Greetings Fresh Food Fans,

Mid July is a tipping point in Maine's growing season when farm stands transition from having just enough to satisfy our appetites, to having more options than even the most voracious appetites can chow down.

How does a fresh food lover handle this plethora of produce? Extend the season by canning or freezing. Canning doesn't have to be a sweaty, all day affair in the kitchen. After a recent strawberry picking expedition, I made 5 jars of no pectin refrigerator jam in about an hour. It didn't set quite as well, but it's delicious spooned on toast or yogurt, or poured into the blender for a summery batch of strawberry margaritas.



I don't tend to freeze much produce because our freezer always seems to be overflowing with popsicles and ice packs, but if you've got the room, freezing is an excellent way to extend the season. You'll want to blanch veggies briefly in boiling water then cool quickly in an ice water bath. This step is important because it stops the enzyme activity that causes loss of flavor, color and texture. Drain the excess water and bag produce in freezer weight bags. Produce that freezes well includes berries, broccoli, cauliflower, corn, peas, beans and "weightier" greens such as kale.



Big week at the market this Thursday! We've got a double header in the music department with Ted Demille 4-5pm and Flight 317 from 5-6pm. We also have a new seasonal vendor joining us. Chef Paul will bring prepared gourmet sweet and savory items. Be sure to stop by and meet him.

Weather looks great for Thursday. See you then.

Until then, eat well.

Amy