

News Column – Donna Krug, District Director and Family & Consumer Science Agent, Cottonwood Extension District

I had hoped to share some fun recipe sampling at the Farmer’s Market in Great Bend, but since our face-to-face contacts are restricted, we’ll postpone those visits until later in the summer. Since the start of summer is just around the corner and warmer temperatures are here to stay, you may be looking for some recipes that are healthy but won’t heat up the kitchen. My “go to” cookbook to utilize summer produce is the Rolling Prairie Cookbook authored by Nancy O’Connor. The book, divided into three categories: fruits, herbs and vegetables includes over 130 recipes celebrating fresh produce. I have visited with the author and received permission to include several recipes in the fact sheet I wrote titled, “Simple Seasonal Meals”.

Every fruit or vegetable grown in the home garden reaches its peak at a certain time. Harvesting and eating produce at its peak provides many benefits. The color, flavor, texture, and nutritional value increase as produce ripens. Another reason to eat seasonally is that it costs less to produce during the normal growing seasons.

I had fun putting this fact sheet together. I included several great resources that encourage families to plant a garden, join a CSA (community supported agriculture) or visit the farmer’s market. The last page of the fact sheet shares a copy of the Harvest Calendar for Kansas which is also available at: <http://growinglawrence.org/harvestcalendar.html>

I want to share a couple of recipes from the “Rolling Prairie Cookbook” that you may want to try when the locally grown cantaloupe finds its way to farmer’s market.

Sweet Melon Salsa

1 ½ cups finely chopped cantaloupe	1 shallot, minced
½ large green pepper, finely chopped	1 tablespoon minced fresh cilantro
1 or 2 hot peppers, seeded, and finely chopped	Juice of 1 lime (approximately 3 Tbsp.
1 teaspoon honey or brown sugar	¼ teaspoon salt

Combine all ingredients. Refrigerate for at least 30 minutes to allow flavors to blend. Yield: 2 cups.

Nutritional information per 2 tablespoons: 10 calories; 0 g. protein; <1g total fat (0 g. saturated fat); 2g. carbohydrates; 35 mg. sodium.

Frosty Cantaloupe Smoothie

2 cups cantaloupe chunks	1 cup orange juice
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2 tablespoons sugar or honey

8 ice cubes

Place all ingredients in a blender and whirl until well blended. Pour into large frosty mugs.
Serves 2. Nutritional information per serving: 157 calories; 2 g. protein; <1g total fat (0 g. saturated fat); 36 g. carbohydrates; 15 mg. sodium.

Remember, by choosing fruits and vegetables in season you get all of the benefits – food that tastes good, is good for you, and is reasonably priced.

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