

Late summer produce is here!

North Carolinians enjoy a rich agricultural heritage and ready access to fresh, local produce. We hope you'll try these recipes for your garden and farmer's market treasures.

Summer Garden Vegetable Medley

Wash and thinly slice about 4 cups of any variety of green or yellow squash. Wash and chop 1 bell pepper, 6 green onions and 2 tomatoes (You also may add mushrooms, eggplant, cabbage or other vegetables you have on hand too.)

Heat 1 tablespoon olive oil in skillet. Add peppers and onions. Cook 2 minutes. Add other vegetables and continue cooking for 5 minutes.

Sprinkle with 1 teaspoon cumin seeds, salt and freshly ground black pepper. Delicious served hot or cold.

Eggplant-Mushroom Sauce

1 1/2 tablespoons olive oil
1 large onion - chopped
3 cloves garlic - minced
28 ounces canned tomatoes – undrained (or fresh tomatoes!)
1/4 cup dry red or white wine or vermouth
1 1/2 pounds eggplant, unpeeled - cut into 3/4" cubes
2 cups sliced mushrooms
2 teaspoons fresh basil - finely chopped
2 teaspoons fresh oregano - finely chopped
1/2 teaspoon sugar
salt and freshly ground pepper - to taste

Heat oil in a wide-bottomed pan over medium-high heat. Add onion and garlic; saute about 2 minutes.

Break tomatoes into bits. Add to pan with their juice, wine, eggplant, mushrooms, herbs, and sugar.

Cover pan and simmer 5 minutes. Remove cover and cook over medium heat until sauce reduces and thickens, 10 to 15 minutes. Season to taste with salt and pepper.

Serve over pasta, make sloppy joes, or just eat by the bowlful!

Make 5 to 6 cups (5 to 6 servings).

Dilled Green Beans and New Potatoes

1/2 lb. small new potatoes, quartered
1/2 lb. fresh green beans, trimmed, broken into 2" pieces
1/4 cup nonfat sour cream
2 tbsp. chopped fresh dill weed
1/8 tsp. salt
dash pepper
1/2 tsp. olive oil
1 clove garlic, minced

In medium saucepan, bring about 2 cups water to a boil. Add potatoes and green beans; return to a boil. Reduce heat; cover and simmer 9 to 11 minutes or until beans are crisp-tender. Meanwhile, in a small bowl, combine all remaining ingredients; blend well. Drain vegetables; rinse with cold water to cool slightly. Place in serving bowl. Add sour cream mixture, toss to coat. Serve immediately or refrigerate until serving time.

Crunchy Melon and Smoked Turkey Salad

This salad is filled with wonderful flavors and textures. It is excellent on any bread for simple sandwiches or served as a salad on lettuce leaves. Smoked ham or chicken can be used in place of the turkey if desired.

2 cups cubed honeydew
2 cups cubed smoked turkey
Juice and zest of one lime
1/2 cup mayonnaise
1/3 cup chopped celery
2 tablespoons chopped red onion
1 tablespoon chopped fresh mint
1 tablespoon sugar
Salt
Freshly ground black pepper
3 tablespoons chopped toasted almonds

Mix together all of the ingredients except for the almonds in a medium bowl. Serve immediately or chill up to four hours before serving. Add the almonds just before serving.

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