



# The Helena Locavore

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Can't get enough grill time this summer? Try some grilled broccoli with chipotle lime butter. Or maybe a broccoli pesto pasta salad!

## A Message for our Members

**D**on't forget!! This week we will be at the covered picnic pavilion by the playground. The 4-H building is going "hog wild" (literally) this week for the county fair, so we were fortunate enough to have made arrangements for other accommodations at the fairgrounds. Come early to get your produce before it starts to get wilted!

There have been a few inquiries about purchasing extra cheese. We can still sell pro-rated cheese shares, but we have to buy cheese in blocks of 12 (sometimes 6) so we have to have enough people signed up for cheese in order to make it economical. On the weeks the Fun Shares receive cheese, we may have a couple of cheeses left over, so it's always a good idea to have a little extra cash with you...just in case you are lucky enough to score some smoked cheese curds or Joe's Hawaiian Shirt Feta!

Talk to your friends if you really want some cheese—we may be able to garner enough interest to make a go of it.

Forgot your bags—again? Well, we're here to help you out! We have a bunch of reusable grocery bags from Natural Food Market to give away this week. We also have some free tickets to see the Helena Brewers play this season, and one lucky member will score those tickets when they pick up their reusable bag. The voucher will be stuffed inside a bag for one lucky recipient!

Did you order chickens? Well, get your freezer ready because they are scheduled to begin arriving very soon! They will be arriving in batches because our chicken producer, Tom Morgan, also works full-time and can't slaughter all the chickens at once. Chickens will be available on a first-come, first-

served basis, so if you ordered multiple shares of chickens, yet do not want them all at once, please make arrangements with us so that you can pick up your birds on a specified date.

Be on the look out for a member survey next week! We want your feedback and input.

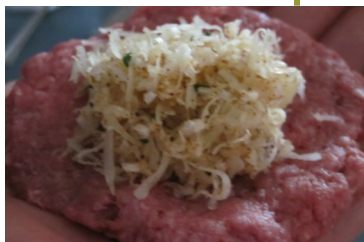
I hope you are all enjoying your fresh produce, eggs, milk, and other shares from Helena Local. My shares, in addition to the produce from my garden, have drastically cut my time and cash output at the grocery store this summer. There is something very pleasing about eating locally, don't you think?



**Just looking at all this beautiful fresh produce makes me hungry!**



# Grilled Zucchini-on a burger!



Try stuffing your burger patty with a herb-spice cheese mixture for an extra treat.

1 zucchini, sliced lengthwise into 1/4" slices

1/2 cup red wine

2 T. olive oil

Sprinkle the sliced zucchini with a little bit of salt and place in a shallow dish. Mix together the olive oil and wine. Pour over zucchini. Marinate for at least 20 minutes & up to 1 hour. Grill zucchini over low heat until soft, turning frequently. This will take about 10 minutes. Do not let it burn!

Prepare your favorite burger patty how you like. While the burgers are on the grill, prepare the mayonnaise:

2 T. crumbled blue cheese

3 T. mayonnaise

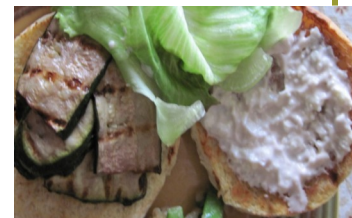
1 T. red wine

Mix all ingredients in a small bowl. Keep chilled until ready to use.

Once the burgers and zucchini are done, place a patty on a hamburger bun, top the patty with some grilled zuc-

chini and fresh lettuce, and slather a little mayo on the bun.

Delicious!



Grilled zucchini tastes great on a bison burger with blue cheese mayo!

*Kale chips? Yes, please! You can also make the chips using beet greens, turnip greens, collards, spinach, and chard!*

# Fun Ways to Prepare Your Share

I'm always on the prowl for a good, new recipe to try. With the plethora of recipes on the Internet, searching for a good recipe can be a little intimidating, if not outrageously time-consuming. I still love my cookbooks, though, and I will spend an evening or lazy weekend day browsing through them in search of a recipe I haven't yet tried.

Last week's Fun Share included some yellow split peas and my first thought was to use them to make a curry dish of some sort. I've used regular brown lentils in the past to make spinach dal, but this weekend I used the split peas. It was so delicious! I'll

share the recipe next week. Looking for other ways to use your split peas?

- \* cook them, puree them, and add herbs and spices to make a dip for veggies or pita chips

- \* cook them with some diced onion and garlic and serve over mashed potatoes

- \* throw cooked, cooled split peas in a salad!

- \* make the ubiquitous split pea soup (but maybe save that recipe for this fall when it turns cooler)

And what about using up all that cheese? Last week's cheese was a mild cheddar with onion and chives. Try it a variety of different ways:

- \* shred some into your mac 'n cheese

- \* make cheese dip!

- \* try it sliced on a cracker

with a chutney (tomato or cranberry sounds good)

- \* add some shredded cheese to shredded potato, turnip, kohlrabi, or other veggie and fry them as fritters

- \* eat it on a fork with your favorite wine—I won't tell anyone

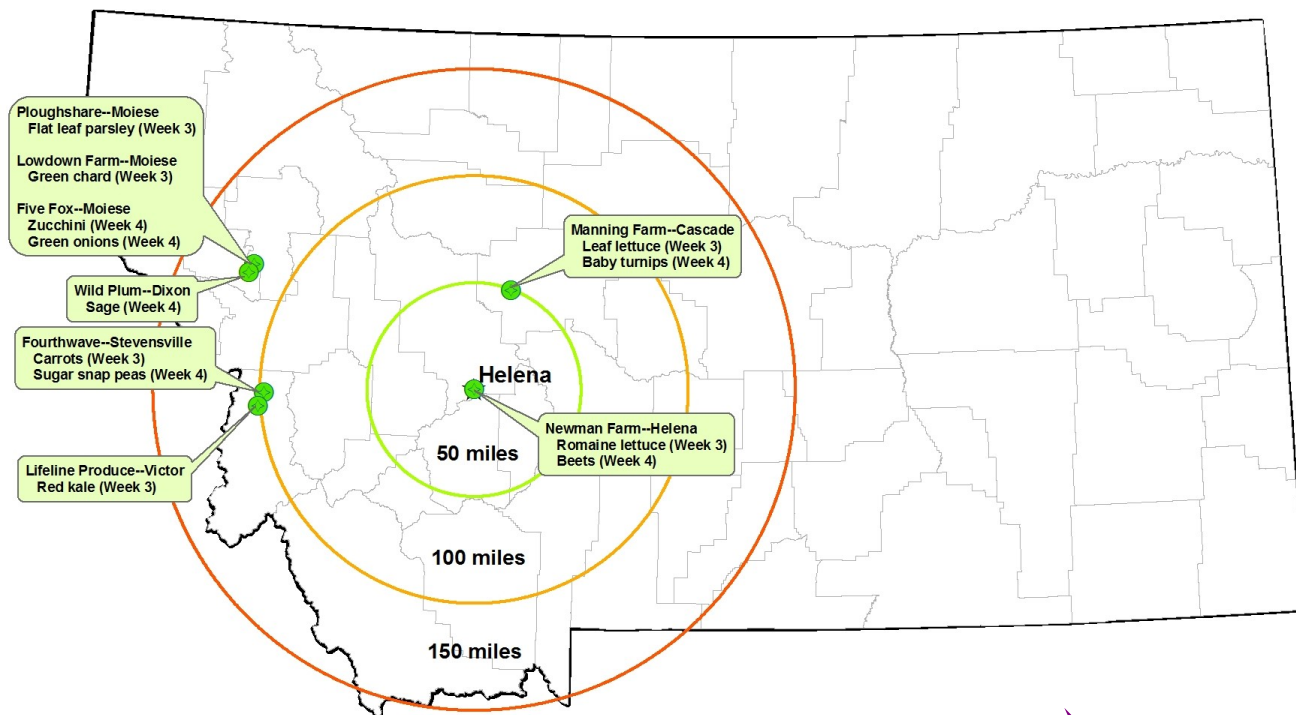
Fun shares consist of honey, grains, pasta, eggs, cheese, and other "fun" items.



Cheese freezes well, too, so if you just have too much, cut the block in half, freeze one half and enjoy the other!

# How Far Did My Food Travel?

Here is the information on food miles for Weeks 3 and 4. Our local producers (50 miles or less) are beginning to come on strong now that warm weather is here for a while!



## Sugar Snap Pea Potato Salad



- 3/4 lbs sugar snap peas, stem ends trimmed
- 2-3 lbs potatoes, unpeeled and cut into bite-sized pieces
- 2 T. dry red wine
- 2 T. balsamic vinegar
- 1 bunch (~8) green onions, diced
- 1 T. Dijon mustard
- 4 T. olive oil
- 2 T. chopped fresh parsley

Cook potatoes in boiling, salted water until fork tender, about 10 to 15 minutes depending on the size of your pieces. Drain and transfer to a large bowl.

Blanch the snap peas in boiling water for about 2 minutes—drain and run cold water over them to stop the cooking process. You want them to still be crisp! Add to bowl with potatoes.

Mix the remaining ingredients together in a small bowl and pour over potatoes and peas. Mix thoroughly. Season to taste with salt and pepper. Serve cold or at room temperature.

You can toss a little feta cheese onto this salad, too!







## Red Velvet Cupcakes That Can't Be Beet!

*Don't like the taste of beets? Don't worry, most people don't know there's beets in them.*

Looking for a delicious way to use the beets you got last week? Well look no further, I've got you covered with cupcakes!

3/4 cup roasted beet puree  
 1 T. lemon juice  
 1 1/2 teaspoons white vinegar  
 1 cup + 1 T. sugar  
 8 T. softened butter (you can also use half cream cheese)  
 1 t. vanilla extract  
 3/4 t. salt  
 1 t. baking powder  
 2 eggs  
 1/2 cup buttermilk  
 1 1/2 T. cocoa powder  
 To roast the beets, wash them,

remove the stems and leaves, and place on a baking sheet. Roast in a 400 degree F oven for about 1 1/2 hours (less for small beets). Beets should be very soft. Cool and remove skins. Process in a food processor until very smooth.

Measure 3/4 cup puree, reserve rest for another use. Put puree back into food processor. Add remaining ingredients, in order, processing between ingredients. Batter will be pretty thick. Line muffin tin with cupcake liners. Scoop ~ 3 T. batter into each cupcake liner. Bake at 350 degrees F for about 18 minutes. They should look done in the center when you take them out of the oven. Cool completely. Frost

with white chocolate cream cheese frosting (below).

Frosting:

8 oz. softened cream cheese  
 8 T. softened butter  
 3 1/2 to 4 cups powdered sugar  
 4 oz. melted white chocolate  
 1 t. vanilla extract

Beat ingredients together with an electric mixer until smooth.



**Aren't these cupcakes beautiful?!  
 They taste as good as they look!**

## Contact Us



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**Thanks for eating  
 like a local!**

THE HELENA LOCAVORE

Looking for more yummy recipes?  
 Check out the following blog:  
[theblondetressedrunner.wordpress.com](http://theblondetressedrunner.wordpress.com)



Marinated Portobello mushroom burgers