  
½ pound fresh mozzarella cheese  
Extra virgin olive oil  
Salt and pepper, to taste  
1 pound ziti noodles

### *Green Goddess Arugula Salad*

3 egg yolks  
2 cloves garlic  
1 small shallot  
3 anchovy fillets  
¼ cup apple cider vinegar  
1 ripe avocado  
  
½ bunch cilantro  
½ bunch chives  
½ bunch flat leaf parsley  
10 basil leaves  
4 green onions  
1 tablespoon agave  
  
2 cups olive oil  
½ lemon  
½ cup sour cream  
  
Salt and pepper, to taste  
Baby arugula  
Tomatoes, chopped

## Preparation

### *Ziti*

1. Prepare ziti noodles to 80 percent done, strain and set aside. Preheat oven to 375 degrees.
2. Peel eggplant, cut into a large dice. Cut corn off cob. Cut squash and tomatoes. Toss all with extra virgin olive oil and season with salt and pepper. Spread vegetables on a sheet tray and place in oven for 15 minutes or until almost tender and starting to turn brown. Once finished, set aside.
3. Cut onion in half, then cut in thin slices. Smash garlic and mince along with jalapeño.
4. In a medium sauce pan, sauté onions, garlic, and jalapeños in olive oil until caramelized, deglaze with white wine reduced by half, add marinara then blend in the ricotta cheese. Give the basil a rough chop, add brown sugar, season with salt and pepper, and set aside.
5. In a large bowl, place ziti noodles, arugula, roasted vegetables, and ⅔ of the sauce. Toss gently, making sure not to break up the vegetables. Once well-coated, put into a deep baking dish, pour



the remaining sauce over top of mixture, and top off with mozzarella cheese.

6. Bake at 375 for 25 minutes until golden brown

### *Green Goddess Arugula Salad*

Blend first six Green Goddess Arugula Salad ingredients until smooth in any food processor or blender. Add cilantro, chives, parsley, basil, onions and agave, and blend until smooth. While still blending, slowly add oil then lemon juice and sour cream. Season with salt and pepper. Toss with baby arugula and chopped tomato.

### **Pair With...**

Annapolis White, Great Frogs Winery, Annapolis (Anne Arundel County)

### **About the Recipe**

**Chef:** Chris Green, Paul's Homewood Cafe (Anne Arundel County)

[www.paulshomewoodcafe.com](http://www.paulshomewoodcafe.com)

Chris Green has been the executive chef at Paul's Homewood Cafe for seven years. He loves using fresh local ingredients. Paul created this recipe for his 2-year old daughter.

**Producer:** Francis S. Myles, Sr, Myles Flowers and Produce (Anne Arundel County)

Products used in the recipe: Tomatoes, onion, peppers, zucchini, squash and eggplant

Francis S. Myles, Sr. of Myles Flowers and Produce took over his family farm in Crownsville when he was 15 years old. The now 80-year old still manages his produce farm on seven acres in Harwood. On Saturday morning you can find Mr. Myles along with some of his family selling produce and flowers at the Farmers' Market on Riva Road.



# Jalapeño-Stuffed Goat Slider and Pickled Onions on Grilled Polenta Cheese Cake

## Ingredients

*Makes 8 cakes*

### *Jalapeño-Stuffed Goat Slider*

1 pound fresh ground goat  
(can substitute ground beef or lamb)  
½ cup finely chopped onion  
1 tablespoon minced garlic (2-3 cloves)  
1 tablespoon Worcestershire Sauce  
1 egg  
½ cup panko breadcrumbs  
4 ounces Caprikorn Farms Jalapeño  
Cheddar cheese, cut into 1" dice

### *Grilled Polenta Cheese Cakes*

1-½ cups whole milk  
1-½ cups water  
¾ teaspoon coarse ground sea salt or kosher salt  
4 tablespoons unsalted butter  
½ teaspoon black pepper  
1 cup polenta or coarse-ground yellow cornmeal  
4 ounce Caprikorn Farms Raw Goat Gouda, shredded  
coarsely

### *Pickled Red Onions*

*Makes 2 cups*

1 firm red onion (5-6 ounces), peeled, cut in half and  
sliced into ¼" half moons  
½ teaspoon sugar  
½ teaspoon salt  
¾ cup apple cider vinegar (or any light colored  
vinegar)  
1 small clove of garlic, halved  
5 black peppercorns  
3 small springs of thyme  
1 small dried chile (optional)  
Water

## Preparation

### *Jalapeño-Stuffed Goat Slider*

Combine first 6 ingredients and mix gently, only until all ingredients are blended. Form meat mixture into 8 equal balls. Poke a hole into each ball and fill with a chunk of Caprikorn Farms Jalapeño Cheddar. Mold meat around the cheese, covering it completely and forming a small burger. Repeat until you have 8 burgers. Grill over medium high heat, 3-4 minutes per side, until internal temperature reaches 165 degrees. Let meat rest for 2-3 minutes after removing from grill. Serve on Grilled Polenta Cheese Cake and top with a large dollop of Pickled Red Onions.

### *Pickled Red Onions*

Bring 3 cups of water to boil in a kettle. In a clean jar, which you will use to store the onions, add



the sugar, salt, vinegar, garlic, peppercorns, thyme and chile (if using). Stir to dissolve. Place the onions in a colander or sieve and set in sink. Slowly pour boiling water over onions and let them drain completely. Add onions to jar and stir gently to evenly distribute the flavorings. Let sit at room temperature for 30 minutes to two hours, then refrigerate. Onions can be kept up to two weeks in refrigerator but are best if used within a week.

### *Grilled Polenta Cheese Cake*

Line a 9" x 13" jelly roll or baking pan with plastic wrap. In a large pot, over medium high heat, bring milk, water, salt, pepper and butter to a boil. Gradually whisk in the polenta. Reduce heat to low and cover. Cook over low heat for 20 minutes until creamy, stirring every 4-5 minutes to prevent sticking. Remove pot from heat. Gradually stir in cheese. When all cheese is incorporated, pour into the prepared pan and spread to approximately ¼" thick. Cover with another sheet of plastic wrap and refrigerate for 2 hours or overnight, until thoroughly set. Remove top layer of wrap. Turn polenta onto a cutting board covered with parchment paper. Use a 2" biscuit cutter or glass to cut polenta into cakes. Cakes can be made a day in advance, layered between parchment or wax paper and refrigerated until ready to use. Grill over medium high heat for 3 minutes per side, making sure to get good grill marks on the surface.

### **Pair With...**

Le Reve Rouge, Knob Hall Winery, Clear Spring (Washington County)

### **About the Recipe**

**Chef:** Nancey Veldran, Caprikorn Farms Artisan Goat Cheese (Washington County)

[www.facebook.com/pages/Caprikorn-Farms-Artisan-Goat-Cheese/232230333499103](https://www.facebook.com/pages/Caprikorn-Farms-Artisan-Goat-Cheese/232230333499103)

Growing up in a family of gourmet cooks gave Chef Veldran an appreciation of fine food, which was honed through on-the-job training she received while working in restaurants and catering kitchens from New York to California and abroad. Nancey's experience ranges from cooking over an open fire in a Mexican beachfront cantina to preparing gourmet meals in a sailboat galley to cooking on the line and running a commercial kitchen. A long-time proponent of locally sourced, sustainably raised and freshly prepared food, Nancey enjoys working with producers in and around Washington and Frederick counties and with chefs throughout the region. As corporate chef for Caprikorn Farms' artisan products, she develops recipes which highlight the unique flavor profiles that can be achieved with goat cheese.

**Producer:** Alice Orzechowski, Caprkorn Farms, LLC (Washington County)

[www.caprikornfarms.com](http://www.caprikornfarms.com)

Products used in the recipe: Raw goat jalapeño cheddar and gouda cheese

Caprikorn Farms, a local producer of artisan goat cheeses crafted in the time-honored farmstead tradition, is in Maryland's Pleasant Valley where, since 1978, all its goats browse as nature intended. The farm has more than 150 goats. Its raw goat milk cheeses are handmade in small batches in the tradition of the best artisanal farmstead cheeses. Caprikorn Farms' Cheddar, Gouda and Swiss cheeses are sold at farmers markets, carried in natural food and specialty markets, and can be found on



restaurant menus throughout the state. In 2012, Caprikorn Farms' fresh Chèvre was voted "Best in Baltimore" by Baltimore Magazine.

**Producer: Jeanne Dietz-Band, Many Rocks Farm (Washington County)**

[www.manyrocksfarm.com](http://www.manyrocksfarm.com)

Products used in the recipe: Ground goat meat

Many Rocks Farm is a 40 acre, family owned farm in Washington County. Very near to the historic Appalachian Trail and several major Civil War battlefields, the farm is in the midst of an abundance of rich American heritage and history. With deep respect for those that went before and for the beauty of the land it cares for, Many Rocks raises livestock in fields abundant with grass and native vegetation. All of the fields lie away from the country road where the livestock can enjoy each day in the peaceful quiet of their mountain setting.

**Producer: Ali Mohadjer, Aliabaad Farm (Washington County)**

[www.aliabaad.com](http://www.aliabaad.com)

Products used in the recipe: Onions and garlic

In pursuit of a childhood dream, the Aliabaad Farm was established in May 2007. Through gradual and sustainable growth, Aliabaad Farm is slowly expanding and continuing to offer quality items as well as meeting growing demand for fresher and tastier produce. This year will be the fifth year of farming at Aliabaad, which is ranked as one of the top quality growers in the state and was named Washington County's Farm of the Year for 2013.



# Orrechiette Pasta with Fresh Corn Pesto

## Ingredients

4 bacon slices, diced	½ cup pine nuts, toasted
4 cups white corn	2-½ ounces extra virgin olive oil
1 clove garlic, minced	8 ounces orrechiette pasta
1-¼ teaspoons kosher salt or coarse salt	¾ cup basil, fresh
¾ teaspoon pepper	4 ounces tomatoes
½ cup Parmesan cheese	

## Preparation

Cook bacon in large nonstick skillet over medium heat until crisp and brown, stirring often. Using slotted spoon, transfer to paper towels to drain. Pour off all but 1 tablespoon drippings from skillet. Add corn, garlic, 1-¼ teaspoons coarse salt, and ¾ teaspoon pepper to drippings in skillet. Sauté over medium-high heat until corn is just tender but not brown, about 4 minutes.

Transfer 1-½ cups corn kernels to small bowl and reserve. Scrape remaining corn mixture into food processor. Add Parmesan cheese and pine nuts. With machine running, add olive oil through feed tube and blend until pesto is almost smooth. Set pesto aside.

Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Drain, reserving 1-½ cups pasta cooking liquid. Return pasta to pot. Add corn pesto, reserved corn kernels, and ½ cup basil leaves. Toss pasta mixture over medium heat until warmed through, adding reserved pasta cooking liquid by ¼ cupfuls to thin to desired consistency, 2 to 3 minutes. Season pasta to taste with salt and pepper.

Transfer pasta to large shallow bowl. Sprinkle with remaining ¼ cup basil leaves and reserved bacon. Serve pasta, passing additional grated Parmesan alongside.

## Pair With...

Rougeon, Romano Vineyard & Winery, Brandywine (Prince George's County)

## About the Recipe

Chef: Michael Archibald, Herrington on the Bay (Anne Arundel County)  
[www.herringtononthebay.com](http://www.herringtononthebay.com)



Chef Michael Archibald has been working in the restaurant industry for more than 15 years. During that time his passion for excellent food and service has grown along with his love for classical and cutting edge cuisine. He attended Johnson and Wales University where he studied Culinary Arts. Prior to graduation, Michael worked in Ireland for the university's cooperative education program at one of Ireland's finest hotels, The Great Southern Parknasilla. At Herrington, Michael has created unforgettable catered cuisine. His culinary passion lies in traveling to farms and developing working relationships with local farmers, allowing him to create the freshest meals possible for his guests.

**Producer: Joe-Sam Swann, Swann Farms (Calvert County)**

[www.facebook.com/pages/Swann-Farms/106242809412794](https://www.facebook.com/pages/Swann-Farms/106242809412794)

Products used in the recipe: White corn and tomatoes

Swann Farms is a sixth generation family farm nestled on the shores of the Patuxent River in Lower Marlboro. This one-time tobacco farm has transitioned into a wholesale, fresh market, fruit and vegetable farm. Many roadside stands and local grocery stores in Southern Maryland carry produce from the farm. Crops include white sweet corn, peaches, watermelons, cantaloupes, tomatoes, strawberries, various small grains and more. The farm also offers U-pick strawberries for the public.





# Peach Habañero Sticky Ribs

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## Ingredients

12 ripe peaches  
½ habañero pepper  
1 cup brown sugar  
½ cup honey

½ cup apple cider vinegar  
⅓ cup Worcestershire sauce  
1-⅓ cup water  
1 rack pork ribs

## Preparation

1. Peel and de-seed (pit) peaches, rough chop and place in food processor. Combine all remaining ingredients. Blend until purée consistency.
2. Place purée mixture into a 5 quart sauce pan and bring to a boil, then reduce to a simmer, stirring occasionally. Simmer for 30 minutes to an hour.
3. On an outdoor grill, brush peach mixture onto ribs during cooking. Roast approximately one hour, or until meat starts falling off the bone.

## Pair With...

Pinot Noir, Dove Valley Winery, Rising Sun (Cecil County)

## About the Recipe

**Chef: Aaron Bessick, Union Hospital of Cecil County (Cecil County)**

[www.uhcc.com](http://www.uhcc.com)

Aaron has been employed in the Food Service Department at Union Hospital for six years. Working his way through a number of promotions, he found his passion, and is currently serving in the position of chef/cook under the direction of the executive chef. He has studied at the Philadelphia Culinary School and plans to finish his culinary degree in the near future. Union Hospital has committed to local purchasing, working with local farmers and ranchers to provide healthy meals for patients, visitors, and staff.

**Producer: Shane Hughes, Liberty Delight Farms (Baltimore County)**

[www.libertydelightfarm.com](http://www.libertydelightfarm.com)

Products used in the recipe: Pork ribs

Liberty Delight Farms is a family owned and operated meat producer in Reisterstown. Its commitment to sustainable agricultural practices, excellence in animal husbandry, complimented with traditional hard working values and ethics ensures its customers receive fine quality meats. All crops are grown on the farm or sourced by verifiable local farmers meeting.



**Producer: Vic Priapi, Priapi Gardens (Cecil County)**

[www.priapigardens.com](http://www.priapigardens.com)

Products used in the recipe: Habañero peppers

Vic Priapi was raised on a vegetable farm in New York. He graduated from Cornell University with a Bachelor's degree in Plant Science and is a Maryland Certified Professional Horticulturist. In 1979 he began working for Angelica Nurseries, Inc. in Kennedyville as the container plant grower. In 1986, he became the company's propagator, growing more than 750,000 plants annually by cuttings, seed, and grafting.

**Producer: Ilene Milburn, Milburn Orchards (Cecil County)**

[www.milburnorchards.com](http://www.milburnorchards.com)

Products used in the recipe: Peaches

For more than 100 years, families have been driving from Pennsylvania, New Jersey, Delaware, Maryland and points beyond to visit the Milburn Orchards. The family owned and operated farm has been growing and selling fresh fruit since 1902, and is now run by the fourth generation of the Milburn family. The orchard was established by Esma B. Milburn in 1902.



# Pesto Pasta

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## Ingredients

3-4 zucchini	3 cups pine nuts or walnuts, or a mix of each
3 cups assorted herbs and wild greens (basil, clover, dandelion, violet, lambsquarters, amaranth, plantain)	4 tablespoons olive oil
4-6 garlic cloves	1 teaspoons salt
	4 tablespoons lemon juice
	½ cup sun dried tomatoes (optional)

## Preparation

Grate or spiralize zucchini and put in bowl. Combine remaining ingredients in a food processor and blend until smooth. Pour pesto over zucchini pasta and mix thoroughly. Serve.

## Pair With...

Chardonnay, Cassinelli Vineyards & Winery, Church Hill (Queen Anne's County)

## About the Recipe

**Chef and Producer:** Janet Phillips, My Nature & Backyard Bounty (Wicomico County)

[www.mynatureocmd.com](http://www.mynatureocmd.com)

Products used in the recipe: Lambsquarters, red clover, white clover, plantain, dandelion, violet, dayflower, evening primrose, wild carrot, lemon balm, pine needles

Janet Phillips has been teaching and preparing wild edible dishes for 10 years and has been a raw food chef for the last four years. She has studied at Hippocrates Health Institute and taken Allisa Cohen's Raw chef course. She turned her backyard into a wild edible garden 13 years ago, producing 70 to 100 edible and medicinal plants. Last year, she and her husband Jeff opened the only raw, vegan, local, organic store in Ocean City. They also incorporate wild greens into their food preparation. Jane believes spinach can't hold a candle to the likes of Violet, plantain, dandelion, lambsquarters, amaranth, chickweed, and clover. She hopes to bring a new perspective to food availability and production.

**Producer:** Erik Kleineke, Becky's Beanz (Worcester County)

Products used in the recipe: Peppers, squash, tomatoes, herbs, cucumbers and corn

Eric started his operation a year ago and offers a CSA, where businesses pay for their produce ahead of time and receive a discount on produce for doing so.



# Salads/Side Dishes





# Chesapeake Cobb Salad

## Ingredients

8 cups local spring mix greens	2 tablespoons dijon mustard
1 cup fresh corn, roasted	2 tablespoons honey
1 cup fresh asparagus, blanched	2 ounces sherry vinegar
1 cup fresh heirloom tomatoes, sliced	1 tablespoon minced shallot
½ cup fresh cucumber, diced	1 cup canola oil
½ cup fresh scallions, sliced	1 teaspoon fresh thyme, chopped
4 eggs, hard boiled	Salt and pepper, to taste
4 ounces country-style Virginia ham, sliced into thin strips	½ cup all purpose flour
½ cup carrots, shredded	½ cup corn meal
4 local jumbo soft-shell crabs, cleaned	1 teaspoon garlic powder
One whole potato, sliced thin on a mandolin for potato chips	1 teaspoon onion powder
Old Bay to taste	1 cup buttermilk
	Vegetable or canola oil as needed for frying chips and soft-crabs

## Preparation

### *Chips*

In a heavy-bottom pot or cast-iron skillet, heat canola oil to 350 degrees. Carefully fry the chips in batches and remove with a metal skimmer. Drain on absorbent paper towels and season with Old Bay.

### *Soft-Crabs*

Heat oil to 350 degrees. Mix flour and cornmeal with Old Bay, onion powder and garlic powder. Dip the soft crabs in buttermilk and dredge in cornmeal mixture. Fry for 3-4 minutes or until golden brown on both sides.

### *Dressing*

Combine dijon, honey, vinegar, shallot and thyme in a blender. Slowly add the canola oil until dressing is smooth. Season with salt and pepper.

### *To Complete*

Toss spring mix with vegetables, egg, ham and dressing. Divide among four plates and top each with fried soft-crab and potato chips.

## Pair With...

Blanc de Blanc, Great Shoals Winery, Rockville (Montgomery County)



## About the Recipe

**Chef: David Wells, Evolution Craft Brewing Co. Public House (Wicomico County)**

[www.evolutioncraftbrewing.com](http://www.evolutioncraftbrewing.com)

Chef David first discovered his passion for food while working alongside his parents in their restaurant. He committed himself to learning the culinary craft by reading and working in various kitchens. In 2013, he joined the team at Evolution Craft Brewing Co. as executive chef of Public House, the brewery's new-American gastropub. His passion for honest food and fresh local ingredients is evident in the dishes he prepares nightly. Chef David is constantly searching for innovative uses for the bountiful local products that Maryland's Eastern Shore offers.

**Producer: Timothy Fields, Baywater Greens (Wicomico County)**

[www.baywatergreens.com](http://www.baywatergreens.com)

Products used in the recipe: Spring mix and heirloom tomatoes

Baywater Greens is committed to providing locally grown, quality hydroponic lettuce varieties to restaurants, markets, distributors and homes. Located in Salisbury and servicing all parts of the Eastern Shore and beyond, Baywater is a sixth generation, family owned and operated farm. Baywater currently delivers to customers in Maryland, Delaware, Virginia and Washington D.C.

**Producer: Matt Borys, Southern Connection Seafood (Somerset County)**

[www.crabsandseafood.com](http://www.crabsandseafood.com)

Products used in the recipe: Softshell crab

Southern Connection Seafood is a locally owned provider of high quality seafood sourced from local watermen. The company prides itself on the quality of its products and on the long-standing relationships it has cultivated with local watermen.



# Fried Goat Cheese and Pear Tomato Salad

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## Ingredients

### *Fried Goat Cheese*

1 log of Firefly Farms Chèvre Goat Cheese  
1 cup plain panko bread crumbs  
3 eggs, beaten  
½ cup flour seasoned with salt and pepper

### *Greens, Garnish*

Mesclun greens for the base of the salad  
Balsamic glaze for finishing  
Micro rainbow greens for garnish  
4 cups vegetable oil

### *Tomato Salad*

1 pint red pear tomatoes, halved  
1 pint yellow pear tomatoes, halved  
1 bunch scallions thinly sliced  
⅓ cup cilantro minced  
½ teaspoon minced garlic  
1 tablespoon olive oil  
1-½ teaspoons balsamic vinegar  
Salt and pepper to taste

## Preparation

Slice goat cheese into eight equal parts and set aside. In separate shallow pans, place beaten eggs, panko and seasoned flour. Dip each piece of goat cheese into the flour, then the egg wash and finally the panko and set aside.

In a medium bowl, combine remaining ingredients and mix well, salt and pepper to taste.

In a small sauce pan, heat vegetable oil to 350 degrees and add breaded goat cheese and fry for 2-3 minutes or until lightly browned. Transfer to a paper towel-lined plate to drain excess oil.

On a small salad plate, spread a few mesclun green leaves on plate, add approximately 2-3 tablespoons of the tomato salad and top with two slices of the fried goat cheese. Drizzle a teaspoon of balsamic glaze over the top of the goat cheese allowing some of the glaze to reach the tomato salad and greens. Garnish with micro rainbow greens and serve.

## Pair With...

Rosé, Old Westminster Winery, Westminster (Carroll County)





## About the Recipe

**Chefs: Medford Canby, Cathy Ferguson and Charles (Buz) Porciello, Government House (Anne Arundel County)**

Government House Chef Medford Canby is a 1983 graduate of Johnson and Wales University with a degree in Culinary Arts. He has worked at Government House for 29 years and is proud to have served five Maryland governors and thousands of Marylanders.

Government House Chef Cathy Ferguson studied baking and pastry at Baltimore Culinary College. After graduating in 1991, she worked in luxury hotels in Washington, D.C. as well as private clubs in Baltimore. In 2007, she became a chef for Governor Martin O'Malley. She has spent most of her life in Maryland and enjoys cooking local seafood as well as creating wedding cakes and deserts.

Government House Chef Buz Porciello has spent the last six years at Government House offering his techniques and knowledge gained through many years in various kitchens as well as a formal education at Baltimore's International College in 1990. With over 25 years in the food industry, he has work at several top restaurants and resorts. After several years in the healthcare system with Vantage House in Columbia and Sunrise Assisted Living in Annapolis, he moved on to co-own and operate The Rockfish in Eastport before joining the team at Government House.

**Producer: Timothy Fields, Baywater Greens (Wicomico County)**

[www.baywatergreens.com](http://www.baywatergreens.com)

Products used in the recipe: Mesclun greens, pear tomatoes and rainbow microgreens

Baywater Greens is committed to providing locally grown, quality hydroponic lettuce varieties to restaurants, markets, distributors and homes. Located in Salisbury and servicing all parts of the Eastern Shore and beyond, Baywater is a sixth generation, family owned and operated farm. Baywater currently delivers to customers in Maryland, Delaware, Virginia and Washington D.C.

**Producer: Andrea Cedro, Firefly Farms Creamery & Market (Garrett County)**

[www.fireflyfarms.com](http://www.fireflyfarms.com)

Products used in the recipe: Chèvre goat cheese

Firefly Farms Creamery & Market is a local farm that produces award-winning goat cheese.



# Goat Cheese and Silver Queen Corn Cake with Smoky Tomato Ginger Jam

## Ingredients

### *Corn Cakes*

2-½ cups silver queen corn  
2 tablespoons fresh chives  
¾ cup flour  
¾ cup corn meal (Indian Head Corn Bread Mix, Ellicott City Mill)  
¼ teaspoon cayenne pepper  
1 teaspoon salt  
3 tablespoons butter  
8 ounces goat cheese  
3 large eggs

### *Tomato Ginger Jam*

2 pounds Roma tomatoes  
1 teaspoon olive oil  
1 shallot, diced  
2 tablespoons fresh ginger  
1 cup water  
1 teaspoon lemon juice  
½ teaspoon kosher salt  
1 teaspoon granulated sugar  
1 teaspoon all spice

Chesapeake Greenhouse Lola Rosa Baby Lettuce

## Preparation

### *Corn Cakes*

Using a food processor, combine half of corn, eggs, milk, and butter. Pulse 4-5 times until corn is chopped. Add cheese and pulse. In large bowl, mix flour, cornmeal and seasonings. Add together until moist. Add remaining corn to mixture. Pan fry in a skillet with cooking oil. Do not flatten (½ cup pour per cake).

Alternate method: Heat mixture in a muffin tin at 350 degrees for 10 minutes, until golden brown. Let stand for 10 minutes (or chill in cooler). Pop out cakes and then fry again for extra crispy cakes. Make sure to spray cups with nonstick cooking spray before dropping batter.

### *Tomato Ginger Jam*

Lightly smoke tomatoes for 10-15 minutes (no longer or they will start to cook). Smoking with Applewood or Fruitwood works best. In a saucepan, sauté shallots for 1 minute, stir in tomatoes and ginger. Cook low until tomatoes cool down, adding water a bit at a time to avoid scorching, for about one hour. Add remaining ingredients and store in a mason jar for up to 1 month in the refrigerator.

Top corn cake with jam and serve on lettuce leaf.

## Pair With...

Kingston Black Cider, Distillery Lane Ciderworks, Jefferson (Frederick County)



## About the Recipe

**Chef: Bryan Davis, The Classic Catering People (Baltimore County)**

[www.classiccatering.com](http://www.classiccatering.com)

Chef Bryan Davis of The Classic Catering People serves as the company's chef de cuisine. Chef Davis has been with Classic since 1997 and is responsible for managing kitchen operations, as well as menu creation and plating design. Born and raised in Towson, Chef Davis has led a distinguished career in the culinary arts. He has worked in many of Baltimore's most recognizable kitchens and spent time with notable James Beard award winners and nominees. His passion for food lies in working with organic and sustainable foods. He believes in using the earth and natural foods that come from it for inspiration. Chef Davis studied Culinary Arts at Johnson & Wales University, specializing in French-American fusion.

**Producer: Nick Bailey, Grand View Farm (Harford County)**

[www.grandviewfarming.com](http://www.grandviewfarming.com)

Products used in the recipe: Silver queen corn, fresh chives and eggs

Grand View Farm is a multi-speciated, pasture-based farm that focuses on organically grown, local food. Customers of Grand View Farm are able to purchase beef, pork, chicken and eggs directly from the Grand View farm stand.

**Producer: Alice Orzechowski, Caprikorn Farms (Washington County)**

[www.caprikornfarms.com](http://www.caprikornfarms.com)

Products used in the recipe: Goat cheese

Caprikorn Farms, home to award-winning Saanen dairy goats, tends to more than 250 goats, each with a distinct name and personality. At Caprikorn Farms, the natural diet of the goats produces milk of exception flavor and quality, which is perfect for cheese. Caprikorn cheeses are made in small batches in the tradition of the best artisanal farmstead cheese using only all natural ingredients.

**Producer: John Maniscalco, Chesapeake Greenhouse (Queen Anne's County)**

[www.wegrowlettuce.com](http://www.wegrowlettuce.com)

Products used in the recipe: Lola Rosa Baby (Batavian-style lettuce)

Chesapeake Greenhouse is a family owned commercial greenhouse in Queen Anne's County. The company's massive 24,000-square-foot greenhouse is able to produce up to 38,000 heads of lettuce at any given time throughout the year. Chesapeake Greenhouse lettuce is sold with the "roots on" to help the produce remain fresh longer than field-grown lettuce. Additionally, the company uses a unique growing method called Controlled Environment Agriculture, meaning the lettuce is grown indoors and in water. The hydroponic methods use about one tenth of the water that is normally used in open field agriculture.



# Raw-Lafel

## Ingredients

### *Raw-Lafel*

4 tablespoons almond butter  
1 cup raw cashews or macadamia nuts,  
soaked overnight  
1 cup coconut, dried, shredded, and unsweetened  
¼ cup cilantro leaves, chopped very fine  
1 tablespoon fresh lemon juice  
1 tablespoon olive oil (or more)  
1 small onion  
2 garlic cloves  
¼ teaspoon black pepper  
½ teaspoon sea salt  
1 teaspoon cumin  
1 teaspoon coriander  
Dash cayenne pepper

### *Creamy Cilantro Dressing*

*(Yields about 1 cup)*

½ cup sesame seeds  
3 tablespoons lime juice  
½ teaspoon sea salt  
¼ cup water  
¼ cup cilantro, packed  
¼ teaspoon coriander  
¼ teaspoon cayenne pepper  
1 tablespoon agave or 1 large medjool date

### *Garnish*

Alfalfa seeds and/or mung beans, sprouted  
Tomatoes, cucumbers  
Collard greens

## Preparation

### *Raw-Lafel*

Rinse cashews or macadamia nuts and place into food processor along with all other Raw-Lafel ingredients with the exception of cilantro. Process and mix in cilantro, and form into balls.

### *Creamy Cilantro Dressing*

Blend all Creamy Cilantro Dressing ingredients on high in a blender or Vitamix. If the mix is too thick, add water to thin.

Place falafel balls into collard leaf (remove stem) and garnish with alfalfa /mung sprouts and tomatoes, cucumber and Creamy Cilantro dressing.

## Pair With...

Gypsy Rosé, Elk Run Vineyards, Mt. Airy (Frederick County)

## About the Recipe

**Chef: Kristie Maxa, My Nature (Worcester County)**

[www.mynatureocmd.com](http://www.mynatureocmd.com)

Krisite Maxa has explored the raw vegan world in the last two years. She recently attended Hippocrates Health Institute in West Palm Beach for nutrition education. She is currently employed at My Nature as a raw/vegan chef.



**Producer: Erik Kleinicke, Becky's Beanz (Worcester County)**

Products used in the recipe: Cucumbers, tomatoes, cilantro and collard greens

Erik started his farm in 2013 and has had a huge demand for local produce. He has doubled the farming size and started a produce stand in Berlin.

**Producer: Janet Phillips, Backyard Bounty (Worcester County)**

[www.mynatureocmd.com](http://www.mynatureocmd.com)

Products used in the recipe: Wild plant edibles (plantain, clover, violet)

Janet Phillips teaches students at Salisbury University about wild plants and the medicinal qualities they have. She has farms in Princess Anne and in Florida.



# Roasted New Potatoes with Arugula Basil Pesto

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## Ingredients

### *Roasted New Potatoes*

2 pounds new or red potatoes (sliced with skin on)  
1 tablespoon olive oil  
Salt and pepper, to taste

### *Arugula Basil Pesto*

4 ounces cleaned arugula  
1 ounce chopped fresh basil  
¼ cup walnuts  
3 tablespoons olive oil  
1 garlic clove  
Salt and pepper, to taste

## Preparation

Toss sliced potatoes in a mixing bowl with oil, salt and pepper. Arrange on a baking sheet and bake in a 350 degree oven until brown and well-roasted, about 20 minutes. Place all pesto ingredients except oil in a food processor. Add oil in a thin stream and scrape bowl once or twice until smooth and blended. Place finished pesto in a mixing bowl. Add roasted potatoes to pesto while they are still hot. Mix until well-coated and serve immediately.

## Pair With...

Vidal Blanc, Turkey Point Vineyard, Elkton (Cecil County)

## About the Recipe

**Chef:** Randall Smith, Adventist Healthcare, Washington, D.C.

[www.cooklocalfood.com](http://www.cooklocalfood.com)

Chef Randall Smith serves as the Adventist Healthcare System Chef with Sodexo. He has more than 20 years experience in hospitality, catering and institutional foodservice. He has worked closely with Central Rivers Farmshed, The Wisconsin Local Food Summit, The Chesapeake Food Leadership Council and The Humane Society of the United States and has been a tireless advocate for cooking at home and cooking with products from farmer's markets, CSAs and local sustainable farms. A practicing vegetarian, Randall's recent efforts have been toward increasing the visibility, variety and appeal of meatless options.

**Producer:** Michael Protas, One Acre Farm (Montgomery County)

[www.oneacrefarm.com](http://www.oneacrefarm.com)

Products used in the recipe: New potatoes, arugula, basil and garlic

Despite its name, One Acre Farm is on almost 30 acres. Farmer Mike started One Acre Farm to create a community where people could feel an association with the farm, crops and vegetables they serve. In



2008, Michael teamed up with a family in Montgomery County and started a market-only operation, selling his produce to several markets around the county to gain the necessary experience of planting, growing and harvesting on his own. With the confidence of these past experiences, Michael began his endeavors at One Acre Farm on the same land in Montgomery County and continued farming there through 2010. In 2011, One Acre Farm obtained a long term lease in Boyds, where it continues its CSA operation for customers in the greater Washington, D.C. area.



# Running Raw and Wild Beet Salad

## Ingredients

1 pound beets, spiralized	¼ cup raw almond butter
1 cup raw pine nuts	1 tablespoon fresh ginger root, finely grated
1 large shallot, diced	¼ teaspoon cayenne pepper
1 head romaine lettuce	1 garlic clove, minced
3 scallions, diced	Pink Himalayan Salt, to taste
1 granny smith apple, sliced thin	Fresh ground pepper, to taste
2 teaspoon Dijon mustard	1 tablespoon each of parsley, dill, chives, rosemary,
1 tablespoon olive oil	cilantro, mint
1 large orange, squeezed juice	Wild green edibles: plantain clover, dandelion sorrel
Juice of 1 lime	

## Preparation

Spiralize the beets with a spiralizer. Slice the apples very thin. Mince the scallions and slice shallots and place in a bowl. (Do not remove the beet skins, just wash thoroughly.) In separate container, combine almond butter, ginger, salt, pepper, cayenne pepper, olive oil, Dijon mustard, lime juice, orange juice and garlic. Shake well. Toss dressing over beets and add pine nuts and minced herbs, and mix thoroughly. Place the beet salad on romaine leaves, and garnish with edible wildgreens.

## Pair With...

Hampton Cuvée, Cygnus Wine Cellars, Manchester (Carroll County)

## About the Recipe

**Chef: Debbi Dean-Colley, My Nature (Worcester County)**

[www.mynatureocmd.com](http://www.mynatureocmd.com)

Debbi Dean-Colley is a raw/vegan chef and manager at “My Nature,” the only raw/vegan cafe in Ocean City. She has spent the last 25 years studying nutrition and wild edibles, learning what plants and herbs exist naturally that provide life-sustaining nutrients. She has been learning to forage for wild edibles from the famed Hippocrates Health Institute, where she also learned advanced nutritional aspects in consuming a raw/vegan diet while participating in holistic healing techniques, in West Palm Florida. She continues to explore and create a diverse palette using local, self-sustaining practices from local farms and producers on the Eastern Shore.





**Producer: Erik Kleinickes, Becky's Beanz (Worcester County)**

Products used in the recipe: Beets, shallots, onions, parsley, dill, chives, rosemary, mint, cilantro and romaine

Erik Kleinicke started his local farming practice in 2013 and expanded his business in 2014 due to the high demand for local produce. He grows a variety of vegetables including beets, onions, tomatoes, squash, peppers, eggplant and a variety of herbs.

**Producer: Janet Phillips, Backyard Bounty (Worcester County)**

[www.mynatureocmd.com](http://www.mynatureocmd.com)

Products used in the recipe: Wild edibles, plantain, clover, dandelion, and sorrel

Janet Phillips teaches wild edible plant walks at Salisbury University through the Environmental Studies and Life Sustaining classes.



# Desserts





# Honey Goat Cheese Balsamic Swirl Ice Cream, Walnut Tuile and Calvados Caramel

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## Ingredients

### *Ice Cream*

32 ounces heavy cream  
16 ounces milk  
12 ounces honey  
1 vanilla bean  
12 egg yolks  
8 ounces goat cheese  
24 ounces balsamic vinegar

### *Apple Caramel*

8 ounces sugar  
14 ounces apple juice, warm  
2 ounces apple brandy, warm  
1 cinnamon stick  
1 nutmeg cracked  
1 ounce butter

### *Walnut Tuiles*

4-½ ounces butter, soft  
4-½ ounces sugar  
5-½ ounces corn syrup  
4-½ ounces pastry flour  
4-½ ounces walnuts, chopped

## Preparation

### *Ice Cream*

In large sauce pan, bring milk, cream and vanilla beans to a boil. Steep 5 minutes. Remove from stove. Whisk into egg yolks and sugar. Add goat cheese. Return to stove (low heat), stir until thickened. Strain. Chill overnight. Churn. Reduce balsamic vinegar by half. Cool to room temperature. Swirl into churned ice cream.

### *Apple Caramel*

In medium sauce pan, bring sugar and a little water to a boil, until water evaporates and has a brown color. Slowly add juice, then brandy. Add cinnamon and nutmeg. Simmer 20 minutes. Stir in butter, let cool.

### *Walnut Tuiles*

Cream soft butter and sugar together. Add corn syrup. Sift flour and nuts together. Combine with wet mixture. Spread thin on a sheet pan. Bake at 350 degrees until melted. Then cut and shape as desired to form cups.

Place a serving of ice cream on a tuile, add caramel and serve.

## Pair With...

Oak-Aged Grappa, Fiore Winery, Pylesville (Harford County)



## About the Recipe

**Chef: Michelle Epps, Stratford University - Baltimore Campus (Baltimore County)**

[www.stratford.edu/baltimore-campus](http://www.stratford.edu/baltimore-campus)

Michelle is a daughter, sister, mother, five-year breast cancer survivor and Culinary Arts, A.A.

Program graduating student. She is family oriented and passionate about combining food, family and fun. She loves to create healthy, tasty dishes that are full of flavor.

**Producer: Andrea Cedro, Firefly Farms Creamery & Market (Garrett County)**

[www.fireflyfarms.com](http://www.fireflyfarms.com)

Products used in the recipe: Goat cheese

Firefly Farms Creamery & Market is a local farm that produces award-winning goat cheese.

**Producer: Meme Thomas, Baltimore Honey (Baltimore City)**

[www.bmorehoney.org](http://www.bmorehoney.org)

Products used in the recipe: Honey

Baltimore Honey practices and supports healthy honeybees, colonies and communities so they produce an excellent product.



# Prigel Family Creamery/Dough Run Blueberry Lemon Yogurt Cake

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## Ingredients

2-¾ cups all purpose flour (or quality wheat flour)	¾ cup olive oil	1-½ cups Prigel Family Creamery plain yogurt
3 teaspoons baking powder	4 large eggs	2 cups fresh or frozen blueberries
1 teaspoon sea salt	1-½ cup sugar	
1-½ teaspoons fresh lemon zest	2 tablespoons lemon juice	
	1 teaspoon vanilla extract	

## Preparation

Grease and flour an 8-inch, round baking pan, and preheat oven to 350. Mix first four ingredients in bowl with whisk. In separate bowl mix olive oil, eggs, sugar, lemon juice and vanilla extract. Add flour mixture and yogurt to egg mixture and mix well. Fold in blueberries and pour into prepared pan, bake for 50 minutes, insert toothpick to test. Toothpick should come out clean when done.

(Options: Substitute strawberries or raspberries for blueberries; substitute orange for lemon and chocolate chips for berries for a chocolate orange cake; or throw in nuts for a little texture.)

## Pair With...

Abisso Ruby Port, Linganore Winecellars, Mt. Airy (Frederick County)

## About the Recipe

**Chef: Sarah Connell-Sprigg, Dough Run (Baltimore County)**

[www.doughrun.com](http://www.doughrun.com)

Dough Run is a woman-owned small corporation that specializes in all-natural, locally sourced, and custom-order baked goods.

**Producer: Mandy Castillo, Prigel Family Creamery (Baltimore County)**

[www.prigelfamilycreamery.com](http://www.prigelfamilycreamery.com)

Products used in the recipe: Plain Yogurt

The Prigel family has been farming in the Long Green Valley for more than 100 years and five generations. John Mathias Prigel moved to the property which is now Bellevale Farm as a sharecropper in 1895, and the Prigels have been dairy farming here ever since. The farm is now diversifying its practices to enable its business to survive in changing times. Prigel Family Creamery will allow Bellevale Farm to be economically and environmentally sustainable and a continuing part of Long Green Valleys agricultural heritage. Bellevale Farm received its organic certification in 2008.



# Sweet Corn Flan with Grilled Peach and Corn Salsa

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## Ingredients

2 cups heavy cream	1 cinnamon stick
4 eggs	4 ears of fresh sweet corn (husk and silk removed)
1-½ cups sugar	2 yellow peaches
2 tablespoons of water	2 tablespoons canola oil
Zest of 1 orange	Pinch of salt
1 tablespoon and 1 teaspoon of orange juice (strained)	Fresh mint leaves for garnish
½ vanilla bean (scrape inside to remove vanilla beans)	

## Preparation

1. Have 4 custard baking ramekins ready. In a heavy-bottomed sauce pan, bring 1 cup of sugar and 2 tablespoons of water to a simmer. Swirl pan as sugar melts. The sugar will start to caramelize. Remove sugar from heat when it is a medium amber color and add 1 tablespoon of orange juice.
2. Immediately coat bottoms of ramekins with hot liquid before it hardens. Arrange in a baking dish and set aside.
3. Preheat oven to 325 degrees.
4. Remove corn kernels from two ears of corn and reserve the cobs.
5. In sauce pan, add 2 cups heavy cream, orange zest, cinnamon, vanilla beans, cut corn and the two cobs. Bring to a simmer.
6. Crack eggs into a mixing bowl while waiting for the cream to simmer. Add the remaining ½ cup sugar to the mixing bowl and cream together using a whisk. They are creamed together when the mixture is a pale yellow color. Add a small amount of simmered cream to the mixing bowl. A small amount will help temper the eggs and prevent them from over cooking. Slowly whisk in remaining cream mixture. Let custard steep for about 5 minutes and then pour through a fine mesh strainer.
7. Pour the custard into the ramekins. Surround the ramekins with hot tap water to create a water bath. The water should be at least halfway up the ramekin. Carefully place the baking dish in the oven and cook until they are set, about 40 minutes.
8. Preheat the grill to 400 degrees.
9. Soak the remaining 2 ears of corn in water for about 10 minutes. Cut the peaches in half and remove pits. Lightly coat corn and peaches with 2 tablespoons of canola oil and lightly salt. Grill the corn on both sides until it is done and has a char. Grill peaches flesh side down and brown lightly. Let both cool.



10. Remove corn from cobs and place corn in a mixing bowl. Remove skin from peaches and dice into small pieces. Add the diced peaches and teaspoon of orange juice to the mixing bowl. Combine them and refrigerate.
11. Remove the flan from the oven when it is set. Let cool 10 minutes and then remove ramekins from water bath. Refrigerate flan for 5 hours.
12. To unmold flan, run a small paring knife around edge and invert. Top with grilled peach and corn salsa and garnish with fresh mint leaves.

## Pair With...

Viognier, Sugarloaf Mountain Vineyard, Dickerson (Montgomery County)

## About the Recipe

**Chef:** Elise Wendland, The Comus Inn at Sugarloaf Mountain (Montgomery County)

[www.thecomusinn.com](http://www.thecomusinn.com)

Elise Wendland is from the Tampa, Florida area. She attended the University of South Florida and graduated with a Bachelor's degree in Anthropology. She moved to Maryland to attend La Academie De Cuisine and live on her grandparents farm in Montgomery County. In December 2007, she received her culinary arts certificate and completed a six month internship at The Comus Inn. Elise has worked at the restaurant since 2007 and is now the executive chef.

**Producer:** Linda Lewis, Lewis Orchards (Montgomery County)

[www.lewisorchardfarmmarket.com](http://www.lewisorchardfarmmarket.com)

Products used in the recipe: Corn

This family owned business has been a treasured part of Montgomery County life since 1888. Robert and Linda Lewis are the fourth generation to own and operate the Lewis Orchards Farm Market at the intersection of MD State Route 28 (Darnestown Road) and Peach Tree Road.

**Producer:** Ben Sowers, South Mountain Creamery (Frederick County)

[www.southmountaincreamery.com](http://www.southmountaincreamery.com)

Products used in the recipe: Cream and eggs

South Mountain Creamery is Maryland's first on-site dairy processing plant that delivers all-natural and farm fresh products. It has been in the delivery business since 2001 and has a store on the farm.

**Producer:** Sue Ketron, Kingsbury Orchard (Montgomery County)

[www.kingsburysorchard.com](http://www.kingsburysorchard.com)

Products used in the recipe: Peaches

The farm has been in the family since 1907 and was one of the first farms to introduce peaches to the area during the great depression. The orchard has since expanded by adding different types of fruit such as apples, pears, plums and nectarines. The newest addition is a freestone peach variety called "The Kingsbury Pride" that was discovered by Gene Kingsbury on the farm. He has since added 200 trees of this variety to the orchard.



# Beverages





# Deliciously Nutritious Peach Sorrel

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## Ingredients

*Serves 16*

5 cups Jamaican sorrel flowers (hibiscus)  
16 cups water  
6-8 large peaches  
3 cinnamon sticks  
4-6 cardamom pods

8-10 cloves  
1 ginger root sliced and slightly mashed to  
release the flavor  
¼ cup of sugar in the raw  
(or Agave syrup or sugar-free sweetener)

## Preparation

1. Combine all the ingredients, except the sugar, in a large pot. Simmer for about 45 minutes. The mixture should be fragrant and the liquid will be red.
2. Strain the mixture through a cheesecloth-lined sieve into a glass pitcher. Add sugar. Set aside in fridge to chill.
3. Peel and slice peaches. Put peaches in a pot with ¼ cup of sugar and bring to a boil. Reduce heat and simmer peaches until soft. Let the peaches cool.
4. Puree peaches. Strain peaches through a cheesecloth-lined sieve into a bowl. Add peach juice to the pitcher of sorrel, stir together. Chill the entire mixture.
5. To serve: Cut limes and oranges into slices and add to pitcher for additional flavor and decoration. Cut additional peaches into wedges and add to pitcher. Add ice and garnish with mint leaves. Serve.

## Pair With...

Russian Kiss, Big Cork Vineyards, Rohrersville (Washington County)

## About the Recipe

**Chef: Melissa Sherwood, Deliciously Nutritious (Anne Arundel County)**

[www.deliciouslynutritious.com](http://www.deliciouslynutritious.com)

Melissa Sherwood is a chef and culinary instructor whose passion is to teach children healthy eating, nutrition and cooking. Melissa has been teaching for seven years in public and private schools, daycare centers, home school groups, and Anne Arundel Community College. Through interactive cooking instruction, fitness lessons and just plain old fashioned fun, Melissa and her Deliciously Nutritious cooking programs have reached out to children throughout Maryland and helped combat childhood obesity and diabetes while opening children's minds and palates to the wonderful world of food. She currently runs an after school program at Germantown Elementary School.



**Producer: Steve Blades, Blades Orchards (Caroline County)**

[www.bladesorchard.com](http://www.bladesorchard.com)

Products used in the recipe: Peaches

Blades Orchards started in 2008 on a farm that had been growing peaches for 25 years. To date, Blades has planted three additional orchards (one apple, one peach, and one sweet cherry and apricots). The orchard also raises a variety of vegetables. A new high tunnel will help expand the fresh vegetable season.



# Mid-Summer Melon Agua Fresca

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## Ingredients

1 large cantaloupe, peeled and cut in chunks  
1-½ cups water  
1-½ cups water  
Juice of 1 lime

¼ cup basil, chopped  
2 tablespoons sugar  
Additional chopped basil for garnish

## Preparation

Place melon, lime juice, basil, sugar and first listed water in a blender. Blend until smooth and pour in to serving pitcher. Add second listed water and add more sugar to get desired sweetness. Pour into glasses over ice and garnish with chopped basil.

## About the Recipe

**Chef: Randall Smith, Adventist Healthcare, Washington, D.C.**

[www.cooklocalfood.com](http://www.cooklocalfood.com)

Randall Smith, a Tacoma Park resident and Adventist Healthcare System Chef with Sodexo, has more than 20 years experience in hospitality, catering and institutional foodservice. He has worked closely with Central Rivers Farmshed, The Wisconsin Local Food Summit, The Chesapeake Food Leadership Council and The Humane Society of the United States and has been a tireless advocate for cooking at home and cooking with products from farmer's markets, CSA's and local sustainable farms. He is the author of "Farm Fresh Flavors," a guide for cooking fresh, seasonal food. A practicing vegetarian, Randall's recent efforts have been toward increasing the visibility, variety and appeal of meatless options.

**Producer: Michael Protas, One Acre Farm (Montgomery County)**

[www.oneacrefarm.com](http://www.oneacrefarm.com)

Products used in the recipe: Cantaloupe and basil

Despite its name, One Acre Farm is on almost 30 acres in Boyds. Farmer Mike started One Acre Farm to create a community where people could feel an association with the farm, crops and vegetables they serve their family. Michael Protas has been running One Acre Farm for five years. His interest in farming began during his college years at Penn State University which is surrounded by farms of all sizes. Michael was drawn to a small CSA on the outskirts of State College. He started as an intern at a CSA where he developed his passion for farming and using organic principles and methods. After graduation, Michael joined the CSA-team for a year-long apprenticeship, in which he aided and assisted in all facets of the planning, planting and distribution process for about 120 families.



# Pine Needle Tea / Lemon Balm Tea

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## Ingredients

### *Pine Needle Tea*

½ cup pine needles

4 cups hot water

Local honey (optional)

*One cup of pine needle tea has 5 times more vitamin C than a cup of fresh squeezed orange juice.*

### *Lemon Balm Tea*

½ cup lemon balm

4 cups hot water

Local honey (optional)

*Lemon balm is good for colds and flu, along with a host of other benefits.*

## Preparation

Harvest leaves from white or black pine; remove sheathes on end of pine needles as these can be bitter. Chop pine needles in 1-inch segments, add to hot water, and steep for 10 minutes. Pick top young leaves off lemon balm plants, and steep in hot water for 5 minutes. Honey may be added to sweeten lemon balm tea.

## About the Recipe

**Chef: Katie Gosser, My Nature (Worcester County)**

[www.mynatureocmd.com](http://www.mynatureocmd.com)

Chef Katie has been studying with raw food chef and wild edible plant guide Janet Phillips for the last year while also pursuing a nursing degree.

**Producer: Janet Phillips, Backyard Bounty (Worcester County)**

[www.mynatureocmd.com](http://www.mynatureocmd.com)

Products used in the recipe: Pine needles and lemon balm

Janet Phillips has been letting her backyard grow wild ever since she took her first wild edible plant walk 13 years ago and discovered that so-called “weeds” were more nutritious than what we intentionally grow and buy in the grocery store. She now harvests bountiful greens, ranging from clover to violet to dandelion, to dock, to lambsquarters.

# Buy Local Year-Round

You'll find dozens of varieties of locally grown produce available April through December, and value-added products like meat, cheese and other dairy items, jams and wine available year-round. Visit [MarylandsBest.net](http://MarylandsBest.net) for listings and maps of your nearest producers.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples	●	●	●					●	●	●	●	●
Apricots						●	●					
Asian Pears								●	●	●		
Blackberries						●	●	●	●			
Blueberries						●	●	●	●			
Cantaloupes						●	●	●	●			
Cherries						●	●	●	●			
Grapes						●	●	●	●			
Honeydew						●	●	●	●			
Nectarines						●	●	●	●			
Peaches						●	●	●	●			
Pears						●	●	●	●	●		
Plums						●	●	●	●			
Raspberries						●	●	●	●			
Strawberries					●	●	●	●	●			
Watermelon						●	●	●	●			

● Product is harvested ● Product available through storage or greenhouse production

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Asparagus				●	●							
Beans, Green/ Snap						●	●	●	●			
Beans, Lima							●	●	●			
Beets							●	●	●			
Broccoli					●	●				●	●	
Brussel Sprouts									●	●	●	
Cabbage						●	●		●	●		
Carrots							●	●	●	●	●	
Cauliflower					●	●			●	●	●	
Chard						●	●		●	●	●	
Collards						●	●		●	●	●	
Corn						●	●	●	●	●		
Cucumbers	●	●	●	●	●	●	●	●	●	●	●	●
Eggplant							●	●	●	●		
Herbs					●	●	●	●	●	●		
Garlic						●	●	●	●	●		
Kale					●	●				●	●	
Lettuces	●	●	●	●	●	●	●	●	●	●	●	●
Mushrooms	●	●	●	●	●	●	●	●	●	●	●	●
Okra						●	●	●	●			
Onions						●	●	●	●	●		
Peas						●	●	●	●	●		
Peas, Black-eye							●	●	●			
Peppers							●	●	●			
Radishes					●	●			●	●	●	
Potatoes						●	●	●	●	●		
Pumpkins									●	●	●	
Soybeans, Edamame									●	●	●	
Spinach						●	●		●	●	●	
Squash, Summer							●	●	●	●		
Squash, Winter								●	●	●	●	
Sweet Potatoes									●	●	●	●
Turnips									●	●	●	●
Tomatoes	●	●	●	●	●	●	●	●	●	●	●	●

● Product is harvested ● Product available through storage or greenhouse production



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