



Cape Cod **Local Farms & Food** **COOKBOOK**



TASTE THE SEASONS



Year Round Cooking Inspiration From Cape Cod

A cookbook to show you how to use more fresh ingredients in your everyday cooking, help keep you healthy and support the beautiful local farmers and fishermen who feed us.

The Buy Fresh Buy Local Cape Cod Cookbook is a tribute to our farmers, fishermen, chefs and shoppers, who embrace our local food like no other. With seasonal recipes for every meal of the day, this cookbook tells a story about local food, where it comes from, how to use it, and what to make with it. This cookbook is a celebration of a place and its people, who are proud to share their bounty with the local community and beyond. This project is made possible with a grant from the Massachusetts Department of Agriculture (MDAR) and in support of *Massachusetts grown...and fresher*, the state initiative to promote crops and products grown in Massachusetts.



With history and scenery aplenty, Cape Cod is also known for its homegrown food and trove of small farms, fishermen, and artisans that supply a bountiful culinary selection.

CONTENTS

| | |
|----------------------------------|-----------|
| Food Safety & Storage | 5 |
| Coolers & Cocktails | 7 |
| Local Lavender | 11 |
| Snacks & Appetizers | 13 |
| Soups & Stews | 20 |
| Salads & Cold Sides | 23 |
| Hot Sides | 29 |
| Sauces | 31 |
| Main Dishes | 33 |
| Dessert | 47 |
| Bayberry Candle | 51 |
| Index | 53 |



SAFE FOOD SAFETY & STORAGE

CHECKLIST FOR SAFE FOOD HANDLING

CLEAN: Wash hands and surfaces often

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.
- Wash your cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.

SEPARATE: Don't cross-contaminate

- Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.

CHILL: Refrigerate promptly

- Refrigerate or freeze meat, poultry, eggs and other perishables immediately.
- Let food sit at room temperature no longer than two hours (one hour when the temperature is above 90°F).
- Thaw frozen foods in the refrigerator, under cold running water, in a microwave oven just before use, or as part of the cooking process.
- Food thawed in cold water or in the microwave should be cooked immediately.

COOK: Cook to proper temperatures

- Use a food thermometer to measure the internal temperature of cooked foods. Make sure that meat, poultry, egg dishes, and other foods are cooked to the right internal temperature. When cooking in a microwave oven, cover food, stir and rotate for even cooking. Food is done when it reaches the correct internal temperature.
- Bring sauces and soups to a boil when reheating.

| SAFE COOKING TEMPERATURES as measured with a food thermometer | |
|--|---|
| GROUND MEAT & MEAT MIXTURES | |
| Beef, Pork, Veal, Lamb | 160 °F |
| Turkey, Chicken | 165 °F |
| FRESH BEEF, PORK, VEAL & LAMB | |
| | 145 °F with a 3 minute rest time |
| POULTRY | |
| Chicken & Turkey, Whole | 165 °F |
| Poultry Parts | 165 °F |
| Duck & Goose | 165 °F |
| Stuffing (cooked alone or in bird) | 165 °F |
| HAM | |
| Fresh (raw) | 160 °F |
| Pre-cooked (to reheat) | 140 °F |
| EGGS & EGG DISHES | |
| Eggs | Cook until yolk & white are firm |
| Egg Dishes | 160 °F |
| SEAFOOD | |
| Fin Fish | 145 °F or flesh is opaque and separates easily with fork |
| Shrimp, Lobster & Crabs | Flesh pearly & opaque |
| Clams, Oysters & Mussels | Shells open during cooking |
| Scallops | Milky white or opaque & firm |
| LEFTOVERS & CASSEROLES | |
| | 165 °F |



COOLERS & COCKTAILS

Cape Cod Beer Beach Blonde Margarita

Prep 5 min.

Serves 1

This is Cape Cod Beer's signature beer margarita created for National Margarita Day years ago! This cocktail is delicious and easy to make. Topped with our Beach Blonde Ale makes it even more refreshing and leaves you wanting more!

Ingredients

1-1/2 oz. Silver tequila

1/2 oz. pineapple juice

1-1/2 oz. pink lemonade

Splash of lemon juice

Splash of lime juice

1 can Cape Cod Beer Beach Blonde Ale

Directions

1. Combine tequila, lemonade and juices in a 16 oz. glass with ice. Shake or stir until cold.
2. Fill glass to top with Cape Cod Beer's Beach Blonde Ale. Cheers & enjoy!

Cape Cod Coffee Nitro Cocktail

Prep 5 min.

Servings 2

Great coffee is the passion of Pam and Jan Aggerbeck. We believe drinking coffee should be an enjoyable experience, one that you look forward to each day. We focus on quality throughout the entire process – from bean to cup. We served this at our cafes as a Christmas cocktail but it can be enjoyed any time of the year!

Ingredients

2 oz. Cape Cod Coffee Nitro Cold Brew

1/2 oz. simple syrup

2 oz. Cape Cod Vodka

6 whole coffee beans for garnish

2 oz. Cape Cod Coffee Vodka

Directions

1. Add all ingredients to a cocktail shaker filled with ice and shake until well chilled.
2. Strain frothy mixture into chilled martini glasses and garnish with three coffee beans.
Enjoy!

Cape Cod Winery Reel Red Mulled Wine

Prep 5 min.

Cook 10 min.

Servings 8

Cape Cod Winery is a small family run business in East Falmouth. Pete and Erika Orlandella have been handcrafting wines since 2013. You will often be greeted by them personally and find them working the wine tastings or in the fields!

Ingredients

bottle Cape Cod Winery Reel Red Blend

1 orange, zested and juiced

4 cups local apple cider

4 whole cloves 3 star anise

1/4 cup local honey

Peels from oranges for garnish (reserve

2 cinnamon sticks

flesh for another use)

Directions

1. Combine the wine, cider, honey, cinnamon sticks, orange zest and juice with cloves and star anise in a large saucepan.
2. Bring to a boil and simmer over low heat for 10 minutes.
3. Pour into mugs and add orange peel for garnish.



Balsam Gin Sparkler

Prep 5 min.

A quick stir

Serves 1

Scenic Roots Garden Center features these cocktails in their Thirsty Thursday events. A video series was created in the summer of 2020 since social events were cancelled due to Covid. Hopefully we'll be back outside together soon!

Ingredients

1-1/2 oz. citrus forward gin (like *Smooth Ambler's* gin, Tenn South's *Abernath*, or *Beefeater 24*)

1 oz. balsam simple syrup

1 oz. cranberry juice

2 oz. sparkling water

Cranberries, for garnish

Balsam Simple Syrup

Mix 1/2 cup each sugar & water and bring to a boil. Remove for heat. Add 1/4 cup balsam fir needles, roughly chopped and juice from 1/4 lemon. Cover and let sit to come to room temperature. Taste, adjust steeping time for stronger flavor. Strain before use.

Directions

1. Fill a glass with ice and add gin, syrup, and sparkling water.
2. Give a stir and top with cranberry juice and garnish.

Peach Bourbon Thyme Smash

Prep 5 min.

A vigorous shake

Serves 1

A summer favorite from Scenic Roots Garden Center. This recipe will convert you to bourbon. The sweetness from a juicy, local peach and the earthy notes from the thyme syrup cuts the bourbon to create what will become the talk of any backyard party you are hosting.

Ingredients

2 oz. your favorite bourbon

1 oz. fresh lemon juice

1 oz. thyme simple syrup

1 ripe peach

2 sprigs fresh thyme

Ice

Thyme Simple Syrup

Mix 1/2 cup each sugar & water and bring to a boil. Remove for heat. Add several sprigs of fresh thyme. Cover and let sit to come to room temperature. Taste, adjust steeping time for stronger flavor. Strain before use.

Directions

1. Add bourbon, lemon juice and simple syrup to a cocktail shaker. Cut peach in half, remove pit and squeeze, smashing the peach in your hand over the shaker. Any pieces that fall in are fine.
2. Shake vigorously to infuse ingredients.
3. Fill a low-ball glass with ice and add mix.
4. Garnish with fresh thyme sprig.

Strawberry Ice

Prep 15 min.

Freeze

Servings 4-6

A quick and easy recipe from Tony Andrews Farm in East Falmouth. Open since 1935, the farm offers a variety of pick your own fruits and vegetables. A great way to refresh after a day of picking strawberries under the summer sun!

Ingredients

2 qts. strawberries
1 cup sugar
1 cup water
1 lemon

Directions

1. Wash and hull strawberries. Puree in blender. Set aside.
2. Make a simple syrup. Boil sugar and water for 5 minutes. Cool.
3. Combine syrup with pureed berries, add juice of 1 lemon.
4. Pour into trays and freeze to mush, stirring occasionally.
5. Serve in a parfait glass.

Andrews Strawberry Daiquiri for Parties

Prep 15 min.

Servings 10 – 6 oz.

This recipe from is from Geoffrey Andrews and features pick your own strawberries from the Tony Andrews Farm in East Falmouth. A great summer cocktail to share at a BBQ or picnic with family and friends.

Ingredients

1 qt. strawberries, cleaned & chopped
6 oz. rum
1 tsp. Cointreau
1 can frozen lemonade
1 large banana
1/4 cup simple syrup
crushed ice

Directions

1. Make simple syrup by boiling equal parts water and sugar to dissolve. Cool.
2. Mix all ingredients in blender until foamy.
3. Pour over 1/4 cup crushed ice per serving.

A close-up photograph of several lavender flower spikes. The flowers are a vibrant purple color. In the upper right corner, a bumblebee is visible, hovering near the flowers. The background is a soft, out-of-focus green, suggesting a garden setting. A white oval frame is superimposed over the center of the image, containing the title and subtitle text.

LOCAL LAVENDER

Uses and Benefits



Stephanie's Garden sells lavender at the Orleans Farmers Market, The Cape Cod Museum of Art in Dennis and Whimsy in West Harwich.

Cape Cod Lavender Farm, located in off Weston Woods in Harwich, offers fresh lavender and products.

Lavender Is an ancient medicinal plant that has been rediscovered in recent years. Known for its calming qualities and wonderful fragrance, it is also a culinary treat that adapts to both sweet and savoury dishes.

Best of all, lavender is easy to use whether dried, fresh or in essential oil form.

1 **SPICE MIX**

Dried buds pair well with oregano, rosemary, marjoram, and thyme as in Herbes de Provence, adds excellent flavor to roast meats and potatoes.

2 **SYRUP**

Add a handful of fresh lavender flowers to 2 cups of boiling water and a cup of sugar and cover for a few hours. Strain and you have a simple syrup infusion. Add fresh lemon juice for a bright note that combines well with strawberries, blueberries, blackberries, cherries and rhubarb.

3 **OIL**

Lavender essential oil is even easier to use. The night before you roast a chicken or leg of lamb, massage it with lavender essential oil diluted with olive oil, for a memorable feast.

4 **DRINKS**

Dip a toothpick in the oil to flavor tea, create lavender lemonade, a mysterious martini or unique hot chocolate. It's an assertive flavor that combines well with other assertive flavors. But use it sparingly—a little goes a long way.



SNACKS & APPETIZERS

Mango Salsa

Prep 20 min.

Servings 6

Katy Kmiel from Hatch's Fish and Produce Market uses this salsa recipe all summer when the fruit is in season and tastes best. It's a great dip, she suggests also serving it on fresh swordfish, bluefish and striped bass.

Ingredients

3 mangoes chopped into small pieces,
(you can substitute pineapple)

1-1/2 pints of grape tomatoes (red or
yellow) halved or quartered

1 sweet onion, small dice

1/2 cup pineapple juice

1 tbsp. chopped garlic, or more to taste

1/2 cup white vinegar

1 tbsp. fresh chili pepper (I love Serrano
for the extra kick, jalapenos are great too)

1/2 cup chopped cilantro

6 tbsp. fresh lime juice

Directions

Mix all ingredients together and let sit so the flavors come together!

Honey Mix

Prep 15 min.

Cook 1 hour

Makes 8 cups

This recipe is a Barnstable County Beekeepers Association club favorite for their meetings as a snack. Not as much honey in it as you might like but it is a very addictive snack. (From Kellogg's Kitchen).

Ingredients

| | |
|---|----------------------------|
| 6 cups cereal (Cheerios, Corn or Rice Chex) | 3/4 cup packed brown sugar |
| 1 cup mini pretzels | 1/4 cup honey |
| 1 cup salted mixed nuts | 1 tsp. vanilla |
| 1/3 cup butter | cooking spray |

Directions

1. Heat oven to 250°. Coat a 13" x 9" baking pan with cooking spray. Combine cereals, pretzels and nuts. Set aside.
2. Combine butter, sugar and honey in a saucepan over medium heat. Bring mixture to a boil and continue to boil for 5 minutes. Do not stir.
3. Remove from heat and stir in vanilla.
4. Pour syrup over cereal, stirring until well coated.
5. Bake for 1 hour, stirring mixture every 15 minutes.
6. Let cool and then break apart. Store in an airtight container if it lasts that long!

INTERESTED IN
BEEKEEPING?

The Barnstable County Beekeepers Association (BCBA) is a 40+ year-old group of more than 300 honeybee enthusiasts from Cape Cod and the surrounding area. The BCBA meets monthly to discuss topics relevant to beekeeping on Cape Cod. In addition, the club runs a number of annual activities including a course on the Basics of Beekeeping and a displays at local fairs.

Find out more info at their website:
www.barnstablebeekeepers.org



Baked Oysters with Mushrooms

Prep 20 min. **Cook** 10 min. **Servings** 2 - 4

The earthy umami flavor of mushrooms is a natural pairing with oysters. This recipe is from the Wellfleet Shellfishermen's Farmers' Market, a new off-season initiative supporting wild harvesters and independent aquaculture farmers.

Ingredients

25 oysters
1 medium sweet onion or 2-3 shallots
6 oz. your favorite mushroom, chopped
3 cloves garlic, crushed or finely diced
4 tbsp. butter
Cheddar or Monterey Jack Cheese, cut into 25 2-inch long strips.

Directions

1. Preheat oven to 425°.
2. Open 25 oysters and place them on a baking sheet. You can use kosher or rock salt in a 1/4 inch layer to steady them.
3. Melt butter in a sauté or frying pan, add onion and sauté under medium heat until the onion begins to brown being careful not to burn the butter. Add mushrooms and garlic, sauté until mushrooms are cooked and remove from heat.
4. Top oysters with a spoonful of the onion mixture, then a piece of cheese.
5. Bake at 425° for approximately 10 minutes until cheese has melted with some browning on the edges.
6. Remove from oven, let cool for 2 – 3 minutes and serve.

Howling Oysters

Prep Your shucking speed

Servings 1 - 2

Use your choice of Cape Cod cultivated small batch hot sauce created by farmer friends Jess Drake Cook and Victoria Pecoraro of Wellfleet Chick Koop on Wellfleet's finest oysters.

Ingredients

1 dozen oysters

1 bottle *Farmer Friends Hot Sauce*, your choice: *Hair of the Dog*, *Howlapeño* or *Ruff Stuff*

Directions

1. Shuck a dozen oysters.
2. Shake on your preferred flavor of *Farmer Friends Hot Sauce* & enjoy!



Grilled Oysters Vietnamese

Prep 20 min.

Grill a few minutes

Servings 4 - 6

Wellfleet SPAT shared this recipe developed by Alex Hay, owner of the Wellfleet Shellfish Company. Alex created this recipe after a seven month stay in Vietnam where he was a student. This recipe uses nuoc man or fish sauce, which can be found in most supermarket international aisles. He saw the sauce being made from the tiny fish that live in the rice paddies. He loves the way the salty fish sauce and smokiness of the fire and chorizo combine with the oysters' brininess for an even richer and deeper taste.

Ingredients

3 dozen Wellfleet oysters, shucked
on the half shell

1/4 cup Asian fish sauce (Vietnamese
nuoc man or Thai nam pla)

1 lb. smoky Spanish chorizo or
Portuguese chouriço

Cilantro, basil, or Thai Basil (or a
combination) minced as a garnish

Directions

1. Scrub and shuck the oysters, and set them cupped side down (so they rest in their liquor) on a bed of ice while you prep the chorizo and light the grill.
2. Slice the chorizo into 1/8 inch slices, or cut into tiny cubes – the sausage is just an accent here. Toss in a small skillet and sizzle briefly to lightly crisp and bring up the flavor, then set aside.
3. Make a good charcoal fire or heat a gas grill to high.
4. Once the coals are ready, place the oysters on the grill, taking care not to spill their juices. Put a slice of chorizo on each oyster and drizzle a few drops of the fish sauce on each one.
5. As soon as the oyster shells heat up and the juices begin to bubble take them off the grill. They will continue cooking in their hot shells, and you don't want to overcook them.
6. Place them on a platter, sprinkle with the minced herbs, and serve hot.



Jonah Crab Cocktail

Prep 20 min.

Assemble 20 min.

Servings 2-4

Fishermen's View in Sandwich is a sea-to-table restaurant and seafood market. You can purchase most of the ingredients directly from their market and assemble this appetizer in your own home.

**Special Kitchen tools: You will need a ring mold, approximately 4" x 2" deep. A cookie cutter that is at least 2" deep will also work.*

Ingredients

4 oz (roughly 1/2 cup) fresh Jonah crab meat from the market

2 teaspoons Citrus Vinaigrette from the market

1-2 tablespoons of Lemon Aioli
(pick up some in our market!)

4 oz (roughly 1/2 cup) mashed avocado, seasoned to taste

Corn tortilla chips

Frisse or microgreens (optional)



Directions

1. Place ring mold into lukewarm water briefly to coat in water, this makes the plating easier. Do not dry.
2. Place ring mold in center of a large dinner plate; no excess water should come off on plate though (if that occurs, absorb excess on plate with a napkin).
3. Scoop some of the smashed and seasoned avocado mixture and press it down into ring mold, filling ring mold halfway up.
4. Measure out around 1/2 cup of Jonah crabmeat, being careful not to break apart lumps of crab and place it in a small empty mixing bowl.
5. Add 1 pinch of salt to mixing bowl with crab.
6. Add 2 teaspoons of citrus vinaigrette into mixing bowl with crab.
7. Using a soup spoon, GENTLY fold three ingredients together, until fully combined.
8. Taste if necessary to make sure the crab mixture is not overly salty or vinegary (it should be just slightly seasoned).
9. Carefully spoon the dressed crab mixture into the ring mold on top of the smashed avocado, pressing down to pack it in while holding onto ring mold so it doesn't leak from the bottom.
10. Gently pull ring mold up to remove, freeing the small tower and exposing the layers of avocado and crab.
11. Top the mini tower with frisse or microgreens, if desired.
12. Dollop 1-2 tablespoons of citrus aioli on the plate around the crab and avocado tower
13. Fan chips around the side of the tower.

Baked Stuffed Clams

Prep 40 min.

Cook 25 min.

Makes 36+

Wellfleet SPAT shared this recipe developed by Janet Drohan, SPAT Board Member and Director of 246 Community Kitchen in Wellfleet. Clams can be made in advance for reheating later. They freeze well too!

Ingredients

| | |
|-----------------------------|----------------------------------|
| 3 doz. Quahogs, mixed sizes | 1 stick butter |
| 1 cup broth | 2 tbsp. olive oil |
| 1 large green pepper, diced | 2 sleeves Ritz crackers |
| 1 med. onion, diced | 3 tbsp. dried parsley |
| 1 cup celery, diced | 1 tsp. red pepper flakes |
| 6 cloves garlic, diced | 1 tsp. thyme |
| 1 jalapeno pepper, diced | 1 tsp. poultry seasoning |
| 1 bunch scallions, diced | 1-1/2 cup grated Parmesan cheese |
| 1 bunch cilantro, chopped | Paprika, salt & pepper |

Directions

1. Steam Quahogs until shells open. Remove from heat and cool, reserving broth.
2. When able to handle, remove meats from shells and dice by hand or in a food processor. Make sure bellies are mashed but try to reserve some of the muscle in small pieces.
3. Separate and wash clam shells in preparation for filling with stuffing.
4. To make stuffing, sauté all vegetables in oil and butter for 4 minutes or until soft.
5. Combine crackers, dried and fresh herbs, grated cheese and chopped clams. Moisten with reserved broth. Add salt and pepper to taste.
6. Fill clam shells with stuffing and place on a baking sheet. Top with additional grated cheese and paprika.
7. Bake in a 350° oven for approximately 25 minutes.
8. Serve with lemon wedges and enjoy!

If you would like to freeze the quahogs without baking, place on a rimmed baking pan in the freezer. When frozen, they can be placed in a plastic bag and returned to the freezer. To heat, bake at 350 degrees for 20 minutes or until they are lightly browned on the top and hot. Make sure the internal temperature reaches at least 165°F.

MAKE - AHEAD MEAL!

Pig Candy with Pineapple Salsa

Prep 1 hour

Cook 20 min.

Servings 4

This is a favorite of Quick's Hole Tavern's Executive Chef, Sarah Dufour, of New Orleans.

The recipe has been one of the tavern's signature dishes since day one.

Ingredients for Pig Candy

3-5 lbs. cured pork belly

2 cups brown sugar

2 tsp. ground cinnamon

2 tsp. red pepper flake

2 tsp. black pepper

1/4 tsp. cayenne

1/4 tsp. salt

2 cups maple syrup, set aside

Ingredients for Pineapple Salsa

1 pineapple, cored and small diced

1/2 bunch of cilantro

1/4 red onion, small dice

1 jalapeno, seeded and minced

1/4 tsp. smoked paprika

2 limes, remove zest and juiced

Directions for Pork Belly

1. Pre heat oven to 350 degrees.
2. Cut pork belly into 1" x 3" x 1/4" portions. Line sheet tray with tin foil and spray with non-stick cooking spray. Put wire rack in sheet tray and spray wire rack with non-stick cooking spray.
3. Mix all dry ingredients in a mixing bowl; in another mixing bowl add maple syrup.
4. Dip each piece of pork belly into maple syrup until coated and add to dry mixture.
5. Coat pork belly in dry mixture and place on wire rack; make sure to evenly space each piece so they don't stick together when cooking.
6. Once finished put in oven for about 20 minutes or until pork belly is bubbling and caramelized; allow to cool.

Directions for Pineapple Salsa

1. Combine all ingredients. Refrigerate at least 30 minutes to allow flavors to meld.

To Serve

1. Arrange candied pork belly on platter. Top with salsa and serve.



A close-up photograph of a white bowl filled with a thick, creamy, light-colored soup. The soup contains small, irregular pieces of white solid ingredients, possibly potatoes or cauliflower. It is garnished with several bright green, sliced green onions. A black oval frame is superimposed over the center of the bowl, containing the text 'SOUPS & STEWS'.

SOUPS & STEWS

Chatham's Original Oyster Stew

Prep time it takes to shuck **Cook** 10 min.

Servings 6 - 8

A Chatham Shellfish Company classic! They say it cures arthritis, warts, wrinkles and hangovers.

Ingredients

| | |
|--|---------------------------|
| 3 dozen Chatham oysters and their liquor | 1 stick butter |
| 2 qts. milk | 1/2 teaspoon black pepper |
| 1 pint heavy cream | |

Directions

1. In a stock pot mix milk, cream, and 3/4 of the stick of butter.
2. Slowly steep but do not boil, watch the butter melt.
3. Meanwhile, shuck oysters, reserving their juice.
4. Melt remaining 1/4 stick of butter, add a slight amount of oyster liquor (with no sediment), add oysters and sprinkle generously with black pepper.
5. Simmer just until oysters curl. Cut oysters into halves or thirds.
6. Add to pot with remaining oyster liquor.
7. Steep until piping hot. Serve with oyster crackers. Enjoy!

Rocket Soup

Prep 10 min.

Cook 25 min.

Servings 4

This is the first of three recipes from The Optimal Kitchen and garden. From Optimal Kitchen's owner, Heather Bailey, "The one consistent crop that I grow are hearty greens like Swiss Chard, Kale and Arugula. They thrive in my sandy soil and grow about 9 months a year with a consistent yield. When you find a crop you can grow successfully it is important to develop recipes that use them so nothing goes to waste."

Ingredients

| | |
|---------------------------------|------------------------------|
| 1 large onion, chopped | 1 quart+ vegetable stock |
| 5 cloves garlic, minced | 1/2 cup fresh basil, chopped |
| 2 tbsp. olive oil | 6 oz. arugula |
| 1 tsp. turmeric or curry powder | 6 oz. fresh spinach |
| 1/4 tsp. garam masala | |
| 1 large potato, sliced or cubed | |

Directions

1. Saute onion and garlic in olive oil, when soft add dry spices.
2. Add stock and potato and simmer for 10 minutes until potato is soft.
3. Add greens and basil and simmer for another 10 minutes, remove from heat.
4. Blend until smooth using an immersion blender or food processor.

Fish and Kale Stew *Portuguese translation below!

Prep 20 min.

Cook 30 min.

Servings 6

This recipe is courtesy of the UMass Extension Nutrition Education Program. Skate and monkfish are local species and can be purchased at markets throughout Cape Cod.

Ingredients

| | |
|--|---|
| 2 tablespoons vegetable or olive oil | 3 – 4 large stalks of kale, stems discarded, leaves chopped |
| 1 medium onion, chopped | Dash of black pepper and salt (optional) |
| 1 garlic clove, minced | 1 pound skate or monkfish filets, skin and bones removed, cut into large chunks |
| 2 sprigs fresh thyme or ½ teaspoon dried | 2 tablespoons fresh parsley, chopped or ½ tablespoon dried |
| 3 medium potatoes, sliced or cubed | |
| 1 (14.5 oz) can diced tomatoes | |
| 1 quart chicken or vegetable broth, low-sodium | |

Directions

1. Heat oil in a large pot and add onions and garlic. Cook for several minutes over medium heat. Add thyme and potatoes.
 2. Stir in tomatoes and broth and bring to a simmer. Add kale and season with salt and pepper.
 3. Cover and simmer for 10 minutes until potatoes are tender but not soft.
 4. Add fish and cook for another 5 minutes. Fish will flake apart when cooked. Garnish with parsley.
- *Tip Instead of using canned diced tomatoes, use fresh. Dice 6 whole tomatoes into ½-inch pieces.

Cozido de Peixe e Couve

Tempo Preparação 20 min.

Tempo Cozedura 30 min.

Porções 10

Ingredientes

| | |
|---|--|
| 2 colheres (sopa) de azeite vegetal ou de oliva | 3 a 4 talos de couve, sem os caules e com as folhas picadas |
| 1 cebola média picada | Uma pitada de pimenta preta |
| 1 dente de alho picado bem pequeno | Uma pitada de sal (opcional) |
| 2 raminhos de tomilho fresco, ou meia colher (chá) seco | ½ quilo de filé de peixes de skate ou tamboril, sem pele ou espinhos, cortado em pedaços grandes |
| 3 batatas médias, fatiadas ou em cubos | 2 colheres (sopa) de salsa fresca, picada, ou meia colher (sopa) da seca |
| 1 (411 g = 14,5 oz) lata de tomates picados | |
| 1 quarto de caldo de galinha ou de legumes de baixo teor de sódio | |

Instruções

1. Lave e prepare os legumes e ervas frescos (se estiver usando peixes frescos).
2. Aqueça o azeite em uma panela grande e acrescente cebolas e alho. Cozinhe por vários minutos em fogo médio. Adicione o tomilho e as batatas.
3. Adicione os tomates e o caldo e cozinhe em fogo brando. Adicione a couve e tempere com sal e pimenta.
4. Cubra a panela e cozinhe em fogo brando por 10 minutos até as batatas ficarem macias, mas não moles.
5. Adicione o peixe e cozinhe mais 5 minutos. O peixe se desmanchará ao ser cozido.
6. Enfeite com salsa e sirva.



SALADS & COLD SIDES

Applesauce

Prep 20 min.

Cook 1 hour

Makes 4 qts.

E & T Farm grows hydroponic greens all year and outdoor vegetables in season. They have been keeping bees for over thirty years and this is a great way to use their honey.

Ingredients

15 lbs. apples

1-1/2 qt. water

1-3/4 cup honey

1-1/2 tsp. cinnamon

Directions

1. Wash and quarter apples, remove core.
2. Add to low boiling water to soften. Do not keep in water long.
3. Remove and put through food mill, discarding peels as you go.
4. Blend in honey and cinnamon, to taste.



Strawberry Spinach Salad

Prep 20 min.

Servings 2

Cape Cod Cranberry Harvest started in 1995. They now offer 32 sweet and savoury preserves made with local cranberries and produce. This is a great summer salad!

Ingredients

1 bunch spinach

1/3 cup fresh strawberries, sliced

1/8 cup slivered almonds

crumbled goat cheese, to your taste

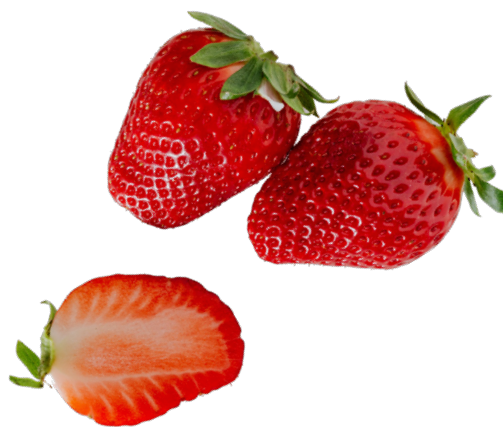
2 tbsp. Cranberry-Raspberry or

Cranberry-Strawberry Jelly

1 tbsp. balsamic vinegar

Directions

1. Wash spinach and pat dry. Use whole leaves or chop, depending on size and variety.
2. Add sliced strawberries, slivered almonds and top with crumbled goat cheese.
3. Make dressing, for any amount you need mix 2 parts Cranberry-Raspberry or Cranberry-Strawberry Jelly with 1 part balsamic vinegar.
4. Drizzle, toss and serve!



Refrigerator Pickled Beets

Prep 40 min.

Servings 4 - 6

Another recipe from Cape Cod Organic Farm. Owner/farmer Tim Friary and his daughter Ema share these family favorites.

Ingredients

- 1 or 2 bunches of beets
- 2 - 3 slices red onion, to taste
- 1 cup beet water
- 1/2 cup white vinegar
- 1/2 cup citrus vinegar
- 2/3 cup sugar
- 1 tsp. pickling salt
- 1 tsp. whole cloves

Directions

1. Take one or two bunches of beets, wash off the dirt and cut off the greens.
2. Place whole beets in a pot and cover completely with water. Cook the beets on medium for 20-30 minutes, depending on size. You'll know they are ready when you poke them with a fork and are soft throughout.
3. Save 1 cup of beet water for the brine.
4. Remove beets from hot water and place into an ice bath and remove skin.
5. Cut beets into even quarters and place in a mason jar with some fresh sliced red onion.
6. Strain reserved beet water through a strainer into a saucepan. Add vinegars, sugar, pickling salt and cloves. Bring to a rapid boil over high heat.
7. Pour hot brine over beets in the jar leaving 1/4-inch of space.
8. Let rest to cool. Place in the fridge. Every day shake the beets a bit. Enjoy from day 5 on!

Note: Pickling Salt can be found with canning supplies at your local market. Do not use iodized table salt.



Garden Vegetable Carpaccio + Sunbird Salsa Verde

Prep 45 min.

Assemble 10 min.

Servings 2-4

This 'salad' is a fun way to showcase seasonal garden veggies when they are at their peak. The culinary team at Sunbird buys veggies from local growers whenever possible. Freshness matters here so if you can't get what you need from a local farm or farmers' market, wait until you can to create this dish.

** Special Kitchen tools: You will need a mandoline slicer in order to get your veggies sliced thinly and evenly (about 1/16 - 1/8 of an inch). You will need a blender or food processor to puree the salsa verde.*

Ingredients for the Salad

1-1/2 – 2 lbs. seasonal vegetables. We suggest cucumber, squash, fennel, carrots, turnips or beets depending on season and availability. You could also use a combination of these four.

1/2 -1 lb. seasonal greens. We suggest arugula, pea tendrils, baby lettuces.

Zest and juice of 1 lemon or 2 limes, divided

1/4 cup olive oil, divided

1/4 cup Sunflower seeds

2 - 3 oranges (peeled and segmented)

1 cup fresh herbs. You can use mint, tarragon, sorrel, marigold leaf, dill.

3/4 cup spring onion or green onion, finely chopped (*1/4 cup = salad garnish & reserve 1/2 cup for salsa verde)

Sea salt & ground black pepper

Ingredients for the Salsa Verde

4 bunches flat leaf Italian parsley, washed and dried

1/2 cup chopped green onion

1-1/2 cups good olive oil (*may need to add a bit more to loosen salsa)

1-1/2 cups capers, finely chopped or pureed

Zest of 2 lemons and juice to taste

Salt to taste



Garden Vegetable Carpaccio + Sunbird Salsa Verde (Continued)

Directions for the Sliced Veggies

1. Set your mandoline so that you get slices between 1/16 and 1/8 inch. Slice veggies in a consistent shape and thickness.
2. Toss sliced veggies in a bowl with salt, pepper, half of the lemon or lime juice and zest, and half of the olive oil.

Directions for the Salsa Verde

1. Starting from the stems of the parsley, finely julienne up the bunch, until all the parsley has been chopped.
2. Working in batches, combine the parsley, green onion, and olive oil in a blender/food processor and blend until semi-smooth (it's ok if you can see bits of parsley and onion).
3. Transfer parsley puree to a bowl, thoroughly combine with capers, lemon zest and lemon juice, and season with salt to taste.

Directions for the Salad

Toss the greens in a separate bowl with salt, pepper, the remaining lemon or lime juice and zest, and the remaining olive oil.

Assemble

1. Arrange dressed, sliced veggies in an overlapping pattern on the bottom of a platter.
2. Drizzle salsa verde over veggies.
3. Scatter orange segments over veggies.
4. Liberally sprinkle toasted sunflower seeds over veggies.
5. Top veggies with the dressed salad.
6. Scatter the chopped spring or green onion and fresh herbs over whole platter.
7. Sprinkle with sea salt and fresh black pepper.
8. Drizzle with olive oil.

What do I need to know before I use SNAP and HIP at local farms and farmers' markets?

Only certain vendors process SNAP and HIP. For more info on how and where to use your SNAP and HIP benefits, visit:

www.DTAFinder.com

GOT SNAP?

Many farms and farmers' markets accept **SNAP** and **HIP**!

What is HIP? The Healthy Incentive Program (HIP) allows SNAP clients to buy free fruits and vegetables from participating local farmers and markets.

Grilled Tuna Nicoise

Prep 1 hr.

Cook 25 min.

Servings 8

Sustainable CAPE founder Francie Randolph loves nothing more than stopping by a farmers' market in the morning and heading out fishing on the boat in the afternoon. This recipe is a family favorite that easily ties her ideal summer day on land and sea together.

Ingredients for Tuna and Vegetables

4 pounds fresh tuna filets
Olive oil
Kosher salt
3/4 lb. haricots verts, stems removed and blanched
2 lbs. small cooked Yukon gold potatoes, thickly sliced
2 lbs. ripe tomatoes, cut into wedges (about 6 small tomatoes)
8 hard-cooked eggs, peeled and cut in half
1/2 lb. Kalamata black olives, pitted
1 bunch watercress or arugula
1 can anchovies, drained (optional)

Ingredients for Vinaigrette

3 tbps. champagne or white vinegar
1/2 tsp. Dijon mustard
1/2 tsp. kosher salt
1/4 tsp. freshly ground black pepper
10 tbsps. olive oil

Directions for Tuna and Vegetables

1. To grill the tuna, get a charcoal or stove-top cast-iron grill very hot.
2. Brush the fish with olive oil and sprinkle with salt and pepper.
3. Grill each side of tuna for only 5 minutes until the center is barely raw.
4. Remove to a plate and cover tightly with aluminum foil. Set aside for 15 minutes.
5. Arrange the tuna, haricots verts, potatoes, tomatoes, eggs, olives, watercress, and anchovies, if used, on a large flat platter. Cover with plastic wrap and refrigerate.

Directions for Vinaigrette

1. Combine the vinegar, mustard, salt and pepper.
2. Slowly whisk in the olive oil to make an emulsion.

To Serve

Unwrap refrigerated platter of tuna and vegetables and drizzle some of the vinaigrette over the fish and vegetables, and serve the rest in a pitcher on the side.



HARICOT VERTS?
Haricots verts just means "green beans" in French. Haricot verts tend to be skinnier and tender than traditional green beans, but if you can't find haricot verts at the local farm stand or market it's fine to substitute with green beans.



HOT SIDES

Radishes with their own Greens

Prep 15 min.

Cook 20 min.

Servings 1 - 3

The Falmouth Farmers Market shared this recipe from Patricia Gadsby featured in their “Waste Not” series. Why don’t we eat radish tops more often? Is it because the greens, strangled by rubber bands, often look half-dead in stores? You can find radishes with nice leafy tops at our market, and they’re delicious.

Ingredients

1 bunch leafy radishes

Paper-thin slivers of red onion

1 tbsp. butter (or olive oil)

2 squeezes of lemon juice

1/4 tsp. poppy seeds

Directions

1. Heat oven to 400°, at same time pre-heat an ovenproof dish.
2. Chop off radish greens, pick out the best ones and compost the rest.
3. Rinse in several changes of water—you don’t want gritty greens.
4. Wash radishes and clean up their roots, shaving off any whiskery bits with a vegetable peeler.
5. Depending on size, halve or quarter them, keeping their long tails.
6. Melt butter in a frying pan, add radishes and stir to coat in butter. Place radishes cut side down and cook at a gentle sizzle until nicely colored, about 10 minutes.
7. Transfer radishes to an ovenproof dish, preheated in the oven. Season with salt and sprinkle with poppy seeds. Roast for 5-10 minutes, depending on size, until radishes are crisp tender.
8. Meanwhile add onion to frying pan and soften, adding more butter if necessary.
9. Add radish greens, a sprinkle of salt and a squeeze of lemon. Cook stirring, for a few minutes until leaves have wilted.
10. Plate the radishes and deglaze the roasting pan with another squeeze of lemon juice, scrape up remaining poppy seed and buttery juices. Pour over radishes and serve piping hot.

Boiled and Tossed Beets

Prep 40 min.

Servings 4 - 6

This recipe is from Cape Cod Organic Farm. Owner/farmer Tim Friary and his daughter Ema share these favorite recipes. Tim has been growing organic produce since 1996.

Ingredients

1 or 2 bunches of beets
1/4 cup diced red onion (or more to taste)
1-1/2 tsp. extra virgin olive oil
1-1/2 tsp. balsamic vinegar
dash of salt and pepper

Directions

1. Take one or two bunches of beets, wash off the dirt and cut off the greens.
2. Place whole beets in a pot and cover completely with water. Cook the beets on medium for 20-30 minutes, depending on size. You'll know they are ready when you poke them with a fork and are soft throughout.
3. Remove beets from hot water and place into an ice bath.
4. Most of the skin should fall off and remove any excess skin.
5. Cut the clean beets into quarters or halves. In a bowl toss beets with some quick chopped red onion, extra virgin olive oil and balsamic vinegar, a dash of salt and a bit of pepper and you are ready to eat!

Tupper Farm Cranberry-Apple Sweet Potato Bake

Prep 20 min.

Cook 40 min.

Servings 6 - 8

Kathy and Ralph Tupper share some family recipes featuring their cranberries. This is a customer favorite.

Ingredients

4 medium sweet potatoes, peeled and cut into chunks
2 Granny Smith apples, cored and cut into chunks
1/2 cup cranberries
1/2 cup packed brown sugar
3 tbsp. butter
1/2 tsp. cinnamon

Directions

1. Heat oven to 350°
2. Spray pan with PAM. Add sweet potatoes, apples and cranberries.
3. Sprinkle with brown sugar and cinnamon and dot with butter.
4. Seal pan with foil. Bake for 40 minutes.

DON'T WASTE THOSE GREENS!
Buy local root vegetables with the greens still attached! You can use greens from beets, sweet potatoes, turnip and radish in the same ways as the leafy greens like spinach or kale. To store greens in the fridge: slice leaves from root, loosely bag the unwashed leaves, keeping them separate from the root vegetable.



Cranberry Orange Marmalade Sauce

Prep 20 min.

Makes 1 cup

Deb Greiner shares a favorite Cranberry Harvest recipe. This sauce can be used on chicken or pork grilled, sautéed or roasted!

Ingredients

| | |
|---|---|
| 8 oz. Cape Cod Harvest Cranberry Orange Marmalade | 3/4 oz. brandy, non-flavored (optional) |
| 12 oz. chicken stock, reduced to 8 oz. | 1 tbsp. Italian leaf parsley, finely chopped |
| 1/2 tsp. garlic paste | 2-1/2 tbsp. cornstarch (just enough to thicken) |
| cloves, ground, to taste only | |

Directions

1. Make garlic paste. Peel a large clove of garlic, slice very thinly, sprinkle with a bit of sea salt, using the side of a knife pulverize into a paste.
2. Reduce 12 oz. chicken stock in pan on high heat to 8 oz. to intensify flavor.
3. Once reduced, whisk in Cranberry Orange Marmalade and garlic. Bring mixture to a quick simmer.
4. In small dish mix brandy with cornstarch and add to mixture, bring back up to a quick simmer until cornstarch is clear and slightly thickened. Mixture should coat a spoon.
5. Cook for 3 – 4 minutes to burn off brandy. Add parsley and reduce heat to just keep warm. Season to taste with cloves and salt as desired.
6. Mixture will thicken gradually. To thin, add a touch of water, cranberry or orange juice to keep a sauce consistency.

Arugula and Almond Pesto

Prep 5 min.

Makes approx. 6 oz.

This is the second recipe developed by The Optimal Kitchen utilizing a three-season crop of hearty greens from their garden. It can be used in so many ways and is a great summer staple for quick and easy meals.

Ingredients

1 cup fresh arugula, washed

3 cloves of garlic

3/4 cup raw almonds

Juice of 1 lemon

3 tbsp. olive oil (or enough to get the desired consistency)

Directions

1. Blend all ingredients in food processor until it is almost a paste-like consistency.

Patsy's Caramelized Tomatoes

Prep 20 - 30 min.

Cook 1 hour

For the freezer

Vivian & Pat grow heirloom tomato plants at Bethany Seasons. Patsy, a customer/friend of ours shared her recipe a couple of years ago, and we've been making it ever since.

Ingredients

Unskinned and unseeded tomatoes cut to 1 inch in size

Large onion (red, yellow, shallot) chopped

Several cloves of garlic, minced

Salt to taste

Crushed red pepper to taste (optional)

Fresh basil chopped, if you have some (optional)

Olive oil

Directions

1. Heat oven to 400°
2. Cut whole tomatoes to about 1 inch in size. The top and bottom bits of tomato left after making sandwiches can be used. Cherry varieties can be cut in half—currant varieties simply pierced with a knife.
3. Pile tomatoes on a large rimmed cookie sheet, a couple of layers deep. Top with chopped onion, stir it up a bit and drizzle with 1/4 - 1/3 cup olive oil. The amount depends on the number of layers and the size of your pan.
4. Bake at 400° for one hour, checking every 15-20 minutes. The tomatoes and onions will release liquid, when it evaporates the mix begins to caramelize and thicken.
5. When checking, stir to fill in the shallow areas which will start to burn if they get too thin. Burnt ends can also add to the flavor, you decide!
6. Remove from oven when mixture gets thick.
7. Cool, pack in Ziplocs, flatten and freeze. Use all winter in sauces, soups, or casseroles—just break off a piece!



MAIN DISHES

Beans and Greens

Prep 5 min.

Cook 10 min.

Servings 1 - 2

This is the third recipe from The Optimal Kitchen using greens from their garden. It's a quick and easy meal or a great side to share.

Ingredients

1/2 of a 15 oz. can of cannellini beans or chickpeas, or 1 cup soaked and cooked

2 cups fresh greens: kale, swiss chard or spinach

1 small onion or shallot, chopped

3 - 4 cloves garlic, chopped

Zest and juice from a fresh lemon

Olive oil for cooking

Fresh or dried basil or oregano

Sliced black olives, optional

Directions

1. Saute onion and garlic in olive oil until clear.
2. Add rinsed beans to the pan and toss. Add greens and sauté another few minutes.
3. Toss in lemon juice and zest, stir gently to thoroughly incorporate all ingredients and then serve.

Simple Basil Pesto with Pasta

Prep 10 min.

Cook 10 min.

Serves 4 - 6

You can purchase all everything you need for this summer favorite from vendors at the Truro Educational Farmers Market.

Ingredients

2 cups Basil from: *Dave's Greens / Down Home Farm / Out There Organic*

2/3 cup Olive oil from *Monopati*

1/4 cup pine nuts or sunflower seeds

2 cloves garlic from: *Out There Organic / Down Home Farm*

1/2 cup Parmesan cheese

Egg pasta from *Lara's Cuisine*

Pain d'Avignon French baguette

Directions

1. Place all ingredients in a high-speed blender or food processor.
2. Enjoy the pesto sauce with egg pasta from *Lara's Cuisine* and French baguette from *Pain d'Avignon* available at the Sustainable Cape tent.



Slow Roasted Pulled Pork

Prep 10 min.

Cook 7 hours

Servings 8+

Pleasant Lake Farm grows certified organic produce, garlic and herbs. They also raise pigs and beef. Rebecca Scanlan shared this super easy recipe, slow cooking makes this cut of pork fork tender and delicious.

Ingredients

5 lb. *Pleasant Lake Farm* pork shoulder (Boston Butt)

Your favorite BBQ sauce

1 bottle *Guinness* or favorite local stout

Pleasant Lake Farm certified organic onions and garlic, caramelized

Your favorite rub

Directions

1. Heat oven to 225°
2. Place rub on pork and place on rack in roasting pan.
3. Pour bottle of stout in bottom of pan.
4. Cook for 4 hours.
5. Add more beer to pan if needed.
6. Brush with BBQ sauce and cover with foil.
7. Bake additional 3 hours or until pork can be shredded using two forks.
8. Let stand for 30 minutes.
9. Shred pork, top with caramelized onions and garlic and add more BBQ sauce to your liking.

Eastham Turnip Puff Casserole

Prep 30 min.

Cook 30 min.

Servings 4 - 6

This recipe was created by Jenn Mentzer / Mac's Parties & Provisions in 2016. It won the Grand Prize that year in the annual Turnip Cook-Off, which is a beloved part of the Annual Eastham Turnip Festival. It's super easy to make and really delicious!

Ingredients

6 cups peeled Eastham Turnip cubes

Salt and pepper to taste

2 tbsp. butter

Pinch fresh ground nutmeg

2 eggs, beaten

1/2 cup panko

3 tbsp. flour

2 tbsp. butter

1 tbsp. brown sugar

1 tsp. baking powder

Directions

1. Heat oven to 375°
2. Cook turnips until soft. Drain well, mash, and add 2 tbsp. butter.
3. When turnips have cooled, add the beaten eggs, flour, sugar, baking powder and spices. Put mixture in buttered baking dish.
4. Melt remaining 2 tbsp. butter in pan, add panko and cook slowly until panko browns. Season with salt and pepper. Spread on top of turnip mixture.
5. Bake at 375° for 30 minutes until crumbs are browned.

Tupper Farm Cranberry Chicken

Prep 5 min.

Cook 45 min.

Servings 4 - 6

Kathy and Ralph Tupper share some family recipes. Ralph grows several varieties of cranberries on 3 acres of bogs in East Brewster, some of the oldest bogs on Cape Cod. Ralph bought the land in 1965 and has farmed the bogs most every year since then.

Ingredients

| | |
|---|-------------------------------------|
| 1/2 cup flour | 1 cup fresh or frozen cranberries |
| 1/2 tsp. salt | 1 cup water |
| 1/4 tsp. pepper | 1/2 cup packed brown sugar |
| 6 boneless, skinless chicken breasts, halved | Dash of ground nutmeg |
| 1/4 cup butter | 1 tbsp. red wine vinegar (optional) |
| | cooked rice |

Directions

1. Combine flour, salt and pepper in a shallow dish, dredge chicken.
2. In a skillet, melt butter over medium heat. Brown chicken on both sides. Remove from pan and keep warm.
3. In same skillet, add cranberries, water, brown sugar, nutmeg and vinegar. Cook and stir until cranberries burst, about 5 minutes.
4. Return chicken to skillet. Cover and simmer for 20-30 minutes or until chicken is tender, baste occasionally with the sauce.
5. Serve over rice.

Steamed Chatham Mussels

Prep 15 min.

Cook 10 min.

Servings 4

Chatham Shellfish Company has been cultivating Chatham Oysters on its lease site since 1976. A savoury and delightfully delicious meal any time of year!

Ingredients

| | |
|-------------------------|---|
| 5 lbs. mussels | 1/2 stick of butter, softened to mix with 2-3 cloves garlic, finely minced |
| 1 medium onion, chopped | |
| 2 tomatoes, diced | 1 French baguette |
| 3 bay leaves | |
| 1 bottle of beer | |
| 1/2 pint heavy cream | |

Directions

1. Remove beards, thoroughly wash shells of mussels.
2. In a large pot, pour in the beer and add bay leaves.
3. Get the beer steaming and add mussels and top with tomatoes and onions.
4. Steam for eight minutes covered.
5. Remove cover and pour cream over everything. Shake the pot and steam for two minutes.
6. Meanwhile make garlic butter. Serve with a nice baguette.

Eggs in Purgatory

Prep 5 min.

Cook a few minutes

Serves 1

This simple poached Eggs in Purgatory is a favorite from Victoria Pecoraro and features her Wellfleet Chick Koop eggs. Victoria adds, "Each time I make this dish, it brings me back. My father and I sitting side by side at the kitchen counter ripping off chunks of fresh bread, dunking into the soft yolks as they run into the poaching sauce. PURELY SUBLIME!"

Ingredients

Local farm fresh eggs x 2 or 3

**Sunday's sauce, 1-1/2 cups

2 - 3 slices Italian or your favorite bread

salt and pepper, to taste

Farmer Friends Hot Sauce, to taste

** Sunday's Sauce

Growing up in an Italian family, my father, James Vincent Pecoraro was the Sunday sauce maker. Each week he would be in the kitchen for hours creating a tomato based pasta sauce inspired from our Neapolitan Heritage. It was always a special meal with plenty of leftovers for the coming week. You can substitute a high quality tomato sauce if homemade is not an option.

Directions

1. Warm sauté pan on medium high heat. Add tomato sauce and bring to a soft boil.
2. Crack open and drop eggs one at a time leaving space between each in the pan.
3. Decrease heat to low, cover and poach until whites are no longer clear, with yolks still loose.
4. Using a spatula, gently scoop eggs into a shallow bowl. Ladle remaining sauce along side the eggs.
5. Sprinkle with salt and pepper, add Farmer Friends Hot Sauce to taste.
6. Serve immediately with chunks of fresh Italian bread – Mangia!!

BENEFITS OF HAVING FARM FRESH EGGS

When you get your eggs straight from a local hen house, you know exactly where they've been. There's no processing or shipping. As a result, the eggs have a richer color, both in the shell and the yolk. They also have a richer, more flavorful taste. It's not only in color or flavor that farm fresh eggs are superior, they are also proven to have higher nutrient contents than store-bought counterparts.



Pan Fried Fresh Haddock

Prep 20 min.

Cook 10 min.

Servings 4

A favorite from Greg Walinski, commercial fisherman and Owner/Operator of the FV/Alicia Ann.

Ingredients

| | |
|--|---|
| 4 fresh local haddock fillets (skin off) | Freshly ground black pepper |
| 2 eggs | 3 tbsp. vegetable oil (my favorite is a mixture of Canola and Avocado oils) |
| 1/4 cup milk | |
| 2 cups all purpose flour | Lemon wedges for garnish and spritz |
| 2 cups Italian-style bread crumbs (or Panko if you prefer) | |

Directions

1. Rinse the haddock fillets and pat dry. Season both sides with pepper.
2. Beat eggs and milk together in shallow dish or pie plate. Use two additional dishes and put flour in one, breadcrumbs in the other.
3. One at a time, dredge each fish fillet in flour, lift it out, knock off excess flour, and place in egg wash, making sure entire fillet is coated.
4. Remove fillet from egg wash, letting excess drip off; place in crumbs. Gently press crumbs onto fish on both sides.
5. Get oil hot in pan, over medium-high heat, and lay fillets in pan. Don't overcrowd!
6. Cook fillets 3 - 4 minutes on first side. The thicker the fish, the more slowly you should cook it. Turn the fillets; the cooked side crumbs should be golden brown.
7. Cook 3 - 4 minutes more, again until golden brown. (Add more oil to pan if it appears dry.)
8. Using a slotted spatula, transfer fish to individual plates or a platter. Serve garnished with lemon wedges.

DELICIOUSLY LOCAL COOKING VIDEOS
Head to the Buy Fresh Buy Local Cape Cod Facebook page to watch short, simple cooking videos featuring local seafood products and fresh produce. These videos were made possible by MDAR grant funding.
FB/ buyfreshbuylocalcapecod



Oysters Jalapeño

Prep 20 min.

Cook 7 min.

Servings 2-4

Les Hemmilla of Barnstable Sea Farms shared this recipe that was inspired by a family trip to Mexico. It's a favorite with friends and family! Get into the seasonal spirit by using different beers, and add a small piece of red pepper in the center of the oyster, to offset the green jalapeño, to make it a Holiday treat. Be sure to remove the seeds from the jalapeño unless you like it pretty hot! This serves 4 for an appetizer, or 2 for a meal.

Ingredients

1 bottle local OctoberFest or beer of your choice
2 dozen oysters
6 fresh jalapeño peppers, seeds removed (if you don't want too much heat) sliced thin

1/4 lb. Monterey Jack Cheese, grated
1-1/2 cups cornbread crumbs or plain breadcrumbs
Pint of sour cream

Directions

1. Shuck oysters, drain juices, and leave in bottom shell. Place on baking sheet, shell side down.
2. On each oyster sprinkle 1 tbsp. breadcrumbs and add 1 tbsp. beer.
3. Top each oyster with grated Monterey Jack cheese and thin slice of jalapeño (put pepper on top incase guests want to pick them off).
4. Put baking sheet of oysters in the oven and broil for about 7 minutes or until cheese starts to turn golden brown.
5. Remove from oven and place on a platter. Add a dollop of sour cream to each oyster before serving.



Oyster Rockefeller Casserole

Prep 40 min.

Cook 40 min.

Servings 4 - 8

Ronald Smolowitz, farmer/owner of Coonamessett Farm shared one of his favorites.

Ingredients

| | |
|---|---|
| 1 quart of fresh oysters | 1 cup white sauce (or a can of Cream of |
| 3 tbsp. butter | Mushroom soup) |
| 1 cup chopped onion | 1 cup bread crumbs |
| 1/2 cup chopped celery | 1/2 cup of Parmesan cheese |
| 3 cups chopped greens or drained frozen | Worcestershire sauce, to taste |
| spinach | Hot sauce, to taste |

Directions

1. Heat oven to 450°
2. You need a quart of shucked oysters. I open the oysters the easy way, using heat. The recipe needs a single layer of oysters to cover with the topping so choose the appropriate sized casserole dish.
3. Butter bottom and sides of casserole, place oysters in a single layer and set aside.
4. Saute onion and celery in butter, when soft add greens or drained spinach and continue to cook.
5. Add cup of white sauce or a creamed mushroom soup to the mix as if you were making creamed spinach. Add bread crumbs and Parmesan cheese. Season with Worcestershire and hot sauces to taste.
6. Pour this mixture on top of oysters.
7. Bake for 30 minutes. Remove and cover with grated cheddar cheese and bread crumbs. Place back in oven until brown; about 10 minutes.

(To make white sauce: Melt 2 tbsp. butter in a sauce pan over low heat. Whisk in 2 tbsp. of flour, add 1/4 tsp. salt, 1/8 tsp. black pepper and a few dashes of nutmeg. Cook over medium heat until smooth and bubbly. Gradually whisk in milk, heat to boiling, stirring constantly for 1 minute.)

Seared Scallops with Ptown Farmers Market Vegetables

Prep 20 min.

Cook 15 min.

Servings 2-4

This recipe incorporates fresh vegetables, seafood and meat that can be found from some of your favorite vendors at the Ptown Farmers' Market! Vegetables can be substituted with any combination depending on season, availability, and preference. You could make this with snow peas, scallions, peppers, celery, or any other combination of fresh goodness you like. Don't hesitate to ask the farmers' market manager or vendor for advice on what vegetables to chose!

Ingredients

| | |
|---|--|
| 1 lb. <i>Salt Seafood</i> scallops | 1/4 cup <i>Olio di Melli</i> balsamic vinegar |
| 1/2 lb. <i>Cape Coastal Farm Products</i> mushrooms | 2 - 4 tbsp. <i>Olio di Melli</i> olive oil |
| 1 medium onion from <i>Down Home Farm</i> | 1/2 tsp. salt |
| 1 medium summer squash from <i>Allen Farms</i> | 1/2 tsp. pepper |
| 2 garlic cloves from <i>Allen Farms</i> | 2 tsp. lemon juice |
| 1/2 pint cherry tomatoes from <i>Down Home Farm</i> | 1/4 cup <i>Dave's Greens</i> basil |
| | Optional: a few slices of bacon from <i>Lilac Hedge Farm</i> |

Directions

1. Bring a large pan with 1-2 tablespoons oil to medium heat.
2. Roughly chop mushrooms, onion, summer squash, garlic.
3. Add chopped vegetables to pan. Add 1/4 tsp. salt, 1/4 tsp. pepper and add spices of your choice to taste. Cook on medium heat until tender.
4. Bring the temperature down to medium-low, add balsamic vinegar and cherry tomatoes. Stir occasionally as you prepare the scallops. Remove from heat when there is no more liquid in the pan.
5. Rinse the scallops in cold water, pinch the side muscle off each scallop and place scallops on a towel to dry. Pat dry and season with 1/4 tsp. salt and 1/4 tsp. pepper.
6. Bring a heavy bottomed skillet up to high heat with oil. OR Optional: place two or three slices of bacon on pan before beginning heating, cook bacon on low heat flipping until cooked, put aside bacon (add chopped to final dish or save for later), and sear scallops in the bacon seasoned pan for extra flavor.
7. Add scallops and sear for 90 seconds on each side until golden brown.
8. Remove from heat.

Assemble

Plate the veggies, add scallops on top, season with some lemon & chopped basil.

Mediterranean Scallops with Mashed Cauliflower

Prep 30 min.

Cook 45 min.

Servings 4

F/V Isabel & Lilee collaborated with Chef Michele Grillo on inspiring home cooks to utilize fresh, local scallops. If you're looking to impress guests, or just enjoy a locally sourced meal, this recipe is for you!

Ingredients for Mashed Cauliflower

1 cauliflower cut into florets
3 tbsp. butter
3 tbsp. sour cream or cream cheese
1/3 cup grated cheese, Parmesan or Romano
Pinch of nutmeg

Ingredients for Scallops and Sauce

1 - 2 lbs. of local sea scallops
1/4 cup dry white wine
3 tbsp. butter
1 tsp. paprika
1 tsp. fresh tarragon, chopped
1 cup heavy cream

Ingredients for Scallops and Sauce(cont.)

1 tomato diced
2 cloves of garlic, minced
2 cups fresh baby spinach
Salt and pepper to taste
Lemon wedges, grated Parmesan cheese (optional when serving)

Directions for Mashed Cauliflower

1. Place cauliflower in a large pot or skillet, and add enough water to just cover the cauliflower. Bring to a boil and cook about 10 minutes until fork tender. Remove from heat and drain.
2. Put cauliflower back in pot without water and let stand for a few minutes to get excess moisture out.
3. Add butter and sour cream and cheese and mash with a potato masher, or mixer.
4. Taste for seasoning and add a pinch of nutmeg and salt and pepper. Set aside and cover to keep warm.

Directions for Scallops

1. In a large skillet or pan, melt butter over high heat, add the scallops and sprinkle with the paprika. Make sure not to crowd the pan.
2. Cook for about 2 minutes on each until both sides are a golden brown.
3. Remove scallops from pan and set them aside.
4. Turn heat down to medium and add garlic to pan and sweat for about one minute. Make sure to stir so that garlic does not burn.
5. Add 1/4 cup dry white wine, turn up heat and let boil off while stirring frequently to scrape up any browned bits.
6. Add heavy cream, tomatoes, and tarragon and bring to a simmer.
7. Once the sauce starts simmering add spinach and let wilt.
8. Return scallops to skillet and coat with sauce. Turn off heat and season with salt and pepper to taste.

Assemble

Divide the mashed cauliflower among serving plates, and top with the scallops and sauce. Garnish with a squeeze of fresh lemon and sprinkle with grated Parmesan cheese.

Savoury Tart

Prep 30 min.

Cook 1-1/2 hours

Servings 4-6

The savoury tart is a favorite of Sadie Hill, market manager for the Brewster Farmers' Market. It's full of veggies that can all be purchased at the market during the growing season. Feel free to swap out veggies depending on what's in-season, and don't forget to buy farm fresh eggs at the market!

Ingredients

- 1 red bell pepper
- 1 yellow bell pepper
- 6 tbsp. olive oil
- 1 medium eggplant, cut into 2-inch dice
- 1 small sweet potato, peeled and cut into 1-inch dice
- 1 small zucchini, cut into 1-inch dice
- Salt and black pepper
- 11 oz. pie crust dough
- 2 medium onions, thinly sliced
- 2 bay leaves
- 8 thyme sprigs, leaves picked
- 1/3 cup ricotta cheese
- 4-1/4 oz. feta cheese
- 7 cherry tomatoes, halved
- 2 medium eggs
- 1 cup heavy cream



Directions for Vegetables

1. Preheat the oven to 450°.
2. Use a small serrated knife to cut around the stem of the peppers and lift it out along with the seeds. Shake the peppers to remove the remaining seeds; discard stems and seeds. Place peppers in a small ovenproof dish, drizzle with a little oil and put on the top shelf in the oven.
3. Mix the eggplant in a bowl with 4 tablespoons of olive oil and some salt and pepper. Spread in a large baking pan and place in the oven on the shelf beneath the peppers.
4. After 10 to 12 minutes add the sweet potato dice to the eggplant pan and stir gently. Return to the oven to roast for another 10-12 minutes. Then add the zucchini to the pan, stir and roast another 10-12 minutes. At this point the peppers should be brown and the rest of the vegetables cooked. Remove all vegetables from the oven.
5. Cover the peppers with foil and cool, then peel and tear roughly into strips.
6. Reduce the temperature to 325°.

Continue next page...

Savoury Tart (Continued)

Directions for Tart Crust and Onion Mixture

1. Lightly grease a 9-inch loose-bottomed tart pan.
2. Roll out the pie crust dough to a circle roughly 1/8 inch thick and large enough to line the pan, plus extra to hang over the rim. Carefully line the pan with the dough, pressing it into the corners and leaving the excess hanging over the top edge.
3. Line the dough with a large sheet of parchment paper and fill it with pie weights or dried beans.
4. Bake the crust for 30 minutes at 325°. Carefully remove the paper with the weights, then bake for 10 - 15 minutes more, or until it turns golden brown. Remove and allow to cool. While the crust is cooling you can make the onion mixture.
5. Heat 2 tablespoons of olive oil in a frying pan on medium heat. Saute the onions with the bay leaves and some salt for 25 minutes, stirring occasionally, until they turn brown, soft and sweet. Remove from the heat, discard the bay leaves and set aside.
6. Keep the oven on at 325°.

Assemble

1. Scatter the cooked onion over the bottom of the crust and top with the roasted vegetables, arranging them evenly. Scatter half the thyme leaves over.
2. Next, dot the veggies with small chunks of both cheeses and then with the tomato halves, cut-side up.
3. Whisk the eggs and cream in a small bowl with some salt and pepper. Carefully pour this mix into the tart; the top layer of tomatoes and cheese should remain exposed. Scatter the remaining thyme over the top.
4. Place in the oven and bake for 35 to 45 minutes, or until the filling sets and turns golden.
5. Remove and allow to rest for at least 10 minutes before releasing the tart from the pan and serving.

COOK SEASONALLY!

Embrace seasonal ingredients! All foods have a season, and eating fresh vegetables when and where they grow naturally provides plenty of benefits. Think eggplants, zucchini, and tomatoes in the summer; broccoli, leafy greens, onions, and root vegetables in the spring and fall. Your local farmers' market manager is a great resource for what is fresh and available for purchase at the market.



All Local Lasagna

Prep 30 - 40 min.

Cook 35-45 min.

Servings 6 - 8

Susan Sigel Goldsmith, owner of Bootstrap Farm Club shares this super-easy dish to make. It freezes beautifully so it's a wonderful item to prepare when you have the time and pull out and cook when you don't. This recipe can be modified to meet everyone's dietary needs, don't be afraid to experiment! All ingredients can be found in her shop.

Ingredients

1 pkg. *Auntie Dalie's Lasagna* noodles
(regular or gluten free)

24 oz. local sauce of choice: *Brandon Farm Sunrise Sauce* (orange crushed tomatoes), *Farm Fresh* crushed tomatoes, *Langwater Farm Marinara*, *Poblano Farm Marinara* or any other sauce of your preference.

2 cloves garlic

1 small yellow onion

16 oz. Narragansett Creamy ricotta

8 - 16 oz. Narragansett Creamy mozzarella (or smoked mozzarella)

1 cup Parmesan or shredded *Atwell's Gold* cheese

OPTIONAL:

1 lb. beef, sweet or hot sausage, mix or ground chicken.

1/2 lb. fresh spinach, torn to small pieces

1/2 cup chopped mushrooms

1/2 cup chopped celery or celeriac

Directions

1. Preheat oven to 350°
2. Find a 10"x12" pan

Boil the Pasta

1. In a large pot boil the lasagna noodles, handling with care as not to rip them.
2. When cooked to al dente, partially drain, then gently add cool water to bring temperature down. Leave pasta in water bath until ready to use. Water should be at room temperature so pasta does not continue to cook.

Make the Sauce

1. Finely chop garlic and onion and sauté until onions are translucent. (Brown meat and add mushrooms, celery or celeriac here if using).
2. Add jar of sauce, simmer on low to let the flavors meld – about 5 minutes.
3. Add salt, pepper, oregano, or herbs of choice. Turn off heat and let cool.

Continue next page...



All Local Lasagna (Continued)

Do some Slicing

Slice all the mozzarella into pieces about the same width – try for 1/8” but don’t worry if it’s not perfect, they will melt.

Put it all Together

1. Take a 10” x 12” pan and smear a bit of red sauce or olive oil on the bottom, sides and corners to keep the lasagna from sticking. You don’t need a lot.
2. Take a few noodles from the water and line the bottom of the pan. Bring them up a bit on the ends and sides to help with the corner servings.
3. Cover the noodles with a healthy layer of sauce. (You can sprinkle in some spinach if you like, but not too much, or it will be too wet.)
4. Add 6-8 tbsp. of ricotta, evenly spaced around the pan, evenly space 4-6 slices of mozzarella. Sprinkle with some shredded cheese (Parmesan or Atwell’s Gold).
5. Add another layer of noodles and repeat until the pan is full. You will likely get 3 layers.
6. Finish the top layer with a little extra sauce, mozzarella and shredded cheese.

Bake uncovered at 350° for 30-45 minutes until the edges are bubbly and the top is golden brown. Or cover with wax paper and foil and freeze to enjoy later. Cook for 60-75 minutes if frozen.



FREEZE FOR LATER!

To freeze the lasagne, do not bake it before freezing. Assemble the lasagne in a freezer safe / oven safe container, cover tightly and freeze. When you are ready to bake the lasagne, defrost it in the refrigerator for 24 hours. Bake it at 350°F and increase the baking time to approximately 1 hour and 10 minutes. Make sure the internal temperature reaches at least 165°F.

The image shows five oatmeal cookies arranged on a light-colored parchment-lined baking sheet. The cookies are golden-brown and studded with dark red cranberries and light-colored almond slices. A black oval frame is superimposed over the center of the image, containing the word "DESSERTS" in a bold, black, sans-serif font. The word is underlined with a thin black line.

DESSERTS

Strawberry Bavarian Pie

Prep 30 min.

Chill 1 hour

Servings 8

Fresh strawberries are the star of this recipe from Tony Andrews Farm, it's a very simple no-bake pie in a pre-baked crust made best when the berries are at their peak ripeness.

Ingredients

CRUST

1 cup graham cracker crumbs
1/4 cup sugar
4 tbsp. melted butter

FILLING

1-1/2 cups hulled strawberries
1/3 cup sugar
1 tsp. unflavored gelatin
1/4 cup cold water
1 cup whipped cream

Directions

1. Mix crust. Bake in a 9" pie pan at 375° for 12 minutes. Set aside to cool.
2. Soak gelatin in water for 3 minutes. Heat in double boiler until gelatin dissolves.
3. Chop berries and add sugar.
4. Pour dissolved gelatin over strawberries. Chill slightly.
5. Slowly fold whipped cream into fruit mixture, pour into crust and chill.

Cranberry Nut Pudding

Prep 10 min.

Cook 45 min.

Servings 6 - 8

Tupper Farm has been growing cranberries since 1965, this is Ralph's favorite and a Cape Cod Classic!

Ingredients

| | |
|------------------------------|------------------------|
| 1-1/4 cups fresh cranberries | 1/2 cup sugar |
| 1/4 cup packed brown sugar | 1/2 cup flour |
| 1/4 cup chopped walnuts | 1/3 cup butter, melted |
| 1 egg | Vanilla Ice Cream |

Directions

1. Heat oven to 325°.
2. Spread cranberries in a buttered 9-inch pie pan. Sprinkle with brown sugar and nuts.
3. Beat egg until thick, slowly add sugar, beating until blended.
4. Add flour and mix while adding melted butter. Pour over cranberries.
5. Bake 325° for 45 min. Serve warm with ice cream.

Spider Cake

Prep 15 min.

Cook 50 min.

Servings 8 - 10

This historical recipe, with a surprise inside, is a Lola's Local Food Lab favorite.

(From America's Founding Food: The Story of New England Cooking by Keith Stavely & Kathleen Fitzgerald.)

Ingredients

| | |
|--|-------------------------|
| 2 tbsp. unsalted butter, + to grease pan | 3/4 cup yellow cornmeal |
| 2 cups whole milk | 1 tsp. baking powder |
| 1/2 cup sugar | 1/2 tsp. baking soda |
| 2 large eggs | 3/4 tsp. fine sea salt |
| 1-1/2 tbsp. white vinegar | 1 cup heavy cream |
| 1 cup all-purpose flour | Maple syrup for serving |

Directions

1. Heat oven to 350°. Butter bottom and sides of a 10-inch cast iron skillet. Place skillet in the oven to heat while you make the batter.
2. Melt 2 tbsp. of butter, set aside to cool.
3. In a large bowl whisk milk, sugar, eggs, vinegar and melted butter to blend well.
4. Add flour, cornmeal, baking powder, baking soda and salt. Whisk until nearly smooth. The batter will be very thin. Set it aside to rest for about 5 minutes.
5. Remove the hot skillet from the oven and pour in the batter.
6. Pour 1 cup heavy cream directly into the center.
7. Bake 50-60 minutes until the cake is deeply golden and beginning to pull away from the sides of the pan — the cake will still jiggle a bit on top and might have a few cracks along the surface.
8. Let cool slightly before slicing into wedges, or spoon warm from the pan.
9. Either way, serve with a drizzle of maple syrup.

A CAKE WITH SPIDERS?

No, this cake is not seasoned with local spiders! A spider is another term for a cast iron skillet. Historically, spiders were raised on legs to be cooked over the hearth. The flat bottomed stove topped versions that are used today came later. This buttery, crumbly cake is as New England as it gets with a drizzle of local maple syrup.



Cranberry Nut Oatmeal Cookies

Prep 20 min.

Cook 10-12 min.

Yield Around 4 dozen

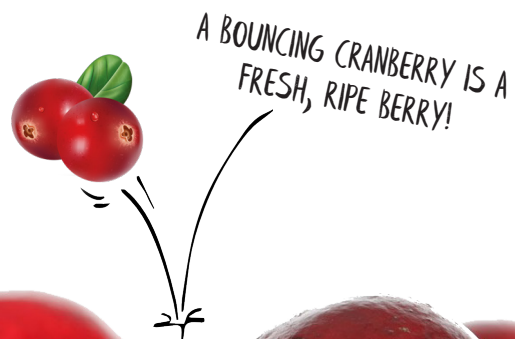
Lindsay Leboeuf and Chris Wilson of Fresh From the Vine cranberry bog shared this family recipe from Lindsay's Grandmother, Gramma B! Made with fresh or frozen local cranberries, this is a delicious and simple cookie recipe .

Ingredients

| | |
|---|------------------------------------|
| 1 cup shortening | 1-1/2 tsp. baking soda |
| 1 cup light brown sugar | 1 tsp. salt |
| 1 cup white sugar + 1/2 cup for rolling cookies | 1/2 tsp. cinnamon |
| 2 eggs, beaten | 3 cups rolled oats |
| 2 tsp. vanilla | 1 cup cranberries, fresh or frozen |
| 1-1/2 cups flour | 1 cup chopped walnuts |

Directions

1. Preheat over to 350°.
2. Cream shortening and sugars until fluffy.
3. Add beaten eggs and vanilla to butter mixture and blend.
4. In a separate bowl, sift together flour, baking soda, salt, and cinnamon.
5. Add dry ingredients and oats into butter mixture and stir until well blended.
6. Fold in cranberries and walnuts.
7. Put 1/2 cup white sugar in a dish; roll dough into walnut sized balls.
8. Roll each dough ball in the sugar and place on a parchment covered or greased baking sheet. Place dough balls 3 inches apart.
9. Bake 10-12 mins or until lightly golden.



BAYBERRY CANDLE



Bayberry Candle, *Myrica pensylvanica*

An afternoon in the kitchen

Infuse 2 + hours

Makes 8 oz. candle

This recipe from Milisa Moses at Plant Workshop uses the fallen leaves from the plant, leaving the berries for the birds. Simply gather a handful of leaves, place them in a muslin bag and crush them, releasing the plant essence. The oils in the leaves will lightly scent the beeswax and impart a pale green color. Other aromatic evergreens and plants native to your own area can also be used in this project.

Ingredients / Supplies

Heat-proof metal or glass measuring cup and large pot to fit it in

8oz. Heat-proof candle jar, canning jar, or teacup

Cotton or hemp wick

Clothespin

Scale

Thermometer

Stirring stick/wooden skewers

8oz. Beeswax

Bayberry leaves

Muslin bag or cheesecloth

Continue next page...

Bayberry Candle, *Myrica pensylvanica* (Continued)

Myrica pensylvanica, also known as Candleberry, Wax Myrtle, Northern Bayberry is a native species that has long grown across the dunes and woods of the outer Cape. Unfussy, it tolerates sun or shade, drought, or poor soil. This plant is inconspicuous in summer, but once fall arrives, the color of the leaves begins to shift. They begin to spot and darken, turning a mottled shade of burgundy before falling to the ground. Clinging to brown branches, the tiny berries stick around. Their color feigning a grey morning just before dawn, the ocean against a snow sky. Birds shelter in the understory. They feed on the berries and flutter through the leaf fall.

Directions

1. Cover workspace with newspaper or a drop cloth and use designated tools for candlemaking.
2. Weigh out 8 oz. of beeswax into the measuring cup. Place measuring cup in a pot large enough to fit it in. Fill the pot with water close to the top of the measuring cup (at least enough to cover wax) and maintain level as it evaporates.
3. Add leaves to muslin bag, tie tightly, and crush leaves. Place in measuring cup with wax. Heat wax low and slow (no hotter than 150°). Infuse for a few hours or longer.
4. Prepare jars: Add a dab of wax to the bottom of a wick first to help secure the wick to the jar. Place wick in the bottom center of candle vessel. Allow wax to cure (about 20 minutes) before next step.
5. Slip wick through the metal eye of a clothespin. Gently pull wick taut towards the end of the clothespin and secure. Stir wax thoroughly before pouring.
6. Carefully remove muslin bag, allowing excess wax to drip back into measuring cup. Stir thoroughly to ensure even temperature before pouring.
7. Take caution when working with hot beeswax. As beeswax cures in the jars, it hardens from the outside in, somewhat caving in the center. This is especially so in cooler temperatures where it cures much faster. To remedy this, leave about a half-inch of headspace when making your first pour, saving some wax for the next step.
8. Cool for 30 minutes to an hour without disturbing. Keep remaining wax over low heat.
9. Carefully poke 4 - 5 holes around the wick with a wooden skewer. Stir beeswax and make a second pour, this will fill in and level out the beeswax. Repeat if necessary to fill in cracks that occur while curing.
10. Allow to completely cool before disturbing. Remove clothespin and trim wick to 1/4", and then each time before reuse.

INDEX

| Local Product | Recipe | Page # |
|-------------------------|--|--------|
| Apple | Applesauce | 24 |
| | Tupper Farm Cranberry-Apple Sweet Potato Bake | 30 |
| Balsam | Balsam Gin Sparkler | 9 |
| Bayberry | Bayberry Candle | 51 |
| Beer | Cape Cod Beer Beach Blonde Margarita | 7 |
| | Slow Roasted Pulled Pork | 34 |
| | Oysters Jalapeño | 39 |
| Beet | Refrigerator Pickled Beets | 25 |
| | Boiled and Tossed Beets | 30 |
| Cauliflower | Mediterranean Scallops with Mashed Cauliflower | 42 |
| Chicken | Tupper Farm Cranberry Chicken | 36 |
| | All Local Lasagna | 45 |
| Coffee | Cape Cod Coffee Nitro Cocktail | 8 |
| Crab | Jonah Crab Cocktail | 17 |
| Cranberry | Tupper Farm Cranberry-Apple Sweet Potato Bake | 30 |
| | Tupper Farm Cranberry Chicken | 36 |
| | Cranberry Nut Pudding | 48 |
| | Cranberry Nut Oatmeal Cookies | 50 |
| Cranberry, sauce | Cranberry Orange Marmalade Sauce | 31 |
| Egg | Grilled Tuna Nicoise | 28 |
| | Eastham Turnip Puff Casserole | 35 |
| | Eggs in Purgatory | 37 |
| | Pan Fried Fresh Haddock | 38 |
| | Savoury Tart | 43 |
| | Cranberry Nut Pudding | 48 |
| | Spider Cake | 49 |
| | Cranberry Nut Oatmeal Cookies | 50 |
| Fish | Fish and Kale Stew / Cozido de Peixe e Couve | 22 |
| | Grilled Tuna Nicoise | 28 |
| | Pan Fried Fresh Haddock | 38 |
| Green Bean | Grilled Tuna Nicoise | 28 |
| | Beans and Greens | 34 |
| Greens, leafy | Rocket Soup | 21 |
| | Garden Vegetable Carpaccio + Sunbird Salsa Verde | 26 |
| | Grilled Tuna Nicoise | 28 |
| | Arugula and Almond Pesto | 32 |
| | Oyster Rockefeller Casserole | 40 |
| Herbs, fresh | Peach Bourbon Thyme Smash | 9 |
| | Lavender | 12 |
| | Mango Salsa | 13 |
| | Grilled Oysters Vietnamese | 16 |
| | Baked Stuffed Clams | 18 |
| | Rocket Soup | 21 |
| | Fish and Kale Stew / Cozido de Peixe e Couve | 22 |
| | Garden Vegetable Carpaccio + Sunbird Salsa Verde | 26 |
| | Cranberry Orange Marmalade Sauce | 31 |
| | Beans and Greens | 34 |
| | Simple Basil Pesto with Pasta | 34 |

| | | |
|--|--|----|
| Herbs, fresh | (Cont.) | |
| | Seared Scallops with Ptown Farmers Market Vegetables | 41 |
| | Mediterranean Scallops with Mashed Cauliflower | 42 |
| | Savoury Tart | 43 |
| Honey | Cape Cod Winery Reel Red Mulled Wine | 8 |
| | Honey Mix | 14 |
| | Applesauce | 24 |
| Hot Sauce | Howling Oysters | 15 |
| | Eggs in Purgatory | 37 |
| | Oyster Rockefeller Casserole | 40 |
| Kale | Fish and Kale Stew / Cozido de Peixe e Couve | 22 |
| Lavender | Lavender | 12 |
| Mango | Mango Salsa | 13 |
| Maple Syrup | Pig Candy with Pineapple Salsa | 19 |
| | Spider Cake | 49 |
| Mushroom | Baked Oysters with Mushrooms | 15 |
| Oyster | Baked Oysters with Mushrooms | 15 |
| | Howling Oysters | 15 |
| | Grilled Oysters Vietnamese | 16 |
| | Chatham's Original Oyster Stew | 21 |
| | Oysters Jalapeño | 39 |
| | Oyster Rockefeller Casserole | 40 |
| Peach | Peach Bourbon Thyme Smash | 9 |
| Pork | Pig Candy with Pineapple Salsa | 19 |
| | Slow Roasted Pulled Pork | 34 |
| | All Local Lasagna | 45 |
| Potato | Rocket Soup | 21 |
| | Fish and Kale Stew / Cozido de Peixe e Couve | 22 |
| | Grilled Tuna Nicoise | 28 |
| Potato, sweet | Tupper Farm Cranberry-Apple Sweet Potato Bake | 30 |
| Quahog | Baked Stuffed Clams | 18 |
| Radish | Radishes with their own Greens | 29 |
| Scallop | Seared Scallops with Ptown Farmers Market Vegetables | 41 |
| | Mediterranean Scallops with Mashed Cauliflower | 42 |
| Strawberry | Strawberry Ice | 10 |
| | Strawberry Daquiri for Parties | 10 |
| | Strawberry Spinach Salad | 24 |
| | Strawberry Bavarian Pie | 48 |
| Tomato | Mango Salsa | 13 |
| | Fish and Kale Stew / Cozido de Peixe e Couve | 22 |
| | Grilled Tuna Nicoise | 28 |
| | Patsy's Caramelized Tomatoes | 32 |
| Turnip | Eastham Turnip Puff Casserole | 35 |
| Vegetables, seasonal + assorted | Garden Vegetable Carpaccio + Sunbird Salsa Verde | 26 |
| | Seared Scallops with Ptown Farmers Market Vegetables | 41 |
| | Savoury Tart | 43 |
| | All Local Lasagna | 45 |
| Vodka | Cape Cod Coffee Nitro Cocktail | 8 |
| Wine | Cape Cod Winery Reel Red Mulled Wine | 8 |
| | Mediterranean Scallops with Mashed Cauliflower | 42 |

NOTES

Thank you to Stephanie Foster for providing images as well as the farmers, growers, shellfishermen, fishermen, chefs, farmers' market staff and artisans who provided their recipes, pictures, and stories. This cookbook is made possible with grant funding from the Massachusetts Department of Agriculture (MDAR) and in support of *Massachusetts grown...and fresher*, the state initiative to promote crops and products grown in Massachusetts. Buy Fresh Buy Local Cape Cod is a program of Cape Cod Cooperative Extension, the education department for Barnstable County Government.

RECIPES FROM CAPE COD'S FARMERS,
FISHERMEN, CHEFS AND ARTISANS
&
THE LOCAL FOOD THAT
INSPIRES THEM

