



HOW TO MAKE THE MOST Of Your Farmers Market Shopping Trip

Arrive early. Arriving early to the farmers market ensures that nothing will be sold out and you'll have first pick of the items on your shopping list.

Browse before you shop and leave room for spontaneity. While it's great to go to the market with a list of what you need, be open to completely changing your dinner plan based on what's available. Take a walk through the market—if something looks especially delicious, don't pass it by!

Talk to the farmers! Say hello, ask about the farm, ask for suggestions and cooking tips. Getting to know your farmer not only builds community, but also allows you to learn more about where your food comes from and how it is grown.

Consider buying in bulk. No matter the time of year, farmers may have bulk deals for you to take advantage of. In the summer months, take advantage of these and fill your freezer for winter. In the winter months, buying in larger quantities means less restocking at the grocery store between farmers markets.

Bring your own bags (large and small). Cut down on waste and streamline your shopping trip by bringing your own grocery bags and smaller produce bags. Reusable tote bags will make it easier for you to navigate the market with your hands free!

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HOW TO EAT MORE LOCAL Food All Winter Long

Plan ahead. Starting in the spring, buy a little extra for your freezer each time you're at the farmers market. Freezing even a few quarts of berries, a box of tomatoes, or a pound of green beans will make all the difference come December.

Know your farmers market schedule. Put the farmers market dates in your calendar (and set a reminder for yourself!). Once it's on the calendar, it will be easier to plan your other grocery shopping trips around the market schedule.

Ask your farmer and other market shoppers for recipe ideas. If you get in a rut and need recipe inspiration, just ask! Sharing recipe ideas is a great way to find inspiration, especially in the winter when the variety of local food can be more limited.

Try something new. See a cut of meat or a root veggie you've never tried? Before dismissing it, ask your farmer how they like to cook it. You never know when you'll discover your new favorite food!

Consider a winter CSA. A CSA is always a great way to eat more local food, and a great way to try things you may not otherwise try. Getting a weekly or monthly box of local food is sure to spark some creativity in the kitchen!

Stock up on storage veggies and local meat for your freezer. No matter the time of year, farmers may have bulk deals for you to take advantage of. Buying in larger quantities means less restocking at the grocery store between farmers markets. Plus, having a lot of local food on hand will encourage you to get creative with what's in season!

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FROZEN MEAT?!

What Do I Do With It?

Frozen meat can be daunting if you're new to the idea, but it doesn't have to be! Locally grown, pasture-raised animals have exceptional taste and texture when flash frozen after processing, and it's easy and safe to thaw cuts before cooking.

Thaw In Fridge: If you are able to plan ahead, this method works great! Allow 24 hours for small cuts, like a pound of ground beef or boneless chicken breast. Larger, bone-in cuts require about 24 hours for every 5 lbs. Plan to cook meat within a day or two of thawing.

Thaw In Cold Water: Simply place the cuts you want to thaw in a bowl of cold tap water, changing the water every half hour or so. Smaller cuts will thaw in less than an hour whereas larger cuts may take 2-3 hours and whole poultry will take about 30 minutes per pound. Once thawed, cook immediately.

Thaw In Microwave: This is the quickest method, but not the best, as it can result in some loss of quality. Use this method when you haven't planned ahead, but choose one of the other two options when possible. Once thawed, cook immediately.

Cook From Frozen: It's completely safe (and delicious!) to cook meat from frozen! Plan on it taking about twice as long to reach the desired temperature, but otherwise cook cuts how you normally would. This works great for chops, steaks, and even a quick weeknight meat sauce.

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HOW TO MAKE 3 Meals From 1 Whole Chicken

Day 1: Roast Chicken Season chicken inside and out with salt and pepper (you can do this a day or two in advance, if you'd like). Put sliced garlic and/or sprigs of herbs under the skin for additional flavor. Roast, breast-side-up, in a 400° oven for about 20 minutes. Flip and cook for an additional 20 minutes. Flip one more time and continue roasting to 165° F.

Tip: For the most even roast, take the chicken out of the fridge at least an hour before putting it in the oven.

Day 2: Chicken Tacos Pick all the remaining meat off the chicken (setting the bones and skin aside in a large pot). Sauté garlic and spices (such as cumin and paprika) in oil, then add chicken. Serve on tortillas with diced red onion, cilantro, lime, and some nice spicy hot sauce!

Tip: Adding a bit of water, broth, or lime juice to the chicken at the end helps to make a nice, spicy sauce and keeps the meat from drying out.

Day 3: Chicken Broth Using the bones, skin, and any other parts left over from the previous day, make a simple chicken broth either on the stove top, or in your slow cooker or instant pot. Adding onions, carrots, and celery will add flavor, and cooking for longer (8+ hours) will result in a richer, more nutritious broth. Strain the broth then either freeze it for later or use it in a soup or stew right away.

Tip: Add a tablespoon or two of cider vinegar when you add the water. This will help extract extra minerals from the bones.

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HOW TO BRAISE

Just About Anything *(without a recipe)*

- 1. Select your meat.** Cuts that are generally considered tougher or less desirable (and usually less expensive) are perfect for a braise. The low and slow cooking will result in tender, fall-off-the-bone meat no matter what.
- 2. Brown it.** Heat oil, butter, or lard in a dutch oven or other oven safe, heavy duty pot. Brown the meat really well on all sides. This is where the bulk of the flavor comes from, so don't skimp on browning! When adequately browned, remove meat from pot.
- 3. Add more flavors.** Add onions and garlic to the same pot along with whatever other veggies, fruits, herbs, spices, or aromatics suit you. Cook until everything smells delicious and the onions have picked up some nice color.
- 4. Add liquid to deglaze.** Add a bit of wine, water, vinegar, broth, beer, or other liquid to the pot and scrape the bottom to ensure that all the nice browned bits become unstuck (this is called deglazing your pan and will add a lot of flavor to your braise).
- 5. Add the meat and more liquid.** At this point, add the browned meat back in and add enough stock (or other liquid) to nearly cover the meat.
- 6. Cook low and slow.** Cover your pot and put it in a 325° oven until the meat is tender and falls off the bone. This could take anywhere from 45 minutes for chicken thighs to several hours for a larger, tougher cut.

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MARINADE & DRY RUB TIPS & TRICKS

Marinades and dry rubs are a great way to add some extra flavor, and they can actually be quite simple and quick! In fact, marinating for longer than 24 hours can negatively affect the texture of the meat, and even a 20 minute marinade or dry rub can pack a really good punch.

Dry Rub Tips & Tricks:

- Since a dry rub doesn't add any extra moisture, the meat will sear really well when you cook it, creating a nice crust on the outside of whatever cut you choose.
- Consider brushing on a glaze or making a sauce to accompany your dry rubbed meat. Adding this liquid after the meat sears can add even more flavor.
- Buying a pre-made rub is always an option, but it's also easy to make your own. Salt and pepper are a must, but from there you can get creative: onion or garlic powder, smoked paprika, cayenne, oregano, sumac, cumin, coriander...mix and match to suit your taste.

Marinade Tips & Tricks:

- A marinade is made up of three key components: acid (vinegar, citrus juice, yogurt, buttermilk), oil (olive oil, sesame oil), and flavors (garlic, ginger, tamari, spices). You may also want to add a sweetener, depending on your taste.
- If you'd like a sauce to serve with the meat after it's cooked, consider setting aside some of your marinade before you use it, not after. That way, your sauce will not be contaminated from the raw meat.
- Turn up the flavor by scoring the meat prior to marinating. And remember that it's okay to go heavy on the spices—if it's going to impart a big flavor onto your cuts of meat, your marinade should taste too strong on its own.

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5 KITCHEN TOOLS

That Will Help You Eat Local

Y-Peeler (Swiss Peeler): Investing in a Y-peeler with a carbon steel blade will absolutely change the way you think about peeling that tricky squash (and everything else, for that matter). They're super sharp, have a comfortable handle, and will make peeling a breeze rather than a struggle.

Sharp, Sturdy Chef Knife: Having a sharp, sturdy knife can make all the difference when chopping winter veggies. Not only will cutting be easier, but it is also safer to use a knife that is up for the task.

Sheet Tray: Whether you're roasting veggies for a side dish, or toasting pumpkin seeds as a snack, a metal sheet tray with low sides is the way to go. Roasting veggies on a metal tray rather than a Pyrex dish will result in better browning and increased crispiness.

Soup Pot: From making a quick veggie stock to an all-day beef stew, a nice big pot is essential for making the warm comfort food that we rely on during the cold winter months.

Freezer Containers: Whether you're freezing late fall kale or leftover soup, having a good supply of freezer containers makes it so much easier. And there's no need to go out and buy something special—used yogurt containers or other freezer proof containers work great! Just be sure to label what you freeze with the date and the contents of the container.

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5 KID-FRIENDLY Winter Veggie Snacks

Ants On A Carrot Log: Although celery is traditional, carrots topped with nut butter and raisins is a tasty alternative that's just as fun.

Oven Fries: Easy to make and tasty to eat, this baked version of a french fry can be made with potatoes, sweet potatoes, carrots, turnips, beets, or even parsnips!

Kale Chips: A fun way to get kids excited about greens, oven baked kale chips will keep their crunch when stored in a paper rather than a plastic bag.

Beet Dip: Whether you add cooked beets to homemade hummus, or make a beetier dip with garlic, olive oil, and yogurt or sour cream, you can't beat the vibrant color of this fun and healthy snack.

Roasted Pumpkin or Squash Seeds: The plump seeds of any winter squash will roast up into a nice fall or winter snack. Try different spice combinations to see what you and your kids like best.

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EASY, NO-RECIPE

Winter Soups

Below are five no-recipe instructions for easy and delicious winter soups.
Step 1 to making all of these soups is the same:

1. Sauté onions, celery, carrots, and salt in butter or oil until soft and fragrant.

2. Continue to sauté with:	3. Sauté for a few more minutes with:	4. Add:	5. Cook until everything is tender, then:	6. To Finish:
Carrot chopped	Garlic, curry spices	Broth	Blend in batches until smooth	Add coconut milk, lemon, salt & pepper to taste
Squash peeled & cubed	Garlic, sweet corn, paprika	Broth, cooked dry beans	Add a splash of cider vinegar or lemon juice	Salt and pepper to taste
Parsnip peeled & cubed	Garlic, apple, potato	Broth	Blend in batches until smooth	Add cream, salt & pepper to taste
Gilfeather Turnip peeled & cubed	Garlic, ground nutmeg	Broth	Blend in batches until smooth	Add a splash of lemon, salt & pepper to taste
Celeriac peeled & cubed	Apple, thyme	Stock	Blend in batches until smooth	Stir in crème fraîche, salt & pepper to taste

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VEGGIE STOCK:

A Few Tips To Get You Started

Save Scraps. Keep a container or ziplock bag in your freezer so you can collect veggie scraps and pieces until you are ready to make your stock. Celery tops and ends, scallion or leek trimmings, carrot ends or even peels, mushrooms that have started to dry out, and wilted parsley all work well.

Chop Small. You don't need to cook veggie stock for as long as you do a meat stock, so in order to extract the most flavor from the veggies, try chopping them on the smaller side.

Brown The Veggies First. You'll get a lot of added flavor if you lightly brown the veggies in a bit of oil before adding the water.

Salt At The End. When you're making stock, you'll want to simmer it long enough that the liquid reduces by about half. If you salt the stock to taste before it's reduced, you'll end up with very salty stock by the time it's done cooking!

Try Different Veggie Combos. Depending on what you're using the stock for, you might want to switch up the veggies and flavors that you use:

- Onion, carrot, celery, parsley, bay leaf, peppercorns
- Onion, carrot, celery, crimini mushrooms, fennel, parsley, garlic
- Scallions, carrot, shiitake mushrooms, ginger, garlic, soy sauce

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HOW TO STORE Your Winter Veggies

Carrots, Beets, Turnips, and Other Roots: *32-38° F and 90-100% humidity*

Trim the stem and root ends. Store in a perforated plastic bag in the crisper drawer. Or, to reduce plastic waste, wrap in a damp towel and store them in a closed container in your fridge. If they start to get soft, make a soup for the freezer!

Garlic, Onions, and Shallots: *32-38° F at very low humidity*

A mudroom, garage, or dry basement can be a good place to store these, but a cool, dark cupboard will work well too, even if it's warmer than 38°. Alternatively, dehydrate in your oven and then grind them into homemade, local onion and garlic powder!

Winter Squash: *50-55° F at low humidity*

Store in a dark, well-ventilated place with a consistent temperature. Butternut and acorn types can store well all winter, whereas delicata, red kuri, and buttercup should be eaten earlier. Starting to get a soft spot on your squash? Cut it off, peel and cube the squash and put it in the freezer to cook later on.

Potatoes: *38-42° F at 80-90% humidity*

Store in a paper bag in a well-ventilated, very dark cupboard, as exposure to light will make them green and sprout more quickly. If some of your potatoes do begin to sprout, store them separately until you can plant them in the spring!

Cabbage: *32-38° F and 90-100% humidity*

Store in your crisper drawer or in a perforated plastic bag in the fridge. Leave all the outer leaves on, as they will help to keep the inside from drying out and allow the cabbage to store for longer. Or, make a simple sauerkraut! 2lbs of cabbage will make about 1 quart of kraut.

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LACTO-FERMENTATION

Tips & Tricks

Lactofermentation is a traditional, and surprisingly easy, method of preserving vegetables. Using only salt and a bit of time, the veggies you choose to lactoferment will transform into tasty, healthy, bubbly pickles! Keep these five tips and tricks in mind whether you're following a recipe, or experimenting on your own.

Keep things clean: Make sure you have a clean workspace, utensils, and jars. Washing with hot soapy water (and rinsing really well) will do though—no need to sterilize!

Use the basic ratio: You'll want to use about 2 tablespoons of sea salt or pickling salt (no additives) for 3.5 lbs of vegetables. This quantity should fill a 1/2 gallon jar. When you're weighing out the veggies, remember to include any flavorings (onions, garlic, etc).

Branch out from cabbage: Cabbage (green or red) is a classic place to start, but you can turn almost any winter veggie into a tasty ferment. Try carrots, beets, radishes, turnips, or celeriac. Either ferment them on their own, or add them to a cabbage kraut.

Have fun with flavor: Onions, garlic, ginger, caraway, juniper berries, turmeric, and chili pepper are just some of the options for flavoring your krauts. Make small batches and experiment with different combinations!

Keep it submerged: If your veggies and salt don't create enough brine on their own (remember, it may take more massaging to get the juices out of storage cabbage than it will for a fresh, summer cabbage) you can always make brine to add. To do this, dissolve 1 tablespoon of salt in 2 cups of water and use this to top off your jar of kraut.

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