

2020 Buy Local Challenge Celebration

Recipe Book



14 MARYLAND SOURCED RECIPES



SMADC is a division of the
TRI-COUNTY COUNCIL
for SOUTHERN MARYLAND



The Southern Maryland Agricultural Development Commission (SMADC), a division of the Tri-County Council for Southern Maryland, invited Maryland chefs and home cooks to submit original recipes using predominantly Maryland grown and produced ingredients for a limited edition Buy Local Challenge Celebration recipe book.

SMADC is delighted to share 14 recipes that exemplify the bounty of the season.

The 2020 Buy Local Challenge Recipe Book includes only voluntary listings and is not intended to be an endorsement of any particular farm, service, or business. The BLC Recipe Book is sponsored in part by Maryland Department of Agriculture and MARBIDCO,

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smadc.com

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First Edition, First Printing

WHERE TO FIND...

APPETIZERS

Pub Cheese Dip.....	6
Fried Green Tomatoes with a Summer Salad.....	8
Grilled Corn Salsa.....	11
Chargrilled Flat Bread with Green Pea Pesto.....	12

MAIN DISHES

Lemon & Herb Chicken.....	15
Sweet Potato Hash.....	16
MD Crab Imperial	19
Honey Glazed Farm Ham.....	20
Boeuf Bourguignon.....	22
Chicken Caprese.....	24
Samosa Pie.....	26

SIDE DISHES

Succotash.....	29
Thai Toasted Sesame Tomato and Cucumber Salad	30

DRINKS

Black Ryed Susan.....	32
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BUYING LOCAL

THE IMPORTANCE OF 'BUYING LOCAL' TO CONSUMERS, THE ECONOMY, AND THE ENVIRONMENT IS FUNDAMENTAL TO SMADC'S MISSION TO SUPPORT FARMS AND FUTURE OF AGRICULTURE.

THE BUY LOCAL CHALLENGE WAS CREATED IN 2007 BY THE SOUTHERN MARYLAND AGRICULTURAL DEVELOPMENT COMMISSION (SMADC) AS A REGIONAL PROMOTION FOR SOUTHERN MARYLAND AND IS NOW PROMOTED STATEWIDE IN PARTNERSHIP WITH MARYLAND DEPARTMENT OF AGRICULTURE. THE PROMOTION IS DESIGNED TO ENCOURAGE CONSUMERS TO TRY LOCAL FOODS, AND TO COMMIT TO BUYING LOCAL BY INVITING THEM TO TAKE AN INFORMAL PLEDGE TO ENJOY ONE MARYLAND GROWN PRODUCT EVERY DAY DURING BUY LOCAL WEEK, ALWAYS THE LAST FULL WEEK OF JULY.

THIS YEAR WE ARE CELEBRATING **BUY LOCAL WEEK** WITH A SPECIAL EDITION RECIPE BOOK FEATURING LOCALLY SOURCED RECIPES SUBMITTED BY CHEFS AND HOME COOKS FROM AROUND THE STATE. ENJOY THE RECIPES AND SHOW YOUR LOVE BY TAKING THE PLEDGE TO BUY LOCAL DURING **BLC WEEK** WEEK AND BEYOND!

PUB CHEESE DIP

AMANDA HEILMAN, CECIL COUNTY



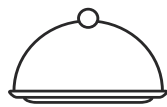
4-6 PEOPLE



BLEND



25 MINUTES



APPETIZER

DIRECTIONS

Whisk the beer for 5 to 10 minutes to remove the bubbles. Let sit for 5 minutes before using.

In a food processor, combine cheeses and garlic cloves. Pulse until mixed and coarse.

Add Worcestershire sauce, mustard, hot sauce. Salt and pepper to taste. Mix in processor until combined.

While the processor is running, slowly pour in flat beer until the mixture is smooth, and has a whipped-like consistency (about 5 minutes).

Scoop mixture into a bowl and top with chives. Serve with pita chips, pretzels, or crackers.

INGREDIENTS

- 6 oz brown ale at room temperature
- 8 oz cheddar cheese, freshly grated
- 8 oz horseradish cheddar cheese, freshly grated
- 1 garlic cloves, minced
- 2 tablespoons Worcestershire sauce
- 1 teaspoon ground mustard
- 1 teaspoon hot sauce
- 2 teaspoons chives, chopped





FRIED GREEN TOMATOES WITH A SUMMER CORN CUCUMBER WATERMELON SALAD

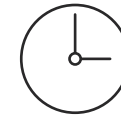
● — LUKE PARVIS, BALTIMORE CITY — ●



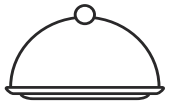
8 PEOPLE



STOVETOP



40 MINUTES



APPETIZER

DIRECTIONS

Place flour and cornmeal on separate plates. Add a pinch of salt and pepper to both, mix. Put buttermilk in bowl.

Coat tomato in flour mix. Dip in buttermilk. Coat again in cornmeal. Pour approximately 1/2 inch oil into skillet.

Over medium heat, fry tomatoes in pan until one side is golden brown. Flip and fry on other side. Drain on paper towels.

Shuck corn and put on hot grill, rotating until slightly charred. Cut corn off cob.

In separate bowl mix corn, watermelon, cucumber, mint, basil, olive oil, and lemon juice. Salt and pepper to taste.

Arrange fried green tomatoes on a plate layering them and top with summer salad.

INGREDIENTS

4 large green tomatoes, sliced 1/2 inch thick

2 cups buttermilk

1 cup flour

1 cup corn meal

1 quart vegetable oil for frying

1 teaspoon lemon juice

1 tablespoon olive oil

1 tablespoon basil, julienned

1 tablespoon mint, julienned

1/2 cup watermelon, diced

1/4 cup cucumber, diced

1/4 cup corn

July Farmers Market Shopping List

Use this list as a blueprint for weekly meal planning & bring it with you when you shop the farmers market. Newly in season foods are in red.

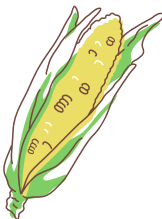


FRUITS

- o Apples
- o Apricots
- o Blackberries
- o Blueberries
- o Cherries
- o Currants
- o Gooseberries
- o Nectarines
- o Melons
- o Peaches
- o Plums
- o Raspberries
- o Strawberries
- o Watermelons

VEGETABLES

- o Beets
- o Broccoli
- o Cabbage
- o Carrots
- o Chard
- o Cauliflower
- o Collards
- o Corn



VEGETABLES Cont.

- o Cucumbers
- o Eggplant
- o Fennel
- o Garlic
- o Green beans
- o Ground cherries
- o Herbs
- o Kale
- o Kohlrabi
- o Leeks
- o Lettuces
- o Microgreens
- o Mushrooms
- o Okra
- o Onions
- o Peppers
- o Potatoes
- o Scallions
- o Shallots
- o Shelling beans
- o Sprouts
- o Sugar & snap peas
- o Summer squash
- o Tomatillos
- o Tomatoes

MEAT & DAIRY

- o Bacon
- o Beef
- o Butter
- o Cheese
- o Chicken
- o Eggs
- o Lamb
- o Pork
- o Sausage
- o Seafood
- o Yogurt

SUNDRIES etc.

- o Baked goods
- o Beer
- o Coffee & tea
- o Cut Flowers
- o Flour
- o Honey
- o Jams & jellies
- o Kombucha
- o Pasta & sauces
- o Pickles & krauts
- o Popping corn
- o Soap & skincare
- o Wine & spirits

GRILLED CORN SALSA

SHAUNA BERE, CARROLL COUNTY



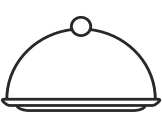
4 PEOPLE



GRILL



30 MINUTES



APPETIZER

INGREDIENTS

- 2 ears corn, in husk
- 1 small red onion, diced
- 2 tomatoes, diced
- 1 large jalapeño pepper, seeded and finely chopped
- 1 medium lime, juiced
- 1/3 cup fresh cilantro, chopped

DIRECTIONS

Grill corn in husks until charred. Remove the husk and silk. Return corn to the grill, rolling to heat all sides until kernels are lightly charred, (approximately 2-3 minutes).

Remove corn from the grill, cool slightly. Using a sharp knife or corn stripper cut off the corn kernels.

Combine all ingredients, mix well. Add salt and pepper to taste. Adjust seasonings as needed, adding more salt, pepper or lime juice for added flavor.

Serve fresh.



Find us on Instagram & Facebook
@MarylandBLC

CHARGRILLED FLAT BREAD WITH GREEN PEA PESTO

● **LUIS HERRERA. BATIMORE COUNTY** ●



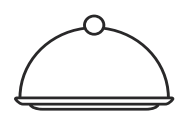
4 PEOPLE



GRILL



40 MINUTES



APPETIZER

INGREDIENTS

GREEN PEA PESTO

- 1** cup blanched peas
- 1/4** cup olive oil
- 1** garlic clove, roasted
- 1/4** teaspoon kosher salt
- 1/4** cup parmesan cheese

POMEGRANATE BALSAMIC GLAZE

- 1** cup balsamic vinegar
- 1 1/2** cups pomegranate juice
- 1/4** cup brown sugar

FLAT BREAD

- 1** flat bread
- 8** oz sheep's cheese, sliced
- 4** oz pea pesto
- 1** yellow pepper, sliced in strips
- 4** purple tomatoes, sliced
- 4** oz baby arugula
- 4** oz pomegranate balsamic glaze



DIRECTIONS

Pea Pesto:

Using an immersion blender, pulse all ingredients until paste texture is achieved.

Pomegranate Glaze:

In a sauce pan, mix glaze ingredients together. Let simmer until reduced by half. On a low heat, continue cooking for 20 minutes until glaze coats back of spoon. Set aside and let cool down (preferably overnight).

For the Flat Bread:

Pre-heat grill to 300°.

Lightly brush flat bread with olive oil and char on the grill. Remove from heat. Spread pea pesto over bread. Layer with sliced tomatoes and top with cheese. Heat grill to a 100°.

Place bread on the grill rack and let the cheese melt, approximately 3 to 5 minutes. Place on serving platter.

In a bowl mix arugula, yellow peppers, and balsamic glaze. Toss to coat and top the flat bread with the salad.

Cut & serve.

LEMON & HERB CHICKEN

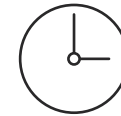
JACQUELINE NORRIS JOHNSTON, ST. MARY'S COUNTY



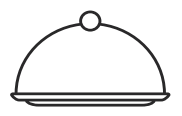
3-4 PEOPLE



OVEN



65 MINUTES



MAIN

DIRECTIONS

Heat oven to 375°.

Mix olive oil, chopped herbs, salt, pepper, and butter. Set aside.

In a heavy skillet, add olive oil with half the onion and 3 lemon slices. Remove from heat. Season with salt and pepper to taste. Place split chicken cavity-side down in skillet. Press herb butter under the skin with 2 slices of lemon. Spread remaining herb butter over breasts, legs, and thighs. Top with remaining onion and lemon.

Cover with foil. Cook until internal temp reaches 165°.

INGREDIENTS

- 1 whole chicken, split open along back bone, flatten
- 1 large onion
- 1 lemon, zested and sliced
- 1/4 cup softened butter
- 1 tablespoon fresh rosemary
- 1 tablespoon fresh thyme
- 1 tablespoon fresh oregano
- 1 tablespoon olive oil





SWEET POTATO HASH

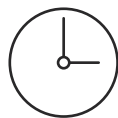
REBECCA STUMP, CALVERT COUNTY



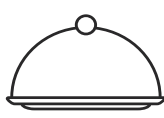
3-4 PEOPLE



OVEN



65 MINUTES



MAIN

DIRECTIONS

Brown Chorizo in a large skillet and set aside. In a separate pan, saute onion, sweet potato, and seasonings in olive oil until vegetables start to brown, about 10 minutes.

Combine Chorizo and veggies. Cook until heated through.

INGREDIENTS

- 1 lb ground pork chorizo
 - 2 medium onions
 - 2 lbs sweet potatoes
 - 2 tablespoons olive oil
 - 2 tablespoons brown sugar
 - 1 teaspoon paprika
 - 1/4 teaspoon cayenne pepper
 - 1 teaspoon chili powder
 - 1/4 teaspoon cinnamon
- Add favorite smoky rub to taste



MD CRAB IMPERIAL

ELLYNNE DAVIS, ST. MARY'S COUNTY



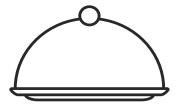
4 PEOPLE



OVEN



60 MINUTES



MAIN

DIRECTIONS

Heat oven to 350°.

Mix together crab, chopped red and green peppers, onion, garlic, egg, and mayonnaise.

Add hot sauce, dry mustard, wine, and crab seasoning; stir gently. Spray 10-inch baking dish with cooking spray.

Spoon crab mixture into dish. Arrange strips of red and green pepper and tomato over the crab in a decorative pattern. Place butter, lemon juice, and paprika on top of dish. Bake for 30 minutes.

Remove dish from oven. Top with feta and additional seasonings if desired. Return to oven for 5 minutes, or until the crab is golden and bubbly.

Garnish with basil and sliced lemons.

INGREDIENTS

- 1 lb Maryland lump crab
- 1 green bell pepper: 3 tbsp chopped, remainder thinly sliced
- 1 red bell pepper: 3 tbsp chopped, remainder thinly sliced
- 1 small white onion, finely chopped
- 1 garlic clove, minced
- 1 egg, beaten
- 1 cup mayonnaise
- 1/4 cup white wine
- 1 teaspoon dry mustard
- 1 teaspoon crab seasoning
- 3 dashes hot sauce (or to taste)

FOR TOPPING

- 3 tablespoons butter, cut in small pieces
- 2 tablespoons fresh lemon juice
- 1 teaspoon paprika
- 1 large tomato, seeds and juice removed
- 6 oz feta cheese, crumbled

HONEY GLAZED FARM HAM

— ● —

RITTER FARM, CARROLL COUNTY



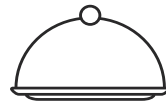
9-12 PEOPLE



OVEN



2 HOURS



MAIN

DIRECTIONS

Preheat oven to 325°.

Keep the skin on and place the largest part of the ham bone down into a shallow cooking pan. Cook in 20 minutes per pound. Remove from oven. Reserve drippings. With a sharp knife, cut the skin off of the ham and scrape remaining fat. Lay ham on its side, bone parallel with the pan. Secure with a large fork and slice 1 inch deep lines across the ham at a 45° angle. Repeat in the other direction to create a diamond pattern on the ham.

Mix brown sugar, honey, and drippings in a medium bowl. Coat the ham with the glaze and rub into the spaces created when slicing into ham.

Return to oven for 20 to 25 minutes. Let rest for 15 to 20 minutes. Slice and serve.

INGREDIENTS

1 medium pasture raised bone-in ham

1/4 cup brown sugar

1/3 cup local honey





BOEUF BOURGUIGNON

YVES PELLETIER, MONTGOMERY COUNTY



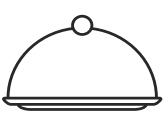
6-8 PEOPLE



OVEN



3-4 HOURS



MAIN

DIRECTIONS

Preheat oven to 450°.

To crisp salt pork, simmer slices in water for 10 minutes. Drain, pat dry, and set aside. In a large Dutch oven, heat 1 oz olive oil. Add pork pieces and cook until lightly browned and crispy. Remove and set aside. Using the Dutch oven, brown the beef in small batches. Remove and set aside. Cook onion and carrots until soft. Return salt pork and beef to the Dutch oven, add flour. Salt and pepper to taste. Place pot in oven for 4 minutes. Remove, stir and return to oven for 4 minutes. (total 8 minutes). Remove from oven and reduce the heat to 325°. Add wine and enough beef stock to cover meat. Stir in tomato paste and garlic. Add bouquet garni.

On stovetop bring mixture to a simmer. Cover and return to oven. Cook for approximately 3-4 hours, or until the meat is tender.

While in oven:

On medium heat, in skillet saute the pearl onions in 1 tablespoon olive oil and 2 tablespoons butter until browned. Add 1/2 cup beef stock, remaining thyme and parsley. Salt and pepper to taste. Simmer for about 40 minutes until liquid has mostly evaporated. Remove onions and set aside.

Using the skillet, over high heat, cook mushrooms in remaining butter until slightly browned. Add onions and mushrooms to the Dutch oven and remove bouquet garni.

Serve over buttered noodles or vegetable of choice.

Serving suggestion - best if refrigerated and reheated gently the next day.

INGREDIENTS

3 lbs beef (chuck, rump, brisket, or stew meat), cut into 2 inch pieces

8 oz salt pork, cut into 1/2 inch pieces

1 large onion, diced

3 medium carrots, sliced

3 garlic cloves, finely minced

1 lb pearl onions

1 lb white button mushrooms

4 tablespoons olive oil

4 tablespoons unsalted butter

2 tablespoons tomato paste

2 tablespoons all purpose flour

3 cups Chambourcin red wine

3-4 cups beef stock

2 sprigs fresh parsley

1 sprig fresh thyme

BOUQUET GARNI - TIE TOGETHER 3 SPRIGS EACH OF FRESH THYME, BAY LEAVES, AND FRESH PARSLEY

CHICKEN CAPRESE

ARNOLD DION, BALTIMORE CITY



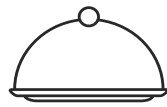
4 PEOPLE



OVEN



30 MINUTES



MAIN

DIRECTIONS

Preheat oven to 375°.

Drizzle olive oil on chicken breasts. Salt and pepper to taste. Place chicken evenly on nonstick sheet pan and cook in oven for 6-7 minutes, or until $\frac{3}{4}$ done. Top each chicken breast with a slice of mozzarella and return to oven for an additional 4 minutes or until chicken is cooked to 165°. Remove from oven and place chicken breasts on a plate. Top each breast with 1 slice of tomato and basil. Salt and pepper to taste. Drizzle with balsamic glaze and serve.

INGREDIENTS

- 4 lbs boneless skinless chicken breasts
- 1 tablespoon olive oil
- 4 1- oz slices of fresh mozzarella cheese
- 1-2 tomatoes, cut in thick slices
- $\frac{1}{4}$ cup basil, chiffonade
- $\frac{1}{4}$ cup balsamic glaze



SAMOSA PIE

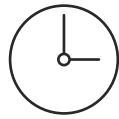
SARAH CAMPBELL, ANNE ARUNDEL COUNTY



6 PEOPLE



OVEN



70 MINUTES



MAIN

DIRECTIONS

Preheat oven to 400°.

Heat butter or ghee in a large skillet. Add onion and cook until golden. Add the garlic and cook for about 2 minutes.

Add the lamb and dry spices. Cook until brown. Add potatoes and broth (make sure broth covers the bottom of the pan to prevent sticking). Cover and cook until the potatoes are tender. Stir occasionally. Add more broth or a little water if the mixture starts to stick.

When the potatoes are tender, gently mash in the pan with a hand held masher, wooden spoon, or fork. Leave some larger pieces. Stir in peas and cilantro. Taste and adjust seasonings as needed. Transfer the mixture to a 8x10 baking dish, spreading evenly.

Roll out puff pastry and cover dish. Press down edges. Use a fork or knife to make steam vents.

Bake for 20-25 minutes or until crust is golden brown. While baking, mix the yogurt sauce ingredients and let sit.

Serve the pie with dollpos of yogurt sauce.



INGREDIENTS

- 1 lb ground lamb
- 3 tablespoons butter or ghee
- 1 yellow onion, diced
- 3 garlic cloves, minced
- 3 tablespoons curry powder
- 1 teaspoon turmeric
- 1 teaspoon garam masala
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 lbs potatoes, peeled and chopped
- 1 cup stock of choice
- 1 cup fresh or frozen peas
- 1/2 cup cilantro, chopped
- 1 sheet of puff pastry

YOGURT SAUCE

- 1 cup plain whole milk yogurt
- 1 tablespoon lemon juice
- 1-2 tablespoons chopped cilantro
- 1/4 cup cucumber, grated and peeled
- 1 tablespoon amchoor powder



SUCCOTASH

CRAIG SEWELL, ANNE ARUNDEL COUNTY



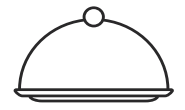
4-6 PEOPLE



STOVETOP



45 MINUTES



SIDE

DIRECTIONS

Cook bacon in a large skillet over moderate heat until almost crisp.

Add onion to skillet and cook over moderate heat, stirring, until softened. Add garlic and cook, stirring, about 1 minute. Stir in corn, jalapeño, lima beans, okra, and tomatoes. Cook, stirring, until vegetables are tender, about 4 minutes.

Add vinegar, basil, and salt and pepper to taste. Use vinegar sparingly (you can always add, you can never take away.)

INGREDIENTS

- 1/4** lb local smoked sliced bacon
- 1** small onion, chopped
- 2** garlic cloves, minced
- 4** ears corn, kernels cut off, cob scraped
- 1** large fresh jalapeño chile, seeded and finely chopped
- 1** lb baby lima beans
- 1/2** lb okra, cut into 1/3 inch thick slices
- 3/4** lb cherry tomatoes, halved
- 2** tablespoons cider vinegar, to taste
- 1/4** cup basil, chiffonade

THAI TOASTED SESAME TOMATO AND CUCUMBER SALAD

JONATHAN SHANBARGER, CARROLL COUNTY



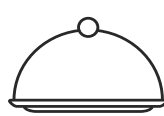
4 PERSON



OVEN



40 MINUTES



SALAD

INGREDIENTS

- 1 1/2 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 2 1/2 teaspoons olive oil
- 2 teaspoons raw sugar
- 1 tablespoon sesame seeds
- 1 lb tomatoes, cut lengthwise and sliced thinly
- 3/4 cup cucumbers, cut lengthwise and sliced thinly
- 2 jalapeños, cut lengthwise and sliced thinly
- 1 bunch green onions, sliced
- 1/4 cup Thai basil, chiffonade

DIRECTIONS

In a bowl, whisk together soy, vinegar, oil, and sugar. Toast sesame seeds in oven at 350°, until lightly browned.

Arrange tomatoes, chilies, cucumber on a platter alternating colors and items. Drizzle with soy and vinegar mixture.

Garnish with sesame seeds, Thai basil, and green onion. Season with salt and pepper to taste.

Chill for 1 hour and serve.



MARBIDCO: A Go-To Source For Agri-Business Financing Assistance!

The Maryland Agricultural and Resource-Based Industry Development Corporation (MARBIDCO) partners with commercial lenders and farm credit associations to offer low-interest loans to young and beginning farmers and other food/feed/fiber-producing businesses looking to expand or diversify their operations. MARBIDCO also provides affordable financing for shellfish aquaculture (oyster farms), commercial seafood and forestry projects, vineyard/orchard/hopyard planting and farm energy efficiency projects. Partnering with various public and private entities, we also offer targeted grants for certain business activities.

One of these great partners is SMADC, which we have partnered with to offer the Southern Maryland Agriculture Revolving Loan Fund, as well as the Agricultural Equity Incentive Matching Fund designed to help incentivize MARBIDCO loan requests from farmers in Southern Maryland to help them meet certain bank down-payment (equity) requirements. Loans ranging up to \$20,000, and matching equity grants up to 5% in other MARBIDCO loan programs, are currently available.

And coming soon: The Next Generation Farmland Acquisition Program. Watch for the details.

For more information please visit the MARBIDCO website at: www.marbidco.org, or call 410-267-6807.



Helping to Finance Maryland's Food and Fiber Future.

BLACK RYED SUSAN

CHAD FERGUSON, CARROLL COUNTY



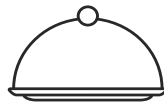
1 PERSON



SHAKER



10 MINUTES



DRINK

DIRECTIONS

Combine all ingredients into shaker tin with ice and shake until ingredients are cold. Strain into a tall glass and garnish with orange slice and cherry.

INGREDIENTS

- 1 oz rye whisky
- 1 oz rum
- 1/2 oz peach schnapps
- 2 oz pineapple juice
- 1 oz orange juice
- 1/2 oz fresh lemon juice
- 1/2 oz fresh lime juice



RECIPES INCLUDE FAVORITE CHEF AND HOME COOK'S INGREDIENTS FROM LOCAL FARMS. FIND THEM LISTED BELOW. MANY INGREDIENTS CAN BE FOUND AT LOCAL FARM STANDS, FARMERS' MARKETS, AND CRAFT BEVERAGE PRODUCERS.

BLACK RYED SUSAN

MISCellaneous Distillery: Gertrude's 100% Rye Whisky and Risky Rum
www.miscdistillery.com

BOEUF BOURGUIGNON

804 Cattle Company: Beef
www.804cattle.com
Janemark: Chambourcin
www.janemarkwinery.com

CHARGRILLED FLAT BREAD WITH GREEN PEA PESTO

David's Naturals: Tomatoes and Yellow Pepper
www.davidsnaturalmarket.com
Masala Bazaar: Flatbread
www.masalabazaar.net

CHICKEN CAPRESE

Huber's Farm: Green Tomatoes, Cucumbers, Corn, and Basil
See Farm Facebook Page

FRIED GREEN TOMATOES WITH A SUMMER SALAD

Huber's Farm: Green Tomatoes, Cucumbers, Corn, and Basil
See Farm Facebook Page
Richardson Farms: Mint and Watermelon
www.richardsonfarms.net

HONEY GLAZED FARM HAM

Ritter Farm: Bone-in Ham
www.ritterfamilyfarm.com

LEMON & HERB ROASTED CHICKEN

Swamp Fox Farm: Whole Chicken
See Farm Facebook Page
Sassafras Creek Farm: Onions
www.sassafrascreekfarm.com

MARYLAND CRAB IMPERIAL

Zimmerman's Greenhouse: Tomatoes
www.visitstmarysmd.com/directory/zimmermans-greenhouse-and-produce/

PERFECT GRILLED CORN SALSA

Baughers Orchard Market: Corn, Onion, Tomatoes, and Peppers
www.baughers.com

PUB CHEESE DIP

Chesapeake Gold Farms: Horseradish Cheddar and Cheddar
www.chesapeakegoldfarms.com

SAMOSA PIE

New Roots Farm: Ground Lamb
www.newroots.farm
Floating Lotus Farmstead: Potatoes and Herbs
www.floatinglotusfarmstead.com
Nice Farms Creamery: Plain Yogurt
www.nicefarmsmd.com

SWEET POTATO HASH

Liberty Delight: Ground Pork Chorizo
www.libertydelightfarms.com
Next Step Produce: Sweet Potatoes
www.nextstepproduce.com
Chesapeake's Bounty: Onions
www.chesapeakesbounty.com

THAI TOASTED SESAME TOMATO AND CUCUMBER SALAD

Baughers Fruit Market: Tomatoes and Cucumbers
www.baughers.com



SUPPORTING FARMS AND THE FUTURE OF AGRICULTURE

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