

Farm Fresh Sampling

Morgantown Farmers Market Pavilion



Culinary Kitchen



Local Farm Family





Improving the health of the people of our state



Advancing the education of the community



Empowering members to be food & nutrition leaders



Supports the farmer



Increases the farmers sales



Builds positive relationships with community members



Learning and enjoyment for the RDN



Produce (& Poultry) Availability



Spring



Summer



Summer



Summer



Fall



Fall





Fall

Working H Farms is taking orders for Fresh Thanksgiving Turkeys.



Autumn Vegetable Soup (1 Gallon) Recipe inspired by Del Sroufe in his "Forks Over Knives" Cookbook Cook beans in water until tender. Drain and rinse. 11/4 cups beans 3 cups water

Saute onions, carrots, celery and peppers in olive oil for 10 minutes. 2 cups (total) diced onion, carrots, celery, peppers 1 tablespoon olive oil

Add garlic, ginger and spices. Cook 3 minutes. 3 cloves garlic, minced 1 tablespoon grated ginger 1 tablespoon paprika 2 teaspoon cumin 2 tablespoon coriander

Stir in stock, squash and vegetables, Add cinnamon stick. Bring to a boll; software hest smal simmer, une vorved, for 25 minutes 2 quari low softum vegetable stock 1 bulterunt equash, peeled, seeded and dioed 3 cups dioed assorted autumn vegetables 1 cinnamon stick

Stir in cooked beans and diced tomatoes. Season with Mrs. Dash. 2 cups diced crushed tomatoes 2 teaspoon Mrs. Dash

Garnish with chopped cilantro 1/4 cup chopped cilantro

"Assorted" Vegetables vs. Specific

Chili Con Carne with Apples



(Makes 11 cups) Cook beans in water until tender. Drain and rinse. 11/3 cups dried beans 4 cups water

Over medium heat, saute onions, peppers and garlic in olive oil. Add beef. Crumble and brown. 1 tablespoon olive oil 1 cup peppers, diced 3 garlic cloves, minced 1 pound ground beef

Add seasonings and tomato paste. 4 teaspoon chili powder 1/2 teaspoon cumin 1/2 teaspoon oregano 6 ounce tomato paste

Add broth, water, sugar, juice, tomatoes, cooked beans and apples. Bring to a boil. Lower heat, cover and simmer 30-45 minutes. 2 cups water 1/2 tespoon brown sugar 2/3 cup apple juice 1 3/4 cup diced tomatoes, without added salt 1 cup diced tomatoes, without added salt

Garnish with cheese. Aged cheddar cheese, shredded Based on a recipe from Relish.com

Challenges from Farmers



Farmers Market Demo: Grilled Italia Slice



Cook Sweet Italian Sausage to an internal temperature of 160F. Grill squash slice. Top with tomato, sausage, parmesan cheese and basil. Sprinkle with Mrs. Dash. Sausage, vegetables and cheese can be sliced or shredded.

Good for pizza toppings or casseroles (with or without noodles). Try grilling and stacking for lunch (with or without bread).



Procedure & Tastes vs. Complete Dish





Adjust for Smaller Sample Servings





Procedure

Styling & Serving



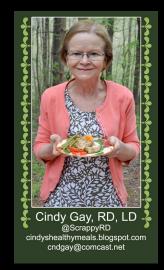
One recipe in frame

On-Line Recipe



Recipe posted in Market Newsletter

"Business" Cards



Electronic Communication

Serving



Mid East Chicken Kebab with Almond Yogurt Sauce



(Serves 4)

2 garlic cloves, minced Julca of Jemon 2 14 Jeason of oil 2 14 Jeason of ointramon 1 tablespoon allspice 6 boneless skinless chicken thighs Mix garlic, temon Julce, cinnamon and allspice in a measuring cup. Pour over chicken thighs and marinate in the refrigerator.

When ready to bake, place on skewers. Bake at 450 F. for 10 minutes. Lower heat to 325 F. and bake for an additional 20-30 minutes, until internal temperature is 165 F.

Almond Yogurt Sauce (Serves 6)

2 tablespoon almond butter Pinch of cumin 1 tablespoon lemon juice 1/3 cup Greek yogurt, plain, nonfat 1 garlic dove, minced Biend all ingredients together in mini food processor.

Mid East Kebabs, Almond Yogurt Sauce and Pita Bread makes a delicous mealhot and cold. The Kebab recipe is from Maria Elia. The chicken thighs are from Working H Farms. The yogurt sauce was inspired by Maria Elia, in her Full of Flavor Cookbook. Serve with cucumbers and tomatoes.

Styling & Serving





Cook & chill to appropriate temperatures



Labeled containers kept at 40 F. or less



Bug Guards



Plastic Gloves & Frequent Hand Washing



Servers Trained and Dressed

Promoting Products & Profession



Promoting Products & Profession



Promoting Individual Farmers

Promoting Products & Profession



Promoting Individual Farmers

Promoting Products & Profession



Promoting Individual Farmers

Promoting Products & Profession



Promoting Individual Farmers

Farm Fresh Sampling

"Sharing unique ways to combine healthy seasonal ingredients in meals made at home."

How You Can Do It



From Your Workplace



Crunchy Pumpkin Pie



Crunchy Pumpkin Pie



Crunchy Pumpkin Pie



Glazed Peaches



Glazed Peaches



Glazed Peaches



Mozzarella Grainy Bread



Mozzarella Grainy Bread



Mozzarella Grainy Bread



Meatballs



Fresh Fruit Smoothies



Fresh Fruit Smoothies



Applesauce



Applesauce



Applesauce



Apple Crumble