

# SUMMER

This is the time of the year when your senses will be delighted by an overwhelming assortment of fruits and vegetables in season. Your only challenge will be what to prepare next. This easy-to-make French dish was born as a use for the abundance of summer vegetables; serve it as a side dish or along with crusty bread.

## "FARMERS' MARKET" RATATOUILLE

Recipe variation from UMass Extension (serves 4)

- 2 tablespoons of olive oil
- 1 medium red onion, chopped
- 2 cloves garlic, minced
- 1 small eggplant, any variety, peeled and cut into ½" cubes
- 1 red pepper, chopped
- 1 small summer squash (green or yellow), sliced in half moons
- 20 cherry tomatoes, halved
- 2 tablespoons of fresh basil, chopped
- Pinch each of salt & ground black pepper



In a large nonstick sauté pan heat olive oil over medium heat.

Add onion and sauté until soft, about 10 minutes.

Add garlic and sauté for another minute until soft.

Add eggplant, red pepper, and squash.

Cover and cook for about 10 minutes or until vegetables are soft.

Add tomatoes and basil, reduce heat to low, and cook for about 5 minutes longer.

Season with salt and ground black pepper.

To find local ingredients visit [Mass.gov/Massgrown](http://Mass.gov/Massgrown)

# FALL

Nothing is more delicious than a crisp, sweet-tart apple grown in Massachusetts. Its unique, complex flavor is a product of the region's long, hot summers and crisp fall days. About 40 varieties of apples are grown on family-owned orchards, an important community resource that adds to our quality of life while preserving open spaces.

## APPLE CRISP

Recipe from *America's Apple* - Russell Steven Powell (serves 10)

### FILLING

6 Massachusetts apples, like Northern Spy or McIntosh, cored and sliced

¼ cup granulated sugar

2 tablespoons of lemon juice

1 teaspoon of cinnamon

¼ teaspoon of nutmeg

¼ teaspoon of salt

### TOPPING

¾ cup of whole wheat flour, sifted

½ cup of old-fashioned oats (not quick-cooking)

¼ cup of brown sugar or maple syrup

5 tablespoons of butter (plus some for greasing baking dish)



Preheat oven to 350°F.

In a bowl, mix together apples, sugar, lemon juice and spices.

Grease a 2-quart baking dish with butter.

In another bowl, combine topping ingredients and mix until it is the texture of coarse meal.

Add apples to buttered baking dish and cover with topping.

Place baking dish on a cookie sheet, bake uncovered for 45 minutes or until apples are soft.

To find local ingredients visit [Mass.gov/Massgrown](http://Mass.gov/Massgrown)

# SEASONAL RECIPES

MASSACHUSETTS GROWN  
AND FRESHER

ALWAYS IN  
SEASON!



Massachusetts Department  
of Agricultural Resources  
[www.Mass.gov/Massgrown](http://www.Mass.gov/Massgrown)





# Here in Massachusetts we love the infinite variety of food and farms found throughout the Commonwealth.

There's nothing like the first taste of maple syrup celebrated in early spring with a ceremonial visit to a sugar shack for a pancake breakfast. Summer arrives with a clambake serving just-picked corn, sweet enough to eat right off the cob! Fall allows us to savor a crisp apple along with a sip of freshly pressed apple cider. We welcome winter with a taste of our favorite comfort foods like roasted vegetables and mashed sweet potatoes. Each season brings us a remarkable farm-to-table experience!

Massachusetts growers offer a variety of familiar fruits and vegetables, as well as a growing number of heirloom and ethnic crops. Eat locally and seasonally for great taste and good health while supporting a local economy and family farms. Each season offers something new and delicious. Find what you need to keep your kitchen local all year long at [www.mass.gov/massgrown](http://www.mass.gov/massgrown).



## WINTER

Hard squash varieties like acorn, butternut and spaghetti, when stored properly in a cool dry place, keep well throughout the winter. Loaded with nutrients and great taste, roasting them is simple and naturally brings out their sweetness while keeping the intensity of their golden hue.

### ROASTED ACORN SQUASH WITH ORANGE- CRANBERRY GLAZE

Recipe from *The Vegetable Dishes  
I Can't Live Without* - Mollie Katzen  
(serves 4)



Olive oil as needed

2 acorn squash about 1 ½ pounds each, seeded and cut into quarters

Pinch each of salt and ground black pepper

#### FILLING

1 ½ teaspoon corn starch

½ cup orange juice

1 teaspoon finely minced orange zest

1 teaspoon apple cider vinegar

1 ½ teaspoon Massachusetts honey

1 ½ teaspoon dried cranberries

Preheat oven to 425°F

Line a baking tray with foil and brush with a little olive oil. Brush the cut surfaces of the squash with olive oil as well, and sprinkle lightly with salt and pepper. Arrange the squash, one cut-side down, on the tray and roast for 15 minutes. Turn the squash so the other cut side is now face down and roast for about another 15 minutes, or until fork-tender. Remove the tray from the oven and set aside.

In a small sauce pan, combine the corn starch with 2 tablespoons of the orange juice and whisk until smooth. Add the remaining orange juice, along with the zest, vinegar, and honey. Whisk to combine. Place over medium heat and cook, whisking for about 5 minutes, or until thick and shiny. Remove from heat and stir in the cranberries. To serve, brush glaze over each wedge of squash.

## SPRING

Spring arrives on the farm with a wave of green. Hand-cut spring lettuces, along with green garlic, asparagus and English shelling peas are readily available at a farm stand or farmers' market. This salad offers a tremendous amount of healthy variety. As the season matures, switch it up by adding cherry tomatoes, cucumbers, and peppers.

### GARDEN SALAD WITH MAPLE BALSAMIC VINEGAR DRESSING

(serves 2)



3 cups field greens

8 asparagus spears, trimmed, blanched and chilled

½ cup shelled English peas, blanched and chilled

¼ cup sliced radishes

¼ cup sliced strawberries

#### MAPLE BALSAMIC VINEGAR DRESSING

Yields about 1 cup

Whisk together until emulsified:

½ cup extra-virgin olive oil

Juice from one lemon (about ¼ cup)

2 tablespoons balsamic vinegar

2 tablespoons maple syrup

1 tablespoon minced green garlic or 1 clove minced garlic

½ teaspoon Dijon mustard

Fresh thyme to taste

Pinch each of salt and ground black pepper

Toss all ingredients in a bowl except the asparagus spears and strawberries.

Add a few tablespoons of dressing until salad is lightly dressed; plate salad and top each with 4 asparagus spears and strawberries. Drizzle a teaspoon of dressing over each plate. Refrigerate the remaining dressing for up to two weeks.