TIME FOR THE BUY LOCAL CHALLENGE

Summer is in full swing and you should be enjoying all the delicious and healthy local produce. Support your local farmer and local economy by participating in Maryland’s Buy Local Challenge Week, July 21-28. Go online to www.buy-local-challenge.com/index.asp and join fellow citizens to make the pledge to eat at least one thing from a local farm every day during the week. The Frederick County Office of Economic Development links consumers with local products at www.discoverfrederickmd.com

According to the Maryland Buy Local website, “There's never been a more critical time to support your farming neighbors. If every household purchased just $12 worth of farm products for eight weeks (basically the summer season), over $200 million would be put back into the pockets of our farmers.” Environmentally it is a smart choice reducing your carbon footprint since food does not have to travel for distribution.

To support the event, Governor O’Malley will hold the 6th Annual Buy Local Cookout, held Thursday, July 24, at the Government House in Annapolis. Attendance is by invitation only. The cookout features local chefs, farmers and products grown in Maryland. This year, chefs are being asked to submit simple but creative recipes that showcase ways the average Maryland family can prepare delicious, nutritious meals with locally produced food at home.

“The Buy Local Cookout and Buy Local Challenge has become an annual celebration of Maryland agriculture and Maryland cuisine,” said Governor O’Malley. “Again this year, we look forward to encouraging Marylanders to buy local products from Maryland farmers as we highlight the benefits of preserving our family farms and open space, protecting the environment and supporting local economies.”

This year a new twist has been added to the Challenge, a 2013 "Take the Buy Local Challenge OUTDOORS!" contest. Judges will choose their favorite photo that is fun, creative and best portrays the spirit of the Buy Local Challenge. The winning entry will receive a prize basket valued at $200. In addition, a donation of fresh local farm food, valued at $200, will be made in your name to local families in need via the Southern Maryland Food Bank and partners statewide. Upload your photos to the Buy Local Challenge Facebook page or email to info@buy-local-challenge.com.
Enjoy a few of the winning recipes from last year’s challenge:

**Spinach and Local Goat Cheese Salad**

**For Salad:**
1 pound, baby spinach  
8 ounces, FireFly goat cheese  
1 pint, blueberries  
2 peppers, yellow or red  
10 - 15 leaves of fresh basil  
4 ounces, pecans  
Dusting of powdered sugar

**For Dressing:**
3 tablespoons, balsamic vinegar  
1 tablespoon, agave or honey  
3 tablespoons, pomegranate juice  
3 tablespoons, olive oil  
1 tablespoon, Dijon mustard

**Preparation.**
Pre-heat oven to 375°F. Take baby spinach and wash well in cold water. Place in a bowl.

Crumble goat cheese into small pieces and set aside. *Recommend using 2 ounces of goat cheese per person.

Dust pecans with powder sugar and bake for 10 minutes. Cool to room temperature.  Recommend using 1 ounce of pecans per person.

Take peppers, cut in half and deseed. Rub with olive oil and roast for 20 minutes. Place peppers in paper bag and close for 10 minutes. This will help the skin peel off easily and release the flavors of the peppers. Cut peppers into strips and set aside.

Take basil and remove stems. Cut them into strips and set aside.

Wash blueberries well and set aside.

*For dressing* combine all ingredients into a small bowl and whisk together with a fork.

Combine all salad ingredients together. Toss with dressing. Enjoy!

**Cherrywood Fiesta Herb Encrusted Chicken**

4 chicken breasts  
1/2 cup, Dijon mustard  
2 cups, panko bread crumbs  
1/3 cup, parsley, fresh chopped  
1 teaspoon, fresh thyme  
2 teaspoon, fresh rosemary  
3/4 cup, olive oil  
2 ears, corn, grilled and charred  
2 heirloom tomatoes, large, diced  
4 cloves, garlic, minced  
4 scallions, chopped  
1 green and orange pepper, chopped
Cherrywood Fiesta Herb Encrusted Chicken (continued)
1/3 cup, basil, chopped
1/2 cup, balsamic vinegar
1 mini local honey bear or 2 ounces of local honey
1/3 cup, extra virgin olive oil
1 teaspoon, kosher salt
1/3 teaspoon, cracked black pepper
4 slices, bacon, cooked crisp and crumbled
1 zucchini, sliced thin, lengthwise
1 yellow squash, sliced thin, lengthwise

Preparation.
Clean and pound chicken breast. Brush chicken with Dijon mustard and set aside.

Combine in bowl: panko crumbs, parsley, thyme and rosemary. Coat chicken in panko herb mixture. Sauté chicken in olive oil until golden brown and reaches internal temperature of 165°F.

For Salsa:
Cut grilled corn off cobs and mix with diced tomato, minced garlic, chopped scallion, diced peppers, chopped basil.

In small bowl, whisk balsamic vinegar, honey, olive oil, salt and cracked pepper. Combine oil and vinegar mixture into Salsa and stir well.

Brush the zucchini and yellow squash with olive oil and grill 3 minutes each side.

To Serve:
On plate, place 2 slices each of grilled zucchini and yellow squash. Place a chicken breast over the grilled vegetables. Add a heaping tablespoon salsa atop chicken breast. Finish with crumbled bacon.

Cornmeal Dusted Fried Oysters over a Maryland Silver Queen Corn, Tomato and Peach Salad with a Lemon, Cayenne and Basil Aioli

Cornmeal Dusted Fried Oyster:

Dry
1 cup, corn flour
1 cup, corn meal
1 cup, all-purpose flour
1-1/2 tablespoons, salt
1 tablespoon, pepper
1 teaspoon, cayenne
1 teaspoon, thyme
1-1/2 tablespoons, granulated garlic
1 teaspoon, paprika

Wet
2 pints, oysters, shucked, extra select
1 cup, buttermilk
Cornmeal Dusted Fried Oysters over a Maryland Silver Queen Corn, Tomato and Peach Salad with a Lemon, Cayenne and Basil Aioli (continued)

Maryland Silver Queen White Corn, Tomato, and Peach Salad:
3 ears, corn  
2 tomatoes, ripe  
3 peaches  
1 clove garlic, minced  
2 tablespoons, red wine vinegar  
3 tablespoons, extra virgin olive oil  
4 basil leaves, chiffonade  
Salt and pepper

Lemon Cayenne Basil Aioli:  
1/4 cup, lemon juice  
1 cup, mayonnaise  
1/4 teaspoon, cayenne  
12 basil leaves, fresh  
1 teaspoon, granulated garlic  
Salt and pepper

Preparation.  
Cornmeal Dusted Fried Oyster Procedure:  
Mix dry ingredients together.  
Drain oysters. Place oysters in a bowl and pour buttermilk over oysters.  
Take oysters, dredge oysters in dry ingredients and fry in a 350 degree fryer for about 1 minute.  
Place on a paper towel and serve.

Maryland Silver Queen White Corn, Tomato, and Peach Salad Procedure:  
Grill corn in the husk on a grill for about 20-30 minutes – until tender and cool.  
Cut the kernels off the cob and place in a bowl.  
Cut the tomatoes into 1/2-inch cubes.  
Cut the peach off the pit and cut into 1/2-inch cubes.  
Mix all the ingredients together and season to taste with salt and pepper.

Lemon, Cayenne and Basil Aioli Procedure:  
In a blender, mix all the ingredients together and season with salt and pepper. Adjust acidity with lemon if needed. Add water a tablespoon at a time to thin out aioli if needed. Place aioli in squirt bottle and drizzle over entire dish.

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