

MAKE IT YOURSELF!

Recipes for locally grown food

The Hermiston Farm Fair opening day reception will feature a number of recipes highlighting simple, nutritious dishes highlighting common foods grown across the Columbia Basin, from roasted potatoes broccoli and everything salad.

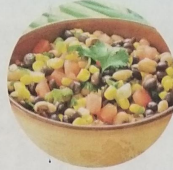


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Broccoli and everything salad

Ingredients — 3 cups raw chopped broccoli; 1 medium carrot peeled and diced; 2 stalks celery thinly sliced; 1/2 cup raisins; 1/4 cup chopped onion; 1 cup cooked ham, chicken or turkey; 1/4 cup light mayonnaise; 1/2 cup plain nonfat yogurt; 1 tablespoon sugar; 1 teaspoon vinegar.

Directions — Wash and prepare vegetables; in a large bowl mix together broccoli, carrot, celery, raisins, onion and meat; mix together mayonnaise, yogurt, sugar and vinegar in a separate bowl; add mayonnaise mixture to salad and mix well; refrigerate leftovers within two hours.



Cowboy salad

Ingredients — 2 cans black beans or black-eyed peas; 1 can corn; 1 bunch cilantro; 1 bunch green onions; 3 medium tomatoes; 1 avocado (optional); 1 tablespoon canola or vegetable oil; 2 tablespoons vinegar or lime juice; 1/2 teaspoon each salt and pepper.

Directions — Drain and rinse beans/black-eyed peas and corn; finely chop cilantro and green onions; dice tomatoes and avocado; combine all ingredients in large bowl; mix oil, vinegar/lime juice, salt and pepper in a small bowl; pour oil mixture over ingredients and lightly toss; refrigerate leftovers within 2 hours.

Whole wheat blueberry muffins

Ingredients — 1 1/2 cups whole wheat flour; 3/4 cup sugar; 1/2 teaspoon salt; 2 teaspoons baking powder; 1/3 cup vegetable oil; 1 egg, slightly beaten; 1 1/2 cup nonfat or 1% milk; 1/2 cup unsweetened applesauce; 2 cups blueberries (fresh or frozen)

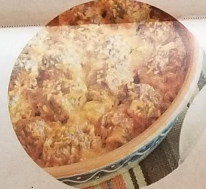
Directions — Preheat oven to 400 degrees; lightly coat the bottom of 12 muffin cups with oil or baking spray; mix the flour, sugar, salt and baking powder in a large bowl; in a separate bowl, blend vegetable oil, egg, milk and applesauce until smooth; stir the liquid ingredients into the flour mixture until just moistened; lightly stir in the blueberries; fill each muffin cup about 3/4 full; bake about 20 minutes, or until the muffin tops are golden brown.



Potato pals

Ingredients — 1 pound red potatoes, scrubbed and cut in 1-inch cubes; 1 Tablespoon vegetable oil; 1/2 teaspoon salt; 1 teaspoon garlic powder or 4 cloves garlic, minced.

Directions — Preheat oven to 400 degrees; in large bowl, stir together potatoes, oil, salt and garlic powder; lay potatoes out on a baking sheet with sides; Bake until potatoes are soft, about 20 minutes; toss a couple times while roasting; refrigerate leftovers within 2 hours.



Easy meatballs

Ingredients — 1 pound lean ground beef; 1/2 cup uncooked brown or white rice; 2/3 cup nonfat or 1% milk; 1 egg slightly beaten; 1/2 cup chopped onion; 1/2 cup shredded carrot; 1/2 teaspoon salt; 1/4 teaspoon pepper. For sauce, use 1 can condensed soup and 3/4 cup nonfat or 1% milk.

Directions — Preheat oven to 350 degrees; lightly spray or oil a shallow baking dish with cooking spray; combine beef, rice, milk, egg, onion, carrot, salt and pepper; use a spoon to form 24 meatballs and place in baking dish; combine soup and milk, mix well and pour sauce over meatballs; cover pan tightly with foil; bake for 1 hour; refrigerate leftovers within 2 hours.

— Recipes courtesy www.foodhero.org.

FARE

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"We're lucky to live where we are, where things grow so well," Treadwell said. "I thought it would be really cool to highlight all the different crops we do out here."

Treadwell, who works for Oregon State University Extension Service, says her passion is helping kids and families learn the skills they need for healthy cooking and living. Through the SNAP-Ed Program — which stands for Supplemental Nutrition Assistance Program — Treadwell works with the Hermiston, Umatilla and Morrow County school districts teaching classes on food prep and nutrition.

"We're just trying to give people the tools and resources

to make choices that benefit their health," she said.

Dishes will use as many local ingredients as possible, Treadwell said, including different varieties of potatoes and vegetables grown directly at OSU's Hermiston Agricultural Research and Extension Center. And, for the more adventurous diner, Treadwell said she is also trying to bring in dry roasted grasshoppers and crickets — a nod to Silvia Rondon and the IAREC insect research program.

"I thought that would be fun," Treadwell said with a grin. "This is a taste adventure. If you don't try new things, you might miss something that you like."

Farmers throughout the Columbia Basin are responsible for growing more than 200 different types of specialty crops, and Treadwell said

her goal is for people to gain an appreciation of the bounty local agriculture has to offer.

"Farm to table is really big," Treadwell said. "We're bringing the table part. (Our growers) have the farm part on lockdown."

As for daily grub, the 44th annual Hermiston Farm Fair will continue to offer free snacks courtesy of locally based corporate sponsors, including fries from Lamb Weston, potato chips from Shearer's Foods, Tillamook cheese and, for the final year before closing, a soup of the day prepared by Hermiston Foods. Pendleton Bottling Company will also provide Pepsi products to drink.

Contact George Plaven at gplaven@astoregonian.com or 541-966-0825.

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