

## Local Ingredients on the Menu

Eating local foods doesn't always mean giving up favorite dishes. Many ingredients in common recipes can be filled by easily-found local products. The lists below give examples of possible substitutions in foods often served at meetings and conferences. And they're only a starting point for what can be done to enjoy dishes that support Vermont's farmland and local economy.

### COFFEE & TEA SERVICE

- ❖ Local cream, milk, whole milk
- ❖ Honey sweetener
- ❖ Maple Syrup sweetener
- ❖ There is a growing number of local tea companies that include locally grown herbs, like mint, lemon balm, chamomile, lemon verbena, or rose hips. Ask your favorite artisan tea company about their sources.

### MUFFINS & QUICK BREADS

- ❖ **BATTER** Eggs, milk, whole wheat flour, cornmeal, oats (limited, but expanding, availability), applesauce, pumpkin puree, honey, maple syrup, butter
- ❖ **ADD-INS** Apples, blueberries, strawberries, raspberries, cranberries, grated carrot, grated zucchini
- ❖ **SPREADS** Butter, honey, creamed honey, jams & jellies with local berries, cider jelly, pumpkin butter, apple butter, maple butter

### SALADS

- ❖ **BASE GREENS** Spinach, lettuce (all varieties), mesclun mix, watercress, dandelion greens, arugula, endive, cabbage
- ❖ **VEGETABLE ADD-ONS** Carrots, cucumber, pepper, cherry tomatoes, tomato slices, pea shoots, sprouts, fried shallots, red onion, celery, celeriac, cabbage, shredded golden beets, radishes, roasted garlic, salad turnips, tart apples
- ❖ **PROTEIN** Chicken, steak, lunchmeats, bacon, cheese, baked tofu, tempeh
- ❖ **DRESSINGS** Plain yogurt, sunflower oil, cider vinegar, soft cheeses, blue cheese, fresh herbs (basil, dill, cilantro, oregano, etc.), crème fraiche
- ❖ **OTHER SALADS EASILY ADAPTED TO SOME OR ALL LOCAL INGREDIENTS** Potato salad, coleslaw, sauerkraut, 3-bean salad, raita, kimchi, fruit salad.

### SOUPS

- ❖ **BASE / BROTH** Homemade vegetable or chicken stock, milk & cream, pureed potatoes / butternut squash / carrots
- ❖ **PROTEIN** Beef, chicken, lamb, bacon, dried beans (for example black beans, yellow peas, Jacob's Cattle beans), tofu
- ❖ **VEGETABLES** Onions, garlic, tomatoes, carrots, eggplant, zucchini, summer squash, celery, potatoes, sweet potatoes, beets, corn, peas,

green beans, sugar snap peas, leeks, kale, spinach, fava beans, tomatillos, rutabaga, turnip

- ❖ **TOPPINGS** Shredded cheese, cheese curds, plain yogurt, crème fraiche, fresh herbs
- ❖ **SOUP RECIPES EASILY ADAPTED TO SOME OR ALL LOCAL INGREDIENTS** Chili (with or without meat), chicken & rice soup (with wheatberries for rice), beef stew, black bean soup, onion soup, potato & leek soup, carrot soup, butternut / winter squash soup, borscht, garden vegetable, cream of tomato, cream of spinach, corn chowder, ratatouille, gazpacho.

## SANDWICH BAR

- ❖ **BREAD** Many local bakeries incorporate some local grains or other local ingredients (e.g. potatoes) into their breads. Ask your favorite bakery if they're part of this trend.
- ❖ **FILLINGS** Lunchmeats (turkey and ham are both available), egg salad, chicken salad, hummus made with local beans, sliced meats, marinated & baked tofu or tempeh slices
- ❖ **TOPPINGS** Cheese, lettuce, spinach, sprouts, red onion, tomato, roasted red pepper, aioli, large leaf basil
- ❖ **OTHER LOCAL-FRIENDLY SANDWICH TYPES** Breakfast sandwich, BLTs, burritos, tomato / basil / mozzarella, grilled cheese, hamburger, panini

## DESSERTS

- ❖ **TARTS & PIES** Apples, strawberries, raspberries, blueberries, blackberries, maple syrup, honey, cream & eggs (custards), butter for crust.
- ❖ **FROZEN DESSERTS & TOPPINGS** Ice Cream (both Strafford Organic and Vermont Milk Company use all-local milk), strawberries, berries, maple syrup, honey, whipped cream
- ❖ **BAKED GOODS** Eggs, milk, cream, butter, honey, maple syrup, whole wheat flour, oats, cobbler with local fruit, see also Quick Breads.
- ❖ **HEALTHIER OPTIONS** Fruit and artisan cheese tray, fruit and yogurt / honey or maple dip, maple-sweetened granola

## Need help finding local ingredients?

- ❖ Farmers' markets, farmstands, food co-ops and retail grocery stores all carry local options.
- ❖ Ask your food distributor what local items are available and request those products.
- ❖ Visit the Buy Local link at [www.vermontagriculture.com](http://www.vermontagriculture.com) and use our online resources for finding local foods.

