

What's Cook'n at the Farmers Market

BY KARLA JONES SEIDITA,
HOME ECONOMIST

It's not quite morning, yet the anticipation of day-break has the birds chirping so loudly they woke the dog who's now waking me by pawing at my arm that's dangling over the edge of the bed. Every few seconds there's a muffled half-woof just in case I didn't feel/was ignoring the pawing. OK, fella.... I'm getting up.

Today is the day we hit the farmers' market. I guess he doesn't want me to forget - as if I could. It's our weekly adventure and we never miss it. The empty basket we bring along will return home overflowing with fresh ingredients to keep me cook'n all week long.

Let's get into the kitchen!

Ridiculously Easy Broccoli Salad

Move over coleslaw and potato salad. Make room for broccoli salad on the picnic table. It's a real crowd-pleaser. Buy it by the pound at the farmers' market or make your own from the fresh ingredients you've scored. It's ridiculously easy.

INGREDIENTS

4 cups fresh broccoli florets (cut into random ½ inch pieces)
¾ cup mayonnaise or plain yogurt (dairy or plant)
3 Tablespoons sugar
1/3 cup apple cider vinegar

OPTIONAL ADD-INS TO TASTE

Crumbled crispy bacon, raisins, dried cranberries, nuts/seeds, shredded cheese

DIRECTIONS

Toss together. Chill.



Summer Squash Casserole

Everyone loves this - especially those who say they don't like squash.

SERVES 4 TO 6

PAN SIZE: 10 INCH ROUND X 2 ½ INCHES DEEP (8 CUP) OVEN SAFE CASSEROLE

TOPPING INGREDIENTS

½ cup Italian flavored bread crumbs
1/3 cup parmesan cheese
2 Tablespoons melted butter

CASSEROLE INGREDIENTS

2 pounds small yellow summer squash
½ cup mayonnaise
2 Tablespoon Italian flavored bread crumbs
½ teaspoon salt
½ teaspoon pepper
3 cloves garlic (chopped - about 1 Tablespoon)
1 teaspoon lemon juice

DIRECTIONS

1. Mix topping ingredients. Set aside.
2. Preheat oven to 375 degrees. Grease casserole dish or coat with cooking spray.
3. Cut squash (peeled or unpeeled) into ¼ inch thick rounds. You should have about 5 cups. Combine with remaining casserole ingredients. Pour into prepared pan. Sprinkle with topping. Bake (uncovered) till bubbly and lightly browned - 40 to 45 minutes.

Garlic Boiled Corn on the Cob

A mountainous platter of buttered sunshine deliciously mingled with the enigmatic taste of garlic. We're talk'n heaven on a plate.

INGREDIENTS

12 ears of corn (shucked)
1 whole head of garlic

DIRECTIONS

Cut the garlic across the diameter so the cloves are cut in half. Drop both halves (unpeeled) into the pot as you begin boiling the corn. Cook until the corn is done to your liking.

Grilled Salmon Flatbread Nosh

Hungry? This sandwich will fix that!

INGREDIENTS

Flatbreads (purchased or homemade - recipe follows)
Salad mix
Cucumber
Tomato
Red onion
Grilled salmon
Artisan cheese (your fav)
Drizzle Sauce (recipe follows)

DIRECTIONS

For each sandwich, pile ingredients (to taste) on one side of a flatbread. Drizzle with sauce. Fold the empty side of the flatbread over the filling. For vegan - sub grilled tofu for salmon and use vegan cheese



MAKES 10 (8 INCH) FLATBREADS

RECOMMENDED PAN - 12 INCH CAST IRON SKILLET (BUT ANY LARGE SKILLET WORKS)

LID TO COVER SKILLET

INGREDIENTS

¾ cup warm water
1 (.25 oz.) package active dry yeast (not instant - 2 ¼ teaspoons)
1 teaspoon sugar
3 cups all purpose flour
½ teaspoon salt
1 Tablespoon baking powder
1/3 cup unsweetened apple sauce



Drizzle Sauce

WHISK TOGETHER:

1/3 cup extra virgin olive oil
¼ cup apple cider vinegar
1 Tablespoon sugar
2 teaspoons Dijon mustard

DIY Flatbread

Call it naan, roti, burrito or sandwich wrap, flatbread is the new darling of the foodie set. It's surprisingly easy to make. Cheap, too. Or skip the prep and pick up some at the market.

DIRECTIONS

1. In a medium bowl, mix water, yeast and sugar. Let sit at room temperature 15 minutes (uncovered) to proof (rise). After proofing, stir in the remaining ingredients forming a shaggy dough. Turn the dough onto a lightly floured surface and knead (using a bench scraper or metal spatula to help) until it comes together - about 5 minutes. Dough will be slightly sticky.
2. Return dough to bowl. Cover. Let rise till double - 45 minutes to 1 hour. Longer if needed.
3. Remove dough from bowl. Cut into 10 equal pieces. Set aside. Lightly cover to prevent drying.
4. For the first flatbread, grease the skillet with ½ teaspoon high smoke point fat like canola oil. After that, greasing is not necessary. (Avoid cooking spray. It burns and smokes.) Heat skillet on a medium/low.
5. While the skillet is heating, roll 1 piece of dough into an 8 inch circle on a lightly floured surface. It's OK if it's not perfectly round. Using your fingertips, pick up the dough and place it into the hot skillet. It's fine if it stretches a little or gets out of shape. Immediately cover the skillet with a lid.
6. Cook (covered) till the bottom has browned in spots (1 to 2 minutes) then flip and cook (covered) on the second side (another 1 to 2 minutes).
7. Remove cooked flatbread from the skillet and place on a large plate. Cover with an inverted bowl so the bread will steam. Repeat with remaining dough, piling the cooked flatbreads on top of each other. Keep covered till needed so they stay soft.



Berry Good Cobbler

No trip to the farmers' market would be complete without the fix'ns for a sweet, juicy, old-timey cobbler. Think of it as an easy way to make pie.

SERVES 6

PAN SIZE - 8 INCH SQUARE X 2 INCHES DEEP
PLUS A PARCHMENT LINED COOKIE SHEET

TOPPING INGREDIENTS

½ cup all purpose flour
¼ cup sugar
3 Tablespoons butter (melted & cooled)
Zest of 1 lemon (about 1 Tablespoon)

DIRECTIONS

Mix. Set aside.

FILLING INGREDIENTS

5 cups berries (any type or a combo)
¼ cup all purpose flour
½ cup sugar

DIRECTIONS

1. Preheat oven to 375 degrees. Grease pan or mist with baking spray. Place on the cookie sheet to catch drips.
2. In a large bowl, combine filling ingredients. Pour into prepared pan. Using your fingers, flatten bits of the topping into ½ inch pieces and distribute evenly over filling. (Topping will not cover filling.)
3. Bake in preheated oven until filling is bubbly and topping has started to brown – about 55 minutes. **👉**