



Sundays 8 am—1 pm
Village Inn parking lot
Main Street, Belgrade Lakes village

We are open this Sunday and next—
come and see us!

What's new at your local market?

4 September 2009

Make your Labor Day picnic local!

Food policy is big these days— there's the movie *Food, Inc.*; there's [Michael Pollan](#) on NPR and in the NY Times; there's a slew of initiatives directed at local food (see sidebar); and there's even a Slow Food push for making our school lunches more sane ([read more here](#)). Slow Food is encouraging potluck "Eat-Ins" this Labor Day to show your support for more sensible food policy that values local agriculture— "Eat-Ins bring people together to share a meal and show their support for a cause like getting real food into schools." Great idea if you happen to be near Portland, Gorham, Gouldsboro, or Orono ([the Maine locations listed on the Eat-In page](#)). But if you're sticking closer to home this Labor Day, you could show your support for local agriculture by making your Labor Day picnic as local as possible. You can do a great meal with almost everything coming from the Farmers' Market, not to mention the farmstands and stores that stock local foods. What's it going to be? Some nice cheese as an appetizer is hard to beat, with good bread; a bowlful of cherry tomatoes to snack on; then there's chicken or sausage or other meats for the grill; lobster is still less expensive than usual; grilled summer vegetables or a summer salad with tomatoes or cukes; corn-on-the-cob; apples to snack on or apple pie or blueberry pie for dessert.... And for breakfast how about yogurt with a little maple syrup or honey? Just a few of the many possibilities. Eating locally takes practice, takes a little

[Click to continue...](#)



Did you know.....?

A special edition of *The Nation* is just out, titled *Food for All: How to Grow Democracy*. A cornucopia of articles in which "leading figures of this country's food movement reflect on how food democracy can be achieved, here and now." Read it at www.thenation.com.

Recipe of the week—Grilled Lemon Chicken with Summer Veggies (underlined ingredients are available at the Market)



Photo credit: [Erno Laszlo](#)

As with many herbs, rosemary brings benefits beyond its inimitable taste and smell. "Rosemary for remembrance" indeed: recent studies have shown that it does increase blood flow to the brain. It also contains compounds that strengthen the immune system and aid digestion. [More info...](#)

The chicken recipe comes to us from the [Naptime Chef](#), so you know it's not going to take much time!

Ashley's Perfect Grilled Lemon Chicken

- 4 boneless, skinless chicken breasts
- 3 lemons, halved and juiced (save juice and rind)
- 6 cloves of garlic (smashed with flat side of knife)
- 6 whole sprigs of rosemary (or oregano, or basil, if you prefer)
- 1/2–1 cup olive oil
- 2 teaspoons salt
- 1/2 teaspoon red pepper (crushed or cayenne works)
- 1/2 teaspoon cinnamon

1. Rinse chicken breasts and pat dry. Pierce several times with fork. Drop chicken into a Ziploc bag.
2. In a separate bowl, mix lemon juice, olive oil, salt and spices. Pour on top of chicken and squish chicken around in the Ziploc to make sure chicken is fully coated.
3. Add lemon halves, garlic cloves and herb springs to the bag. Squeeze air out and seal. Squish chicken around in all ingredients again to make sure everything is evenly distributed. Marinade in the fridge for at least one hour, or up to a day.
4. Heat grill and cook chicken over a medium flame for 7-8 minutes, or until chicken is just cooked through.

And for summer veggies to cook with the chicken, [see page 2](#)

More on the market at
www.belgradelakesfarmersmarket.org

To remove your name from our mailing list, please [click here](#).
Questions or comments? E-mail us at blfarmersmarket@gmail.com

(Labor Day food and celebrations): continued from page 1

flexibility, and trades spending a little more money on real food for spending less money on junk food (let alone the cost of fixing health problems later).
Let us know how your picnic turns out, and enjoy these last days of summer!



Recipe: Grilled Lemon Chicken with Summer Veggies – continued

While you're marinating the chicken, slice or chunk whatever summer veggies you've found at the Market that appeal—

Zucchini

Summer squash

Bell peppers

Onions

Toss them with a little vinaigrette, or whatever oil-and-vinegar based dressing is hanging around in the fridge (if your refrigerator looks like mine).

Grill with the chicken, in grill basket if you have one and the veggies are in chunks—or if you don't have a grill basket, then slice everything big enough so it won't fall through the grill (example—lengthwise slices of summer squash about 1/4" thick). You probably want to start the veggies a few minutes before the chicken, and move them to a cool part of the grill if they cook faster.

Now, are you ready a terrific accompaniment to fill out the plates and make your family and guests really happy? How about seasonal fabulous easy (don't tell!) **tomato salad**?

You need:

Freshest most ripe tomatoes from the market- different colors make for a fun presentation-

Garlic

Basil

Red Wine Vinegar

Salt (kosher salt is an improvement over standard iodized salt)

Olive oil

Mash and chop a couple cloves of garlic. Put in a small bowl or cup with 2-3 Tbls of vinegar (depending on how many you are feeding) and 1/4–1/2 tsp salt. Stir and let it steep for at least 20 minutes. For some reason, this little vinegar-salt-garlic step totally makes this salad.

Slice the tomatoes. If they're large beefsteak types, you might want to halve the slices.

Chop the basil leaves finely. (General rule? 2 average-sized basil leaves per tomato, depending on size of the tomatoes; more if you really want that basil flavor)

Arrange the tomatoes in a platter or shallow serving bowl. Sprinkle with the basil. Grind on some pepper. Drizzle over the garlic-infused vinegar (you can leave the garlic in the cup, or make it part of the salad, as you prefer), then about an equal amount of good olive oil; toss very gently, and serve. Ambrosia!

Kudos to Kelsey Banfield, a.k.a. [the Naptime Chef](#), for finding ways to bring great dishes — many featuring local ingredients— to the table even with all of our other demands— whether those be a toddler or two, a full-time job, other commitments, or all of the above. Check out her family-oriented food [blog](#) for other good ideas!

[Return to front page](#)