

2013 BUY Local Maryland Cookout Recipes



Presented by the Maryland Department of Agriculture

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Dear Friends,

During the six years Katie and I have hosted our annual Buy Local Cookout event in celebration of Maryland's Buy Local Challenge Week, we've made great progress to get the word out about the benefits of local products from local farmers. We've connected more Marylanders with Maryland-grown products, and we've brought Buy Local into our schools.

This 6th edition of the Buy Local Cookbook features many of the dishes served at the cookout, where teams of local producers and chefs prepare original recipes showcasing the diversity of local products available in Maryland. Buying locally is key to ensuring a smart, green and growing future for Maryland families. It preserves farmland, protects the environment, bolsters local economies, and provides wholesome, nutritious, great-tasting fresh food.

Maryland has, in many ways, always been defined by the things that we grow and harvest to feed our people.



Our state seal—ubiquitous on our public buildings and state documents—shows a plowman and a fisherman, side by side. Even in a time of global markets, we are continuing to celebrate the food that comes from our land and our waters right here in Maryland. From the dairy of Frederick to the sweet blue crabs that come from our Chesapeake Bay, the Buy Local Cookout has made Maryland-grown food the star of family tables across our State.

Sincerely,

Martin O'Malley

Governor



Dear Friends,

We are pleased to present the 2013 Maryland Buy Local Cookout Recipes cookbook, the sixth we have published to date.

For the past six years, Governor O'Malley and the First Lady have hosted an annual Buy Local Cookout at Government House in Annapolis to encourage Marylanders take the Buy Local Challenge and incorporate at least one Maryland grown or raised product in their family meals every day for a week. We believe that if Marylanders eat local for a week, they will want to eat local every day.

By buying and enjoying products from local farms, consumers help local farms and farm families 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. And not incidentally, eating local means eating tastier, more nutrious, just all around better food.

We hope you will look through these original recipes, which have been provided by from some of the most renown professional chefs in Maryland, and try them out at home. Or give them your own creative slant with local products you particularly enjoy. 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 the Maryland farmer.

Sincerely,

Earl F. Hance Secretary



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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Appetizers



Capering Kid Canapes: Kids at Play Pinwheels and Caprin-EZ Pickups

Ingredients

Kids at Play Pinwheels (24 pieces):

1 roasted red pepper, thinly sliced

8 ounces Caprikorn Farms Cranberry
Horseradish Chèvre

Salt and freshly ground black pepper, to taste

4 large flour tortillas or wraps of your
choice (plain, spinach, sun-dried tomato)

½ pound roasted or smoked chicken, sliced
very thin (substitute turkey if you prefer)

2 cups of baby arugula, washed and dried completely

Caprin-EZ Pickups (24 pieces):
8 ounces Caprikorn Farms raw goat Gouda, cut into 24 cubes
24 cherry tomatoes, washed, rinsed and dried (use reds and yellows for a colorful plate)
24 leaves of fresh basil, separated into leaves roughly the size of the cherry tomatoes and cheese cubes
½ cup of balsamic reduction in a squeeze bottle (see directions below)

24 toothpicks or frilled picks

Preparation

Prepare the pinwheels: Spread each wrap with equal amounts of the Cranberry Horseradish Chèvre. Arrange the peppers and sliced chicken over the chèvre and season to taste with salt and pepper. Top with ½ cup of baby arugula. Roll up each tortilla/wrap as tightly as possible. Cover in plastic wrap and refrigerate at least 1 hour, until chilled. Cut each roll diagonally into 6 pieces.

Plating/presentation: Plate with the cut sides up to display the pinwheel effect. Serve at room temperature.

Prepare the pickups: Make a simple balsamic reduction: Bring 1 cup of balsamic vinegar to a boil in a small saucepan, reduce heat and simmer uncovered, stirring occasionally, until vinegar has reduced by half and has the consistency of syrup. Cool and pour into squeeze bottle. Store at room temperature.

Plating/presentation: Squeeze a ¼" diameter spot of balsamic reduction on a plate. Spear a cherry tomato through the stem end onto a pick, then through a leaf of basil and insert the pick into the cheese cube. Place the cube on the spot of balsamic reduction. Repeat 24 times. Serve at room temperature.

Pair With...

Archer (mead) Orchid Cellar Winery, Middletown



About the Recipe

Chef: Nancey Veldran, Caprikorn Farms (Washington County)

www.caprikornfarms.com/cheese

Growing up in a family of gourmet cooks gave Chef Veldran an appreciation of fine food from a young age, which was then honed through on-the-job training she received while working in restaurants and catering kitchens from New York to California. Nancey's experience ranges from cooking over an open fire in a Mexican beach front 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 Washington and Frederick counties and with chefs throughout the region. As corporate chef for Caprikorn Farms, she develops recipes which highlight the unique flavor profiles that can be achieved with goat cheese.

Producer: Alice Orzechowski, Caprikorn Farms (Washington County)

www.caprikornfarms.com/cheese

Products used in the recipe: raw goat milk Gouda, cranberry horseradish chèvre

Caprikorn Farms is a local producer of artisan goat cheeses crafted in the time-honored farmstead tradition. Its raw goat milk cheeses are handmade in small batches in the tradition of the best artisanal farmstead cheeses. Caprikorn Farms' Cheddars, 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: Danny Rohrer, DaKaRoh Farm (Washington County)

Products used in the recipe: free-range chickens

DaKaRoh Farm has been farmed by the Rohrer family since 1941. It raises beef, lamb, pork and goat as well as free-range chickens which are fed grain that was grown on the farm. DaKaRoh Farm products can be found at farmer's markets throughout the area.

Producer: Richard Calimer, Scenic View Orchards (Frederick County)

www.scenicvieworchards.com

Products used in the recipe: cherry tomatoes

Scenic View Orchards began operating in the mid-1800s and has remained family owned and operated for seven generations. During the past 20 years, it has expanded operations to include fruit trees and berries. Its produce can be found at local farmers' markets in the area.



English Pea Toast with Pickled Ramps

Ingredients

English Pea Butter
1/4 pound shelled and
blanched English peas
1/4 pound butter,
Splash of vegetable stock, chicken
stock or water
1 tablespoon butter
4 tablespoons Parmesan
cheese

Pickled Ramps (or Asparagus)

1/3 pound ramps (or asparagus, if ramps are not in season)

1 teaspoon salt

3 tablespoons sugar

1/2 cup water

1/2 cup rice vinegar

1/2 chili pepper, seeds
removed, minced

1-2 canning jars

Additional Ingredients
Butter and oil, as needed
Rustic sourdough bread
Sliced fresh goat cheese
Shaved radish micro greens,
such as baby arugula
Fried egg (optional)

Preparation

Prepare the English pea butter: Plunge peas in a large pot of boiling water generously seasoned with salt for about 1 minute. Remove peas, shock in a bowl of ice water and remove from water when completely chilled. Place peas in blender. Turn blender on low; add just enough stock or water to get the peas spinning. Gradually increase blender speed to high, adding half the butter. Once partially incorporated, add the remaining butter. Continue to purée until the friction from the blender warms up the purée just enough to incorporate the butter into the purée. Add Parmesan, purée until smooth, and transfer to a cold bowl and chill until thickened and spreadable.

Prepare the pickled ramps (or asparagus): In a bowl, add ramps and sprinkle with salt. In a small sauce-pan, simmer sugar, water, vinegar and chili until sugar is dissolved. Bring to a boil, then pour over the ramps in canning jar. Let sit for one hour.

Canning instructions: Clean ramps/asparagus thoroughly (peal or cut away root ends if needed and rinse). Remove lids and seals of canning jars. Run jars through dishwasher. Dampen a towel with sanitizer solution and wipe seal portion of lid (avoid touching adhesive portion). Place product in jars. Pour hot pickling liquid into canning jar, place on seal and screw top on tightly. Then, loosen by 1/4 turn. Let sit for one hour. Submerge jars in a simmering water bath for 10-15 minutes. Place in dry storage.

Plating/presentation: Place about a ½ teaspoon of both butter and oil in a sauté pan or skillet. Place bread in pan, toast until golden brown, repeat on the other side and remove. Spread chilled pea butter on the toast, top with goat cheese, pickled ramps, radish, micro greens, and, if desired, fried egg. Cut into sizeable portions and serve.



Pair With...

Sauvignon Blanc The Vineyards at Dodon, Davidsonville, MD

About the Recipe

Chef: Roger Black, Ten Ten American Bistro (Baltimore)

www.bagbystenten.com

A native of Pasadena, Maryland, Chef Black found his passion early on when he learned to cook with his father. He worked his way up in kitchens in Maryland and Arizona, with a hiatus spent in the Army. He eventually became executive chef of Severna Park's Woodfire Grill. After that, he worked for two years at the Baltimore Country Club before joining the Bagby Restaurant Group in 2012. He takes great pride in making ingredients in-house, such as his Ten Ten sauerkraut and corned beef, and highlighting seasonal produce throughout his well-refined contemporary American cuisine.

Producer: Chris Gavin, Cunningham Farms (Baltimore County)

Products used in the recipe: pickled ramps, English peas, micro greens, radishes Chris Gavin grew up on a farm and has combined that experience with the strengths and skills he developed through metal work to develop the standards and sustainable values which define Cunningham Farms. Always striving for the highest potential in his work, Chris is committed to creating product that undeniably reflects his passion and effectiveness in his crafts. Bagby Restaurant Group created Cunningham Farms for its restaurants.



Grilled Chicken Caprese Crostinis

Ingredients

1 pound chicken breast Salt and pepper to taste 6 Roma tomatoes 1 pound fresh mozzarella 1 loaf french bread

Pesto
2 cups fresh basil leaves
½ cup pine nuts
½ cup olive oil
3 garlic cloves
½ cup shredded or grated
Parmesan cheese

Balsamic Glaze (optional)
½ cup balsamic vinegar
4 tablespoons sugar

Preparation

Slice Roma tomatoes ¼ inch thick and set aside. Slice mozzarella ½ inch thick and set aside. Slice chicken breast into 6-8 strips, season with salt and pepper and grill until internal temperature reaches 180 degrees. Set aside.

Prepare the pesto: Place all ingredients for the pesto, except the olive oil, in a blender or food processor. Blend for about 1 minute, then continue to blend while slowly adding the oil until all blended.

Slice French bread on an angle about ½ thick; place sliced bread in a 325-degreee oven for about 5 minutes. Once toasted, brush a layer of pesto on bread, then place a slice of tomato on top of pesto. Place a piece of cooked chicken breast on top of tomato followed by a slice of fresh cheese. Place all in the oven and bake for an additional 5 minutes. Enjoy.

Prepare the glaze (optional): Combine balsamic vinegar and sugar in a pot and boil until the combinations thickens (balsamic glaze). Drizzle on top of crostini for garnish and to enhance a bold flavor

Pair With...

Chardonnay Fiore Winery, Pylesville

About the Recipe

Chef: Jason Hall, Chessies Chesapeake Grill (Prince George's County)

www.facebook.com/pages/Chessies-Chesapeake-Grille-Comfort-Inn-and-Conference-Center-Bowie-MD/617538201605550

Chef Hall was born and raised in Ferndale and graduated from Baltimore International College. Jason believes in traditional cooking techniques and buying local year round. His menu always features a local farm or producer. Jason is always looking to form relationships with more local farmers and pro-



ducers while remaining loyal to the ones he has a current relationship with. Jason is now the chef of the Comfort Inn and Conference Center which can accommodate 600 people for banquets and a full service restaurant that will accommodate another 140 guest. He looks forward to serving the Bowie community for years to come

Producer: Tina Schillinger, Papa John's (Anne Arundel County)

Products used in the recipe: basil, Roma tomatoes

Owned and operated by the Schillinger family for the past four generations, this farm's market produce is ripe for the picking. Located in Severn, it is a landmark for area residents.

Producer: Richard Strohmers, Strohmers Farm (Howard County)

www.strohmersfarm.com

Products used in the recipe: chicken breast

For more than 100 years, the Strohmers' have been farming in Woodstock, Maryland. George Strohmer started the family farm which now continues into the third generation selling beef and swine and freezer meat. The farm added meat goats in 2009. The farm also sells breeding stock, feeder calves and club animals for showing. Its beef stock consists of purebred Black Angus and Shorthorns, Maintainers and Crossbreds. Swine stock is mostly purebred Hampshires and Berkshires with crosses to include Durocs, Yorkshires and Landrace. The meat goats are commercial does bred to 100 percent Boer Bucks.



Grilled Pork Loin with Luke's Bloody Mary Vinaigrette and Fennel-Grilled Corn Hash and Creamy Cheddar Grits with Tomato N ectar

Ingredients

Pork Loin

8 ounces boneless local pork loin

Brine

½ gallon cold water

2 bay leaves

½ cup brown sugar

½ cup Kosher salt

2 tablespoon whole black peppercorns

1 fresh lemon, halved

Luke's TM Sofi Award-Winning Bloody Mary Vinaigrette

½ cup Luke's Bloody Mary mix

1 teaspoon fresh oregano

1 teaspoon fresh thyme

2 teaspoon Dijon mustard

2 tablespoon sugar

Juice and zest of 1 lemon

1 cup extra virgin

olive oil

Salt and pepper to taste

Fennel and Grilled

Corn Hash

2 tablespoons butter

1/4 white onion, julienned

1 large fennel bulb, shaved

2 ears fresh Maryland

sweet corn

1 cup thin leeks

3 cloves fresh garlic,

smashed 1/4 cup dry white wine

1/4 cup chicken stock

Salt and pepper to taste

Cheddar Grits with Tomato Nectar

1 cup fresh Good Farm chicken stock

½ cup Luke's Tomato Nectar

3/4 cup Stanton's Mill yellow corn meal

1/4 cup heavy cream

2 tablespoon butter

4 ounces sharp

Chesapeake Bay Farms cheddar cheese

Salt and pepper to taste

Preparation

Prepare the pork loin: Clean any excess fat from the pork loin and set aside. Mix remaining brine ingredients in a container in which the pork chops will be brined. Place the pork in the brine and refrigerate for 12 hours. Remove from brine, rinse and pat dry. Grill the loin until it reaches an internal temperature of 140 degrees. Allow to rest for at least 10 minutes and then slice into thin slices, dividing these into 4 portions.

Prepare the Luke's™ Sofi Award-Winning Bloody Mary Vinaigrette: Whisk together the Bloody Mary mix, herbs, mustard, sugar, zest and juice until well blended. While whisking, slowly drizzle the oil in, creating an emulsion. Set aside under refrigeration until ready to use.

Prepare the fennel and grilled corn hash: Husk the corn, brush with butter and grill on high to get a little char on the kernels. Using a knife, cut the kernels off of the cobs, and with the back of knife scrape 'corn juice' into a bowl. Set aside both. Heat the butter in a sauté pan until the foaming has subsided. Add the onion, fennel, corn and leeks to the pan and cook for about 10 minutes. Add the



garlic and cook for 2 minutes. Add the wine, 'corn juice' and stock, and cook until vegetables are tender.

Prepare the cheddar grits with tomato nectar: Bring the stock and juice to a boil, and in a steady stream, pour in the corn meal. Cook until the creamy polenta has thickened. Add the cream, butter and cheddar and cook, adjusting the thickness of the grits with extra tomato nectar, if necessary. Season to taste and set aside until ready to serve.

Plating/presentation: On a plate, place some of the grits with a well in the middle. Place in some of the corn-fennel hash and top with the pork. Drizzle with the Luke's™ Sofi Award-Winning Bloody Mary Vinaigrette. Garnish with micro greens, coarse sea salt and cracked pepper.

Pair With...

Chambourcin Bordeleau Vineyards & Winery, Eden

About the Recipe

Chef: Chef Paul G. Suplee CEC, PC III, Assistant Professor of Culinary Arts, Wor-Wic Community College (Wicomico County)

www.heartofakitchen.com

Chef, professor, writer, photographer and blogger who breathes food, Chef Suplee has been in the hospitality industry since 1983 and holds an Associates Degree in Culinary Arts from Johnson & Wales Providence, a Bachelor's of Arts degree in History from Loyola University Maryland, and Pro-Chef Certification Level-3 from The Culinary Institute of America.

Producer: Luke's Premier Foods, University of Maryland Eastern Shore, (Somerset County) www.lukespremierfoods.com

Products used in the recipe: tomato nectar, Bloody Mary Mix

Luke's Premier Foods, LLC by Jim Hudson moved his business to Maryland in 2010. Luke's produces Premier Heirloom tomato juice the "small batch" way. Just like grapes to wine, Luke's blend each tomato variety because of its own flavor, acidity, sugar content and unique qualities that make it best for a particular recipe or use.

Producer: The Good Farm, Berlin (Worcester County)

www.wegrowgoodfood.com

Products used in the recipe: pork loin

From the fertile soil of the Eastern Shore, Good Farm grows fruits and vegetables and raises pastured goats, pigs, chickens, and ducks.

Producer: Baywater Greens, Salisbury (Wicomico County)

www.baywatergreens.com

Products used in the recipe: micro greens



Baywater Greens provides quality hydroponic lettuce varieties to restaurants, markets, distributors and homes. Baywater Greens is a sixth-generation, family-owned and operated farm, delivering to points in Maryland, Delaware, Virginia and Washington D.C. It uses state-of-the art harvesting techniques to ensure quality product to customers, and its cold-chain process means that lettuce harvested is stored in walk-in coolers, loaded onto refrigerated truck and delivered to customers in a matter of hours. Baywater Greens lettuce is in national grocery store chains, produce distributors, roadside stands and farmers markets.

Producer: Chesapeake Bay Farms, Pocomoke (Worcester County)

www.chesapeakebaycheese.com

Products used in the recipe: heavy cream, butter, cheese

For three generations, the Holland family has been bringing consumers Grade A milk and meeting the highest quality and standards in the milk industry. It is the last remaining dairy farm in Worcester County. Danny and Ken Holland have adapted to changing technology on the farm. Today, its 250 cow herd is fed by corn raised on their farm but supplemented with grazing from its lush pastures of rye and sorghum, cotton seed and other grains to meet a regimented diet created by a nutritional specialist. The farm also produces gourmet cheese, ice cream and butter.



Maryland Corn Fritters with Tomato Salsa

Ingredients

Corn Fritters
2 cups fresh corn
1 teaspoon salt

½ cup milk

2 eggs, beaten

1/4 cup green pepper, chopped 1/4 cup red pepper, chopped

2 green onions, chopped

1 cup flour

11/2 teaspoon baking powder

Tomato Salsa

3 large tomatoes, finely chopped

4 green onions, chopped

1 green pepper, finely chopped (or other colored pepper)

1/4 cup cilantro, chopped

2 tablespoons balsamic vinegar

2 cloves garlic, minced

4 jalapeno peppers, seeded and diced

Juice of 1 lime

2 tablespoons olive oil Salt and pepper to taste

Preparation

Prepare the fritters: In a bowl, combine all the ingredients for the fritters. Heat 2 tablespoons of butter in a skillet. Drop the corn mixture by large spoonfuls into the skillet. Brown on each side. Put on a platter and serve with salsa.

Prepare the salsa: Make sure all the ingredients are finely diced or chopped. In a bowl, combine all the salsa ingredients. Serve with the corn fritters.

Pair With...

Lazy Day White Layton's Chance Vineyard & Winery, Vienna

About the Recipe

Chef: Katie Moose, Conduit Press (Talbot County)

www.conduitpressmd.com

Chef Moose is the author of five cookbooks: Chesapeake's Bounty; Chesapeake's Bounty II; God's Bounty; New England's Bounty; and Nantucket's Bounty. She lectures on international food and herbs, local Chesapeake Bay history food and herbs, and she teaches cooking classes at Chesapeake College and elsewhere. She is presently writing an international cookbook.

Producer: Michelle Wright, Wright's Market (Wicomico County)

www.wrightsmarket.com

Products used in the recipe: Corn, tomatoes, peppers, cilantro, green onions, garlic

Wright's Market has been in the farm market business for more than 60 years and four generations. The market sells fruit and vegetables, garden items, giftware, and has an onsite greenhouse and bakery.



Rockfish Sausages with Heirloom Tomatoes and Roasted Corn Relish

Ingredients

Rockfish Sausages
8 ounces rockfish filet, boneless and skinless
6 ounces fresh shrimp
6 ounces fresh scallops
4 ounces Roma tomatoes,
peeled, seeded and diced
1 ounce fresh basil, julienned
1 teaspoon salt
½ teaspoon freshly ground white pepper
2 teaspoons fresh lemon juice

1 pound pork casing, thoroughly cleaned

Bakery de France soft rolls

1 ounce extra virgin olive oil

Charred Corn Relish

4 ears shucked corn from Arnold Farms in Chestertown

Vegetable oil

½ cup red bell pepper, diced

2 tablespoons finely chopped red onion

2 tablespoons thinly sliced green onions

½ to 1 chipotle chilies, canned in adobo sauce, minced

1 tablespoon fresh lime juice

2 teaspoons canola oil

1/4 teaspoon sugar

1/4 teaspoon kosher salt

1/4 teaspoon ground cumin

Preparation

Prepare the sausage: Peel and clean rockfish. Dice into small chunks about ¼-inch long with scallops and rock shrimp. Place into mixing bowl and add half the tomatoes and basil. Add remaining sausage ingredients, mix well and set aside. Place casing in a sausage stuffer machine and make sausages about 6 inches in length. Blanch sausages in simmering water; do not overcook. Heat olive oil in a hot skillet. Brown both sides of sausages and cook through.

Prepare the relish: Lightly coat corn with vegetable oil. Place corn on grill rack and grill 20 minutes, turning occasionally. Cool completely. Cut kernels from ears of corn; place in a medium bowl. Discard cobs. Add bell pepper, onions, and chipotle chili to bowl; toss well. Combine juice and remaining ingredients in a small bowl, stirring with a whisk. Drizzle juice mixture over corn mixture; toss well. Cover and chill at least 30 minutes.

Plating/presentation: Serve sausages on Bakery de France soft rolls with tomato and corn relish.

Pair With...

Barbera Cassinelli Winery, Church Hill



About the Recipe

Chef: James Barrett, Azure Restaurant at the Westin Annapolis www.azureannapolis.com

Chef Barrett creates dishes that pay homage to his local roots while using contemporary cooking methods to showcase unique textures and flavors. He is committed to providing quality, local, sustainable food to all of the diners at the Westin Annapolis hotel. Toward that end, he has implemented a rooftop garden and keeps his own bees on the roof.

Producer: Arnold Farms (Queen Anne's County)

Products used in recipe: produce

Arnold Farms, a 350-acre farm on the Eastern Shore near Chestertown, is a first-generation grower who has been producing a wide variety of produce for 15 years.



Roseda Short Rib Stuffed Meatball Sliders with Hummingbird Farms Tomato Sauce and FireFly Farms Cabra La Mancha Cheese

The idea of this dish is to use leftover stewed meat and incorporate it into a meatball. This recipe uses braised short ribs, but any shredded stewed meat or shredded roast will do.

Ingredients

Braised Beef Short Ribs Beef short ribs, bone-in, 3 pounds 8 ounces bacon, diced Large yellow onion, diced 2 large celery ribs, diced 1 large carrot, peeled and diced 1 head of fresh garlic cloves, separated, peeled and bruised 1 ounce fresh thyme, small bunch 1 ounce (4-5 stems) fresh rosemary 2 bay leaves ½ cup tomato paste 3 tablespoons olive oil, divided Salt and pepper to taste Red wine, Maryland Cabernet Franc: 1 BTL/750 ML

Fresh Tomato Sauce
16 fresh tomatoes, quartered
1 red onion, quartered
½ cup fresh garlic, peeled
1 bunch fresh basil,
de-stemmed
½ cup olive oil, divided
Salt and pepper to taste

Finishing
12 slider buns
12 ounces to 1 pound FireFly
Farms Cabra La Mancha
Cheese, sliced thick
12 long sandwich picks,
4-5 inches

Beef Meatball Mix 2 pounds ground beef, 85/15 1 yellow onion, diced fine 1 green pepper, diced fine 2 garlic cloves, peeled and chopped fine 2 tablespoons fennel seed, toasted and ground 1/4 cup Parmesan cheese, grated 1 ounce Italian parsley, chopped fine 1 cup crusty bread, stale, cubed 1/4 -1/3 cup whole milk 2 tablespoons olive oil Approximately 1 pound shredded braised short rib mixture Salt and pepper to taste

Preparation

Prepare the short ribs. Combine short ribs, herbs, bay leaf, vegetables, garlic and red wine in a non-reactive container, cover and marinate overnight.

Pre-heat oven to 325 degrees. Remove short ribs and drain veggies from marinade; save marinade. Season short ribs with salt and pepper on all sides. Add half the oil to a wide braising pan over medium high heat. Sear short ribs on all sides in braising pan, remove when they are a deep golden brown color and reserve on side plate. Add drained vegetables and bacon to same braising pan, lightly brown. Add tomato paste, stir into vegetables and sauté thoroughly. Add short ribs back to pan and cover with marinade wine and herbs. Cover pan tightly with foil and lid. Braise in oven for 3 hours. Remove short ribs, and strain and de-fat braising liquid. Place strained and de-fatted braising liquid



back into pan on stove top and reduce over medium heat to glaze consistency. While braising liquid is reducing, remove short ribs from bone and trim away excess fat. Place braising glaze and braised beef short ribs into a wide bowl or dish and use two forks to shred the meat and incorporate the glaze.

Prepare the tomato sauce: Pre-heat oven to 325 degrees. In a large bowl, combine tomatoes, onion, garlic, ½ the oil, and salt and pepper. Toss thoroughly and spread out on a large oven sheet covered with parchment paper. Roast tomatoes for 45 minutes until onions and garlic are deep golden and tomatoes peel away easily from skins. While still warm, peel skins from tomato quarters and discard skins. Place all ingredients into a large sauce pan. Use an immersion stick blender (or food processor) to purée, add remaining oil in steady stream while sauce is purée-ing. Adjust salt and pepper as needed; add a little water if needed to achieve sauce consistency. Place covered over low heat on stove top.

Prepare the meatballs: Season and sauté onions, peppers and garlic in oil until soft. Chill. Fill a medium bowl ½ with cold tap water and reserve on side. Pre-heat oven to 425 degrees. Place crusty bread in a small bowl, add milk slowly and mash together to make a paste. Add only enough milk as needed, to make a paste. Combine chilled sautéed vegetables, bread/milk paste and all remaining ingredients; season with salt and pepper. Use hands to thoroughly incorporate shredded short ribs into meatball mixture. Portion out meatball mixture into identical sized clusters. Dip hands into water bowl and round portioned meatball mix into smooth meatballs. Place formed meatballs onto a baking sheet covered with parchment. Bake meatballs 20-30 minutes (depending on size) until fully cooked. Add cooked meatballs to tomato sauce and simmer for a minimum of 30 minutes.

To finish: Cut 12 slider buns in half. Place tops and bottoms on broiler pan covered with aluminum foil and quickly toast under broiler. Place a meatball on each toasted slider bun bottom with a little extra sauce. Top meatballs with cheese. Place under broiler just until cheese begins to bubble. Remove from broiler and top with bun. Secure with sandwich picks and serve immediately.

Any remaining tomato sauce can be refrigerated or frozen after proper chilling. Great with pasta, lasagna or more meatballs!

Pair With...

Crimson Moon (red blend) Harford Vineyard, Jarrettsville

About the Recipe

Chef: Michael Cleary, St. John's College/Bon Appetit Management Company (Anne Arundel County)

Chef Cleary has worked with Bon Appetit since 2009, starting at University of Maryland Baltimore and Goucher College. His career in food and restaurants goes back more than 20 years. He was the Chef De Cuisine at Restaurant Nora in Washington, D.C. in 2005-06, and Regional Research and Development Chef for Whole Foods Market, Mid-Atlantic from 2006-09. Other resume highlights



include positions and titles at The Ritz-Carlton, Philadelphia; Signature Restaurants by Georges Perrier; and Dean & Deluca, Georgetown.

Producer: Mike Brannon, Roseda Farm (Baltimore County)

www.RosedaBeef.com

Products used in the recipe: beef short ribs and ground beef

Roseda Farm carefully selects and breeds Black Angus cattle. You'll see the result in the healthy, red color of our beef, and the bright white marbling throughout our steaks and other prime cuts. We graze our cattle on lush green pastures, and feed them corn, hay, soybean meal, vitamins, minerals and fresh water. Roseda beef is dry-aged for 14-21 days, then flash-frozen to lock in maximum tenderness and flavor.

Producer: Jennifer Sturmer, Hummingbird Farms (Caroline County)

hummingbirdfarms.intuitwebsites.com/

Products used in the recipe: tomatoes

For more than 20 years, Jennifer and Rick Sturmer have dedicated themselves to producing red, ripe, flavorful tomatoes. Their tomatoes are grown hydroponically and hand picked to ensure the highest quality, ripest fruit. The farm is USDA Harmonized GAP Certified.

Producer: FireFly Farms (Garrett County)

www.fireflyfarms.com

Products used in the recipe: goat cheese

FireFly Farms offers nationally and internationally award-winning premium goat cheese that features the distinct regional flavors of Mountain Maryland's Allegheny Plateau. Each cheese is artfully handcrafted and aged with precise detail. And each offers distinguished flavor, exceptional texture, noteworthy composition and unprecedented aesthetics. The cheese of FireFly Farms is produced using agriculturally sustainable, locally sourced fresh goats' milk and time-honored, traditional methods of goat cheese making.



Slow Cooked Pork Flatbread

Ingredients

Slow Cooked Pork
2 pounds pork
shoulder, boneless
1 tablespoon light
brown sugar
1 teaspoon anise seed
1 teaspoon garlic
powder
2 teaspoons kosher salt

1 teaspoon lemon peel

3½ pounds heirloom tomatoes, diced2 cinnamon sticks1 tablespoon whole cloves1 cup cider vinegar3 cups white sugar

Tomato Preserves

Flatbread Dough
3 cups unbleached
flour, plus more
for dusting a work
surface
2 tablespoons fine
sea salt
1/4 ounce active dry year

sea salt

1/4 ounce active dry yeast
3 tablespoons olive
oil, arbequina
extra virgin

Finishing

1/4 cup micro arugula

1 ounce Tessemae's
Lemon Garlic
Dressing

1 pinch lemon
gremolata

Preparation

1/4 pound bacon

Prepare the pork: Place all pork ingredients into heat-sealed bag with air removed and cook for 12 hours at 175 degrees. Remove and place in ice bath immediately. Discard bacon and reserve strained juices. Fork-shred pork for later use.

Prepare the tomato preserves: Combine diced tomato with cinnamon sticks and cloves in a heavy-bot-tomed sauce pan. Over medium high heat, bring to a boil. Pour tomato mix into a strainer and strain in the refrigerator for 4 hours. Place tomato mixture in sauce pot with vinegar and sugar and bring to a boil. Reduce heat to a simmer and cook for 1 hour. Remove from heat and cool.

Prepare the flatbread dough: Mix flour and salt in the bowl of a standing mixer fitted with the dough hook until well mixed. Put yeast in another bowl and whisk in ¼ cup warm water, then 2 tablespoons of the oil. Let this rest until the liquid begins to foam, about 10 minutes, then pour this mixture into the center of the flour. Mix the flour and yeast solution until incorporated. Add ¾ cup warm water to the flour and mix again until the dough pulls together in a single, unified mass. Turn dough onto a lightly floured surface and begin to knead the dough. Repeat the process over and over to create a smooth ball of dough free of stickiness. Brush a clean, stainless-steel bowl with the remaining table-spoon oil and put the ball of dough in the bowl. Cover with a clean cloth and let rise at room temperature until it has doubled in size. When the dough has risen, divide it into 4 ounce pieces and roll into a ball shape. Can be stored in plastic in the freezer for up to 2 months.

Prepare the slow cooked pork flatbread: Flatten each ball of dough and grill on high heat until soft, not crispy. Top grilled bread with 2 ounces of tomato preserves and 2 ounces of fork-shredded pork. Cook on grill until crispy and heated through. Toss greens with dressing and gremolata and top pizza with dressed greens.



Pair With...

Red Skins (red blend) Linganore Winecellars, Mt. Airy

About the Recipe

Chef: James Barrett, Azure Restaurant at the Westin Annapolis

www.azureannapolis.com

Chef Barrett creates dishes that pay homage to his local roots while using contemporary cooking methods to showcase unique textures and flavors.

Producer: Jennifer Sturmer, Hummingbird Farms (Caroline County)

hummingbirdfarms.intuitwebsites.com/

Products used in the recipe: tomatoes

For more than 20 years, Jennifer and Rick Sturmer have dedicated themselves to producing red, ripe, flavorful tomatoes. Their tomatoes are grown hydroponically and hand picked to ensure the highest quality, ripest fruit. The farm is USDA Harmonized GAP Certified.



Tandoori Beef with Honeydew Tzatziki

Ingredients

2 pounds Roseda beef tenderloin, cut into 1 inch cubes

Marinade

2 cups local yogurt

2 tablespoons local honey

2 tablespoons peanut oil

11/2 teaspoons cumin seeds, toasted and ground

11/2 teaspoons coriander seeds, toasted and ground

11/2 teaspoons black pepper, ground

2 teaspoons garam masala

1 teaspoon turmeric

1/4 teaspoon red pepper flakes

1½ teaspoons salt

4 scallions, chopped

2 teaspoons fresh ginger, chopped

1/4 cup cilantro, chopped

Honeydew Tzatziki

1 cucumber, peeled, seeded and diced

1 cup honeydew, finely diced

Kosher salt

2 cups strained local yogurt

1/4 red onion

1 jalapeño, seeded and minced

Preparation

Prepare the beef: Mix all marinade ingredients. Place beef on skewers and soak in marinade overnight. Grill beef skewers over medium high heat until desired doneness.

Prepare the tzatziki: Put the cucumber and honeydew in a screen strainer over a bowl. Sprinkle with a teaspoon of salt and let sit 5 minutes. Press out as much liquid as possible and discard liquid. Add the cucumber and melon to the rest of the tzatziki ingredients and mix. Chill for at least 1 hour.

Plating/Presentation: Place beef skewers on a plate and spoon on honeydew tzatziki to taste.

Pair With...

Cygnus Red (red blend) Cygnus Wine Cellars, Manchester

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 28 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 five 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: Mike Brannon, Roseda Farm (Baltimore County)

www.RosedaBeef.com

Products used in the recipe: beef tenderloin

Roseda Farm carefully selects and breeds Black Angus cattle. You'll see the result in the healthy, red color of our beef, and the bright white marbling throughout our steaks and other prime cuts. We graze our cattle on lush green pastures, and feed them corn, hay, soybean meal, vitamins, minerals and fresh water. Roseda beef is dry-aged for 14-21 days, then flash-frozen to lock in maximum tenderness and flavor.

Producer: Bobby Prigel, Prigel Family Creamery (Baltimore County)

www.prigelfamilycreamery.com

Products used in the recipe: plain yogurt

Prigel Family Creamery processes milk from Bellevale Farm into fresh, nutrient-dense dairy foods from cows that graze on grass grown from organically balanced soils.

Salads/Side Dishes





Cucumber and Watermelon Salad with Maple Thyme Vinaigrette

Ingredients

8 cucumbers 1 large watermelon, seedless if available 1½ cup of micro thyme Dressing
1 cup canola oil
1 cup apple cider vinegar
1 cup rice wine vinegar
1 cup maple syrup
½ cup honey
½ cup sugar (more or less, depending on how sweet the watermelon is)
Salt and white pepper to taste

Preparation

Wash all produce. Cube watermelon. Peel and de-seed cucumbers then slice into half moons. Add micro thyme and combine dressing, chill and serve.

Pair With...

Albariño

Royal Rabbit Vineyards, Parkton

About the Recipe

Chef: Daniel Elardo, Zeffert & Gold Catering (Baltimore)

www.zeffertandgold.com

Chef Elardo, born in Baltimore, is a third generation culinarian who began working alongside his father at Clyde's of Columbia at the age of 15. With 28 years in the Maryland hospitality field, he has worked for private clubs, fine dining restaurants and a hotel. For the past 12 years, he has been the Corporate Chef for Maryland Catering Consortium, which is comprised of three catering companies under one roof Zeffert & Gold Catering, Cuisine Catering and Celebrations Kosher Catering.

Producer: Bartenfelder Farms (Baltimore County)

Products used in the recipe: cucumbers, watermelon, thyme

Bartenfelder Farms has been growing fresh local produce for more than 130 years. The Bartenfelder Family settled in Baltimore County in the mid-1870s. Joe Bartenfelder, a sixth generation truck farmer, grew up working on his family's farm alongside his grandparents, parents, and uncles in Fullerton. Now in its seventh generation, Joe Bartenfelder's wife and children keep the family 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: Lindemann's Apiary, Manchester (Carroll County)

Edward Lindemann, owner of Lindemann's Apiary, began keeping bees after taking a bee keeping course at Oregon Ridge through the Central Maryland Beekeeping Association. Over the years, Lindemann has acquired additional hives and has brought home several blue ribbons for his honey from the Maryland State Fair.

Producer: Distillery Lane Ciderworks (Frederick County)

www.distillerylaneciderworks.com

Distillery Lane Ciderworks, a family farm in Jefferson, produces fine apple products, including nationally award winning hard ciders, fresh fruit and cider, and vinegars. The 3,000-tree orchard contains more than 40 varieties of heritage American, English, and French cider apples, along with fruit wonderful for eating and baking. DLC's vinegars are produced from their hard ciders and reflect their high quality. Less acidic than mass-produced apple cider vinegars, DLC vinegar makes lovely salad dressings and marinades.

Producer: S & S Maple Camp (Allegany County)

www.ssmaplecamp.com

S & S Maple Camp, in business since 1968, is the largest maple syrup producer in Maryland. It is 100-percent owner operated by the Shinholt family. S & S Maple Camp is 100-percent vegan. The camp consists of 526 acres of sugar maple trees that have been in the family since the 1800s. Taste and become a believer in the best maple syrup on earth. Made with pride for generations.



Deviled Eggs with Smoked Bacon, Farm Fresh Yogurt and White Balsamic Glaze In Bibb Lettuce Wraps

Ingredients

1 dozen hard boiled, farm-fresh eggs ½ cup plain yogurt 2 teaspoons sugar Seasoning ½ pound bacon, cooked crisp, drained and minced½ cup minced red onion1 cup white balsamic vinegar½ cup light brown sugar

Preparation

Heat and dissolve sugar in vinegar and continue simmering until liquid is reduced by half and is syrupy. Cool. Halve cooked eggs lengthwise. Put yolks in a bowl and place hollowed whites inside-up on a tray inside individual leaves of bibb lettuce. Whisk yolks, yogurt, sugar, white balsamic vinegar, salt and pepper together to creamy consistency. Fold in minced bacon and red onion. Pipe with pastry bag, or otherwise fill hollowed whites with yolk mixture. Present wrapped in lettuce leaf.

Pair With...

Spencerville Red Hard Cider Great Shoals Winery, Silver Spring

About the Recipe

Chef: Craig Sewell, A Cook's Café (Anne Arundel County)

www.acookscafe.com

Chef Sewell has owned A Cook's Cafe for 11 years and concentrates on local sourcing of ingredients that he uses in his restaurant, in catering, teaching cooking classes or in distribution to home kitchens through his Market Basket program and CSA. He was the 2011 recipient of the Governor's Maryland Smart, Green and Growing Award for the Buy Local Agricultural Challenge.

Producer: David Smith, Springfield Farm (Baltimore County)

www.ourspringfieldfarm.com

Products used in the recipe: eggs, smoked bacon

Springfield Farm is no ordinary place, and the Smith, Lafferty and Webb families are by no means traditional farmers. Three generations work and live on this beautiful, natural farm just north of Baltimore. In addition to chicken eggs and seasonal goose eggs, chicken, turkey, duck and seasonal goose



are raised for meat. Beef (grass-fed and natural), grass-fed lamb, pork and rabbit are also available. The 67-acre Springfield Farm has been in David Smith's family since the 1600s.

Producer: Bobby Prigel, Prigel Family Creamery (Baltimore County)

www.prigelfamilycreamery.com

Products used in the recipe: plain yogurt

Prigel Family Creamery processes milk from Bellevale Farm into fresh, nutrient-dense dairy foods from cows that graze on grass grown from organically balanced soils.

Producer: Tim Fields, Baywater Green (Wicomico County)

www.baywatergreens.com

Products used in the recipe: hydroponic bibb lettuce

Baywater Greens provides quality hydroponic lettuce varieties to restaurants, markets, distributors and homes. Baywater Greens is a sixth generation, family-owned and operated farm, delivering to points in Maryland, Delaware, Virginia and Washington D.C. It uses state-of-the art harvesting techniques to ensure quality product to customers, and its cold-chain process means that lettuce harvested is stored in walk-in coolers, loaded onto refrigerated truck and delivered to customers in a matter of hours. Baywater Greens lettuce is in national grocery store chains, produce distributors, roadside stands and farmers markets.



Stuffed Zucchini

Ingredients

2 whole zucchini, split in half lengthwise and hollowed out
½ cup shaved radish
¼ cup diced Maryland heirloom tomatoes
10 asparagus spears, ¼ inch dice
½ red onion, diced
3 tablespoons sunflower seeds, shelled

3 tablespoons panko bread crumbs ½ teaspoon garlic, chopped 2 teaspoon grated Parmesan cheese ¼ teaspoon rosemary, finely chopped 2 tablespoon grapeseed oil 1 tablespoon butter, melted Salt and pepper to taste

Preparation

Clean zucchini, hollow out, season with salt and pepper and set aside. Prepare all vegetables and sauté over medium heat for three minutes in grapeseed oil. Allow to cool. In a small mixing bowl, combine sunflower seeds, panko bread crumbs, chopped garlic, Parmesan cheese and melted butter. Preheat oven to 350 degrees. On a foil-lined sheet pan, place hollowed-out zucchini and fill with the sautéed vegetable medley. Top the stuffed zucchini with the panko, sunflower and rosemary crumb topping. Bake for 12 minutes until zucchini is tender and topping is golden brown.

Pair With...

Gunpowder Falls White Woodhall Wine Cellars, Parkton

About the Recipe

Chef: Travis Szerensits, The Manor Tavern (Baltimore County)

Chef Szerensits grew up in Harford County. He has been professionally cooking for 14 years and has been the executive chef of the Manor Tavern for three years. One of the owners, Jim Franzoni, owns Verdant Valley Farms, where the restaurant sources all of its Berkshire pork. Chef Szerensits also prefers Springfield Farms eggs, Gunpowder Trading Company bison, and produce from BaltimOrganic and One Straw. In addition to purchasing locally, the restaurants has its own gardens and produces salad greens and vegetables on site.

Producer: Jon Shaw, BaltimOrganic (Baltimore County)

www.baltimorganic.com

Products used in the recipe: asparagus, heirloom tomatoes, radishes

Jon Shaw, BaltimOrganic founder, has been gardening using organic, raised-bed, no till methods for many years. He operates what might be called a large "market garden" in Monkton that sits on some of the best soil in the state. He enjoys experimenting by growing unusual plants including heirloom varieties while trying to extend their season without the use of fossil fuel-based heating.

Entrées





Baltimore "Baseball Steak" over Roasted Silver Queen Corn, Tomatoes and Cucumbers and Creamy Potato Salad

Ingredients

Beef
2 each, 8-ounce Roseda
beef sirloin steaks
(baseball cut)
Salt to taste
Fresh ground black
pepper
Canola oil

Corn Salad

1 ear silver queen corn,
lightly grilled, removed
from husk

1 green bell pepper,
grilled, seeded and

1 cucumber, peeled and diced

2 beefsteak tomatoes, fire roasted, peeled and diced2 tablespoons cilantro

2 tablespoons cilantro Salt and pepper to taste 1½ tablespoons olive oil Creamy Potato Salad
2½ pounds cooked red
skin potatoes, ¼ cut
¾ pound diced celery
¾ pound diced onions
¾ pound cooked eggs,

rough chopped
13/4 pounds dressing
(recipe follows)

Salt to taste
White pepper to taste
Chopped fresh parsley
or chives (optional)

Dressing for Potato
Salad
1/4 pound cream cheese
21/4 ounces grainy

Dijon Mustard 1½ pounds mayonnaise

Roasted Garlic and Chili Aioli Sauce 3/4 cup fresh mayonnaise

- 2 tablespoons roasted chopped garlic paste
- 2 tablespoons puréed chipotles in Adobo sauce

Preparation

Prepare beef: Grill beef with two temperature zones (high and low). Season meat after grill heats properly. Grill steaks to desired doneness. Allow to rest 5 minutes before slicing thinly on the angle. Shingle slices over corn salad.

Prepare corn salad: Char corn, peppers and tomatoes. Remove corn from the husk using a knife. Remove skin from tomatoes and peppers by burning off on hot grill, dice ¼" to ½" medium dice and add to corn. Repeat dicing process with peeled and seeded cucumber. Add all other corn salad ingredients and allow to mellow. Adjust seasoning if needed.

Prepare potato salad: Combine all potato salad ingredients and all dressing ingredients, mix well and season to taste.



Prepare aioli sauce: Combine all aioli sauce ingredients, mix well and season to taste.

Plating/presentation: Apply aioli sauce to plate using a large soup spoon and a light brush stroke. Using a mold or timbal, place the corn salad in the center of the plate. Slice cooked Roseda baseball steak into 8 slices, (4 per person) and shingle slices over corn medley. Garnish with dollop of creamy summer potato salad. Serve immediately.

Pair With...

Reserve Cabernet Franc Boordy Vineyards, Hydes

About the Recipe

Chef: Stephen Abel, Hearn Kirkwood & Food Unlimited (Anne Arundel County) www.hearnkirkwood.com

Chef Abel is a Delmarva local and passionate Eastern Shore/Chesapeake Bay area enthusiast. He has been in the food industry since 1974. A Culinary Institute of America graduate and veteran of restaurants, hotels, resorts, corporate dining and retail from Hawaii to the Caribbean and beyond, Chef Abel is happiest in the Mid-Atlantic region. He is now chef for Hearn Kirkwood, a family-owned produce distribution business since 1946, developing eco-friendly foods for retail and commercial applications. He also teaches culinary arts courses at the International Culinary School of the Art Institute of Washington in Rosslyn, Virginia.

Producer: Mike Brannon, Roseda Farm (Baltimore County)

www.rosedabeef.com

Products used in the recipe: baseball steak (Angus Sirloin)

Ed Burchell started Roseda Beef Farms 60 years ago. Today, with the help of computer technology, the farm selects breeding traits, like marbling, that produce a great eating experience for customers. In 1999, Roseda Farm was awarded The Cooperator of the Year Award by the Baltimore County Soil Conservation District for improvements made to diminish erosion and runoff. Through the development of a gravity-based water system, the farm provides cattle with clean water, as well as preventing waste runoff into the local waterways. The farm also uses intensively managed grazing where forage is grazed more evenly, leading to an increased nutritional value for cattle and a great quality product for the consumer.



Bison Ravioli in Bay Blue Mornay Sauce

Ingredients

Bison Ravioli Filling
1 pound bison chuck
1½ quarts beef stock
1 white onion, chopped
1 medium carrot,
chopped
2 sticks celery, chopped
4 cloves garlic, peeled
and left whole
1 cup Maryland red wine
2 ounces fresh thyme

Pasta
3½ cups unbleached,
all-purpose flour
4 extra large eggs
3 tablespoons extra
virgin olive oil
Pinch salt and pepper
1 egg for egg wash

Bay Blue Mornay
Sauce
3 ounces butter
3 ounces all-purpose flour
1 quart creamery milk
4 ounces Chapel's
Country Creamery
Bay Blue Cheese
2 ounces Chapel's
Country Creamery
garlic and chive
cheddar cheese
Pinch of salt and pepper

Greens
2 ounces micro
arugula
2 ounces red
russian kale
1 tablespoon
olive oil
1 teaspoon
lemon juice

Preparation

2 tablespoons olive oil

Prepare the bison filling: Sear bison in pan on medium hot heat in olive oil (2 tablespoons) until golden brown on each side. Move into braising pot. Sauté remaining vegetables in pan that bison was seared in until golden brown. Add red wine to deglaze pan. Transfer vegetables into braising pot. Add beef stock to braising pot, enough to cover meat. Cover pot with tin foil and cook slowly (275 degrees) for five hours or until meat falls apart with fork. Once cooked, allow to rest, pull meat apart with a fork and put in large mixing bowl. Strain braising liquid and cook on medium high heat until reduced by half. Pour reduction over bison and set aside.

Prepare the pasta: Mound flour in center of a wooden cutting board. Make a well in the middle of the flour. Add eggs and olive oil all at one time. Using a fork, beat together the eggs and begin to incorporate the flour, starting with inner rim of well. The dough will come together when about half the flour is incorporated. When the mixture becomes a dough ball, knead with hands. Continue to knead for about five minutes. Dough should be elastic and a little sticky. Add a little flour if needed. Wrap in plastic when ready. Set aside at room temperature for 30 minutes. Use a hand pasta machine to make ravioli strips; start on highest setting and continue to process twice on each setting, going down to the lowest setting.

Prepare (stuff) the ravioli: Cut pasta sheet in half; place halves next to each other. Place 1 ounce of bison filling mixture on pasta sheet at one inch intervals. Beat one egg and brush pasta with egg wash. Top with other half of pasta. Push down gently between the bison mixture. Cut with ring mold or knife. Blanch in salted water for 2 minutes. Remove with spider kitchen tool and place on plate.



Prepare Mornay sauce: Melt butter in pot. Add flour all at once over low heat. Allow to make a roux. Cook one minute. Add milk one cup at a time, allowing it to come back to a simmer each time. Turn heat off. Add all cheese and steep until melted. Salt and pepper to taste.

Prepare greens: Toss greens with olive oil and lemon juice.

Plating/presentation: Place greens in center of plate. Surround with ravioli. Drizzle with Mornay sauce to taste.

Pair With...

Prestige (red blend) Knob Hall Winery, Clear Spring

About the Recipe

Chef: David Hayes, Bistro St. Michaels (Talbot County)

www.bistrostmichaels.com

Executive Chef David Hayes is a graduate of Colchester Institute in Essex, UK. After graduation, he served internships with Buckingham Palace in London and The Inn at Perry Cabin in St. Michaels, where he worked alongside renowned Executive Chef Mark Salter. Prior to joining Harbour Inn, Chef Hayes worked as Executive Sous Chef at Mason's in Easton. Chef Hayes incorporates his French/English culinary background into the flavors and local ingredients of the Eastern Shore. Chef Hayes was voted Best Chef, Eastern Shore by What's Up Magazine in 2011.

Producer: Holly Foster, Chapel's Country Creamery (Talbot County)

www.chapelscountrycreamery.com

Products used in the recipe: milk, garlic and chive cheddar, bay blue cheese

Chapel's Country Creamery handcrafted artisanal cheeses start with fresh raw milk produced by the family's dairy farm. The dairy herd contains grass fed Jersey and Holstein cows that produce high quality milk, rich in cream. By producing its own cheese from start to finish, Chapel's ensure the highest quality possible. The creamery received the Talbot County Soil Conservation Award for environmentally friendly operation for soil, air, and water quality concerns.

Producer: Bill Edwards, SB Farms (Dorchester County)

www.sbfarmsinc.com

Products used in the recipe: bison roast

An average of 38 inches of rain falls on SB Farms per year, providing lush green pastures on which to produce bison, a low-fat, nutritional red meat with rich flavor. The ranch is locally owned and operated by the Edwards family. Care is taken to use as many agricultural "Best Management Practices" as possible to not only provide a safe and healthy environment for the bison, but to also control nutrient and soil runoff into the Choptank River and Chesapeake Bay. The ranch uses rotational grazing and has established pastures which include native warm-season grasses.



Producer: Tim Fields, Baywater Greens (Wicomico County)

www.baywatergreens.com

Products used in the recipe: micro greens - arugula, red Russian kale

Baywater Greens provides quality hydroponic lettuce varieties to restaurants, markets, distributors and homes. Baywater Greens is a sixth-generation, family-owned and operated farm delivering to points in Maryland, Delaware, Virginia and Washington D.C. It uses state-of-the art harvesting techniques to ensure quality product to customers, and its cold-chain process means that lettuce harvested is stored in walk-in coolers, loaded onto refrigerated truck and delivered to customers in a matter of hours. Baywater Greens lettuce is in national grocery store chains, produce distributors, roadside stands and farmers' markets.



Chesapeake Crab Cakes with Corn Cakes and Eastern Shore Melon Relish

Ingredients

Crab Cakes

½ cup mayo

1 teaspoon dried mustard

1 teaspoon celery seed

2 teaspoons Old Bay seasoning

1/4 cup chili sauce

1 teaspoon Worcestershire sauce

1 teaspoon fresh lemon juice

1 pound jumbo lump crab meat, cleaned of shell

8 Saltines, crushed

Corn Cakes

1 cup flour

1/4 teaspoon baking powder

½ teaspoon salt

½ teaspoon black pepper

1 teaspoon ground coriander

½ teaspoon ground cumin

1 egg, beaten

½ cup water

2 cups fresh corn kernels

½ cup thinly sliced scallions

1/4 cup chopped parsley

Eastern Shore Melon Relish

3 cups watermelon, diced 1/4 inch

1/4 cup red onion, diced 1/4 inch

1/3 cup cilantro, coarsely chopped

1 cup cantaloupe, diced 1/4 inch

2 jalapenos, seeded and minced

½ cup cucumber, peeled, seeded

and diced 1/4 inch

2 tablespoons mint, coarsely chopped

Juice of 2 limes

/ C 1

½ cup fresh orange juice

½ teaspoon each, salt and pepper

½ teaspoon ground cumin

1 tablespoon turbinado sugar

Preparation

Prepare the crab cakes: In a bowl, mix the first seven ingredients together to make a sauce. In a separate bowl, mix the crab meat and the crushed Saltines together. Add the sauce to the crab meat mixture and form into 2-ounce crab cakes. Sauté crab cakes until golden brown and reserve.

Prepare the corn cakes: Sift flour. Mix baking powder, salt and spices in a bowl. In a separate bowl, mix the egg, lemon juice and water together until smooth. Add the onions, corn kernels and chopped parsley and combine into a batter, mixing well. In a greased pan, cook the corn cakes like pancakes. When the corn cakes are golden brown, place on paper towels and reserve.

Prepare the melon relish: In a bowl, mix together the first six relish ingredients and stir together. In a separate bowl, mix the juices and the seasonings. Pour the juices and the seasoning over the melon mixture and toss until well combined.

Plating/presentation: Place a corn cake in the center of a plate. Top with a crab cake and spoon Eastern Shore melon relish over the crab cake.

Pair With...

Vidal Blanc

Big Cork Vineyards, Rohrersville



About the Recipe

Chef: Martin Saylor, Coastal Sunbelt Produce Company (Howard County)

www.coastalsunbelt.com

Chef Saylor has been an executive chef in Martha's Vineyard, London England, Washington D.C. and Baltimore. He is a graduate of the school for American Chefs at Beringer Vineyards, Napa Valley and the Culinary Institute in Hyde Park, New York. He has also worked in hotels such as The Hay Adams Hotel, The Willard Hotel, The Fairmont Hotel, The Mayflower Hotel and Butterfield 9 restaurant. He is a former Vice Admirals Chef and also serves as the Research and Development Chef for Coastal Sunbelt Produce.

Producer: Margret Frothingham and Bob Arnold, Arnold Farms (Queen Anne County)

Products used in the recipe: corn, onions, herbs, watermelon, cantaloupe, peppers, cucumbers Arnold Farms is a family-owned farm in Chestertown. Margret Frothingham has worked to offer a diverse selection of local beautiful fresh produce.

Producer: Rich Evanusa, Beach to Bay Seafood (Somerset County)

Products used in the recipe: crab meat

Beach to Bay Seafood started as an Ocean City restaurant and moved to Princess Anne. It is owned and operated by the Evanusa family who operate a restaurant and a retail seafood market under one roof. They are expanding to produce their soups and seasonings for the grocery store market. There product name is Ocean Flavor Foods and will be in supermarkets soon.



Chesapeake Soft Crab with Road Stand Relish

Ingredients

4 soft shell crabs, live, jumbo

4 ounces flour seasoned with salt and pepper

4 ounces sweet butter mixed with lemon and chives

8 slices Maranto Italian bread, buttered and griddletoasted

4 leaves, green leaf lettuce

12 ounces, Road Stand Relish (see below)

2 ounces tartar sauce

4 lemon wedges

Road Stand Relish

(aka - Backyard Garden Salad)

½ cup red wine vinegar

½ cup sugar

3 large mid-summer tomatoes

2 cucumbers

½ red onion

Preparation

Prepare the crabs: Remove live crabs from their bed of damp straw or newspaper. Set crab on its back, hold the claws back with one hand and slice off the face, just behind the eyes. Open the apron at the back of the shell and slice off. Turn the crab over, lift each shell point in turn and remove the gills from the body. Carefully fold the claws in front, then set the crab in bowl of flour. Set a pat of sweet butter on a pre-heated (325 degrees) cast iron pan or griddle. Allow butter to sizzle, then place the crab up-side down on the butter. Cook 4 minutes, flip over and continue to cook 4 minutes. Butter and toast 2 pieces of bread on the griddle until golden.

Prepare the relish: Bring red wine vinegar and sugar to boil over moderate heat to form simple syrup. Rinse the tomatoes under clean water, cut out the stem, then dice into ¾" pieces and place into non-reactive bowl. Rinse the cucumbers, peel stripes of skin off with vegetable peeler, and then cut the cucumbers in half. Spoon out the seed if you wish. Lay cucumbers flat side down on a cutting board and slice 3/8" thick. Add to the bowl with the tomatoes. Peel the onion, cut in half, reserve ½ for other use. Cut the remaining half in half again and sliver into 1/8" slices. Toss tomatoes, cucumbers, onion and syrup together. Refrigerate until needed.

Plating/presentation: Shingle 2 slices of toast in the center of each plate, lay a crab on top, and place a pat of lemon butter on each crab to melt. Set a lettuce leaf on each plate and spoon a portion of Roadstand Relish on top of the lettuce.

Pair With...

Chardonnay Crow Vineyards, Kennedyville



About the Recipe

Chef: Paul Bartlett, Phillips Crab Deck (Anne Arundel County)

www.kitchensolutionsconsulting.com

Chef Bartlett is a long-time Chesapeake area chef, noted for his passionate regard for oysters and a fond regard for crabs. Last summer, he helped Steve Phillips develop the Crab Deck concept for Phillips Seafood Restaurants and wrote the opening menus for Baltimore and Annapolis locations. A true lover of seafood, he's won the Maryland Crab Cooking Olympics, and has represented Chesapeake Cuisine in Hollywood and San Francisco.

Producer: John Walton, Walton's Seafood (Talbot County)

Products used in the recipe: Maryland soft crabs

John Walton, retired sea captain with the U.S. Merchant Marine, is the promoter and distributor of Tilghman's seafood to the restaurants of Baltimore and Annapolis. His grandfather ran a seafood business on Tilghman Island. As a fifth-generation resident, he is related to many of his watermen suppliers. Together they form an unbroken chain in the history of Maryland's Chesapeake bounty making its way to market. John's daily-sloughed soft crabs are a staple offering of the Phillips Crab Deck restaurants.

Producer: Salvatore Maranto, F&S Maranto Bakery (Baltimore)

www.marantobakery.com

Products used in the recipe: buttered bread, toasted

In 1969, Sal Maranto, (Charlie's son) returned to the bakery to ease the transition and sudden void left at his Uncle Joe's passing. In 1975, Sal's brother Bill joined the business as well. Big changes came in the 1980s as Charlie and Tony again decided to expand to meet the growing demand. The four row houses that originally stood at 244-252 Pearl Street were demolished to make way for additional equipment and the growing fleet of delivery trucks. Third-generation owners, Sal and Bill Maranto are currently at the helm of the family business. Together with over 40 years of baking experience, they continue to make the quality products that would make the first generation proud.

Producer: Parker Farms / Piscataway Farms, (Prince George's County)

Parker Farms is a multi-generation farm owned by brothers Chris and Rod Parker. Chris runs Piscataway Farms in Maryland and Rod runs the Virginia operations. Chris and Rod are very active in the community and have been long-time supporters of the Washington Area Gleaners Network (WAGN), whose volunteers harvest Parker Farms crops for direct distribution to shelters and food banks in Maryland, D.C., and Virginia.



Gunpowder Farms Bison Burger with Smoked Bacon, Goat Cheddar, Marinated Tomato and Hot Mix

Ingredients

2 pounds Gunpowder ground bison, formed into patties

8 slices applewood smoked bacon

8 ounces Caprikorn Farms goat cheddar, sliced

1 pound Five Seed Farms heirloom tomatoes, sliced

8 ounces Full Circle Urban Farms Micro Hot Mix

1 tablespoon thyme, minced 1 tablespoon rosemary, minced

1 clove garlic, minced

Extra virgin olive oil

Salt and pepper to taste

4 herbed brioche buns (or any bun you choose)

Preparation

Preheat grill or skillet on a medium heat. While heating, season bison patties with kosher salt and black pepper. When the grill is hot, place burgers and mark. Recommended preparation is medium rare, approximately 4 minutes per side. Bacon can be cooked ahead of time at 350 degrees for 8 to 10 minutes or blanched in salted boiling water for 1 minute and grilled. In a separate bowl, combine sliced tomatoes, garlic, thyme, rosemary and extra virgin olive oil. Season with salt and pepper. Mix by hand, folding to ensure the tomatoes are not damaged. Allow to rest for 30 minutes.

Slice and toast bun (we recommend an herbed brioche bun) on grill 1 minute before removing burgers from grill. Top each burger with two slices of smoked bacon and two slices of goat cheddar. Close the lid and let melt, about 30 seconds. Place the burger on bottom bun, top with Micro Hot Mix, dressed in extra virgin olive oil, salt and pepper. Finish with two slices of marinated tomato. Garnish with condiment of your choosing (recommended: roasted garlic aioli) and top.

Pair With...

Syrah

Elk Run Vineyards, Mt. Airy

About the Recipe

Chef: Bradley Willits, Executive Chef, B&O American Brasserie (Baltimore)

www.bandorestaurant.com

Chef Willits has learned from some of the nation's most celebrated chefs, calling their kitchens his classroom. He has always had a connection to the ocean and water and keeps his dishes simple, clean



and refined. At B&O American Brasserie, he is able to apply that using fresh, local and regional ingredients to offer guests seasonal and approachable menus.

Producer: Trey Lewis, Gunpowder Bison & Trading Co. (Baltimore County)

www.gunpowderbison.com

Products used in the recipe: ground bison

Gunpowder Bison & Trading Co. sells locally raised, dry-aged bison meat. The bison are pasture-raised, fed corn and soybean with no additives.

Producer: Alice Orzechowski, Caprikorn Farms (Washington County)

www.kidslovegoatmilk.com

Products used in the recipe: goat cheddar

Caprikorn has the heaviest milking Saanens herd in the country. For the foundation stock, Captrikorn used mega milkers only and the sons of mega milkers.

Producer: Denzell Mitchell, Five Seed Farms (Baltimore City)

www.fiveseedsfarm.com

Products used in the recipe: tomatoes

Five Seeds Farm is a family-owned and operated, city and country farm in Baltimore. The farm began in the city in the spring of 2008, in the Belair-Edison neighborhood on six vacant lots across the street from the Mitchell home. The family quickly expanded to other vacant lots and private yards across the city. From community gardening, to neighborhood farm stands to community-supported urban agriculture to market and restaurant sales, the Mitchells proudly grow food for children and community members. Five Seed is a transitional farm, seeking organic certification in the 2015 season.

Producer: Steve Blaes, Full Circle Urban Farms (Baltimore City)

www.fullcircleurbanfarm.blogspot.com

Products used in the recipe: Micro Hot Mix

It is the Full Circle Urban Farm's mission to continue to integrate new ways of cultivating healthy fresh produce into the urban landscape while giving back to the communities.



Honey Brined Smokey Rub Chicken with Quick Pickle Salad and Chesapeake Lettuce Bouquet

Ingredients

1 free-range chicken (2½ to 3 pounds), cut into 8 pieces

Honey Brine
8 cups water
½ cup kosher salt
⅓ cup honey
2 tablespoons fresh thyme
1 tablespoon fresh sage
1 tablespoon fresh rosemary

Greens (for plating)
1 head of 4-way lettuce blend
(Red Butter, Green Butter,
Red Oak, Romaine)

Bryan's Magic Rub

1/2 cup paprika, smoked
1/4 cup kosher salt
2 tablespoons dry mustard
1/4 cup chili powder
1/4 cup cumin
2 tablespoons black pepper,
ground
1/4 cup granulated garlic
1 tablespoon cayenne pepper
1/8 cup onion powder

Quick Pickle Salad
with Greens
2 local cucumbers
1 red onion, julienned
1 piece jicama, shredded
3-4 pieces scallion onions, diced
½ cup shredded red radish
½ jalapeno pepper, seeded and thin julienned
1 tablespoon fresh dill
½ cup rice wine vinegar
½ cup olive oil
1 tablespoon sugar
Salt and pepper to taste

Preparation

Prepare the rub: Combine all rub ingredients. Set aside.

Prepare (brine) the chicken: In a large plastic bag, combine all brine ingredients, add chicken and marinate for 12 hours. Remove chicken from bag. No need to rinse. Place on a rack to let chicken semi-dry. Lightly coat the chicken with Bryan's Magic Rub. The chicken can be grilled or roasted. If grilling, be careful not to burn it. It will cook fast. If roasting, roast 325 degrees for 30 minutes.

Prepare the pickle salad: Cut cucumbers very thin lengthwise, almost like a ribbon. Combine onion, jicama, scallions, radish, jalapeno and dill in a large bowl. In a separate bowl, mix olive oil, vinegar and sugar. Stir until sugar is dissolved. Pour over vegetables and let sit for 30 minutes.

Plating/presentation: When ready to plate, place greens on plate and serve the Quick Pickle Salad on top of the greens. Serve chicken on the side.



Pair With...

Chardonnay Old Westminster Winery, Westminster

About the Recipe

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

www.classiccatering.com

Chef Davis serves as the company's Chef de Cuisine. He 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, he 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. Chef Davis likes cooking with food and ingredients that are in season, so they can be enjoyed at their optimum flavors. Chef Davis studied Culinary Arts at Johnson & Wales University, specializing in French-American fusion.

Producer: Jesse Albright, Albright Farms (Baltimore County)

www.albrightfarms.net

Products used in the recipe: chicken, cucumbers

Albright Farms sells its own beef, chicken, turkey, local produce and flowers to area customers. The farm also sets up a roadside stand from April through October in Phoenix, MD. Albright Farms only sells the meat they raise on the farm.

Producer: Barbie Maniscalco, Chesapeake Greenhouse, LLC (Queen Anne's County)

www.wegrowlettuce.net

Products used in the recipe: lettuce

Chesapeake Greenhouse is a family farm that employs six full-time greenhouse workers and one full-time delivery driver. Their 24,000-square-foot greenhouse has 38,000 heads of lettuce growing at any time throughout the year. Greenhouse workers pick fresh lettuce every day with lettuce being sold with the "roots on" so it will stay fresh longer than field grown lettuce. Their greenhouse is categorized as a Controlled Environment Agriculture, meaning lettuce is grown indoors and in water (hydroponic). The company's hydroponic methods uses about one tenth of the water normally used in open field agriculture.

Producer: Jim Roberts, Bees By The Bay (Baltimore County)

www.beesbythebay.com

Products used in the recipe: honey

Bees By The Bay is a small, family-operated business dedicated to passing on its knowledge and importance of the honeybee. Founded in 1996 with just two hives, the company is now thriving with apiary sites in Maryland, Pennsylvania, and West Virginia. Additionally, their bees are used to pollinate crops in other Maryland counties. The company sells bees, honey and beeswax candles.



Oven-Poached Local Striped Bass, Spicy Tomato-Andouille Broth and Roasted Seasonal Vegetables on Crostinis

Ingredients

Bass

4 portions of local striped bass, 6-ounces each Salt and pepper to taste

2 cups dry white wine

2 cups water

Assorted seasonal vegetables Crostinis Tomato Broth

1 pound ripe tomatoes, cut into chunks

3 large white onions, diced

1 cup dry white wine

1 tablespoon tomato paste

1/4 cup bacon fat, divided

3 ounces dry andouille, diced into ¼-inch pieces

4 cloves garlic, minced

½ teaspoon smoked Old Bay, or to taste

1 tablespoon Sriracha, or to taste

1 tablespoon Tabasco Sauce, or to taste

Preparation

Prepare the tomato broth: In a blender, combine the tomato, white wine and tomato paste, and blend until smooth. Heat 1 tablespoon of the bacon fat in a sauté pan and sweat the andouille over low heat for 5 minutes. Add the garlic and onions and cook for 2 minutes. Pour the blended tomato mixture into the pan, season with Old Bay, Sriracha, Tabasco and salt, and let simmer for 30 minutes over low heat, until the liquid has reduced by half and turned a deep red. As it cooks, if the tomato starts to collect and caramelize on the sides of the pan, use a wet brush to wipe the sides clean. Strain through a fine mesh strainer, discard the solids, and whisk in the remaining bacon fat.

Prepare the crostinis: Combine 1 cup of bacon fat and 2 tablespoons of Old Bay, warm until melted and completely liquid. Brush onto crostinis (any kind you choose or have available) and toast in a 250 degree oven until golden brown and completely dried.

Prepare the seasonal vegetables: Use whatever you like here; the chef recommends Brussels, but this is where local produce shines through. Be creative and pick whatever works best for you! Take a little bit more bacon fat, toss to coat the vegetables, add some salt and pepper to taste and roast in a 400 degree oven until desired doneness has been reached.

Plating/presentation: Spoon vegetables and tomato broth onto crostinis and top with bass.



Pair With...

Rocky Shoals (red sparkling) Slack Winery, Ridge

About the Recipe

Chef: Sean Praglowski, Blue Hill Tavern (Baltimore City)

www.bluehilltavern.com

Brought up in the spirit of modern gastronomical innovation, Sean Praglowski aims for both bold flavor and modern aesthetic. A Maryland native, Chef Praglowski has a unique cooking style and enjoys modern reinventions of soul food classics.

Producer: William Kreamer, Chesapeake's Bounty (Calvert County)

www.chesapeakesbounty.com

Products used in the recipe: fish, produce

The original Chesapeake's Bounty closed in December 2006 but was re-opened in September 2007 by William Kreamer, the grandson of the founder. Within a year, a new store location was under construction on small farm in St. Leonard. That location is now flourishing as more and more people discover the benefits of buying local, quality food products. With a growing selection of local products and an expanding on-site farm, Chesapeake's Bounty continues the family's legacy of innovation, community service, and customer appreciation.



Reggae Party Coconut Vegetable Goat Curry

This Reggae Party curry will sail you to Jamaica on a breeze. This is an exotic cornucopia of island flavors using locally sourced ingredients. Best of all, it is stress-free because the curry can all be made ahead at a relaxed pace over the course of several days. In fact, the final curry stew will improve if it sets for a day or two.

Ingredients

2-3 pounds of ground goat and/or small boneless meat cubes Vegetable oil

Curry Paste

- 2-inch piece of ginger root, peeled and chopped
- 4 medium garlic cloves, peeled and smashed
- 1 teaspoon turmeric
- 1 teaspoon of kosher salt, or more to taste
- 1 tablespoon of whole cumin seeds, toasted and finely ground
- 1 tablespoon of whole coriander seed, toasted and finely ground (Note: The cumin and coriander seeds may be toasted together.

 A coffee grinder is perfect for grinding the seeds!)
- 2 mild green chilis (Anaheim peppers work well), chopped

Curry Stew Base
Prepared goat meat
(as described below)

- 2 bay leaves
- 5 green cardamom pods
- 2 14-ounce cans of light coconut milk
- 2 cups of vegetable stock
- 2 cups of Vidal Blanc or Sauvignon Blanc wine

Grilled Vegetables

- 2 cups parsnips or turnips, peeled and cut into 1 inch cubes
- 2 cups sweet potato, peeled and cut into 1 inch cubes
- 2 cups eggplant, cut into 1 inch cubes
- 3 cups butternut squash, peeled and cut into 1 inch cubes
- 2 large tart apples, cored and diced

Coconut-Scented Rice

- 3 cups long-grained white rice, rinsed
- 1 cup coconut milk
- 1 cup vegetable stock
- 2 tablespoons vegetable oil
- Zest from one lime
- 1/4 1/2 bunch fresh cilantro, chopped or snipped very fine

Garnish

Lime wedges Cilantro leaves Banana or mango A small dollop of Many Rocks Farm Spiced

Porter Ale Jelly

Preparation

Prepare the curry paste: Combine all the curry paste ingredients in a blender or food processor and process until almost smooth. Seal in a container and refrigerate for 1-2 days to allow the flavors to meld.

Prepare the goat meat: In a bowl, very lightly mix the goat meat with half the curry paste. Cover and refrigerate overnight. The next day, lightly grease a griddle or skillet with vegetable oil and quickly sear the curry-coated goat meat on all sides. Put the meat in a Dutch oven for cooking with the curry stew base.



Prepare the curry stew base: To the pot with the seared goat meat, add the reserved half of the curry paste and the bay leaves, cardamom pods, coconut milk, vegetable stock and wine. Bring to a low boil, reduce to simmer, and cook for 30 minutes to 1 hour (or more) until the meat is very tender.

Prepare the grilled vegetables: While the meat and stew base cook, grill the vegetables. This may be done on a griddle inside or outside on the grill. (The cooked curry stew base and meat may be cooled and refrigerated overnight, and the vegetables roasted and added the next day if desired.) Grill all the vegetables in a small amount of vegetable oil, occasionally tossing, until all are browned. Hold the grilled vegetables until the meat and curry stew base have completed cooking.

When the meat and curry stew base are done cooking (or retrieved from cooking the previous day), add the grilled vegetables, raise the temperature to med-high and cook for another 10 minutes. Add the diced apples and finish cooking for an additional 5 minutes. (The completed goat curry may be refrigerated and reheated the day of the party or served immediately.)

Prepare the coconut-scented rice: Place the rice, coconut milk, vegetable stock, oil and 4 cups of water in a rice cooker. Cook according to machines instructions. When finished, fluff in the lime zest and chopped cilantro into the rice.

Plating/presentation: Serve the curry over the coconut rice.

Pair With...

Vidal Blanc Red Heifer Winery, Smithsburg

About the Recipe

Chef: Rita Calvert, Many Rocks Farm, LLC (Anne Arundel County)

www.ladycalvert.com

With close to three decades in the food, media production, marketing and public relations fields, Chef Calvert has created myriad programs, events, and cooking sessions on national television, the stage, and The Annapolis School of Cooking. She has partnered in writing cookbooks and product lines to showcase the inspiration, art and nourishment of food. Her work has always embodied the naturally wholesome and satisfying.

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

www.manyrocksfarm.com

Products used in the recipe: goat meat, Spiced Porter Ale Jelly

Jeanne Dietz-Band has been a full-time goat farmer since 2001. She has pioneered the direct marketing of goat meat products to Maryland consumers. Many Rocks Farm is a 40-acre, family-owned farm that has been featured in published articles about goat farming and woman-owned agricultural businesses. She also raises rare Mulefoot hogs, Cubalaya chickens, and heritage ducks. Jeanne most recently has come out with a line of unique jams and jellies made with local wines and spirits. Her



Spiced Porter Ale Jelly used in this recipe was made from Imperial Porter Ale brewed by Flying Dog Brewery in Frederick. She also frequently uses wild-foraged, edible plants in her recipes. A new line of 'Maryland hardwood-smoked' salts, spices and sugars will also soon be offered at her farmers' markets.

Producer: Ali Mohadjer, Aliabaad Farm (Washington County)

www.aliabaad.com

Products used in the recipe: vegetables, including eggplant, onions, and squash In pursuit of a childhood dream, the Aliabaad Farm was established in 2007. Through gradual and sustainable growth, the farm is slowly expanding and continuing to offer quality items as well as meeting growing demand for fresher and tastier produce.

Producer: Yvonne & Kevin Ford, Red Heifer Winery (Washington County)

www.redheiferwinery.com

Products used in the recipe: Vidal Blanc white wine

The family farm began operating in 1940s and the Red Heifer Winery officially opened in 2012.



Roseda Sliced Hot Corned Beef Served Over "Cool" Vegetable Slaw and Topped with Horseradish Sauce

Ingredients

9-12 pound 120 brisket

Brisket Water

3 tablespoons pickling spice

1 cup sugar ½ cup salt 6 cloves garlic

Finishing

1 cup prepared Tulkoff Horseradish Sauce Brine

2 quarts water 1 cup kosher salt ½ cup brown sugar 2 tablespoons saltpeter 10 cloves, whole

10 juniper berries, whole 10 Allspice berries, whole

5 bay leaves1 cinnamon stick

1 teaspoon black peppercorns,

whole

1 teaspoon mustard seeds, whole

1 tablespoon ginger

10 cloves garlic, smashed 1½ - 2 pounds ice

Slaw

2 red peppers

2 daikons 2 carrots

2 radishs

1 turnip

1 onion

4 tomatoes

2 celeriac roots 2 jicamas

2 fennel bulbs

1 head red cabbage

4 ounces basil

1 cup olive oil

1½ - 2 cups red wine vinegar 2 tablespoons Dijon mustard

4 cloves garlic

Salt and pepper to taste

Preparation

Brine the brisket: Combine all brine ingredients in a pot with the water and bring to a boil. Once the sugar is dissolved, remove from heat, add the ice and chill until below 41 degrees. Place brisket and brine in a large bag and seal for 10 days. Check regularly to agitate the brine and ensure that the beef is submerged within the brine.

Cook the brisket: Place brisket into a pot and fill with cold water. Bring water to a boil and reduce heat to a lazy simmer. Skim the top of the water to remove all "foam and impurities." Add sugar, salt, garlic and pickling spice. Cook for about 4 hours. Meat should be tender. Serve hot.

Prepare the slaw: Wash each vegetable and peel necessary outer surfaces. Julienne all the vegetables and mix together. In a blender, place the basil, garlic, olive oil, vinegar and Dijon and blend until smooth to form a basil vinaigrette. Season with salt and pepper and adjust acidity with oil and vinegar. Mix vegetables with the basil vinaigrette and chill.

Plating/presentation: Serve sliced brisket on top of veggie slaw; drizzle with Tulkoff Horseradish Sauce.



Pair With...

Rubilee (red) Fridays Creek Winery, Owings

About the Recipe

Chef: Bryan Bernstein, Saval Foodservice (Howard County)

savalfoods.com

In 2004, Chef Bernstein joined Saval Foodservice as Corporate Chef. In his position, the accomplished culinarian has expressed his skills and talents on recipe development, menu planning, product presentations and reviews. In 2012, Bryan was promoted as Marketing Manager. His new responsibilities support Saval in achieving their goals and objectives by developing and managing services that empower Saval to attract and retain long-term, committed customers because of the added value they provide. Bryan is an Executive Board Member for the Restaurant Association of Maryland Education Foundation, a judge for the annual Maryland Prostart Student Invitational, Culinary Advisory Board Member for DC Central Kitchen (DCCK), Chef Instructor for DCCK, and Annual Capital Food Fight Stage Manager.

Producer: Mike Brannon, Roseda Farm (Baltimore County)

www.roseda.com

Products used in the recipe: brisket

Roseda Farm carefully selects and breeds Black Angus cattle. The result is evident in the healthy, red color of their beef, and the bright white marbling throughout their steaks and other prime cuts. Roseda grazes its cattle on lush green pastures, and feeds them corn, hay, soybean meal, vitamins, minerals and fresh water. Roseda beef is dry-aged for 14-21 days, then flash-frozen to lock in maximum tenderness and flavor.

Producer: Jim Schillinger, Schillinger's Farm (Anne Arundel County)

Products used in the recipe: onions, red peppers, carrots, turnips, tomatoes Owned and operated by the Schillinger family for the past four generations, this farm's market produce is ripe for the picking.

Producer: Tulkoff's (Baltimore)

www.tulkoff.com

Products used in recipe: Tulkhoff Horseradish Sauce

In the 1930s, Harry and Lena Tulkoff started a family business running a produce stand, selling fruits and vegetables to caterers. Over time, as their business grew, one product seemed to garner the attention and liking of clients and consumers alike - their prepared horseradish. Due to demand and popularity, Harry and Lena decided to solely concentrate on producing horseradish products. Soon thereafter, the Tulkoff Horseradish Products Company was formed and is on its way to becoming one of the nation's largest food manufacturers of horseradish products.



Desserts





Gertrude's Charolettetown Farm Ricotta Doughnuts with Peach Caramel Sauce

Ingredients

Ricotta Doughnuts

6 eggs

½ cup sugar

1 pound ricotta

2½ cups flour

4 teaspoons baking powder

½ teaspoon salt

1 teaspoon vanilla vegetable oil for frying

Peach Caramel Sauce

2½ cups sugar

2 tablespoons Karo syrup

1 cup water

½ cup heavy cream

3 cups diced fresh peeled peaches

Preparation

Prepare the doughnuts: In a mixing bowl, whip together eggs and sugar until pale white and creamy. Stir in the ricotta and mix well. In another bowl, mix the flour, baking powder and salt together. Mix the dry ingredients into the egg mixture. Add the vanilla extract and mix well, but do not over mix.

Fry the doughnuts: Pour oil into a large saucepan to about 2 - 3 inches deep. Heat oil until it reaches about 360 degrees. Scoop 1 tablespoon of batter at a time into the hot oil. Do not over crowd. The balls will sink to the bottom and begin to rise as they cook. Using tongs, turn the doughnuts often as they brown. When nicely browned, remove the doughnuts with a slotted spoon and place on paper towels to absorb the oil.

Prepare the caramel sauce: In a heavy saucepan, add the sugar, Karo and ½ cup of the water. Bring to a boil and continue cooking until mixture begins to turn a dark brown. While that is cooking, in a separate saucepan, bring the remaining ½ cup water and the heavy cream to a boil. When the sugar mixture has turned a dark, golden brown, remove from stove and very slowly whisk in the hot cream mixture – a little at a time. Return to heat and bring back to a boil, then remove from heat and allow to cool for about 5 minutes. Add the peaches, return to heat and bring back to a boil. Reduce heat and simmer until slightly thickened. Remove from heat.

Plating/presentation: Serve doughnuts warm with the peach caramel sauce on the side for dipping. Can be served warm or at room temperature.



Pair With...

Autumn Frost (late harvest Vidal) Port of Leonardtown Winery, Leonardtown

About the Recipe

Chef: Douglas Wetzel, Gertrude's (Baltimore)

www.gertrudesbaltimore.com

Chef Wetzel is the Executive Pastry Chef and Kitchen Czar at Gertrude's at the Baltimore Museum of Art. He has been a leader in the Chesapeake buy-local movement for over six years. A Culinary Institute of America Hyde Park graduate, he is a member of the Chefs Collaborative and Future Harvest.

Producer: Pam Miller, Charlottetown Farm (Baltimore County)

www.charlottetownfarm.com

Products used in the recipe: fresh goat ricotta

Charlottetown Farm is a family-run business that produces artisan goat cheese and goat milk confections.

Producer: Emily Zaas, Black Rock Orchard (Carroll County)

Products used in the recipe: peaches

Owners David Hochheimer and his wife Emily Zaas operate this family orchard, growing numerous varieties of apples, pears, peaches, apricots, plums and other seasonal fruits and vegetables. They sell their product at a number of Maryland farmers markets and in the D.C. area.

Producer: Valerie Smith, Springfield Farm (Baltimore County)

www.ourspringfieldfarm.com

Products used in the recipe: eggs

David Smith and family operate this farm which has been in their family since the 1600s. They produce sustainable animal products including chicken, eggs, turkey, duck, beef, pork, lamb, rabbit, and seasonal goose.



Grilled Peach Cobbler with Sage Sweet Corn Ice Cream

Ingredients

Grilled Peach Cobbler
6 ripe peaches, halved, pits removed
1 stick (8 tablespoons) unsalted cold butter, melted (more if needed), divided
8 tablespoons light brown sugar, divided
1 teaspoon ground cinnamon, divided
1/2 cup homemade azure granola
1 pint sage sweet corn ice cream, recipe to follow
1/2 cup homemade caramel sauce, heated

Sage Sweet Corn Ice Cream
4 ears fresh corn, shucked
2 tablespoons fresh sage, chiffonade
2 cups milk
2 cups heavy cream
34 cup sugar
9 large egg yolks

Preparation

Prepare the cobbler: Place the peaches cut side down on a medium heat grill until browned. Remove from grill and cut into wedges. Place wedges in a 1 to 1½ inch deep baking dish. Add half the butter, half the brown sugar and half the cinnamon, and toss. Add the remaining butter, sugar and cinnamon to the granola in a small bowl and toss until combined, adding more butter if needed. Top the peaches with the granola mixture and place the baking dish on the grill. Close and bake until the peaches and granola are golden brown, about 15 minutes.

Prepare the ice cream: Slice the kernels off the corn cobs and place in a large saucepan. Cut the cobs into thirds and add them to the pot along with the milk, cream, and ½ cup of the sugar. Bring the mixture to a boil, turn off the heat and remove the cobs. Use an immersion blender or a blender to purée the corn kernels. Allow to steep for 1 hour.

Add the fresh sage and bring the mixture back to a simmer, then turn off the heat. In a stainless steel bowl, whisk the egg yolks and remaining ¼ cup of sugar. Add a cup of the hot cream to the yolks, stirring constantly so they don't curdle. Add the yolk mixture to the saucepan, stirring. Cook over medium-low heat, stirring constantly, until the custard thickens enough to coat the spoon, about 10 minutes.

Pass the custard through a fine sieve, pressing down hard on the solids, discard solids. Let the custard cool, then cover and chill for at least 4 hours. Place mixture into Kitchen Aid mixer on low with the paddle attachment and add liquid nitrogen to make ice cream, or use an ice cream maker.

Plating/presentation: Place 1 large scoop of ice cream into 4 bowls and top with the peach cobbler. Drizzle with some of the caramel sauce.



Pair With...

Ole' Glory (sweet red) Romano Vineyard, Brandywine

About the Recipe

Chef: James Barrett, Azure Restaurant at the Westin Annapolis (Anne Arundel)

www.azureannapolis.com

Chef Barrett creates dishes that pay homage to his local roots while using contemporary cooking methods to showcase unique textures and flavors.

Producer: Peggy Campanella, Harris Orchard (Anne Arundel)

Products used in the recipe: peaches

Family-owned and operated since 1986, Harris Orchard has been named the Maryland State Fair fruit champion 14 times. The orchard has 2,000 tree fruits and berry plants.

Producer: Arnold Farms (Queen Anne County)

Products used in recipe: Corn

Arnold Farms, a 350-acre farm on the Eastern shore near Chestertown, is a first generation grower who has been producing a wide variety of produce for 15 years.



Honey and Goat Cheese Ice Cream

Ingredients

2 cups local milk ½ cup local honey 6 local egg yolks

½ cup sugar ½ cups local chèvre, crumbled 2 teaspoons vanilla extract

Preparation

Bring milk and honey to a boil. Beat egg yolks and sugar with electric mixer until mixture turns white and thick. Slowly pour hot milk and honey mixture into eggs and sugar. Pour combined mixture back into pot and slowly heat to 185 degrees, stirring constantly. Take from heat. Stir in crumbled goat cheese and add cream and vanilla. Chill thoroughly in refrigerator. Freeze in ice cream freezer.

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 28 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 five 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: FireFly Farms (Garrett County)

www.fireflyfarms.com

Products used in the recipe: goat cheese

Firefly Farms offers nationally and internationally award-winning premium goat cheese that features the distinct regional flavors of Mountain Maryland's Allegheny Plateau. Each cheese is artfully hand-crafted and aged with precise detail. And each offers distinguished flavor, exceptional texture, noteworthy composition and unprecedented aesthetics. The cheese of FireFly Farms is produced using agriculturally sustainable, locally sourced fresh goats' milk and time-honored, traditional methods of goat cheese making.

Beverages



Mint and Sage Lemonade

Ingredients

1½ cups lemon juice

12 sprigs mint (use multiple mint flavors if available-spearmint, apple mint, orange mint, etc)

6 sprigs sage

1 cup sugar (or to taste)

Water

Preparation

Place lemon juice in a small, non-reactive bowl and add herbs. Let juice and herbs sit for at least 3 hours. Strain steeped lemon juice into a 1 gallon pitcher, add sugar and enough water to make 1 gallon. Stir and serve over ice. Perfect for a refreshing summer cookout! Good for all ages, although some adults are known to suggest a splash or two of alcohol would be a great addition.

About the Recipe

Chef: Dana Sutton, Evensong Farm (Washington County)

www.evensong-farm.com

Dana Sutton began her association with Evensong Farm when she was just 14 years old. She would volunteer in the packing area and help to wash freshly harvested greens. While working together with Julie Stinar, the farm's owner, Dana began developing a deep appreciation for farm fresh produce and the exciting ways that it can be used in the kitchen. Dana was inspired to enroll in the Washington County Technical High School's Culinary Arts program to further her love of cooking and the art of making food. After gaining accolades from her instructors, she graduated and began studies at the James Rumsey Institute's Culinary Arts School. At Rumsey, she was asked to write an essay on the chef who inspired her love of cooking and she chose Julie, her farmer. Dana is currently employed at the Hollywood Casino at Charles Town Races as a pastry chef.

Producer: Julie Stinar, Evensong Farm (Washington County)

www.evensong-farm.com

Products used in the recipe: herbs

Julie Stinar began Evensong Farm in 2002 with the goal of providing a great tasting, unique product. Growing out of a small garden plot, the farm's operations grew steadily over the next decade and now include culinary herbs, heirloom tomatoes, pasture raised eggs and chicken, woodland pork and grass fed beef. She decided from the beginning to grow using natural and organic methods and to only treat her animals in the way that would allow them the space, freedom and ability to behave according to their inherent traits. She began making lemonade in order to show customers some of the great ways to use the garden's herbs. Evensong Farm has gained a reputation for high quality foods and has been featured on CNN, Washington Post, Maryland Life magazine, Valley Homes and Style magazine, Herald Mail newspaper, Washington City Paper, and more.



Richardson's Watermelon Sor bet Wine Float with Lime Pepper Foam

Ingredients

- 1 seedless watermelon
- 2 cups sugar
- 1 cup water
- 1 quart heavy cream
- 4 limes

- 1 tablespoon cracked black pepper
- 1 gallon liquid nitrogen
- 1 bottle Boordy Ice Wine
- 1 bunch fresh mint

Preparation

Cut watermelon flesh and purée. Heat sugar and water to dissolve sugar and add to watermelon purée. Zest lime and juice, then add to heavy cream with black pepper. Simmer for 30 minutes then strain. Add to thermo whip. Add watermelon purée into mixer and slowly and carefully add liquid nitrogen to freeze. Scoop sorbet into glass, pour ice wine over top, foam with lime pepper cream, then add mint to garnish.

About the Recipe

Chef: Ben Simpkins, Richardson Farms (Baltimore County)

www.richardsonfarms.net

Chef Ben Simpkins is a graduate of Johnson and Wales University with an Associate degree in Applied Science in Culinary Arts and Certified through WACS as a World Certified Chef. He is also a member of the American Culinary Federation as Certified Executive Chef and Certified Culinary Administrator. Simpkins has garnered various awards throughout his career. He has won 1st place, People's Choice, and Best Wine Pairing for the 2006 Mid Atlantic Taste of Elegance. Chef Simpkins was also honored on the front cover of Mid Atlantic Restaurant Digest in May 2005 for participating in the Hope for Morrope Foundation, which helps build schools for children in Morrope, Peru. He now calls Richardson Farms his home in promoting local ingredients and natural flavors!

Producer: Les Richardson, Richardson Farms (Baltimore County)

www.richardsonfarms.net

Products used in the recipe: watermelon

We are the home of full service fresh chicken and locally grown vegetables from our farm to your table. Your daily Farm Market located on Ebenezer Road in White Marsh has recently gotten a new look and kitchen to better serve you. Local milk, deli, unique gifts, bakery specials, and more at Richardson Farms, serving the Greater Baltimore, Maryland area. Richardson Farms is famous for our kale, collards and sweet corn, not to mention we still offer the freshest chicken available, packaged



to order from a beautiful display case. We farm over 300 acres of vegetables, and if we don't grow it, we have friends that do. We've partnered with multiple local growers to bring you the freshest variety of foods for your table. You can also find our fresh chicken and vegetables at the historic Northeast Market on Monument Street—the largest public market in Baltimore.

Producer: Susan Renner, Boordy (Baltimore County)

www.boordy.com

Products used in the recipe: ice wine

Wine growing, like most farming, stems from a love and respect for the land. In our case, a connection to our farm, Long Green, has been strengthened over many generations from days spent walking its hills and valleys, fishing its streams, planting and harvesting crops, and tending to livestock. A stubborn sense of place has been imprinted in our souls. We planted the first vineyards at Long Green in 1965 and moved Boordy to the farm in 1980, dedicating ourselves to producing good wines and extending our family's hospitality to wine lovers. In keeping with an ethos of good stewardship we placed the farm in permanent preservation with the Maryland Environmental Trust. Growing and making wine is our life and our pleasure, and has led to an abiding optimism that extends beyond the culture of wine, to our community and the world at large.

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 for listings and maps of your nearest producers.

						-			
PRODUCE	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples						1.			
Asian Pears					-	1			
Black Raspberries									
Blackberries (Thornless)									
Blackberries (Thorns)					200				
Blueberries				N A					
Cantaloupes					7				
Honeydew									
Nectarines									
Peaches						100			
Pears									
Plums					-	APPLE DE			
Red Raspberries			(3)	1,-					
Red Raspberries (fall)*					Mile.	1.0	41		
Sour Cherries			2. **						
Strawberries*	400	THE ARE	1						
Sweet Cherries									
Watermelons					169				
Watermelons (Sugarbaby)				000					

PRODUCE	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Asparagus									
Beans (Green or Snap)			XV.	1	7 100	TO.			
Beans (Lima)				>	1				
Beets				1					
Broccoli			*		CON NO.		発送	Market Control	
Cabbage		- SPAL	24	TE	131	100	PAGE 1	RAZI dia TX	
Cauliflower		W 34	XX.	- 11.00	Carl, and Bill		440		
Corn (Sweet)		- 30.6	Laborator can't	333	3333	777			
Cucumbers				W.		The same	-		
Eggplant									
Garlie			1		1				
Kale			Maddle Co. Co. C.		S WE	IN	14		
Lettuce				200					
Okra						60			
Peas (Blackeye)				Y					
Peas (Green)			A						
Peppers*					6				
Potatoes (White)				N					
Pumpkins						dim	1	1	
Salad Greens			-			1.72		300	
Spinach									
Squash (Summer)			1	1	A	1			
Squash (Winter)				1	Carlot V		D.		
Sweet Potatoes							ATTE ST		76
Turnips						1/4	0	0	
Tomatoes*			19		3	-	3		

Buy Local Year-Round



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