

EAT FRESH ♦ EAT LOCAL ♦ EAT IN SEASON

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

Art of picking the perfect peach: A peach that is ready to be picked has a yellow (creamy white for a white peach) background color, do not pay attention to the red color as it is only a sign of direct sun exposure.



Green skin color means the fruit still needs to hang on the tree to reach full maturity. A soft peach picked off the tree must be used within two days.

Pick with your eyes not your hands!

Cilantro Tomato Corn Salad

www.allrecipes.com

Prep time: 25 mins.

4 Servings

3 ears fresh corn in husks
1/4 cup butter, melted
2 roma (plum) tomatoes, chopped
1 jalapeno pepper, seeded and finely chopped
1/2 small red onion, finely chopped
2 cloves garlic, minced

1/2 bunch fresh cilantro, chopped
salt and freshly ground black pepper to taste
1 pinch salt-free lemon-herb seasoning (such as Mrs. Dash)

Peel back corn husks, but leave them attached at the bottom. Remove the silks, and fold husks back up over the corn. Place on a dinner plate, and cook in the microwave for 5 minutes on High power, turning corn once half way through. Cool until cool enough to touch, then slice corn kernels from the cob and place them in a serving bowl.

Stir butter into the corn along with the tomatoes, jalapeno, red onion, garlic and cilantro. Season with salt, pepper and seasoning blend. Mix well, taste, and adjust seasoning if necessary. Some people like the salad warm, but I prefer to chill it a little before serving.

Sweet Grilled Peaches

www.allrecipes.com

4 servings

1 (16 ounce) package frozen peach slices
(or fresh farmers' market peaches)

1/2 cup honey
2 tablespoons cinnamon

Preheat a grill for medium heat.

Place peaches onto a large piece of aluminum foil. Use two if necessary to hold in all of the peaches without spillage. Drizzle the honey over the peaches, and sprinkle with cinnamon. Close up the foil, sealing tightly.

Place the foil packet onto the preheated grill, and cook for 10 minutes, turning once halfway through. Carefully open the packet, and serve.

Watermelon Cucumber Salsa with Mint

www.centralmarket.com

6 servings

1 ½ cup diced and seeded watermelon	1 TBLS finely chopped mint
1 cup peeled and diced cucumber	1 TBLS fresh lime juice
2 TBLS minced red onion	¼ tsp Tabasco
2 TBLS finely chopped flat leaf parsley	½ tsp salt

Combine all ingredients and chill.

Blueberry Pops

www.skinnychef.com

Prep time: 10 mins.

Freeze time: 3-4 hours.

8 Servings

1 1/2 cups fresh blueberries
1 1/2 cups baby spinach leaves
3 tablespoons blueberry jam

Blend all ingredients in a blender or food processor until smooth. Pour into popsicle molds or freeze in an air-tight container 3-4 hours or until firm.

Pickled Peppers and Okra

www.foodnetwork.com

Prep time: 10 mins.

4 Servings

3 tablespoons olive oil	3 cups apple cider vinegar
1/2 pound jalapenos	3 cups white vinegar
1 carrot, peeled and thickly chopped	2 tablespoons pickling spice
1 white onion, thickly sliced	1 teaspoon crushed red pepper flakes
5 gloves garlic, smashed, divided	2 tablespoons kosher salt
2 sprigs thyme	1 pound raw okra, chopped
2 tablespoons kosher salt	Special equipment: 2 tightly sealable jars
2 tablespoons granulated sugar, plus 1/2 cup	(recommended: glass mason jars)

Make a slit to the middle of the jalapenos.

In a large saucepan with oil, sauté jalapenos, carrots, onions and 3 cloves garlic. Add thyme, salt, 2 tablespoons of sugar and apple cider vinegar. Allow mixture to simmer until sugar and salt dissolve, about 5 minutes. *Do not boil* Strain vegetables. Fill jar with vegetable mixture and juice. Place in refrigerator for 30 to 60 minutes.

In a large bowl, mix together white vinegar, 1/2 cup sugar, pickling spice, red pepper flakes, salt, remaining 2 cloves of garlic and okra. Pour okra and juice into a tightly sealed jar and refrigerate for 30 to 60 minutes.

Texas Oven-Roasted Beef Brisket

www.centralmarket.com

Prep time: 45 mins.

Cook time: 25 mins.

6 servings

2 Tbls chili powder	1 Tbls sugar
2 Tbls salt	2 tsp dry mustard
1 Tbls garlic powder	1 bay leaf, crushed
1 Tbls onion powder	4 lbs. beef brisket, trimmed
1 Tbls ground black pepper	1 ½ cups beef stock

Make a dry rub by combining chili powder, salt, garlic and onion powders, black pepper, sugar, dry mustard, and bay leaf. Season the raw brisket on both sides with the rub. Place in a roasting pan and roast, uncovered, for one hour.

Add beef stock and enough water to yield about 1/2 inch of liquid in the roasting pan. Lower oven to 300 degrees F, cover pan tightly and continue cooking for 3 hours, or until fork-tender.

Trim the fat and slice meat thinly across the grain. Top with juice from the pan.

Peach Marmalade

Southernfood.about.com

Makes 7-8 pints

1 small orange	3 pounds peaches
1 lemon	1 package (1 3/4 ounces) powdered fruit pectin
1/4 cup water	5 cups sugar

Cut orange and lemon in quarters; remove seeds. Cut the orange and lemon quarters crosswise into very thin slices. In a medium saucepan combine orange and lemon slices and water. Cover and simmer the orange and lemon mixture over low heat for 20 minutes. Peel, pit, and finely chop peaches. In an 8- to 10-quart kettle, combine orange and lemon mixture and chopped peaches.

Stir pectin into fruit mixture and bring mixture to full rolling boil. Stir in sugar; bring once again to a full rolling boil, stirring constantly. Boil hard, uncovered, 1 minute. Remove from heat; quickly skim off foam. Pour at once into hot sterilized jars; seal.

