

COOKING FRESH

PRODUCE IN SEASON

Apples	Eggplant
Blueberries	Garlic
Cantaloupes	Herbs
Cherries	Kale
Melons	Leeks
Peaches	Lettuce/Greens
Pears	Mushrooms
Plums	Onions
Raspberries	Peas
Rhubarb	Peppers
Beans	Potatoes
Beets	Radishes
Broccoli	Scallions
Cabbage	Spinach
Carrots	Summer Squash
Cauliflower	Tomatoes
Celery	Turnips
Corn	Zucchini
Cucumbers	

SEAFOOD IN SEASON

Black Sea Bass	Monkfish
Bluefish	Mussels
Cod	Oysters
Fluke	Pollock
Gray Sole	Quahogs
Haddock	Redfish
Littlenecks	Striped Bass
Lobster	Tautog

A.B.'S BLUEBERRY PANCAKES

This is a recipe handed down from Dianne's (your faithful editor's) maternal German great-grandmother. It is a delicious different tasting combination that members of her family still cook for dinner with a side of cucumber and onion.

Makes 6-8 pancakes

Ingredients:

1 cup flour
2 Tbsp sugar
1 egg
1 cup milk
1/2 pint blueberries



Method:

Combine first four ingredients then add blueberries. The consistency should be like crepe batter; not too thin, not too thick. Heat frying pan and coat with vegetable oil. Pour a ladle full of batter, flip pancake when edges start to brown and batter starts to bubble. Cook an additional few minutes on second side until golden. Sprinkle with sugar and serve with the cucumber & onion side dish.

CUCUMBER & ONION SALAD

Prepare this side dish at least 20 minutes before you start the pancakes.

Ingredients:

1 cucumber, peeled and shredded into thin slices using a fork
1 small yellow onion, sliced very thin
Salt
2 Tbsp vegetable oil
2 Tbsp vinegar

Method:

Combine cucumber and onion in a small bowl. Cover with a large amount of salt and put into refrigerator. Just before you start the pancakes, take mixture out of refrigerator and squeeze all the juice out and then add equal amount of vegetable oil and vinegar.

HOKUM ROCK BLUEBERRY MUFFINS

The following blueberry muffin recipe is from the Hokum Rock Farm recipe collection presented to each picker upon check out. This recipe is exceptionally kid-friendly and my own children will do nearly anything to help bake and eat these delicious treats. We like them warm with lots of butter.

- Mary Blair Petiet

Ingredients:

2 cups sifted flour
4 tsp baking powder
1/4 tsp salt
1/4 tsp sugar
1/4 tsp allspice
1/4 cup unsalted butter
1 egg, well beaten
1 cup milk
1 cup blueberries

Method:

Preheat oven to 400 F.
Sift together dry ingredients. Cut in butter. Combine egg and milk. Add to dry ingredients and mix until dry ingredients are dampened. Fold in blueberries lightly and quickly. Fill greased muffin tins 2/3 full. Bake for 20 minutes or until done.
Yields 12 medium-size muffins.

