

July 9, 2021

**Release Date:** July 14, 2021

Deborah Rhoades, MA, RD, FAND  
Extension Educator, Family & Consumer Sciences

## SUPPORT THE BUY LOCAL CHALLENGE

Oh the joys of summer, my favorite time of year in Maryland. I love the longer days, sound of crickets, smell of honeysuckle and excitement of seeing that first firefly light up the sky! Life dances to a slower beat, a waltz instead of a Zumba. Meals are simple to create and delicious thanks to all the fresh grown produce right here in our own backyard.

Marylanders are extremely fortunate to have farmland throughout the state, especially Frederick County, which accounts for ten percent of the states farmland and brings nearly \$150 million into the local community. After 16 months of pandemic lockdown, there has never been a more critical time for supporting your farming neighbors. Environmentally it is a smart choice reducing your carbon footprint since the food does not have to travel for distribution.

Now is the time to support your local Frederick County farms by participating in the Buy Local Challenge, July 17-25. To locate farms pick up a copy of the *Homegrown Frederick* magazine at the Office of Economic Development at 118 N Market St, Frederick, MD or the Frederick County Visitor's Center at 151 South East St, Frederick, MD. To access the guide on-line visit <http://www.homegrownfrederick.com/>

The Homegrown Frederick website offers nine ways you can show your support:



1. Look for products with the Homegrown Here brand shown above
2. Visit a local creamery to satisfy your sweet tooth
3. Dine at a local restaurant that features locally-grown food
4. Search the Frederick County Farm Directory for locally grown products
5. Join a CSA to receive fresh products all year long
6. Stop by one of 13 Frederick County Farmers' Markets
7. Try a farm brewery for a cold beverage made with ingredients grown at the farm
8. Indulge at a local winery and sip in the view
9. Sign-up for fresh farm products delivered right to your doorstep from several farms who offer mobile deliveries.

The downtown Frederick library will sponsor a virtual educational program for adults, “Celebrate Local Foods,” on Wednesday, July 21 from 1-1:30pm on Facebook, follow the below link for information:  
<https://frederick.librarycalendar.com/events/virtual-program-celebrate-local-foods>

Join me for the program, filmed in the Children’s garden at the University of Maryland Extension Frederick County Office, to learn about sustainable foods that are fresh, seasonal and grown close to home.

Enjoy these two of 15 Maryland sourced recipes from the 2020 Buy Local Challenge Celebration Recipe Book by Southern Maryland Agricultural Development Commission (SMADC). Permission received to use the following recipes.

**FRIED GREEN TOMATOES WITH A SUMMER CORN CUCUMBER WATERMELON SALAD,  
Luke Parvis, Baltimore City, Prep Time 40 Minutes, Serves 8**

4 large green tomatoes, sliced 1/2-inch thick  
2 cups buttermilk  
1 cup flour  
1 cup corn meal  
1 quart vegetable oil for frying  
1 teaspoon lemon juice  
1 tablespoon olive oil  
1 tablespoon basil, julienned  
1 tablespoon mint, julienned  
1/2 cup watermelon, diced  
1/4 cup cucumber, diced  
1/4 cup corn



Place flour and cornmeal on separate plates. Add a pinch of salt and pepper to both, mix. Put buttermilk in bowl. Coat tomato in flour mix. Dip in buttermilk. Coat again in cornmeal.

Pour approximately 1/2 inch oil into skillet. Over medium heat, fry tomatoes in pan until one side is golden brown. Flip and fry on other side. Drain on paper towels.

Shuck corn and put on hot grill, rotating until slightly charred. Cut corn off cob.

In separate bowl mix corn, watermelon, cucumber, mint, basil, olive oil, and lemon juice. Salt and pepper to taste.

Arrange fried green tomatoes on a plate layering them and top with summer salad.

**MARYLAND CRAB IMPERIAL**

**Ellyne Davis, St. Mary’s County, Prep Tip 60 Minutes, Serves 4**

1 pound Maryland lump crab  
1 green bell pepper: 3 tablespoons chopped, remainder thinly sliced  
1 red bell pepper: 3 tablespoons chopped, remainder thinly sliced  
1 small white onion, finely chopped  
1 garlic clove, minced

## MARYLAND CRAB IMPERIAL (continued)

1 egg, beaten  
1 cup mayonnaise  
3 dashes hot sauce (or to taste)  
1 teaspoon dry mustard  
1/4 cup white wine  
1 teaspoon crab seasoning

### **FOR TOPPING**

1 large tomato, seeds and juice removed  
3 tablespoons butter, cut in small pieces  
2 tablespoons fresh lemon juice  
1 teaspoon paprika  
6 ounces feta cheese, crumbled



Heat oven to 350°F.

Mix together crab, chopped red and green peppers, onion, garlic, egg, and mayonnaise.

Add hot sauce, dry mustard, wine, and crab seasoning; stir gently.

Spray a 10-inch baking dish with cooking spray. Spoon crab mixture into dish. Arrange remaining strips of red and green pepper and tomato over the crab in a decorative pattern. Place butter, lemon juice, and paprika on top of dish. Bake for 30 minutes.

Remove dish from oven. Top with feta and additional seasonings if desired. Return to oven for 5 minutes, or until the crab is golden and bubbly.

Garnish with basil and sliced lemons.

For more information about the University of Maryland Extension Frederick County Office check out our website <https://extension.umd.edu/locations/frederick-county> . University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.

Deborah Rhoades, MA, RD, FAND, is a licensed Registered Dietitian, Fellow of the Academy of Nutrition Dietetics, and Extension Educator in Family and Consumer Sciences.

DR:ls