

THE FARMERS MARKET COOKBOOK

fresh recipes using fresh foods



LORAIN COUNTY WIC

In partnership with
Grobe Fruit Farm and Fenik Farms



Corn Salsa

INGREDIENTS

- 3 cups raw corn kernels
- 1 cup tomatoes
- 3-4 cloves garlic
- 1 bell pepper
- 1 poblano pepper
- 1-2 limes
- Salt and pepper to taste

DIRECTIONS

1. Finely dice the tomatoes, bell pepper, and poblano pepper.
2. Mince the garlic.
3. In a large bowl, combine the corn, tomatoes, bell pepper, poblano pepper, and garlic.
4. Cut the limes and squeeze the juice into the salsa. Add salt and pepper to taste
5. Serve with tortilla chips or over chicken, fish or salad. Store leftovers in airtight container in the fridge.



Roasted Garlic Potatoes and Green Beans

INGREDIENTS

- 1 bag fresh green beans
- 1 bag baby potatoes, washed and halved
- 1/4 cup olive oil
- 6 cloves garlic, minced
- 1 tsp salt
- 1 tsp pepper
- 1 tbsp italian seasoning
- Parsley to taste

DIRECTIONS

1. Preheat oven to 400°F
2. In a large pot, boil potatoes for 6 minutes. Then, add the green beans and boil both for 2 more minutes. Drain potatoes and green beans, put in large bowl.
3. Add olive oil, garlic, salt, pepper, and italian seasoning to the potatoes and green beans. Mix.
4. Place mixture on a baking sheet in single layer and roast in the oven for 20-25 minutes, stirring halfway through.
5. Remove from oven and serve. Top with fresh parsley to taste.



Melon, Berry, and Peach Fruit Salad

INGREDIENTS

- 1 small cantaloupe
- 1 quart of peaches
- 1 pint blackberries

DIRECTIONS

1. Cut the cantaloupe in half then scoop the seeds out of the center and remove. Next, remove the shell and discard. Finally, cut the cantaloupe into bite size pieces.
2. Rinse peaches and blackberries with water and let dry. Cut peaches into bite sized pieces and discard the stem and pit.
3. Mix cantaloupe, peaches, and blackberries together.



Apple & Plum Crumble

INGREDIENTS

- 5 plums
- 4 apples
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1 orange for zest
- 1/2 cup plain flour
- 1/2 cup quick oats
- 1/2 cup sugar
- 1 stick butter, cut and softened

DIRECTIONS

1. Preheat oven to 375°F
2. Wash the apples, plums, and orange. Slice the plums and cut the apples into chunks.
3. Mix the apples, plums, nutmeg, cinnamon, and 1/4 cup sugar. Zest half of the orange and add to mixture.
4. In another bowl mix the flour, oats, and 1/4 cup sugar. Using your hands, crumble the butter into the mix.
5. Spread the fruit mixture in a greased pan and sprinkle the crumble on top.
6. Cook in oven for 40 minutes or until golden brown.



Cucumber Tomato Salad

INGREDIENTS

- 4 large cucumbers
- 2 medium to large tomatoes
- 1 small white onion
- 1 tbsp italian seasoning
- 2 bsp olive oil
- salt and pepper to taste

DIRECTIONS

1. Wash all vegetables and pat dry.
2. Slice the cucumbers and onion.
3. Dice the tomatoes into bit sized chunks.
4. Combine all ingredients in a bowl and toss well.
5. Serve immediately or store in an airtight container in fridge.

IMAGE SOURCES

- skinnytaste.com/corn-salsa-with-lime
- budgetbytes.com/potato-and-green-bean-skillet
- keyingredient.com/recipes/425002660/blackberry-cantaloupe-salad
- strawberryblondiekitchen.com/apple-and-plum-crumble-appleweek
- spendwithpennies.com/cucumber-tomato-salad



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