

Your Community Food Guide



An introduction to eating local in the Seacoast of NH!

FOOD EDUCATION NETWORK

FEN is dedicated to increasing access to healthy, local and organic foods to low income communities with the overall goal to improve nutrition knowledge and cultivate cooking skills. Through our community food guide, we educate people on how to choose healthy food, prepare nutritious meals for their families and increase the availability of local foods to these communities.



From left to right:

Kira Sawyer-Hartigan (Somersworth Sustainability Committee)

Kim Truesdale (5210 Steps Up!)

Amy Pollard (Slow Food Seacoast)

Erin Allgood (AllGoodEats)

Sarah Jacobson (Seacoast Eat Local)

Not Pictured:

Diane Giese (Seacoast Family Food Pantry)

Justin Lowe (Graphic Design and Layout)

WELCOME TO YOUR LOCAL EATING GUIDE

Welcome to your Community Food Guide! The purpose of this Guide is to provide suggestions about how to eat affordable and healthy local food while staying within your budget. This guide will help you shop at the Farmers' Markets and farm stands, grow veggies yourself and prepare and cook a variety of vegetables, fruits, meat, and other products.

Our Seacoast area is very lucky to have so many local farmers' markets – there are weekly markets in many towns in Southern New Hampshire and Maine all summer long. Our region also has monthly Winter markets making it possible to eat locally all year round! You can get an up-to-date reference for local farms, farm stands and CSA's at www.SeacoastHarvest.org.



Why do we think it's such a good idea to buy our food from local farms and farmers' markets? By buying our food directly from the farmers or growing it ourselves, we can be sure we know how our food was grown and harvested. It allows us to support local farms and make sure they stay in business for many generations to come. We can also limit the amount of chemicals and preservatives we're exposed to, and get the most nutritional value from our food. Also, fresh food just tastes better!

We all have to eat and we all have choices about where we get our food. We hope that this guide will show everyone that locally-produced healthy food is affordable, delicious, nutritious, and feeds us and the communities we live in body and soul!

We welcome your comments and suggestions about this guide!

Please contact us at FoodEducationNetwork@gmail.com.

The Food Education Network

HOW TO EAT LOCALLY

- **Check out your local Farmers' Market**

Many are open in the winter as well as during the summer months! Check out SeacoastHarvest.org to find the market nearest you.

Certain markets across the state now accept SNAP/EBT!

- **Visit a farm or farm stand**

Don't worry about getting everything on your grocery list. Picking up a fresh tomato or a box of snap peas is an affordable way to add local, fresh foods on your plate!

- **Look for a farm with "Pick Your Own"**

Pick Your Own (PYO) are really fun, great activities for children, and can offer great deals that can save you money and fill your freezer with fresh fruit and vegetables!

Buying directly from the farmer helps keep these farming families on their land and helps boost the local economy!





- **Join a CSA (Community Supported Agriculture)**

An individual or family can buy a CSA share with a specific farm. CSA shares are typically purchased at the beginning of the growing season (January—March), and then in return the buyer gets a box of fresh produce each week during the harvest season. Some farms allow payment plans for shares, and some even offer meat, eggs, cheese, or baked goods in addition to fruits and vegetables. Ask at your local farmers' market to see if they are holding a CSA fair in the Spring or which farms offer CSA's.

- **Grow and harvest your own food**

Plant your own garden and enjoy fresh produce in your own backyard. For those with limited space, many plants like tomatoes will grow in large pots or 5 gallon buckets outside in a place that gets full sunlight. Many herbs which are expensive to buy in the store will grow successfully on a sunny windowsill. SNAP or Food Stamps can also be used to purchase seeds, seedlings and full grown plants that produce food!

- **Have a potluck with friends & family**

Share the delicious reward. Try to have at least one local ingredient in each dish and let the feast begin!



GARDENING AT HOME MADE EASY

From your windowsill to a garden plot in your backyard, add aroma to your kitchen and flavor to your food. Use these basic steps to grow productive vegetable plants at home. Growing your own food is a great way to decrease your grocery bills and is a fun and rewarding activity for the entire family!



Basics For ALL Gardens, Big or Small

Good soil is vital to gardening success! Make sure that you add compost to your soil, and fertilize your plants regularly during the growing season.

Give them light! Make sure your plants are in a spot that receives at least 6 hours of sunlight.

Watering your plants the right amount makes a big difference! Make sure plants are watered regularly so that the soil never dries out completely, but don't overwater or soak plants during cloudy or cooler weather. If a green moss begins to grow on your soil or in your pots, you are over-watering.

Prepare for success! Most vegetables can be grown right from seeds. Many gardeners start seeds inside the house in early Spring and then transplant them outside or to a larger pot. A great way to have healthy strong plants is to buy seedlings from local farmers in the Spring. The plants have been started in a greenhouse and are ready to plant in your garden! Your farmer knows best! Make sure to ask them about how to grow your vegetables.

ON YOUR WINDOWSILL

You Will Need:

Container 6-12" deep, with drain holes on the bottom.

Potting mix / soil

Compost and/or fertilizer

Seeds or seedlings

You can plant seeds directly into your pot (follow directions on seed packet for how much space to leave between plants) or you can plant larger seedlings.

How to Plant:

- 1. Put potting mix in container leaving 1" on top to water**
- 2. Space seeds according to packet directions**
- 3. Cover with light layer of potting mix**

Vegetables You Can Grow

Herbs: thyme, basil, Italian parsley, chives, oregano, sage, mint, rosemary

Small chili peppers (Thai variety)

Baby lettuce, spinach or mustard greens

IN A POT ON THE FRONT STEPS

You Will Need:

A medium – large pot (size depends on the type of vegetable that you are planting) You can also use a 5 gallon bucket in a pinch.

Potting mix / soil

Compost and/or fertilizer

Seeds or seedlings

How to Plant:

- 1. Put potting mix in container leaving 1" on top to water**
- 2. Space seeds according to packet directions**
- 3. Cover with light layer of potting mix**

Vegetables You Can Grow

Large Pot:

Tomatoes (needs wire cage), eggplant, kale, peppers, radishes, carrots, beans (needs pole to climb)

Medium Pot: Any of the herbs that will also grow in a windowsill, lettuce, spinach

A SMALL BACKYARD PLOT

You Will Need:

A relatively flat open space with lots of sunlight. Plots can be any size from very small to large – be creative!

Good soil is vital to gardening success. If you don't have dark, rich soil, add soil/compost to your garden, and fertilize regularly during the growing season.

Seeds or seedlings

How to Plant:

- 1. Mark boundaries of garden plot**
- 2. Dig up soil , loosening the dirt and removing weeds as you go.**
- 3. Plant seeds or seedlings; make sure to space plants according to seed instructions.**
- 4. Then place 1-2 inches of soil/compost on top.**

Vegetables You Can Grow

Broccoli, beets, carrots, cucumbers, lettuce, zucchini, summer and winter squash , tomatoes, beans, peppers, eggplant, kale, Swiss chard.

Q&A

COMMUNITY GARDENS

What is a community garden?

A community garden is a space that has been designated as a communal growing area. This means that the garden will have smaller gardens within it that area assigned (either for a small fee or for free) to interested participants in early Spring. Participants are responsible for caring for their smaller garden while usually also committing to provide some time each month to help care for the greater garden space. Each community garden will have guidelines or criteria for gardening , such as only using organic gardening methods.

Is a community garden a good place for me to start gardening?

A community garden can be a great place to garden for the first time! Benefits include being part of a like-minded community where you can learn from each others' gardening experiences and ask questions. People may find that being part of a gardening community can be more supportive than going it alone.

What are the benefits of a community garden?

Building community, having healthy produce that is cheaper and locally grown

*A list of community gardens in the Seacoast can be found at
<http://www.SeacoastCommunityGardenNetwork.org/>*

Additional Information

UNH Cooperative Extension Education Center & Info line

Provides practical solutions to everyday questions.

1-877-EXT-GROW or 1-877-398-4769

Answers@unh.edu

Hours: Monday through Friday

9:00am to 2:00pm

Home and garden publications and articles that are very informative about gardening, including when is the best time to plant different fruit, vegetables and herbs in this area.

Seacoast Eat Local

Resources about community gardens, gardening resources, CSA's and farmer's markets

<http://seacoasteatlocal.org/>



SAVING MONEY AT THE FARMERS MARKETS

Buy in Bulk

Foods are cheapest when they are in season, and especially when there is a big harvest. You can dehydrate, freeze, and can foods that you buy in bulk, and then enjoy them all year long.

Stick to Your Shopping List

Plan ahead and know what fresh foods you need for your weekly meals. Get your other bulk items like rice or pasta, and condiments at the grocery store.

Have a Shopping Budget

Bring a set amount of cash to keep you from over-spending. Remember to compare prices if you see two different farms with the same product.

Get Advice from Your Farmer

Farmers are the best source of information about how to cook and store your fresh produce.

Reduce Food Waste

Spoiled food = wasted money! Cook in large batches on the weekend and have meals ready for the entire week, ensuring your raw ingredients don't go bad before you can cook them!

Pack Your Groceries Carefully

Take care to put large or heavier items on the bottom of your bag, and fragile items like berries on top. Bring a cooler with cold packs to store items if you are not going right home after the market.

Visit the Farmers' Market Information Booth

This will save you time as the staff at the information booth can help direct you to the farms that sell the foods on your grocery list.

Compare prices

Just like the grocery store, make sure to compare prices between farms that are selling the same items.

Dehydrating foods:
Preserve veggies by heating in your oven on low heat. Place freshly cut herbs in a paper bag in your car's sunny back window, in a few days they will be perfectly dry!

THINGS TO REMEMBER

Bring your shopping list

Plan ahead and stay on task to avoid unneeded purchases

Bring cash

Markets like Dover, Exeter, and Portsmouth also accept debit cards as well as SNAP/EBT. Individual farmers may also accept debit/credit.

Go early for the best selection

It is a myth that you can go late to get deals or discounts, so arrive early before some foods are sold out.

Baked Kale Chips

- One bunch of kale
 - 2 tbsp. Olive Oil
 - Sea Salt
1. Preheat oven to 275°F
 2. Remove ribs from kale
 3. Tear into bite-size pieces.
 4. Toss with olive oil & salt.
 5. Spread on baking sheet.
 6. Bake until crisp, turning leaves halfway through (15-20 minutes)

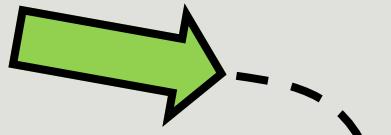


Don't Forget Your Reusable Bags!

FARMERS' MARKET SCAVENGER HUNT FOR KIDS

Find a Vegetable that grows underground.

What is it called? _____



Find a food made by a chicken.

(Hint: they are round!) _____

Find something made by bees.

What is it called? _____

Find a vegetable you have never tried.

What is it called? _____

Find a vegetable that is really a fruit (has seeds in it)

What is it called? _____

Find a food that is orange or purple.

What is it called? _____

Find all of the ingredients for a BLT sandwich!

What are they? _____

Find something that keeps a sheep warm at night.

What is it called? _____

Find something sweet and sticky and comes from a maple tree.

What is it called? _____

Find something made from cow, goat, or sheep's milk!

(Hint: Mice like it, too!) _____





Wash your veggies so they are ready to grab & eat!



Support your local orchards!

vegetables

fruits

dairy

protein

whole grains

Have low-fat yogurt as a snack!

You can get whole grains from oatmeal, quinoa or bulgher!



Did you know that you can get your protein from beans, nuts or eggs?



A Healthy Eating, Healthy Lifestyle Message From:



5 Fruits & Vegetables

2 Hours or less of Screen Time

1 Hour of Physical Play

0 Sugary Drinks



5210
steps up!™

www.5210stepsup.org

Cooking is simple with... A WELL-STOCKED PANTRY

Having a well-stocked pantry can inspire you in the kitchen and help you avoid the fast-food cravings. Here is a suggested list for your pantry!

Dry Ingredients

Split Peas, Black Beans, Red Beans, Chickpeas, Lentils, Quinoa, Rice, Pasta, Nuts, Rolled Oats, Barley, Couscous, Bulgur, Dried Cranberries, Sunflower Seeds

Baking

Dry Milk, Flour, Sugar, Yeast, Brown Sugar, Cinnamon, Chocolate Chips, Cocoa Powder, Baking Powder, Baking Soda, Vanilla Extract

Spice Rack

Italian Seasoning, Minced Garlic, Chili Powder, Red Chili Flakes, Paprika, Cumin, Ground Ginger, Curry Powder or Curry Paste, Salt, Pepper

Canned

Salsa, Tomatoes (paste, diced) , Tuna Salmon, Chicken, Coconut Milk

Wet Ingredients

Oils (Olive, Canola, Vegetable), Soy Sauce, Veggie or Chicken Broth, Peanut Butter

Vinegars

Red Wine, Apple Cider, Balsamic

Sweet Ingredients

Honey, Maple Syrup and/or Agave Nectar

Don't try to buy these items all at once since it can get expensive. Buy one or two items at a time as needed and, before long, your pantry will be rocking!

Cooking is simple with... *A WELL-STOCKED FRIDGE*

Fruits

Apples, Applesauce, Lemons, Limes

Veggies

Carrots, Celery, Onions, Garlic, Tomatoes, Romaine Lettuce, Mushrooms

Dairy

Cheddar, Parmesan, Mozzarella, Cottage Cheese, Yogurt, Butter

Protein Sources

Eggs, Tofu

Beverages

Milk (Cow, Almond, Rice, Soy, Coconut), Orange Juice

Condiments

Ketchup, Mustard (Yellow, Whole Grain, Dijon), Mayonnaise, Barbecue Sauce, Hot Sauce, Pickles, Jams and Jellies

Cooking is simple with... *A WELL-STOCKED FREEZER*

Frozen Vegetables

Broccoli, Spinach, Peas, Brussels Sprouts, Corn

Frozen Fruit:

Berries, Peaches

Meats:

Ground Beef, Fish (tilapia, haddock, cod), Poultry, Sausage, Bacon

Bread:

English Muffins, Bagels, Loaves of Bread, Pita Bread, Whole-Wheat Tortillas, Pizza Dough

Pasta:

Ravioli, Tortellini

RECIPE MAKEOVERS

Make Tried & True Recipes Healthier & Local

1. Check out the Seasonal chart (back cover) to see what foods are in season
2. Find your favorite recipe that contains foods that are in season now.
3. Replace at least one recipe ingredient with a fresh local option.

Spaghetti & Meatballs

Make your own sauce with market ingredients, or buy a few tomatoes, carrots or onions to freshen up your store-bought tomato sauce. You can also buy fresh basil and oregano to chop and sprinkle on top!

Asian Stir Fry

Buy any of the vegetables you enjoy in your stir fry like broccoli, carrots, bok choi, or onions at the market. You can even add a local fried egg on top to add some protein.

Mac & Cheese

Add local broccoli, carrots or peas to your macaroni to add color and flavor to this family favorite. Some farmers even make their own cheese – next time, try some local sharp Cheddar, creamy Brie or tangy Feta.

Strawberry Shortcake

For a short time in June you can get ripe sweet strawberries. During the rest of the summer top your shortcake with blueberries, raspberries, or even peaches for a local sweet treat. You can also freeze any of these fruits to enjoy all year long. Some markets even sell fresh cream that you can whip and put on top!

FARMERS' MARKET VEGETABLE SOUP

Rory Costigan, Seacoast Eat Local Intern

(Makes 6 Servings)

2 tablespoons olive oil

1 medium onion, chopped

1 cup chopped celery

4 cups sliced fresh mushrooms

4 cloves garlic, minced

1 cup chopped carrots

5 cups diced red potatoes

3 cups chopped cooked chicken

2 1/2 quarts chicken broth

1 cup quick-cooking barley

2 tablespoons butter

1/2 cup chopped fresh parsley

1. Cut onions, celery, mushrooms, carrots and chopped chicken into $\frac{1}{4}$ inches, dice the garlic and cut the potatoes into bite-size chunks.
2. Heat the oil in a large stock pot over medium heat. Cook onions, celery, mushrooms, and garlic in oil until onions are tender.
3. Stir in carrots, potatoes, chicken, and broth. Bring to a boil, then stir in barley. Reduce heat, cover, and simmer 20 minutes.
4. Remove from heat, and stir in butter and parsley. Season with salt and pepper to taste.

Easy substitutions: brown rice for barley, chickpeas or lentils for the chicken, or even try a different type of meat like ground pork, goat, or lamb. Other vegetables like broccoli and kale could be added.





RORY'S CHICKEN STIR-FRY

Rory Costigan, Seacoast Eat Local Intern

(Makes 2 Servings)

1 Green Pepper
1 Zucchini
1 Clove of Garlic
1 Onion
3 Tablespoon of Olive Oil
2 Chicken Breasts (small chunks)
1 Teaspoon of Ground Pepper
Splash of low-sodium soy sauce
Optional:
Sesame seeds
Red Pepper flakes

1. Cut the peppers and onions into half-inch slices and dice the garlic.
2. Drizzle 2 tablespoons of olive oil into the pan and heat on medium heat.
3. Brown chicken breasts on both sides; once browned remove the chicken from the pan.
4. Place onions in the pan then add one tablespoon of olive oil and add the green pepper, zucchini and garlic.
5. Keep stirring the vegetables and once the chicken is cooked thoroughly and the vegetables are tender, turn off the heat and place the chicken and vegetables onto a serving plate.

For an inexpensive vegetarian option - substitute chicken breasts with 1 cup of chickpeas, 1 cup cubed Firm Tofu, or 1/2 cup cashews

Optional Thai Peanut Sauce

Mix together the following ingredients until creamy: 1 cup peanut butter (smooth or chunky), 3/4 cup water, 3 Tbsp soy sauce, 3 Tbsp Rice Wine Vinegar, 1/2 Tsp fresh ginger. Add hot pepper or pepper flakes to taste.

SPRING RECIPES

PASTA PRIMAVERA

8 oz. dry whole wheat spaghetti
1 Tablespoon olive oil
1 teaspoon garlic, minced
4 cups vegetables
(such as carrots, peas, onions,
and asparagus)

1 can (15.5 oz) diced tomatoes
1 can (5 ½ oz) tomato juice
¼ tsp ground black pepper
¼ cup grated parmesan cheese

1. In a 4 quart saucepan, bring 3 quarts of water to a boil over high heat.
2. Add spaghetti, and cook according to package directions
3. Drain.
4. Meanwhile, combine olive oil and garlic in a large sauté pan. Cook until garlic is soft, but not browned (about 30 seconds)
5. Add mixed vegetables, and cook until vegetables are soft (about 3-5 minutes)
6. Add diced tomatoes, tomato juice and pepper. Bring to a boil. Reduce heat and simmer 5 minutes.
7. Add spaghetti and parmesan cheese. Toss until the pasta is hot and well mixed, and serve!

KALE AND CARAMELIZED ONION FRITTATA

Erin Allgood

1 medium onion, julienned
1 small bunch of kale, chopped
9 eggs
6 oz non-fat evaporated milk (can
be substituted with milk)
½ cup grated parmesan cheese
Olive oil
1 tab butter
Salt and pepper to taste

1. *Cook onions with butter and olive oil in a pan until just past translucent*
2. *Add chopped kale and continue cooking until onions are caramelized. Pull off heat and let cool to room temperature*
3. *In a bowl, combine eggs, milk, salt, pepper and cheese and whisk to combine*
4. *Once onion/kale mixture is cool, add to egg mixture*
5. *Pour mixture into custard cups or pie plate and bake at 350F until knife inserted into the center comes out clean*

SUMMER RECIPES

CORN SOUP

Provided by CHOP CHOP Magazine

1 tablespoon olive or canola oil
1 small onion, coarsely chopped
1 clove garlic, finely chopped or put through a garlic press
6 large ears of corn, shucked and kernels scraped or cut off (about 4 cups kernels)
5 cups chicken or vegetable stock
3 tablespoons chopped fresh basil leaves, plus extra for garnish
1 teaspoon salt

1. Put the pot on the stove and turn the heat to medium. When it is hot, add the oil. Add the onion and garlic and cook until tender and lightly colored, 10–15 minutes.
2. Add the corn and stock and cook, partially covered, for 25 minutes. Set aside to cool for about 20 minutes.
3. Using the ladle, scoop out 2 cups of the corn and put it in the blender. Add the basil.
4. Put the blender top on tightly. Turn the blender to a medium setting and blend until the mixture is smooth, about 2 minutes.
5. Add the blended soup back to the soup pot and stir well. Taste the soup and add salt if you think it needs it.
6. Put the soup in a container, cover and refrigerate up to 3 days or if you want to serve it hot, reheat it and fancy it up with some basil and eat it right away. Remove from heat, and stir in butter and parsley. Season with salt and pepper to taste.

MUG MEAL: CHALAQUAS

Provided by Diane Giese, Portsmouth Food Pantry

Tortilla chips
2 Tbsp black or pinto beans
1 Tbsp cottage cheese
1-2 Tbsp fresh diced tomato or salsa
1 egg
1 Tbsp milk
1-2 Tbsp shredded cheddar cheese
1 Tsp fresh chives

- In microwavable mug or deep microwavable soup bowl:
1. Break up the tortilla chips
 2. Add black beans or pintos on top
 3. Add cottage cheese
 4. Add tomatoes or salsa
 5. In small bowl mix together the egg and milk
 6. Pour egg mixture over salsa
 7. Add shredded cheddar cheese
 8. Bake in microwave for 1 ½ minutes on high.

Leave in microwave for 1 minute and be careful removing it. Contents will be HOT so let it cool for a bit and then enjoy!

FALL RECIPES

CREAMY BROCCOLI SOUP (VEGAN)

Kira Sawyer-Hartigan

5 cups broccoli, chopped
4 stalks celery, chopped
1 cup mushrooms, sliced
1 medium onion, chopped
3 garlic cloves, minced
1 cup cooked rice
5 cups vegetable broth or water
3 Tbsp Olive oil
Salt and pepper to taste

Optional Herbs:
sage, thyme, chili flakes

1. *Saute onions in 3 tablespoons of oil in a large pot for approximately 5 minutes or until translucent.*
2. *Add garlic to pot and saute for another 2-3 minutes.*
3. *Add broccoli and cook on medium heat while stirring occasionally for approximately 5 minutes.*
4. *Combine celery and mushrooms with the broccoli mixture and cook for another 5 minutes.*
5. *Once vegetables are all sauteed, add in 5 cups of vegetable broth or water with salt, pepper and herbs and cook for 30 minutes.*
6. *Add in rice and cook for 5 minutes more.*
7. *Allow soup to cool slightly and then blend or mash.*

SAUTEED BEETS AND BEET GREENS

Erin Allgood and Jennifer Parrenhage, The Tea Alchemist

1 large bunch of beets w/ greens
1-2 tablespoons olive oil
1/2 lemon, juiced
Sea salt and pepper to taste

1. *Separate leaves from the stems and beets.*
2. *Dice the stems and beets and add to pan with olive oil.*
3. *Cook over medium heat until stems and beets are tender.*
4. *Roughly chop the leaves and add into the pan.*
5. *Cook a few minutes more, until leaves are wilted.*
6. *Add salt and pepper to taste and add in lemon juice.*
7. *Garnish with cheese and enjoy!*

WINTER RECIPES

YUMMY & HEARTY BEAN SOUP

Provided by CHOP CHOP Magazine

2 teaspoons canola or olive oil
1 onion, coarsely chopped
2 celery stalks, diced
5 carrots, scrubbed or peeled and diced
2 garlic cloves, put through a garlic press or peeled and minced
2 bay leaves
6 cups assorted canned or cooked beans (kidney, black, white, or pinto beans), rinsed well and drained
8 cups chicken, beef, or vegetable stock
1/2 cup brown rice
1 tablespoon fresh lemon or lime juice
1/4 cup chopped fresh basil or

1. Put the pot on the stove, turn the heat to medium, and carefully add the oil.
2. Add the onion, celery, carrots, and garlic and cook until they are tender, about 10 minutes, stirring occasionally.
3. Turn the heat to high and add the bay leaves, beans, and stock and bring the pot to a boil, then lower the heat to low and cook for 1½ hours.
4. Add the rice and cook until the rice is tender, about 45 minutes. Taste the soup and add salt if you think it needs it.
5. Stir in the lemon or lime juice and serve the soup right away topped with the herbs—or, since it's even better the next day, transfer the soup to the container and store it overnight in the refrigerator before reheating and serving.

WINTER VEGGIE SCRAMBLE

Erin Allgood and Jennifer Parrenhage, The Tea Alchemist

2-3 small potatoes, sliced thinly
1-2 shallots, minced
1 clove garlic, minced
2-3 cups leafy greens, chopped
1-2 oz of crumbly cheese
5-6 eggs
Olive oil
Herbs de Provence
Salt and pepper to taste

1. Cook potatoes, shallots and garlic in a pan with olive oil until potatoes are tender. If potatoes start to stick in the pan, add in a small amount of water. Once cooked, set potatoes aside.
2. Add a small amount of olive oil to the pan and add in chopped greens and cook until wilted.
3. Whisk together eggs, cheese, salt, pepper and herbs de Provence in a separate bowl.
4. Add potatoes back to the pan and pour egg mixture over the veggies.
5. Lower the heat and cook until eggs set up.

If you have an oven-safe pan, you can put the entire pan into the oven (set at 350 degrees F) until the eggs are fully cooked. This is the traditional way to make a frittata and it makes for easy slicing and serving.

USING SNAP/EBT AT FARMERS' MARKETS

Supplemental Nutrition Assistance Program or **SNAP**, is the new name for the federal program formerly known as Food Stamps.

Electronic Benefit Transfer (EBT) cards, very similar to debit cards, are the new electronic method of payment for SNAP benefits.

How it works:

All of the markets listed below accept SNAP, but the way you buy your food may vary between markets. Make sure to talk to the friendly people at the SNAP/EBT booth to ask questions and get more information!

FARMERS MARKETS THAT CURRENTLY ACCEPT SNAP/EBT

Outdoor Summer Markets

Dover Farmers Market

Wednesdays 2:15pm-6pm, June – October

Dover Chamber of Commerce, 550 Central Ave, Dover NH

Exeter Farmers Market

Thursdays 2:15pm-6pm, May—November

Swasey Parkway, Exeter NH

Newfield Farmers' and Artisans' Market

Saturdays 9am-1pm, May – November

Willowbrook Museum grounds, 70 Elm St, Newfield, ME

North Berwick Farmers' Market

Thursdays 3pm – 6pm May – October

Town Hall parking lot, 21 Main st, North Berwick, ME

Portsmouth Farmers' Market

Saturdays 8am-1pm, May – November

City Hall parking lot, 1 Junkins Ave, Portsmouth, NH

Salem NH Farmers' Market

Sundays 12pm – 4pm, June - October

Lake Street Garden Center, 37 Lake St, Salem, NH

Sanford Farmers' Market

Saturdays 8am – 12pm, May – October

Central Park across from town hall, 920 Main St, Sanford, ME

Springvale/Sanford Farmers' Market

Wednesdays 1pm – 5pm, May - October

Springvale Rite Aid Parking lot, Maine St/Rte 109 and Bridge St, Springvale, ME

Indoor Winter Markets

Salem NH Farmers' Market

Sundays 12pm – 4pm

First and third Sunday of each month, November – May

Lake Street Garden Center, 37 Lake St, Salem, NH

Seacoast Eat Local Winter Farmers' Markets

Saturdays 10am-2pm

Twice monthly, November – April

Wentworth Greenhouses in Rollinford & Exeter High School

See website for details,

www.seacoasteatlocal.org



SEACOAST EAT LOCAL'S 2013 SNAP/EBT FARMERS' MARKET PROGRAM

Portsmouth

City Hall, 1 Junkins Ave

Saturdays, 8:00AM-1:00PM

May 4 - November 2



Rollinsford (Winter only)

Wentworth Greenhouses

141 Rollins Rd

Saturdays, 10:00AM-2:00PM

November through March

Dover

Dover Chamber of Commerce

Central Ave and 6th St.

Wednesdays, 2:15PM-6:00PM

June 5 - October 2

Exeter (Summer Only)

Swazey Parkway in Exeter

Thursdays, 2:15PM-6:00PM

May 2 - October 24

Exeter (Winter only)

Exeter High School

315 Epping Road

Saturdays, 10:00AM-2:00PM

December through April

How Does It Work?

Use your EBT Card to purchase market tokens. You can then use your tokens like cash to purchase fresh, healthy products and food-producing plants!

What is Market Match?

When you swipe your EBT Card at the market, we will double your tokens up to \$10! ***That means you can get up to \$10 FREE at your local Farmers' Market!***

Need more information?

Visit www.SeacoastEatLocal.org/SNAP/

Or contact Sarah Jacobson at 607-275-7499 (SNAP@SeacoastEatLocal.org)

LOCAL SEAFOOD

Eastman's Local Catch

Ed & Carolyn Eastman
Seabrook, NH
(603) 231-8534 / (603) 918-9143
info@eastmansfishnh.com
www.eastmansfishnh.com

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littlebayoyster@ymail.com

- Oysters
- ▲ Area retailers: Seaport Fish, Sanders Fish Market, Philbrick's Fresh Market; Area restaurants

Portsmouth Lobster Co.

Damon & Theresa Frampton
915 Sagamore Ave Portsmouth, NH
(603) 988-2526
www.portsmouthlobster.com

- Lobsters, lobster ravioli
- ▲ Retail store (call ahead); Area retailers (see website)

Rimrack Fish

Padi & Mike Anderson
Rye Harbor, Rye, NH
(603) 343-1500
fvrimrack@gmail.com
www.rimrackfish.com

- Seasonal shrimp, scallops, squid, and fish
- ▲ Off the boat (call ahead)

Yankee Fisherman's Cooperative

Marvin (Red) Perkins
Seabrook, NH
(603) 474-9850
yankeecoop@myfairpoint.net
www.yankeefish.com

- Native shrimp CSF shares of 5 or 10lb per week for 8 weeks in winter, whole fish, lobster
- ▲ CSF pick up locations: Exeter, Durham, Rollinsford, Seabrook



Learning About Seafood

Despite our proximity to the ocean, determining which seafood is available and sourced locally is a complex task. Our goals are to support our local food producers, the larger ocean environment, and the future of fish species, while enjoying delicious and healthful food. Educating ourselves as consumers enables us to engage in dialog with our seafood purveyors and make informed purchasing decisions.

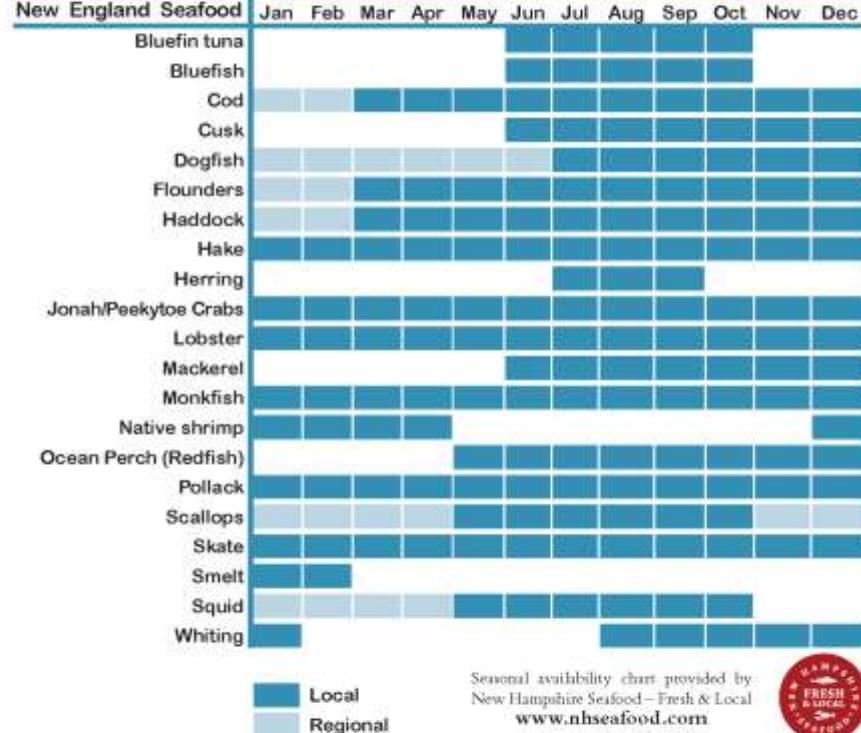
FishWatch, a website by the NOAA Fisheries Service, includes localized information about each species and its fishery, including the status of the stock, how the fishery is managed, nutrition facts, and information about environmental impacts.

www.fishwatch.noaa.gov

The Northwest Atlantic Marine Alliance (NAMA) works to support marine systems and New England fisheries through advocacy, policy work, and support for direct marketing efforts such as CSFs.

www.namanet.org

Seasonal Availability of New England Seafood



Seasonal availability chart provided by
New Hampshire Seafood—Fresh & Local
www.nhseafood.com



Additional resources:

Granite State FISH works to ensure fishing remains a community-based business based on principles of ecological responsibility, economic sustainability, community stewardship, and healthy food systems. www.granitestatefish.org

The Gulf of Maine Research Institute's Sustainable Seafood Initiative works with all parts of the supply chain to create an economically viable and ecologically sustainable seafood industry. www.gmri.org

TalkingFish provides insight into the scientific, economic, and social aspects at work in New England's fisheries. www.talkingfish.org

N.H. Sea Grant provides support, leadership, and expertise for marine research, education, and extension. www.seagrantunh.edu

HELPFUL RESOURCES

Finding Local Food

Seacoast Eat Local — www.seacoasteatlocal.org

Seacoast Growers Association — www.seacoastgrowers.org

Growing Your Own Food

UNH Cooperative Extension — extension.unh.edu/Gardens-Landscapes/Home-Gardening

Northeast Organic Farming Association — www.nofanh.org

Home Gardening at Cornell — www.gardening.cornell.edu

Food Stamps Grow Gardens — www.snapgardens.org

Be a Master in the Kitchen!

EWG's Good Food on a Tight Budget — www.ewg.org/goodfood/

Epicurious — www.epicurious.com

EatingWell Healthy Cooking — www.eatingwell.com/healthy_cooking/

Learn the Basics — www.reluctantgourmet.com

Nutrition Resources

American Dietetic Association — www.eatright.org

Choose My Plate — www.choosemyplate.gov

Nutrition for kids — www.nourishinteractive.com

The Food Network's Healthy Eating — www.foodnetwork.com/healthy-eating/index.htm

Resources for Food Assistance

NH Food Bank — www.nhfoodbank.org

Food pantries & Emergency Food Providers — www.foodprovidersnetwork.org

Cooking Matters Classes — www.nhfoodbank.org/programs/cooking-matters.html

How to Get SNAP Benefits

- ◆ Go to www.nheasy.nh.gov and sign up for benefits
- ◆ Contact our Food Stamp Outreach Coordinator Katy Hiza (SNAP@nhfoodbank.org or (603) 669-9725 ext 124) for application assistance
- ◆ Visit your closest district office to apply, just pick up and complete the application

Seasonal availability for the Seacoast



Fruit	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
apples	■ ■ ■ ■ ■ ■			■ ■ ■ ■ ■ ■				● ● ●	● ● ●	● ● ●	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■
blueberries							● ●	● ● ● ●	● ● ● ●	■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■
cantaloupes & melons								● ● ● ●	● ● ● ●	● ● ● ●		
peaches							●	● ● ● ●	● ● ● ●			
pears								● ● ● ●	● ● ● ●			
raspberries							● ●		● ●			
rhubarb				● ● ● ●	● ● ● ●	● ● ● ●						
strawberries						● ●		● ● ● ●				
watermelon								● ● ● ●	● ● ● ●			
Vegetables	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
asparagus					● ● ● ●	● ● ● ●				● ● ● ●	● ● ● ●	● ● ● ●
beans, dry	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■				● ● ● ●	● ● ● ●	● ● ● ●
beans, green	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●
beets	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■			● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●
broccoli								● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●
Brussels sprouts	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■							● ● ● ●	● ● ● ●	● ● ● ●
cabbage	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■					● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●
carrots	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■		● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●
corn								● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●
cucumbers							● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●
eggplant							● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●
fresh herbs	▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●
garlic	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■					■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■
greens	▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●
kale & collards			▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●
leeks			▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	● ● ● ●		● ● ● ●		● ● ● ●	● ● ● ●	● ● ● ●
lettuce			▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●
onions	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■		● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●
parsnips	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	● ● ● ●				● ● ● ●	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■
peas						● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●
peppers							● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●
potatoes	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■		● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●
pumpkins & winter squash	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■				● ● ● ●	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■
radishes	▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●
shallots	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■				● ● ● ●	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■
spinach	▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●
summer squash & zucchini			▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●
Swiss chard			▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	▲ ▲ ▲ ▲ ▲ ▲	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●
tomatoes						▲ ▲ ▲ ▲ ▲ ▲	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●
turnips	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■			● ● ● ●	● ● ● ●	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■	■ ■ ■ ■ ■ ■

Available year-round: meat and poultry, eggs, milk, cheese, honey, maple syrup, wine, seafood
 ● fresh ■ storage ▲ greenhouse or extended season www.seacoastharvest.org