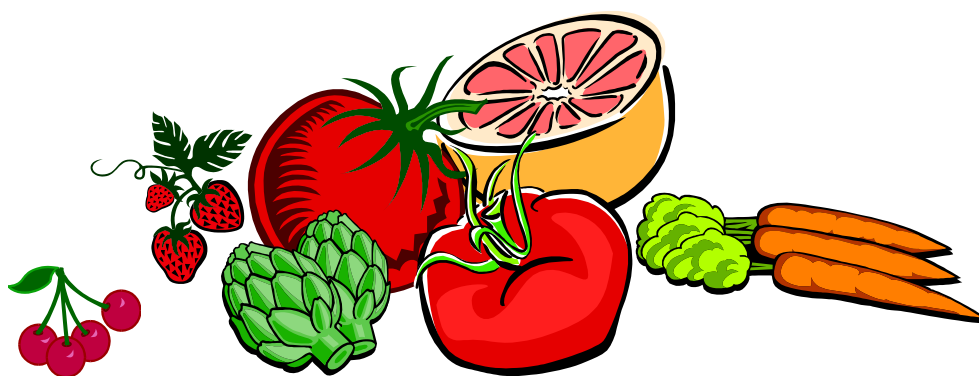


Friday Fresh Farmers' Market Recipes

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From Dr. Preston Maring's Farmers' Market Update & Recipe of the Week Newsletters Volume 1

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6/13/03

At this week's Friday Fresh market, look for an additional vendor; Kashiwase Farms is expected to join us. They may be offering Flavor Rosa pluots, Flavorella plumcots, Spring Snow peaches and Earliglo nectarines. It sounds like they have been collaborating with our renowned Genetics service.

The above are for dessert. For an appetizer, try "bruschetta."

Bruschetta

Chop a basket of cherry tomatoes. Add minced garlic, parsley, basil, a few capers, red onion or shallot, salt, pepper and olive oil. Serve on toasted, broiled, or grilled slices of country bread which has been drizzled with olive oil and rubbed with garlic. Goat cheese or mozzarella are optional. Enjoy with your favorite beverage.

6/20/03

Try Market Soup. Most of the ingredients are available at Friday Fresh.

Market Soup

In a soup pot, sauté two chopped spring onions in a little olive oil until soft. Add 3 to 4 cups of chicken or vegetable stock and bring to a boil. Add chopped potatoes, carrots, broccoli and whatever else looks good. Add 1 tsp dried thyme and oregano or more if using fresh herbs. Add a bay leaf. Simmer for 15 to 20 minutes until the vegetables are tender. Season with salt and pepper. Discard the bay leaf. Purée some, all or none of the soup.

7/11/03

The Friday Fresh Farmer's Market returns tomorrow. Cantaloupes and "goldilocks" cherry tomatoes will be available from the Johnston Family Farm.

Try *pasta puttanesca*.

Pasta Puttanesca

In some olive oil, sauté chopped garlic. Add about a lb of chopped tomatoes including the juice, Kalamata olives, capers, chopped parsley, crushed chilis, and a little wine. Simmer, season to taste with salt and pepper. Serve over your favorite pasta.

For the origin of puttanesca, check Google.com.

8/22/03

Working with the Pacific Coast Farmers' Market Association, San Francisco Kaiser Permanente will open a market on Friday, August 22.

As peaches from the Lone Oak Farm and Kashiwase Farm are in peak season, try this salsa.

Peach & Cucumber Salsa

Makes about 3 cups

It's hard to believe that this sweet, crunchy and smoky salsa has only 6 calories per serving.

- 2 cups peaches (about 1-1/2 lbs), diced, peeled and pitted
- 1 cup diced, unpeeled English hothouse cucumber
- 3/4 cup diced red bell pepper
- 1/3 cup chopped fresh cilantro
- 2 Tbsp fresh lime juice
- 2 Tbsp apricot preserves
- 1 tsp chopped canned chipotle chilis*

Mix all ingredients in medium bowl. Season the salsa to taste with salt and pepper. This recipe can be prepared 2 hours ahead. Cover and refrigerate. Stir to blend before serving.

*Chipotle chilis canned in a spicy tomato sauce, sometimes called adobo, are available at Latin American markets, specialty foods stores and some supermarkets.

9/5/03

Barbara Jean Beatty of our concierge service gave me this recipe using ingredients mostly available at our market. It is, simply put, the best salsa I have ever had or made ... it takes some chop, grate and dice time.

Marinated Salmon with Watermelon-Sesame Salsa

Marinate salmon fillets for 20 to 30 minutes in two cups puréed watermelon, 3 oz (3 to 4 inch long piece) grated fresh ginger, 1 cup sake, 1 Tbsp soy sauce, 1 Tbsp rice wine vinegar, 1 tsp crushed red pepper flakes and 1 tsp salt.

For the salsa: 1 cup diced and seeded watermelon, about 1/4 cup diced red onion, 1/2 cucumber diced, 1 Tbsp toasted (dark) sesame oil, 1/2 cup rice wine vinegar, 1 tsp red pepper flakes, 3 to 4 leaves of fresh mint chopped, 1/4 bunch of cilantro chopped, 2 tsp sugar and 1/2 cup extra virgin olive oil. Mix and adjust seasoning and sesame oil to taste.

Grill the salmon fillets or roast in a preheated olive oiled baking dish at 350° for 15 to 20 minutes. Arrange the fillets on a bed of mixed lettuces, garnish with cherry tomatoes. Top the salmon and the lettuces with salsa.

Serves four.

9/12/03

Try this recipe using red new potatoes from the Happy Boys Farm.

New Red Potatoes

Boil the potatoes whole with skin on until almost tender.

Smash them a little with the palm of your hand when cooled.

Drizzle them with 1 Tbsp lemon juice, 4 Tbsp olive oil and minced garlic whisked together.

Salt and pepper to taste, then grill them until you get those parallel brown lines.

These are really good.

9/19/03

The stone fruits from Kashiwase Farms and the Lone Oak Ranch are coming to the end of their season. We have started discussions with the Pacific Coast Farmer's Market Association about what may be offered at our market in the next season, particularly if we stay open year round.

This week's recipe actually has a little protein and fat in it. The vegetables are all in season at the market.

Bell Pepper Pizza

Preheat the oven to 500° using a pizza stone, a cookie sheet or a pizza pan. Terracotta tiles work just as well. Either make a 12" to 14" crust (Chez Panisse adds 2 Tbsp of rye flour to the dough) or buy a prepared crust.

Thinly slice three bell peppers of different colors. Mix with 1/2 sliced red onion, 1/4 cup parsley leaves chopped, 1/4 cup basil leaves chopped. 2 Tbsp olive oil and 1 tsp of red wine vinegar. Season with salt and pepper.

Mince 1 clove of garlic and add to 1 Tbsp olive oil.

Spread the olive oil with garlic over the crust. Add 2 oz coarsely grated mozzarella. Top with the bell pepper mixture. Bake for 4 to 6 minutes or until crust is just beginning to brown.

9/26/03

I am told that pomegranates will be in the market tomorrow. This recipe has 123 calories, less than 1 gm of fat, and for those counting, 31 gm of carbohydrates per serving.

Pear & Pomegranate Salad

Slit one pomegranate into pieces and extract the seeds.

Halve and core 6 green-skinned pears. Cut into bite size pieces.

Mix the pears with 3 Tbsp lime juice. Toss with 2 Tbsp chopped fresh tarragon and the pomegranate seeds.

Thanks to all of you for your support of the market. The growers appreciate your business and like coming to our medical center.

10/10/03

For those watching their carbohydrate load, I recommend this chicken dish. It goes best with steamed rice and a very cold beverage but stands alone if your diet requires it.

Chicken with Sweet Basil

In 2 Tbsp of canola oil, sauté briefly 2 large minced garlic cloves and 1/4 tsp crushed red chilis. Add 1 lb sliced chicken breast and one large diced jalapeno from the Johnston Family Farm. Sauté over medium-high heat until the chicken is no longer pink. Add 3 Tbsp fish sauce (found in Asian food section at most grocery stores — I have to admit it doesn't smell great when it cooks, but tastes great later.) Sauté about 2 more minutes. Sweep in a small handful of fresh basil from the Happy Boys Farm. Serve with or without rice.

10/17/03

Celebrate the fall market by making Provençal Ratatouille. This particular recipe for ratatouille is one of my favorite almost-vegetarian dishes that can be part of any diet. This one takes maybe 20 to 30 minutes of active prep time and close to an hour cooking time.

Provençal Ratatouille

The list: basil, olive oil, garlic, eggplant, zucchini, leeks, tomatoes, olives, anchovies, salt and pepper.

First make some pesto:

Blend 4 garlic cloves minced, 2 cups basil leaves, 1/3 cup olive oil, 1/2 tsp salt, and 1/2 tsp pepper in a food processor. Add parmesan if you wish. As only 6 Tbsp is needed for the ratatouille, the rest can be used for pasta or frozen.

Preheat the oven to 350°. Cut one eggplant (about 1 lb) into 1" cubes. Sprinkle with 1 tsp salt in a colander. After one hour, rinse and pat dry. Cut 2 leeks into 1" pieces, including some of the green stalk, after slicing lengthwise and rinsing. Mince 3 cloves of garlic. Cut 2 zucchini (about 1 lb) into 1" pieces. Heat 2 Tbsp olive oil in a large sauté pan. Cook the leeks 5 minutes. Add zucchini and garlic and cook 3 more minutes. Dice 3 tomatoes. Stir in the tomatoes, 1/2 cup Niçoise or Kalamata olives, 6 Tbsp basil pesto, 6 anchovy fillets, reserved eggplant pieces and pepper to taste.

Transfer to an ovenproof casserole, cover, bake for 20 minutes, stir, and bake another 25 minutes.

10/24/03

Many have asked me if the market will stay open over the winter. Because of your ongoing support for the market, the growers are very likely to be here throughout the winter with a more limited seasonal selection. The flower vendor already considers this one of his best markets. Vital Vittles Bakery plans to be here also.

Before the barbecues are stored for the winter, consider this alternative if you aren't eating only fiber, protein and fat.

Grilled Portobello Mushrooms with Vegetables

From our market:

- 2 large bell peppers
- 2 yellow squash
- 1 large ripe heirloom tomato
- Fresh basil
- Buns (whole grain, of course)

From elsewhere:

- 4 portobello mushrooms
- Fresh rosemary
- Shallots
- Goat cheese

Make a marinade of 1/2 cup olive oil, 1 Tbsp chopped fresh rosemary, 1 Tbsp finely chopped shallot, 1/2 tsp kosher salt and 1/4 tsp freshly ground pepper in a large Ziplock bag. Halve and seed the peppers, then flatten them. Cut the squash lengthwise in 1/2" thick slices. Slice the tomato 1/2" thick. Remove the stems from the portobellos. Place all of the vegetables into the marinade turning occasionally for at least 15 minutes.

Grill over medium heat turning once. The mushrooms will take 12 to 14 minutes, the squash 8 to 10 minutes, the peppers 6 to 8 minutes, and the tomato 3 to 4 minutes. Grill the buns. Spread goat cheese on the bun. Drizzle 3 Tbsp balsamic vinegar over all of the vegetables after removing from the grill. Salt and pepper to taste. Build sandwiches in layers with fresh basil between each layer. These are fantastic.

10/30/03

Hot weather produce is still available so the peppers, tomatoes, onions, and garlic needed for this week's recipe are available at the market. The South Beach Diet is increasingly popular and based on good basic science. This week's recipe is part of a "North Beach" diet — simple Mediterranean. This recipe would make most doctors happy except for the gastroenterologists. It is one of the best chicken dishes I have had in a while.

Chicken Cacciatore

Serves 6

6 chicken breasts halves, boned and skinned
1 tsp salt
1/4 tsp freshly ground pepper
4 oz mushrooms sliced
1 small onion, peeled and sliced 1/4" thick lengthwise
2 stalks of celery, strings removed, sliced 1/4" thick crosswise
2 small carrots, peeled and sliced 1/8" thick diagonally
1 large clove garlic, minced
1/4 cup dry white wine
2 cups chopped tomatoes with juice
1/2 yellow pepper, sliced 1/4" thick lengthwise
1-1/2 tsp finely chopped fresh rosemary
1/4 cup chicken stock/broth

Spray a non-stick skillet with olive oil cooking spray and place over high heat. Season the chicken using half of the salt and pepper. Sauté until brown on both sides, about 6 minutes. Transfer to a plate.

Wipe out skillet and re-spray. Cook mushrooms until browned. Set aside.

Re-spray skillet. Add onions, celery, carrots and garlic. Cover and cook, stirring until onions are translucent. Add wine and raise heat to high until wine almost evaporates.

Add tomatoes, yellow pepper, rosemary, stock and the remaining salt and pepper. Add chicken and mushrooms. Bring to a boil. Reduce heat, cover, and simmer until the chicken is tender, about 30 minutes.

Per serving: 187 calories, 3 gm fat, 73 mg cholesterol, 9 gm carbohydrates, 601 mg sodium, 29 gm protein, 3 gm dietary fiber.

As baby romaine lettuce and garlic are still available, I offer this recipe for Caesar Salad. While excellent by itself, it also goes very well with spicy grilled chicken breast or prawns.

Caesar Salad

- 1/4 cup egg substitute (or one egg beaten)
- 1 Tbsp fresh lemon juice (find a friend with a Meyer lemon tree — juice the lemons and freeze in an ice cube tray for a wintertime supply)
- 3 Tbsp extra virgin olive oil
- 3 Tbsp red wine vinegar
- 1-1/2 tsp anchovy paste
- 1 tsp Worcestershire sauce
- 1/2 tsp minced capers
- 1/4 tsp dry mustard
- 1/2 tsp freshly ground black pepper
- 1/4 tsp salt
- 2 large cloves garlic, minced
- Torn romaine or other greens
- Garlic and cheese croutons (see below)
- 1/4 cup grated parmesan

Combine egg substitute and juice. Add oil whisking constantly. Stir in vinegar through garlic. This is enough dressing for two 6-serving salads.

Croutons

(These are really good - original recipe calls for butter, but the mono-saturated fat laden olive oil works just fine)

- 4 cups fresh sourdough bread, cut into 1/2" cubes
(try the sour rye from Vital Vittles)
- 4 Tbsp olive oil
- 6 cloves garlic, mashed
- 1 tsp paprika
- 1 tsp onion powder
- 1/2 cup reggiano parmesan, grated

Preheat oven to 350°. Add the garlic to the olive oil in a skillet. Heat until bubbling. Turn off the heat and let rest for fifteen minutes. Discard the garlic. In a mixing bowl, toss the bread cubes with the garlic-infused oil, paprika and onion powder. Bake for about fifteen minutes stirring a couple of times until brown and crispy. While still hot, toss with the parmesan.

This week is the six-month anniversary for our market. The market at San Francisco Kaiser has been open 3 months. Active planning for additional KP markets is in progress at Hayward, Richmond and Harbor City. We have received inquiries also from Denver KP, Hawaii KP and the University of Michigan.

Our market will be closed the Friday after Thanksgiving.

Last week I suggested freezing Meyer lemon juice for the winter. It was pointed out that lemons are in peak season then and they need to be juiced and frozen for the summer. Oh well. It will take a year to learn the seasonality of what grows when.

While in clinic this week, Khalidah Paskel (Comprehensive Prenatal Services Coordinator of psychosocial issues, nutrition, etc) told me about a recipe she created after I had introduced her to Armenian cucumbers. I haven't personally made this one yet but it sounds tasty. She said her kids loved it.

Khalidah's Stir Fry

3 medium Armenian cucumbers

(Khalidah slices them lengthwise because it looks better)

1 small head of broccoli, florets sliced

6 to 8 cloves garlic, minced

1/2 green pepper, diced

1/2 red onion, sliced

2 Tbsp extra virgin olive oil

2 Tbsp butter (or more olive oil if mono-saturated fat is an issue)

Salt and pepper to taste

Stir fry veggies adding cucumber last.

Our market will be open as usual tomorrow (only a 10% chance of rain) and will be closed the Friday after Thanksgiving. You may have noticed that Kashiwase Farms is done with their stone fruits for this year and hopefully will rejoin us in the spring.

With the opening of crab season, I had initially hoped to highlight a cioppino recipe today, but haven't found the right one yet. The first one had too much fennel and fish stock. Stay tuned.

A family member recently returned home and brought this recipe from the Southwest, which he modified. Whether you are on Atkins, South Beach or a "Seafood" diet (see food and eat it), these are great burgers. The fat content can be varied to suit your taste by varying the relative amounts of ground turkey breast, ground turkey dark meat and ground beef. If you make the full recipe, there is enough to freeze some of the uncooked patties for later use.

Southwest Burgers

- 1 lb ground turkey breast
- 3/4 lb ground turkey dark meat
- 3/4 lb lean ground beef
- 3/4 cup chopped onion (the cippolinis at the market work well)
- 5 oz chipotle chilis in adobo sauce, chopped
(not sure how big the can is)
- 1/4 cup diced red pepper
- 3 Tbsp chopped cilantro
- 2-1/2 tsp ground cumin
- Salt and pepper to taste

Mix, make patties and grill or broil.

If you serve a salad with these burgers. try some sliced persimmon from the Lone Oak Ranch in the salad.

The winter market will return this Friday. Salad and sourdough from our market would compliment this week's excellent cioppino recipe.

Cioppino

Any combination of fish, shellfish and crab
(Fresh cooked and cracked crab is the best early in the season.)
4 oz dried porcini mushrooms softened in water for 30 minutes and drained
3 to 4 tomatoes, chopped or use a 14 -oz can of diced tomatoes
1/3 cup tomato paste
1 green pepper, chopped
1 large onion, chopped
4 cloves garlic, minced
3 Tbsp parsley, chopped
Small handful basil, chopped
Fresh or dried oregano
Crushed red chili flakes
1 pint red wine (merlot is good)
1 8-oz bottle clam juice
Olive oil
Salt and pepper

Sauté the onion, porcini mushrooms, garlic, and green pepper in olive oil. Add the remaining ingredients except for the fish. Simmer for 30 minutes. Adjust seasoning. Add the seafood, cover and simmer until cooked through.

The spinach and persimmons needed for the recipe are at today's market. Sesame oil is one of the best as it has mostly mono- and polyunsaturated fats. Also it tastes really good. This salad is light and refreshing.

Spinach and Persimmon Salad

1/4 cup rice vinegar

2 Tbsp orange marmalade

1 tsp toasted sesame oil

Salt and pepper to taste

5 quarts baby spinach leaves (1-1/4 lb), rinsed and chilled to crisp

3 firm Fuyu persimmons, peeled and sliced into thin wedges

3/4 cup pecans (perhaps glazed a little by tossing with some sugar in non-stick skillet over medium heat)

Our market will be open Friday, December 19 but closed the Fridays after Christmas and New Years. Satsuma oranges make great stocking stuffers. This week's recipe deviates from the usual low-fat healthy offerings. If you are going to eat any carbohydrates over the holidays, I would suggest making this gingerbread which I have made many times.

Gingerbread with a Meyer Lemon Glaze

1-2/3 cup flour
1-1/4 tsp baking soda
1-1/2 tsp ground ginger
3/4 tsp salt
1 egg, beaten
1/2 cup sugar
1/2 cup molasses
1/2 cup boiling water
1/2 cup canola oil

Glaze:

2/3 cup sifted confectioner's sugar (I triple the glaze when I double the gingerbread recipe)
3 Tbsp Meyer lemon juice

Preheat oven to 350°. Lightly oil a 9" square cake pan, then dust with flour. Shake off excess. (I often double the recipe and use a 13" by 9" pan — the gingerbread is a little thicker and there is more of it to share.) Mix the dry ingredients. Mix in the beaten egg, sugar and molasses. Add oil and boiling water. Stir until smooth. Bake for 35 to 40 minutes or until a toothpick stuck in comes out clean. Stir the lemon juice and confectioner's sugar until dissolved. Brush this all over the gingerbread as soon as you remove it from the oven. It will soak in and make a wonderful glaze.

Happy Holidays.