2010 Eat Local Challenge
Menus and Recipes

Eat food that is good for you, our community and the planet.

www.eatlocalmilwaukee.org
Why Eat Local?

Fresh, locally grown foods don’t just taste delicious – they are better for you, your community, and the environment. When you buy local food, you vote with your food dollar.

» **Enjoy excellent taste and freshness**
Local food is fresher and tastes better than food shipped long distances from other states or countries. And local farmers often cultivate varieties of fruits, veggies, and livestock that are bred for flavor and suitability to our region rather than for uniformity and ability to travel.

» **Know what you’re eating**
Buying food today is complicated. What pesticides were used? Is that corn genetically modified? Do those eggs come from free range chickens? What does “free-range” really mean anyway? When you eat locally, it’s easier to get answers. You can build relationships and trust with farmers, bakers, and stores.

» **Support endangered family farms**
This is a critical time to support your farming neighbors. Buy locally and ensure that more of your money goes to the farmer and local farms can stay in business.

» **Strengthen local economy and our communities**
Buying locally keeps your dollars circulating in your community and is an investment in healthy communities. Wisconsinites spend $192 billion annually for food. If we all spent just 10% locally, that would be $1.9 billion that would stay in our communities.

» **Protect the environment and reduce your carbon footprint**
Most food travels over 1,500 miles from farm to plate. Buying locally grown food reduces pollution and our dependence on fossil fuels while preserving farmland near our cities. Your food dollars make a difference in building a sustainable future.

» **Get in touch with the seasons and get to know your region better.**
When you eat locally, you eat what’s in season. You’ll remember that strawberries are savored in early summer and tomatoes later in the growing season. In the winter, foods like squash make a lot more sense than flavorless tomatoes from the other side of the world. You’ll likely have a chance to try varieties.

Visit eatlocalmilwaukee.org for more information about resources, eating locally and the Eat Local Challenge.
EAT LOCAL CHALLENGE

Menus and Recipes

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A side note about our recipes and local ingredients. As much as the Eat Local Challenge highlights regional ingredients, our palates have grown accustomed to vinegars, olives, nuts, oils, salt & pepper, and other imported spices that are not indigenous to the Great Lakes food basket. You can challenge yourself and try substitutes where possible; for example, instead of refined cane sugar, try Wisconsin honey or maple syrup. Or, you can leave out some ingredients in our recipes that are not grown or produced locally. Another option is to extend your challenge with some personal exceptions such as patronizing locally owned businesses that stock regional as well as fair trade products.

Keep in mind that you create your own rules for the Challenge. It’s about setting aside a time for mindful eating. The point is to challenge yourself – to see what you can live without and what new sources of foods you can find – and to enjoy. It’s really about thinking local first, doing what you can – and looking for local alternatives that support our communities and economy. Even small changes made over a period of time can have quite a measurable impact.

Tips on finding local foods. Wisconsin is rich in local produce, dairy products, poultry and meat, and artisan foods. A good activity for you and your family during the Eat Local Challenge or any time of the year is to visit these farmers and artisans and to support them. Try SavorWisconsin.com and FarmFreshAtlas.org/south-east to find them. Or come to the annual Local Food and Farmer Open House at the Urban Ecology Center each spring (urbanecologycenter.org).

As you look for local foods, you’ll find several stores feature them and clearly identify foods that come from our area including Outpost Natural Foods (Milwaukee, Bay View and Wauwatosa), Slow Pokes (in Grafton) and the Riverwest Co-op (Milwaukee).

Many people find fruit and vegetables to be some of the easiest local foods to find –especially this time of year. They’re available at farmers markets, in our gardens, in some stores, and directly from farmers.

A few other ideas about finding local foods:

» Local eggs, meat, fish, & fowl products are available in some stores, at many farmers’ markets and directly from many farms. (Or maybe you are a hunter/fisher.)

» For meat, Lakeview Buffalo Farm, Glen Rocks Farms (grass-fed lamb.) are only two of many local vendors. Fish is for sale from Rushing Waters Trout Farm, Growing Power and Sweetwater Organics .

» Local vegan sources of protein include the Simple Soyman products (tofu, veggie burgers etc. sold under their name and Bountiful Bounty) Also, black walnuts, hickory nuts and hazelnuts do grow in Wisconsin so it’s entirely possible to track them down.

» If you carefully read labels, you’ll find that Eden canned beans are from Michigan Also, locally made jams, canned tomatoes, and many other products are available.

» We’re lucky to have many sources of local dairy products. You might look for yogurt from Sugar River Dairy as well as ice cream made by Sassy Cow, milk from Organic Valley or Crystal Ball Farms and lots of fine Wisconsin cheeses. LW Dairy delivers to many homes in our area.

» Cornmeal: White Earth cornmeal from MN or order from Oneida community Tsyunhehkwa project @ 800-261-5821

» Granola: granola available from Simple Soyman and other local producers @ Outpost.

» Wild Rice: Native Harvest (White Earth from MN) on the web or at Outpost

» Pie Crust: Simple Soyman crust at Outpost

» There are quite a few excellent local bakeries including Wild Flour, Natural Oven’s, Amaranth, Clasen’s European and Broadway Bakeries plus Potter’s Crackers are made in Madison.

Our web site has more information on how to find local foods. EatLocalMilwaukee.org.
### Breakfast Menus

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Outpost Almond Granola</td>
<td>(from Nature's Bakery Cooperative, Madison)</td>
</tr>
<tr>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td>Celeriac Potato Hash Browns with Jalapeno and Cheddar</td>
<td>Plums</td>
</tr>
<tr>
<td>Fair Trade, Locally Roasted Coffee with Honey &amp; Cream</td>
<td>Douglas Orchard’s Three-Apple Bread</td>
</tr>
<tr>
<td>Camp-Style Eggs with Tomatoes</td>
<td>Fresh Cider</td>
</tr>
<tr>
<td>Apple Cheese Pancakes with Wisconsin Maple Syrup</td>
<td>Sliced Cantaloupe</td>
</tr>
<tr>
<td>Cornmeal-Apple Porridge</td>
<td>Yogurt, Plum &amp; Granola Parfait</td>
</tr>
<tr>
<td>Omelet with Feta Cheese, Tomatoes, and Fresh Herbs</td>
<td>Fried Red Potatoes</td>
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<tr>
<td>Fried Red Potatoes</td>
<td>Sliced Watermelon</td>
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<tr>
<td>Whole Grain Toast with Butter (Apple, Maple, or Cream Butter)</td>
<td>Milk</td>
</tr>
<tr>
<td>Wisconsin Scrambled Eggs with Grated Cheese &amp; Chopped Fresh Basil</td>
<td>Whole Wheat Toast</td>
</tr>
<tr>
<td>Wisconsin Scrambled Eggs with Grated Cheese &amp; Chopped Fresh Basil</td>
<td>Organic Prairie Bacon</td>
</tr>
<tr>
<td>French Toast with Wisconsin Maple Syrup</td>
<td>Sliced Bartlett Pears</td>
</tr>
<tr>
<td>Grandma’s Apple Coffeeecake</td>
<td>(Use any summer stone fruit.)</td>
</tr>
<tr>
<td>Fair Trade, Locally Roasted Coffee</td>
<td>Fair Trade, Locally Roasted Coffee</td>
</tr>
<tr>
<td>Oatmeal with Dried Wisconsin Cranberries and Cherries</td>
<td>Rushi Tea</td>
</tr>
<tr>
<td>Egg Burrito with Sauteed Peppers and Wisconsin Cheese</td>
<td>Cranberry Juice</td>
</tr>
<tr>
<td>Douglas Orchard’s Harvest Muffins</td>
<td>Door County Cherry Juice</td>
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### Lunch Menus

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Cucumber Pita Pocket Sandwich</td>
<td>Sliced Carrots &amp; Apples</td>
</tr>
<tr>
<td>Yogurt</td>
<td></td>
</tr>
<tr>
<td>Simple Soyman Burger on Whole Grain Bun</td>
<td>Arugula &amp; Tomatoes</td>
</tr>
<tr>
<td>Potato &amp; Scallion Salad</td>
<td></td>
</tr>
<tr>
<td>Grilled Cheddar Cheese Sandwich with Green Onions and Escarole</td>
<td>Mixed Green Salad</td>
</tr>
<tr>
<td>Egg Salad with Sliced Cucumber Sandwich Watercress Salad</td>
<td></td>
</tr>
<tr>
<td>Grilled Outpost Apple Cinnamon Sausage on a Whole Wheat Bun</td>
<td>Spinach Salad</td>
</tr>
<tr>
<td>Greens, Nectarine, and Blue Cheese Stack Salad</td>
<td>Locally Baked Roll</td>
</tr>
<tr>
<td>Easy Harvest Sandwich (Pesto, Tomatoes, &amp; Red Onion)</td>
<td>Spicy Cucumber Salad</td>
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<tr>
<td>Cashew Chicken-Stuffed Peapods</td>
<td>Wisconsin Grapes</td>
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<tr>
<td>Thai-Style Chicken Wrap</td>
<td>Thai Cold Slaw</td>
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<tr>
<td>Red Bean Chile Quesadilla</td>
<td>Richi Iced Tea</td>
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<tr>
<td>“Liquid Salad” Tomato Gazpacho</td>
<td>Locally-Made French Bread</td>
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<tr>
<td>Rishi Tea</td>
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*Recipe provided*
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<thead>
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<th>Dinner Menus</th>
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<tbody>
<tr>
<td>Pork Chops with Door County Cherries And Wisconsin Fontina Cheese *</td>
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<tr>
<td>Creamy Polenta Salad</td>
</tr>
<tr>
<td>Honeyed Melon with Mascarpone</td>
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<tr>
<td>Grass-Fed Beef Filet topped with Caramelized Onions</td>
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<tr>
<td>Mashed Potatoes with Rosemary Sauteed Swiss Chard</td>
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<tr>
<td>Apple Pie</td>
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<tr>
<td>Stone’s Throw Pinot Noir</td>
</tr>
<tr>
<td>Chicken Bratwurst</td>
</tr>
<tr>
<td>Sweet Corn</td>
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<tr>
<td>Grilled Zucchini &amp; Chive Potato Salad</td>
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<tr>
<td>New Glarus Fat Squirrel Ale</td>
</tr>
<tr>
<td>Hand-Harvested Organic Wild Rice Chicken with Orange Marmalade</td>
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<tr>
<td>Shanghai Bok Choy with Scallions &amp; Bacon *</td>
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<tr>
<td>Pan-Seared Brown Trout</td>
</tr>
<tr>
<td>Roasted Vegetables (Beets, Sweet Potatoes, Red Potatoes, &amp;/or Parsnips)</td>
</tr>
<tr>
<td>Green Salad with Goat Chevre and Shaved Fennel</td>
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<tr>
<td>Simon Creek Vineyard &amp; Winery American Chardonnay</td>
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<tr>
<td>Choy Sum Ginger Lime Tofu Noodle Soup *</td>
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<tr>
<td>Yogurt with Fresh Peaches &amp; Honey</td>
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<tr>
<td>Grilled Fish with Cucumber and Fresh Herb Salsa *</td>
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<tr>
<td>Roasted red Potatoes</td>
</tr>
<tr>
<td>Kohlrabi au Gratin *</td>
</tr>
<tr>
<td>Pesto * Pasta with Sauteed Patty Pan Summer Squash (flying saucer squash)</td>
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<tr>
<td>Fried Green Tomatoes *</td>
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<tr>
<td>Sprecher’s Pub Brown Ale</td>
</tr>
<tr>
<td>Grilled Wisconsin Bison Burgers on A Whole Wheat Bun</td>
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<tr>
<td>Fried Corn *</td>
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<tr>
<td>Watermelon Slices</td>
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<tr>
<td>Indian Summer Casserole with Flour Tortillas *</td>
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<tr>
<td>Cantaloupe Cubes</td>
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<tr>
<td>Chicken or Tofu on Greens with Honey Mustard Sauce *</td>
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<tr>
<td>Roasted Beets &amp; Walnut Salad *</td>
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<tr>
<td>Tuscan Bread Salad with Lots of Juicy Wisconsin Tomatoes *</td>
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<tr>
<td>Wisconsin Peach Pie</td>
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<tr>
<td>Mackinac Island Whitefish Bisque *</td>
</tr>
<tr>
<td>Mixed Green Salad with Tomato Dill Vinaigrette *</td>
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<tr>
<td>Locally-Baked Rolls</td>
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<tr>
<td>Zucchini Pepper Pie (Recipe can use any September vegetables,) *</td>
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<tr>
<td>Simple Soulful Greens *</td>
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</tbody>
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*Recipe provided*
Douglas Orchard's Harvest Muffins

*(Douglas Orchard, Vermont Localvore Recipes)*

2 c. apples, chopped 1 T. baking powder
1 1/3 c. sugar 2 t. baking soda
1 c. cranberries 1/2 t. salt
1 c. carrots, shredded 2 t. cinnamon
1 c. nuts, chopped 2 eggs
2 1/2 c. flour 1/2 c. vegetable oil

Combine apples and sugar. Gently fold in cranberries, carrots, and nuts. Beat eggs, then add oil, and mix. Stir egg mixture into apple mixture. Sift together dry ingredients, then add dry ingredients to wet ingredients, and blend. Grease 18 muffin tins, and fill 2/3 the way with batter. Bake at 375 degrees for 20-25 minutes.

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[www.eatlocalmilwaukee.org](http://www.eatlocalmilwaukee.org)
**French Toast**

**French Toast with Wisconsin Maple Syrup**
*(Adapted from Just Food Co-op, Eat Local Challenge Recipes)*

4 slices of a local cinnamon swirl bread  
1 T. butter  
2 eggs  
2 T. maple syrup

Beat eggs in bowl. Dip bread in egg and fry in skillet with melted butter. Serve with local maple syrup.

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**Grandma’s Apple Cake**

**Grandma’s Apple Coffee Cake**
*(Grandma Vanselow’s recipe can be made all summer and fall with the fruits of the season – apples, peaches, nectarines, plum, raspberries, etc. Also you can mix and match rows of sliced fruits. Best eaten fresh.)*

1 egg  
2 c. flour  
4 t. baking powder  
pinch of salt  
1/3 c. sugar  
1/3 stick of butter

Topping:

1 c. sugar  
1/3 c. brown sugar  
2/3 stick of butter  
2 T. flour  
1/2 t. cinnamon

Put 1 egg in cup and fill cup with milk. Mix and put into greased 9” X 13” pan. Cover with sliced apples or fruit of your choice. Combine the topping ingredients into crumbs. Sprinkle topping over fruit. Bake at 350 degrees for 35 minutes.

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Camp-Style Eggs with Sun Gold Tomatoes and Tarragon

(From Asparagus to Zucchini: Cooking Farm-Fresh Seasonal Produce)

1 ½ T. butter
8 large eggs
12 - 16 Sun Gold tomatoes, quartered
2–3 t. chopped tarragon
2–3 T. finely chopped green onions
sea salt & finely ground pepper

Melt butter in large nonstick pan over medium heat. Carefully crack and add eggs one at a time to cover the bottom of the pan. Cover and cook until nearly set, about 5 minutes. Scatter quartered tomatoes, tarragon, and green onions around the setting yolks. Sprinkle with salt & pepper to taste. Serve immediately straight from the pan. Makes 4–6 servings.

Celeriac Potato Hash Browns with Jalapeno and Cheddar

(From Asparagus to Zucchini: Cooking Farm-Fresh Seasonal Produce)

¼ lb. bacon or 1 T. oil
1 c. celeriac, ½” cubes
3 c. cubed russet potatoes, ½” cubes
3 c. diced onions
3-6 T. minced jalapenos
salt & pepper
1 T. butter
1 c. grated cheddar cheese

Cook bacon in a large skillet until crispy. Drain and crumble. Remove all but 1 T. of bacon drippings from pan. Bring a pot of salted water and parboil celeriac and potatoes for about 6 minutes, then drain. Saute onions in reserved bacon drippings until lightly browned, about 10 minutes. Stir in jalapenos and cook another 2 minutes. Mix all vegetables together in a bowl. Season with salt & pepper. Melt half the butter in a clean 10” skillet over medium heat. Spread half the celeriac mixture in the pan, press it down with a spatula, and cook for 10 minutes. Carefully lay a plate over the pan and invert potatoes onto the plate, then slide them back into the pan. Sprinkle half the cheese over the top of the hash browns and cook 10 more minutes. Invert the hash browns onto a plate and keep warm, while you repeat the process with the remaining butter, celeriac mixture, and cheese. Serve hot. Makes 6-8 servings.
Apple-Cheese Pancakes

*(Moosewood Cookbook by Mollie Katzen)*

1 c. cottage cheese or ricotta cheese
1 heaping packed c. grated apples, any kind but Delicious
¾ c. flour (1/2 c. white & ¼ c. whole wheat)
1 T. honey
1 t. fresh lemon juice
1 T. sunflower seeds or chopped almonds
½ t. cinnamon
dash of nutmeg or allspice
4 eggs, separated
½ t. salt

Mix everything together except egg whites. Beat these until stiff and fold into the batter. Fry pancakes in butter on both sides until brown. Serve with maple syrup or preserves, sour cream or yogurt, fresh fruit, or cinnamon sugar. Mix and match. 4 servings.
**Spicy Cucumber Salad**

*(fondymarket.org)*

1 lb. cucumbers, peeled seeded, & sliced
2 t. soy sauce

**Salad Dressing:**
1 lrg. shallot, finely chopped
2-3 cloves garlic, finely chopped
1 fresh red chili, minced
2 t. soy sauce

2 t. sugar
2 T. rice vinegar
1 T. sesame oil

Garnish
Toasted sesame seeds

Place cucumbers in a colander, mix in salt, place bag of ice water on top, and let drain for at least 10 minutes. Meanwhile, mix all the ingredients for the salad dressing in a serving bowl. Rinse, drain, and dry the cucumber; next, add it to the dressing and let marinate for 10 minutes. Garnish with toasted sesame seeds and serve. Serves 6.

**Cucumber Pita Pocket Sandwich**

*(fondymarket.org)*

2 medium cucumbers
black pepper to taste

½ t. salt
lettuce leaves

¼ c. fresh dill weed, chopped
4 whole wheat pita breads, sliced

½ c. green onions, minced
in half

½ c. yogurt
1 lrg. eggplant, sliced & grilled

14.5 oz. can chickpeas, drained & rinsed

Slice cucumber in half and use a spoon to scrape out the seeds. Grate cucumber & salt and set in a colander to drain. Meanwhile, mix dill, onions, yogurt, and chickpeas. Using your hands, ring out as much excess liquid from the cucumber and add it to the mixture. Line each pita half with a lettuce leaves and spoon in the cucumber mixture. Add grilled eggplant for a healthier sandwich.
Green Gazpacho with Dill Sour Cream

(From Minnesota Homegrown Cookbook, Heartland Restaurant)

1 c. honeydew melon, peeled, seeded  1 c. sweet onion, peeled & diced into
1 T. jalapeno pepper, gilled & seeded  ¼” pieces
¼ c. green bell peppers, gilled & seeded  2 T. red wine vinegar
¼ c. green onion, chopped  2 T. fresh parsley, chopped
½ c. cucumber, seeded and chopped  1 T. sea salt
1 c. tomatillos, husked and chopped  ½ t. white pepper

Puree the fruits and vegetables with the remaining ingredients in a high-speed blender until smooth. Transfer to a labeled container with a tight lid. Refrigerate immediately.

Dill Sour Cream

1 c. sour cream
2 T. fresh dill, chopped
½ t. sea salt
½ t. black pepper, freshly ground

Mix all the ingredients thoroughly in a stainless steel bowl until blended. To plate, ladle gazpacho into a chilled bowl and garnish with sour cream and freshly chopped chives.
Tomato Gazpacho

*(Pillsbury’s Cooking Cool)*

*A tasty “liquid salad” that is full of garden vegetables, nutritious, and low in calories too.*

3 c. (24-oz.can) tomato-vegetable juice 1 T. olive oil 1 T. red wine vinegar or lemon juice 1 cucumber, thinly sliced 1 clove garlic ½ green pepper, chopped 1 small onion, chopped 2 medium tomatoes, chopped 2 T. tomato juice 1 small onion, chopped

Combine all ingredients and chill thoroughly to blend flavors. Serve chilled with homemade croutons. 5-6 servings. Feel free to add any other chopped vegetables – cabbage, parsley, zucchini, etc.

Easy Harvest Sandwiches

*(From Asparagus to Zucchini: Cooking Farm-Fresh Seasonal Produce – Linda Taylor, Good Earth Farm)*

1 loaf crusty French or Italian bread, sliced ¾ -1” thick 1/3-1/2 c. basil pesto 2-3 tomatoes ½ red onion 1-2 T. olive oil 1-2 T. balsamic vinegar

Heat oven to 375 degrees. Spread bread slices on a cookie sheet. Spread pesto on the slices and toast the bread. Meanwhile, thinly slice the tomatoes and onions and marinate in equal amounts of olive oil and balsamic vinegar. When bread is toasted and pesto is warm, remove from oven. Top with drained tomatoes/onion mixture. Makes 4-6 servings.
Greens, Nectarines, and Blue Cheese Stacked Salad

(Adapted from Karen Maihofer, Creative Cuisine, Milwaukee)

6 c. mixed red and green greens
6 oz. blue cheese, crumbled
1/3 c. walnuts, toasted & chopped
6 nectarines, pitted & chopped coarsely

**Nectarine Dressing:**
- ¼ c. rice vinegar
- 1 t. sesame oil & 4 T. vegetable oil
- 1 nectarine, pitted & chopped
- 1 T. honey
- 1 c. peach or nectarine nectar
- 1 T. Dijon mustard
- salt & pepper

Nectarine Dressing:

Use 6 - 10 oz. soup cans, clean, remove both ends, dry, and Pam. Set aside on a cookie sheet. To prepare dressing, place all ingredients in blender and blend. Strain if desired and chill. Layer 1/3 c. greens, 1 ½ T. blue cheese, ¼ c. nectarines, & 1 t. walnuts. Repeat layers in cans. Press gently. Chill 1 to 3 hours. To serve, slide a very flat metal spatula under each can and place on plates. Drizzle a portion of the dressing on each stack and serve at once. Makes 6 stacks.

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Red Bean Chile Quesadillas

(Adapted from From Asparagus to Zucchini: Cooking Farm-Fresh Seasonal Produce)

1 ½ c. cooked red beans, any variety (or canned Michigan Eden Organic)
1-2 t. minced garlic
½ t. ground cumin
salsa, to taste

3 T. vegetable oil
2 T. red wine vinegar
2 T. chopped cilantro
freshly ground pepper

Puree all ingredients in food processor until fairly smooth. Spread on tortillas, add grated cheese, and grill on both sides in hot skillet. Makes 1 c.

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Radish Salad with Mustard Vinaigrette

*An easy lunch salad to take to work.*

*(care2.com/farmersmarket – Jen Dalton)*

1 bunch of radishes – sliced in rounds
1/2 c. spring onions
1 c. parsley – chopped
2 hard-boiled eggs – quartered

½ c. olive oil
Juice of one lemon
1 t. mustard
Salt & pepper to taste

Combine the first four ingredients in bowl. Then whisk lemon juice, olive oil, mustard and salt and pepper in a small bowl and pour over salad ingredients. Serve with bread and butter.

Lunch

Thai-Style Chicken Wrap

*(Milwaukee Journal-Sentinel)*

2 c. cooked, diced chicken
3 c. shredded cabbage
1 c. shredded carrots
1 medium red bell pepper, thinly sliced
2-3 peaches or nectarines, diced
1 c. peanut sauce
6 flour tortillas – 10”

In large bowl, combine chicken, cabbage, carrots, bell pepper, onion, peaches/nectarines, juice from fruit and peanut sauce. Divide mixture evenly among each tortilla. Roll up and serve. Makes 6 servings.

Lunch
Grilled Cheese with Onions and Escarole

(www.eatlocalmilwaukee.org)

Grilled Cheese with Onions and Escarole

(www.eatlocalmilwaukee.org)

Grilled Cheese with Onions and Escarole

(www.eatlocalmilwaukee.org)
**Fried Corn**

*(fondymarket.org)*

10 ears of fresh sweet corn  1 T. all-purpose flour  
1 stick of butter  ½ c. hot water  
1 bunch of green onions, chopped  Salt & pepper to taste  
(about 1 c.)

Remove husks from corn and clean. Remove kernels from the cob using the following method: *Stand corn vertically in a shallow bowl. Using the sharp end of the knife, remove 2-3 rows of kernels at a time. Be careful not to cut too deep into the cob. Once all the kernels are removed, scrape the dull edge of the knife down each row to remove all of the milk.* In large skillet, add butter and melt. Once butter is melted, turn up the heat to get a good fry going, but be careful not to brown the butter. Add corn little by little to maintain a hot skillet. Simmer corn until tender; add small amounts of water if necessary to keep corn from sticking on skillet. While corn cooks, mix the flour and water thoroughly, then slowly stir into the skillet. Adjust seasoning for taste. 8 servings.

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**Fried Green Tomatoes**

*(fondymarket.org)*

6 green tomatoes, cored, ends removed and sliced into ¼ "rounds  
1 c. cornmeal  
1 c. flour  
1 t. salt  
½ t. pepper  
2 eggs + 2 t. water  
vegetable oil  
Garnish  
lemon wedges  
Dipping sauce  
soy sauce  
mayonnaise  
hot sauce  
vinegar

Prepare the tomatoes. Mix the flour and cornmeal in a large bowl. Make an egg wash by beating the egg and water together until well-blended. Mix in the salt & pepper to egg wash. Dip each tomato slice in the egg wash and dredge in the cornmeal mixture coating both sides well. Heat a large skillet over medium heat and add oil. When oil becomes hot, pan fry the tomatoes in batches. Fry until golden brown – about 3-4 minutes on each side. Drain on wire rack or paper towels. Serve with lemon wedges or your favorite dipping sauce. Serves 6.

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Simple Soulful Greens

(www.fondymarket.org)

2-4 smoked turkey tails
1 T. oil
4 cloves garlic, minced
1 lg. onion, chopped
(2 c.)
1 stalk celery, chopped
(1 c.)
1 bunch turnip greens
(about 2 lbs.)
1 c. green or red bell pepper, chopped
2 T. parsley, chopped
½ t. cayenne pepper
1 bunch slick leaf mustard greens (about 2 lbs.)
Kosher salt to taste

Prepare the greens by stripping the rib from the leaf. Immerse leaves in a large cool water bath. Swish gently until all dirt and sand has sunk to the bottom. Next, cut or rip the greens into ½” pieces. In large pot, sauté the onions, celery, bell peppers, parsley, cayenne pepper, and salt until onion is glassy – about 5 minutes. Next add garlic and sauté another minute until aromatic. Add turkey tails and enough water to cover. Place lid on pot and bring to a boil. Add greens to the boiling pot a bit at a time until they are all wilted down. Place the lid on the pot and reduce the heat to a low simmer. Cook the greens for at least an hour. Taste and adjust for seasoning.

Shanghai (baby) Bok Choy with Scallions and Bacon

(www.fondymarket.org)

4 heads Shanghai Bok Choy, about 1 lb.
1 c. chicken, fish, or vegetable stock – heated
2 scallions, chopped
1 T. butter
1 T. flour

A simple preparation with an elegant presentation

Halve the Bok Choy lengthwise and clean thoroughly in a cold water bath, removing all sand. Drop Bok Choy in a large pot of salted boiling water. Cook about 3 minutes until tender. Remove from pot and arrange on a serving dish. Heat 1 cup of stock and set aside. In skillet, sauté minced bacon for 1 minute. Add chopped onions and sauté until translucent. Remove from skillet and set aside. Using same skillet, add 1 T. butter and melt under medium heat. Add 1 T. flour and sauté another 1-2 minutes stirring constantly creating a thick paste called roux. Slowly add the heated stock to the skillet whisking constantly. Add enough stock to form a smooth, creamy white sauce. Pour white sauce over the plated Bok Choy. Sprinkle onions and bacon over the top and serve. Serves 4.

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Choy Sum Ginger Lime Tofu Noodle Soup

(fondymarket.org)

2 quarts stock (chicken vegetable, or fish)       juice of 1 lime
1 bunch Choy Sum (1/2 -3/4 lb.)                  1 small carrots, thinly sliced into
1 inch cube fresh ginger, thinly sliced         matchsticks
1 T. soy sauce                                   ½ lb. tofu, cut into bite-size pieces
1 T. cooking sherry or sake (optional)          ½ lb. cooked noodles
2 scallions

Trim off bottom portion of stalk. Rinse Choy Sum in a coldwater bath. If using a more mature plant, remove leaves from stalk. Remove leaves from stems. Chop stalk into ¼ “ to 1 “ pieces. The tougher base should be cut into ¼” pieces and increase the size as you move up the stem. Meanwhile, bring stock and ginger to a boil. Add the cut Choy Sum, salt, soy sauce, and cooking sherry and cook for about 2 minutes or until the Choy Sum is tender. Toss in carrots, scallion, lime juice, and tofu. Turn off heat and cook for about 1 minute. Place cooked and drained noodles in individual soup bowls and ladle soup on top. Serves 4-6.

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Mackinac Island Whitefish Bisque

(Grand Hotel, Mackinac Island, Michigan, Chef Hans Burtscher)

1 T. butter                                      1 c. coconut milk
½ c. diced onions                                1 T. chopped ginger
½ c. diced celery root                           2 T. fresh thyme
½ c. diced carrots                               2 T. fine-diced lemongrass
1 T. minced garlic                               1 peeled & diced potato
1 ½ lb. cubed whitefish                          2 c. heavy cream
6 c. fish stock or vegetable stock               1 c. crème fraiche
½ c. white wine                                  salt & white pepper as needed

Melt butter in saucepan on low heat. Add onions, celery root, carrots, and garlic and sauté for approximately 4-5 minutes. Add whitefish and sauté for additional 3 minutes. Add white wine, fish stock, coconut milk, lemongrass, thyme, ginger, potatoes, seasonings, and bring to a simmer, stir in cream and adjust seasonings if needed. Just before serving, add crème fraiche. Makes about 8 cups.

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Kohlrabi au Gratin

(TRY-FOODS International, Inc., Pick’n Save Recipe)

4 small kohlrabi, thinly sliced ½ c. whipping cream
½ c. thinly sliced kohlrabi leaves ¼ t. salt
2 T. finely chopped onions ¼ t. fresh ground pepper
½ c. shredded Parmesan cheese 3 T. seasoned fine breadcrumbs

Preheat oven to 350 degrees. Layer half kohlrabi slices on the bottom of a buttered, shallow 1-quart dish. Layer with half the onion, 3 T. cheese, half of the whipping cream, half of the kohlrabi leaves, and half the salt & pepper. Repeat the layers with remaining breadcrumbs. Cover and bake for 30 minutes. Uncover; bake 15 minutes more. Serves 4.

Wisconsin Fontina Cheese & Door Country Cherries Pork Chops

(EatLocalDairy.com or EatWisconsinCheese.com)

1 T. butter 2 T. dark brown sugar, packed
1 jalapeno chile, minced 1 T. cornstarch
¼ c. onion, minced salt & pepper, to taste
1 lb. Door County fresh cherries, chopped 6 pork chops
1 c. red wine or orange juice 6 (1 ounce) sliced Wisconsin Fontina Cheese
2 T. balsamic vinegar

In medium saucepan, over medium heat, melt butter and sauté jalapeno and onion until softened and onions translucent. Add cherries, wine, vinegar, and sugar; cook until cherries are softened and liquid is reduced slightly. In small bowl, mix cornstarch with 2 T. cold water and stir into sauce. Continue stirring until compote thickens slightly, 4-5 minutes. Season with salt and pepper. Grill pork chops until fully cooked; top with slice of Fontina and melt. Remove pork chops to individual plates and spoon cherry compote over; serve immediately. Serves 6.
Zucchini Pepper Pie

This recipe can also be made by replacing zucchini with any of your favorite vegetables.

9” pie shell
3 medium zucchini, thinly sliced
2 green onions with tops, sliced
1 lrg. clove garlic, minced
2 T. oil
1 medium tomato, peeled & chopped
1 medium green pepper, chopped

¾ t. salt
1 T. fresh basil, chopped
¼ t. freshly ground pepper
3 eggs
½ c. heavy cream
¼ c. Parmesan cheese, grated

Prick bottom of pie shell and bake at 450 degrees for 8 minutes. Cool. Saute zucchini, onions, and garlic in oil for 5 minutes – stir occasionally. Stir in tomatoes, green pepper, and salt & pepper. Cook over low heat, stirring occasionally until vegetables are tender and liquid is evaporated - about 10 minutes. Stir in fresh basil. Spread vegetables in pie shell. Beat eggs and cream until mixed; pour eggs over vegetables and sprinkle with parmesan cheese. Bake at 350 degrees for 30 minutes or until set.

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Tuscan Bread Salad with Tomatoes

(Karen Maihofer, Creative Cuisine Cooking School, Milwaukee)

2 Kirby or burpless cucumbers
2 lbs. plum tomatoes, diced, not seeded
1 c. Kalamata olives, halved
1 small red onion, sliced in thin rings
3 T. capers
3-4 c. crusty bread, diced

Dressing:
1 c. red onion
2-3 T. sugar
1 ½ c. olive oil
½ c. julienned fresh basil leaves
3 cloves of garlic
Grated Asiago or Parmesan cheese

1T. lemon juice
1 t. grated lemon zest
salt & pepper

Cut cucumbers lengthwise and scrape out the seeds. Slice in thin slices. Add all the rest of the ingredients up to and including bread. In blender, mix the sugar, vinegar, garlic, lemon juice, zest, and salt and pepper. Pour in oil slowly. Pulse in the basil. Toss salad, season with salt & pepper. Let stand for 30 minutes to absorb juices. Sprinkle with grated cheese. Serves 8.

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Indian Summer Corn Casserole

*(Still Like with Menu – Mollie Katzen)*

*Much of these ingredients can come from your garden or the farmer’s market.*

2 c. corn
3 lrg. bell peppers, chopped, any color(s)
2 medium-size green tomatoes, diced
2-3 lrg. cloves of garlic, crushed
1 c. chopped scallions, whites & greens
1 T. olive oil
1 t. salt
1-2 t. ground cumin, to taste
½ -1t. oregano
several fresh basil leaves, minced
¼ c. minced fresh parsley
lots of freshly ground pepper
cayenne pepper, to taste
½ c. chopped olives, (black & green)
4-oz. can diced green chilies
½ c. grated cheese (pepper jack is great)
½ c. chopped olives, (black & green)
4 oz. can diced green chilies
½ c. grated cheese (pepper jack is great)
¼ c. minced fresh parsley
lots of freshly ground pepper
cayenne pepper, to taste
½ c. chopped olives, (black & green)
4-oz. can diced green chilies
½ c. grated cheese (pepper jack is great)
½ c. chopped olives, (black & green)
4 oz. can diced green chilies
½ c. grated cheese (pepper jack is great)

Preheat oven to 375 degrees. Grease a 6” x 9” baking pan. In large skillet, sauté over medium-high heat the corn, peppers, tomatoes, garlic, and scallions in olive oil with salt, cumin, and oregano – about 8 minutes. Remove from heat. Stir in basil, parsley, black pepper, cayenne, olives, and chilies. Stir in cheese until it melts. Spread mixture into prepared pan. Beat the eggs together with the yogurt of buttermilk. Gently pour the custard over the top. Dust modestly with paprika. Baked uncovered for 30-35 minutes. Serve on warm tortillas. Add salsa of desired.

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Grilled Fish with Cucumber and Fresh Herb Salsa

*(Martha Stewart Magazine – “Good Things”)*

Grill your favorite local fish fillets. Serve with salsa.

Salsa:
1 seedless cucumber – diced to ¼-inch cubes
2 t. each of these chopped herbs: cilantro, parsley, dill, chives
juice of one lime
1 t. salt

Place all the ingredients into medium bowl, and toss to combine. Makes about 2 ½ cups.

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Chicken or Tofu on Wilted Greens with Honey-Mustard Sauce
(adapted from Chicago Tribune – 12-10-03)

Sauce:  Chicken or Tofu:  
2 T. Dijon mustard  2 T. vegetable oil  
1 T. honey  ½ red onion, diced  
2 t. soy sauce  1 clove garlic, minced  
fresh ground pepper  2 skinless, boneless chicken breasts, sliced  
into strips or Tofu

For sauce, combine mustard, honey, soy sauce, and pepper to taste; set aside. Heat oil in a large skillet or wok over medium heat. Add onions and cook until lightly brown and fragrant – stirring occasionally about 5 minutes. Stir in garlic and cook 1 minute. Add chicken stirring until opaque – about 6 minutes (or add tofu). Add greens, wine, salt & pepper to taste. Cook until greens are soft but not limp – about 4 minutes. Pour sauce over chicken and greens mixture and stir. Sprinkle 1 T. of walnuts over each serving. 4 servings.

Basil Pesto
(I make batches throughout July, August, and September and freeze in mounds or ice cube trays to use throughout the year.)

3 c. cleaned basil leaves, packed  ½ c. grated parmesan cheese  
6 garlic cloves, or to taste  1/3 c. pinenuts  
½ c. olive oil

Place garlic cloves in food processor and blend until finely grated. Add basil leaves and coarsely pulse in batches. Place olive oil, parmesan cheese, and pinenuts in basil mixture. Pulse to blend until pesto is still chunky. Use on pasta, rice, pizzas, sandwiches, dips, etc.
**Tomato Dill Vinaigrette**

*(A great way to use the abundance of tomatoes in your garden or at the farmer’s market)*

2 large tomatoes  
1 T. Dijon mustard  
2 t. salt  
½ t. white pepper  
1 c. red wine vinegar  
2 ½ c. oil  
1 ounce fresh dill

Seed tomatoes and place in a blender; add mustard, salt, pepper, & vinegar. Blend. Slowly add oil to create an emulsion. Finely slice the dill and add to vinaigrette. Serve on your favorite local greens.  
4 servings

**Refrigerator Pickles**

*(Outpost Exchange)*

6 c. thinly sliced cucumbers  
2 c. thinly sliced onions  
1 ½ c. sugar  
1 ½ c. vinegar  
½ t. salt  
½ t. mustard seed  
½ t. celery seed  
½ t. turmeric

Alternate layers of cucumbers and onions in a large glass bowl. Combine all ingredients in a medium saucepan. Bring to a boil, stirring just until sugar is dissolved. Pour vinegar mixture over cucumbers and onions and let cool slightly. Cover tightly and refrigerate for 24 hours before serving. They may be stored up to one month in jars.
Three-Minute Radish Cucumber Pickles
(adapted from Martha Stewart Magazine)

6 large red radishes, very thinly sliced  ¼ c. white wine vinegar
1 Kirby cucumber, very thinly sliced  ½ t salt
1 small onion, peeled & very thinly sliced  1 T. sugar
1 t. dried green peppercorns
1 t. freshly grated ginger

In medium bowl, combine radishes, cucumber, onions, & peppercorns. Grate in fresh ginger. Combine vinegar, salt, and sugar in small saucepan, and cook over medium heat, stirring constantly, until sugar and salt have dissolved and liquid just comes to a boil – about 3 minutes. Pour dressing over vegetables and toss well. Lift vegetables from the liquid and transfer to a serving dish. 4 servings.

Dried Cherry Tomatoes
(from Joan Dimow – an easy way to keep the wonderful flavor of summer tomatoes into the fall)

equivalent to 2 baskets of cherry tomatoes, cut in half olive oil to drizzle

Cut cherry tomatoes in half. Place halves on a greased cookie sheet. Place in a 300 degree oven for half an hour. Reduce oven heat to 250 degrees. Leave in oven until all the tomato juice has dried – about 3 to 4 hours, but depends on the size of your cherry tomatoes. Can use as is in pastas, stirfries, salads, etc. or drizzle with olive oil and will keep in the refrigerator throughout the fall.
Sunny-Side Ups with Pesto And Tomatoes
(From Asparagus to Zucchini: Cooking Farm-Fresh Seasonal Produce)

- 1 t. olive oil
- 2 T. pesto
- 6 small tomatoes, quartered
- salt & pepper
- 4 eggs
- ½ small sweet onion, finely chopped

Heat oil in non-stick skillet over medium heat. Add tomatoes & onions and stir cooking quickly – about 5 minutes. Reduce heat and add pesto. Push mixture to the sides of the pan, creating a ring of sauce. Carefully break eggs in the center of the pan, cover, and cook until eggs are set, 4-6 minutes. Season with salt & pepper and serve immediately. Makes 2 servings.

Rosemary Chicken with Wild Rice
(Cooking Light magazine)

- 1 c. wild rice
- 2 carrots
- 1 T. olive oil
- 2 T. finely chopped fresh rosemary
- 2 garlic cloves, minced
- ¼ c. + 2 T. orange marmalade
- 1 ¼ lbs. skinned, boned chicken breasts, cubed
- ¼ c. Dijon mustard
- 1/8 t. freshly ground pepper

Cook rice according to pkg. directions. In large skillet over medium heat, heat the oil. Add garlic, and sauté until golden brown, about 2 minutes. Add chicken and carrots and sauté, stirring frequently, 3-4 minutes. Stir in the rosemary; cook until chicken is cooked through, about 3 minutes. Add the rice and toss to combine.