

## EAT FRESH ♦ EAT LOCAL ♦ EAT IN SEASON

Challenge yourself to find some of the ingredients to these recipes at the Coppel Farmers' Market!

**Tips for picking corn:** Look for husks that are moist and green. The ears of corn should feel heavy with plump kernels. Don't remove the husk to look at the kernels, just press through the husk to see if they feel "full." Be sure the bottom of the corn isn't brown where it was cut from the stalk, since that means it was harvested more than two days ago.

### Amy's Lavender Lemonade

[www.allrecipes.com](http://www.allrecipes.com)

Prep time: 15 mins.

6 Servings

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1 tray ice cubes	3/4 cup white sugar
1/4 cup dried lavender	8 lemons
2 cups boiling water	5 cups cold water, or as needed

Place ice cubes into a 2 quart pitcher. Place the lavender into a bowl, and pour boiling water over it. Allow to steep for about 10 minutes, and then strain out the lavender and discard. Mix the sugar into the hot lavender water, then pour into the pitcher with the ice.

Squeeze the juice from the lemons into the pitcher, getting as much juice as you can. Top off the pitcher with cold water, and stir. Taste, and adjust lemon juice or sugar if desired. Pour into tall glasses, pull up a lawn chair and a good book, and relax!

### Cantaloupe, Bacon, Raisin and Port Salad

[www.centralmarket.com](http://www.centralmarket.com)

6 servings

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1 medium ripe cantaloupe	½ cup ruby or tawny port wine
6 slices cooked bacon, crumbled	½ cup golden raisins

Place the raisins in the port and let them macerate while you prepare the cantaloupe. Peel, seed and melon ball or cube the cantaloupe. Toss the melon with the bacon and port/raisin mixture. Serve immediately at room temperature.

### Spring Lamb Chops with Minted Fruit Salsa

[www.centralmarket.com](http://www.centralmarket.com)

Prep time: 55 min

4 servings

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3 small Asian pears, chopped	Salt and pepper to taste
4 tablespoons honey	3 tablespoons chopped green onions
3 large kiwi fruit, chopped	8 (1-inch thick) lamb rib chops
3 tablespoons fresh mint, chopped	2 tablespoons fresh lemon juice
6 tablespoons dried cherries	

Combine the pears, kiwifruit, cherries, green onions and lemon juice in a medium bowl. Add 2 tablespoons honey and 2 tablespoons mint and mix well. Season with salt and pepper. Let stand for 30

minutes, tossing occasionally.

Brush the chops on both sides with 2 tablespoons honey. Sprinkle with salt, pepper and 1 tablespoon mint. Place on a rack in a broiler pan. Broil for 5 minutes on each side for rare or until done to taste. Place 2 lamb chops on each plate. Serve with the salsa.

## Fontina-filled Burgers with Dried Tomato

[www.tomthumb.com](http://www.tomthumb.com)

Prep time: 30 mins.

Cook time: 20 mins.

12 Servings

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6 slices firm-textured white bread  
3/4 cup drained sun-dried tomatoes packed in oil with herbs (reserve oil), minced  
3 Large Eggs, beaten to blend  
1 1/2 teaspoon salt  
3/4 teaspoon ground black pepper  
3-3/4 pounds 93% lean ground beef  
1 1/2 cup shredded smoked fontina cheese  
12 hamburger buns, split horizontally

Whirl bread in a food processor or blender until fine crumbs form. Pour crumbs into a bowl and combine with minced tomatoes and 6 tablespoons of the reserved oil, eggs, salt, and pepper. Add ground beef and gently mix with a fork just until ingredients are evenly blended.

Divide meat mixture into 24 equal portions, each a generous 1/4 cup. With your hands, shape each portion into a 4-in.-wide patty. In the center of 12 of the patties, gently make a shallow depression about 2 in. wide; place about 2 tablespoons of the fontina cheese in each depression. Gently top each cheese-topped patty with a plain patty; press edges together to seal well. Lay patties side by side on 2 platters. Cover airtight and chill at least 20 minutes or up to 24 hours.

Prepare a gas or charcoal grill for direct, high heat (you can hold your hand 1 to 2 in. above the cooking grate only 2 to 3 seconds; visit [Safeway.com](http://Safeway.com) for complete instructions). Place patties on oiled grill; cover gas grill. Cook 6 minutes, then turn burgers with a wide spatula. Continue cooking until meat is no longer pink in center (make a small cut to test, but be careful not to let cheese drip out), about 7 minutes longer. Transfer burgers to a platter and loosely drape with foil. Place buns with cut sides down on grill and cook until toasted, about 1 minute. Lift buns to a second platter.

Tuck burgers inside buns and garnish to taste.

## Watermelon Basil Vinaigrette

[www.allrecipes.com](http://www.allrecipes.com)

Prep time: 15 mins.

2 Cups

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4 cups fresh watermelon, chopped and drained	3/4 cup canola oil
1/4 cup red onion, diced small	2 Tbsp fresh basil chopped
2 Tbsp honey	1 Tbsp fresh parsley, chopped
1/4 cup champagne vinegar	Salt and pepper to taste

Combine watermelon, red onion, champagne vinegar, canola oil, basil, and parsley in a blender. Pulse on and off about 30 seconds until combined. Add salt and pepper to taste. Serve over mixed salad greens and garnish with watermelon slices.

## Sweet and Spicy Glazed Roasted Corn

[www.allrecipes.com](http://www.allrecipes.com)

Prep time: 5 mins.

Cook time: 25 mins.

6 servings

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6 large ears sweet corn in husks  
2 tablespoons butter  
4 garlic cloves, minced

1 teaspoon brown sugar  
1/4 teaspoon crushed red pepper flakes  
1/4 teaspoon chili powder

Carefully peel back corn husks to within 1 in. of bottom; remove silk. Rewrap corn in husks and secure with kitchen string. Soak corn in cold water for 1 hour.

Coat the grill rack with nonstick cooking spray before starting the grill. Grill corn, covered, over medium heat for 25-30 minutes or until tender, turning occasionally. Remove string before serving.

Meanwhile, in a small saucepan, melt butter. Add garlic, brown sugar, red pepper flakes and chili powder. Serve with grilled corn.

## Peaches and Cream Pie

[www.sprouts.com](http://www.sprouts.com)

Makes 2 pies, 8 slices each

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2 unbaked pie shells (9 inches each)  
2 C peeled, sliced peaches  
3 eggs  
1/3 C heavy cream

2/3 C sugar, divided  
1 package (8 oz.) cream cheese, softened  
2 tsp. fresh lemon juice

Bake pie shells at 400 degrees for 5 minutes; remove from oven and allow cooling. Reduce oven temperature to 375 degrees. Arrange peaches in pie shells.

In a mixing bowl, combine 2 eggs, cream and -\*1/3 cup sugar; beat until smooth. Pour mixture over peaches.

Beat cream cheese with remaining egg, remaining sugar and lemon juice. Pour mixture evenly over pie.

Bake at 375 degrees for 30 to 40 minutes.

