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SUMMER BRINGS LOCAL HARVEST

Summer is almost here and it is time to roll down the windows and take a drive through the county. Play some country music from our very own local station, 99.9 FM radio, while you enjoy seeing nature's bounty growing in the farmer's field. Did you know that Frederick County is Maryland's largest agricultural county, accounting 10% of the states' total farmland?

With all this farmland, I hope you have a copy of the 2010 Frederick Farm Guide, which lists local farmers markets, community supported agriculture, wineries, etc. I keep a personal copy in my car so when I am out I can make a stop for "Homegrown Here," produce. If you do not have a copy, you can pick one up at your local library or download a copy from the Frederick Office of Economic Development.

Suppose you are looking for a specific item like local honey, eggs, grass-fed beef, milk, it is all listed on the Virtual Farmer's Market website at <http://www.discoverfrederickmd.com/farmersmarket/> You would be amazed at all the products available right in your own backyard....herbal soaps, gluten and dairy free baked goods, Maryland wines, the list is endless. Some farms allow you to pick your own produce, which does not get any fresher or healthier!

If you cannot make it down to your local farm then look for the Homegrown Here logo when grocery shopping or eating out. The symbol identifies Frederick County Farm Products and is proudly displayed in restaurant windows, on menus, and at grocery stores.



Purchasing products with the "Homegrown Here" symbol ensures that you are getting the freshest farm products while supporting our local farm neighbors. Help preserve our rich agricultural landscape by purchasing products that are "Homegrown Here".

Enjoy these recipes using local Frederick County produce.

RASPBERRY PIE

Crust:

2/3 cup old fashioned oats
1 cup all purpose flour
1/4 tsp. baking powder
1/4 tsp. salt
1 stick cold unsalted butter
1 teaspoon white vinegar
4 to 6 tablespoons cold water

Grind oats in food processor or blender until ground into flour. Pour into bowl and add flour, baking powder and salt. Cut butter into small cubes. Using hands, fork, or pastry blender work butter into dry ingredients until the dough is crumbly. Add vinegar. Add water one tablespoon at a time and mix until you have a dough that holds together well and is not dry or crumbly. Gather dough into a ball and refrigerate for 30 minutes or longer. Remove dough from refrigerator and let it sit at room temperature for 15 to 30 minutes until it becomes pliable. Sprinkle flour on work surface to keep dough from sticking. Use a rolling pin to roll the dough into two 10 inch circles. Transfer one of the circles into a pie pan.

Filling:

1 1/2 pounds raspberries
1 1/4 cups sugar
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
1/4 cup cornstarch

Stir together the raspberries, sugar, cinnamon, salt, and cornstarch into a large bowl. Pour mixture into pie crust. Add top crust and use a fork to pierce the crust so steam can escape. Line baking sheet with parchment paper. Place pie on baking sheet and bake for 15 minutes at 425°F. Turn oven down to 375°F and bake 30 minutes, until crust is golden brown. Cool 1 hour before serving.

NANCY'S BLUEBERRY GINGERBREAD

This is a Maine recipe that I have used for years. Of course it would taste better if you used MAINE WILD LOW-BUSH BLUEBERRIES!

1/2 cup shortening
1 cup sugar
1 egg
2 cups sifted all-purpose flour
1/2 teaspoon ginger
1 teaspoon cinnamon
1/2 teaspoon salt
1 cup sour milk or buttermilk
1 teaspoon baking soda
3 tablespoons molasses
1 cup blueberries

3 tablespoons sugar

Cream the shortening (butter, oleo, vegetable shortening, chicken fat, or lard--I use Crisco) and sugar. Add the egg (or two egg yolks) and mix well. Mix and sift together the flour, ginger, cinnamon, and salt, and add to the creamed mixture alternately with the sour milk (I use regular milk) in which the soda has been dissolved. Add the molasses. Add the blueberries and pour the batter into a greased and floured pan 9 x 9 square or round cake pan. Sprinkle the three tablespoons of sugar over the batter in the pan and bake at 350 degrees for 50 minutes to one hour. The sugar sprinkled over the top makes a sweet crusty topping when the cake is baked. This cake is delicious warm from the oven, cold, and even better when two days old. Chopped raisins may be substituted for the blueberries, if desired. This recipe was known in our family for 50 years as Delicious Gingerbread. Source: "Maine Blueberry Recipes" publication, Maine Department of Agriculture, Augusta, Maine.

GREEN BEANS ALMONDINE

Fresh green beans or French-style green beans

Olive oil

Almonds, slivered

Minced garlic

Steam green beans, just until crisp-tender. Place green beans, a handful of almonds, a teaspoon or two of minced garlic and a splash of olive oil into a large non-stick skillet. Sauté for a few minutes until all flavors blend and green beans are tender. Enjoy! NOTE: Almonds are optional and sliced mushrooms can also be added.

Deborah Rhoades, MA, RD, LDN, is a licensed Registered Dietitian and Extension Educator in Family and Consumer Sciences. For more information about the University of Maryland Extension Frederick County Office check out our website <http://Frederick.umd.edu>

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