

July 21, 2011  
Release Date: July 27, 2011

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### **BUY LOCAL CHALLENGE**

Summer greetings! I hope you have been enjoying my favorite season of the year and all the great produce in season. My summer has been busy packing to move to our new location at 5370 Public Safety Place, Frederick, MD 21704. We are located on the 3<sup>rd</sup> floor in the Public Safety Training Facility (PSTF) Building. The move is temporary for building renovations and we will return to the Montevue Lane in approximately one year.

Office hours are 8:00 am – 4:00 pm. Our telephone numbers, website and email addresses are the same along with the excellent services we provide. To get to our new location take the South St. Exit off I-70E; turn left onto Reichs Ford Rd; go 1.7 miles; turn right after the PSTF sign.

As I write this article the 4th annual “Buy Local Cookout,” is being held at Government House in Annapolis. The cookout is the signature kick-off event for the statewide Buy Local Challenge Week (July 23-31), during which all Marylanders are encouraged to eat at least one local product each day of the week. The cookout, sponsored by Governor O’Malley, features local chefs, farmers and products grown in Maryland. O’Malley states, “The key to Maryland’s unique character can be found in our land and water along with those Marylanders who harvest it. When we purchase and eat fresh, local products, we are providing strong nutrition, strengthening our local economy, and preserving open space by keeping farmers on the land. Together, we can move towards a Smart, Green and Growing future for all Marylanders.”

Frederick County has a stake in the movement since it is the largest agricultural county in Maryland, accounting for 10% of Maryland's total farmland. Local farmers produce almost \$130 million of agricultural products annually. The Frederick County Office of Economic Development has long supported our local farmers and links consumers where to find local products. Their website <http://www.discoverfrederickmd.com>, under the AGRICULTURE section, provides links to the 2011 Farm Guide, Virtual Farmer's Market and Wineries. Within miles, you can find fruits, vegetables, milk and dairy products, beef, pork, poultry, eggs, wine, and many specialty products.

Take the Buy Local challenge by logging onto <http://www.buy-local-challenge.com/challenge.asp> and enjoy the variety of recipes. Featured here are two compliments of Chef Brett Grohsgal, at Even' Star Organic Farm in Lexington Park, MD.

### **PESTO SAUCE**

There are many pesto sauce recipes. This one is balanced and straightforward and tested on countless restaurant patrons in my years of chef-ing. It freezes superbly if jarred and covered in ample amounts of olive oil. The oil stops oxygen from oxidizing the basil and turning it bitter, and is imperative. The recipe does require a Cuisinart or similar food processor; a blender tends to overheat the basil. --Brett

#### **Ingredients:**

1/4 cup olive oil  
8 cloves garlic, coarsely chopped  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/4 cup white wine  
1/4 cup almonds or pine nuts, toasted and then cooled  
About 4 cups basil leaves (Genoa type)  
At least 1/2 cup more olive oil or vegetable oil  
1/4 cup grated Romano cheese  
More salt and pepper to taste

#### **Directions:**

Sautee the garlic in the 1/4 cup olive oil until soft but not very brown. Immediately add the next three ingredients and simmer until the wine volume has reduced by one half. Let cool. Process all this in a Cuisinart until the garlic is fully pureed. Add the nuts and process until nearly smooth. Add the basil and PLENTY OF OLIVE OR VEG. OIL. Process further, until the basil is just barely smooth (no leaf pieces bigger than 1/8"), always adding more oil if the surface of the basil appears exposed to air. Add the cheese and process 15 seconds more. Taste for salt and pepper. Place in a Tupperware or a glass jar and immediately be sure that there is at least 1/4" oil floating over the basil. Keeps 6 weeks in the 'fridge or 2 years in a freezer.

Serve over linguine or angel hair pastas.

## **EASY WHITE PIZZA WITH SQUASH BLOSSOMS**

### **Ingredients:**

Buy a Pillsbury pizza dough roll or make your own. Pre-bake as per directions or your own experience to the just-golden-brown stage. Remove from oven but keep heat on. Prepare the toppings:

4 cloves garlic, chopped  
1/2 onion, slivered  
1 bag squash blossoms  
2-3 cups grated mozzarella  
1/4 – 1/2 cup grated Romano or Parmesan cheeses  
2 Tablespoon olive oil  
1/2 teaspoon each salt and pepper

OPTIONAL: 2 tablespoons fresh parsley or basil, or 1 1/2 teaspoon dried basil or oregano

OPTIONAL: 1 cup chopped tomatoes

### **Directions:**

Arrange the toppings on the crust, with the cheeses placed on last. Bake at 400° or broil very carefully until golden brown. Excellent served with a chilled white wine or a lager or pilsner

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