Greetings Fresh Food Fans,

What a difference a week makes at the farmers market. The growing season in Maine is relatively short so new crops come on in rapid succession starting with early greens and radishes and ending with apples and pumpkins.

There's usually a "star" each week - the fruit or vegetable everyone stands in line to purchase.. Last week it was strawberries. This Thursday I expect a line to form for raspberries and early tomatoes.



My challenge to you: Once you land those berries or sun gold tomatoes, scan the stalls for something you've never tried. Last week, I brought home garlic scapes for the first time.

If you've never tried them, they're the curly tops of the garlic plant. Their flavor, of course, is garlicky, but it's more subtle than the bulb form. They're a bit earthier and nuttier, I think.

I added them a chicken stir fry because I was in my usual, what-can-I-prepare-in-25-minutes mode. Maybe you'll try something more adventurous?



The revelation for me so far this year has been the shiitake mushrooms. Tender Soles Farm has them and Andrews Farm will likely bring mushrooms later in the season. The shiitakes are just SO flavorful. I added them to a frittata with cheese. (Again, the 25 minutes.) BUT I think they would be outstanding in risotto or atop a wood fired pizza.

Here are a few recipes. If you have any great recipes that incorporate produce from our farmers, please share with me and I'll pass them along.

https://yupitsvegan.com/one-pot-pasta-zucchini-leeks-white-wine-sauce/

https://www.allrecipes.com/recipe/13578/potato-and-shiitake-mushroom-gratin/

Eat well!

Amy
329-7735/amy@317main.org