

# RDNs at Farmers Market Promote Many



Farm Fresh Sampling

# Morgantown Farmers Market Pavilion



# Culinary Kitchen



# Local Farm Family



## RDNs at Farmers Market Promote:



Improving the health of the people of our state

## RDNs at Farmers Market Promote:



Advancing the education of the community

# RDNs at Farmers Market Promote:



Empowering members to be food & nutrition leaders

# RDNs at Farmers Market Promote:



Supports the farmer



# RDNs at Farmers Market Promote:



Increases the farmers sales

## RDNs at Farmers Market Promote:



Builds positive relationships with community members

# RDNs at Farmers Market Promote:



Learning and enjoyment for the RDN

# Incorporate Seasonal Foods



Produce (& Poultry) Availability

# Incorporate Seasonal Foods



Spring

# Incorporate Seasonal Foods



Summer

# Incorporate Seasonal Foods



Summer

# Incorporate Seasonal Foods



Summer



# Incorporate Seasonal Foods



Fall

# Incorporate Seasonal Foods



Fall

# Incorporate Seasonal Foods



Fall

# Recipes

**Working H Farms is taking orders for Fresh Thanksgiving Turkeys.**

*We'll have samples of the roasted tenderloins.*

*We're also making vegetable soup featuring autumn foods from the market vendors.*



## **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.**

1 1/4 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 boil; reduce heat and simmer, uncovered, for 25 minutes**

2 quart low sodium vegetable stock  
1 butternut squash, peeled, seeded and diced  
3 cups diced 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

# Recipes

## Chili Con Carne with Apples



(Makes 11 cups)

**Cook beans in water until tender. Drain and rinse.**  
1 1/3 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 onions, diced  
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 low sodium vegetable broth  
2 cups water  
1/2 teaspoon brown sugar  
2/3 cup apple juice  
1 3/4 cup diced tomatoes, without added salt  
1 cup diced apples

**Garnish with cheese.**  
Aged cheddar cheese, shredded

*Based on a recipe from Relish.com*

# Challenges from Farmers

# Recipes



## 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

# Recipes



Adjust for Smaller Sample Servings

# Recipes



# Procedure



# Styling & Serving



One recipe in frame

# On-Line Recipe



Morgantown  
**Farmers Market**  
GROWERS ASSOCIATION

Recipe posted in Market Newsletter

# “Business” Cards



## Electronic Communication

# Serving



## Mid East Chicken Kebab with Almond Yogurt Sauce



(Serves 4)

2 garlic cloves, minced  
Juice of 1 lemon  
1 tablespoon olive oil  
2 1/4 teaspoon cinnamon  
1 tablespoon allspice

6 boneless skinless chicken thighs  
Mix garlic, lemon juice, 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 clove, minced

Blend all ingredients together in mini food processor.

*Mid East Kebabs, Almond Yogurt Sauce and Pita Bread makes a delicious meal- hot 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



# Protecting Food Safety



Cook & chill to appropriate temperatures

# Protecting Food Safety



Labeled containers kept at 40 F. or less

# Protecting Food Safety



Bug Guards



# Protecting Food Safety



Plastic Gloves & Frequent Hand Washing

# Protecting Food Safety



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

# How You Can Do It From Your Workplace



Crunchy Pumpkin Pie

# How You Can Do It From Your Workplace



Crunchy Pumpkin Pie

# How You Can Do It From Your Workplace



Crunchy Pumpkin Pie

# How You Can Do It From Your Workplace



Glazed Peaches

# How You Can Do It From Your Workplace



Glazed Peaches

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Glazed Peaches

# How You Can Do It From Your Workplace



Mozzarella Grainy Bread



# How You Can Do It From Your Workplace



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Mozzarella Grainy Bread

# How You Can Do It From Your Workplace



Meatballs

# How You Can Do It From Your Workplace



Fresh Fruit Smoothies

# How You Can Do It From Your Workplace



Fresh Fruit Smoothies

# How You Can Do It From Your Workplace



Applesauce

# How You Can Do It From Your Workplace



Applesauce

# How You Can Do It From Your Workplace



Applesauce



# How You Can Do It From Your Workplace



Apple Crumble