MEMORIAL DAY

A Farmers' Market-Inspired

with Countryside
OVERVIEW

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SIDES DISH

**INGREDIENTS**

*Makes 4 servings*

**Creamy Grits**
- 1 cup dry yellow corn grits* (not instant grits)
- 3 cups water & 1 cup milk
- 1 tbsp butter & 2 tbsp grated cheese of choice*
- Pinch of salt

**Balsamic Spring Vegetables**
- 5-6 stalks of asparagus* (ends cut off and cut into 3 inch pieces)
- 5-6 medium crimini mushrooms* (thinly sliced)
- 1 large green onion* (thinly sliced)
- 2 cloves garlic (thinly sliced or chopped)
- 2 tbsp butter
- 2 tbsp balsamic vinegar
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 tbsp chopped parsley*
- 1 tbsp thinly sliced green onion tops*

**DIRECTIONS**

**Creamy Grits**
1. Bring milk and water to a boil in a stock pot.
2. Add grits slowly and whisk with a fork to incorporate.
3. Let the combination boil for one minute then lower heat and simmer for about 20 minutes.
4. Stir grits every 3-4 minutes to prevent clumping or sticking to the bottom of the pot.
5. Remove from heat, add butter & cheese, and stir.
6. While grits simmer, cook the balsamic vegetables.

**Balsamic Spring Vegetables**
1. Melt butter and sauté green onion & garlic on medium heat for 2 or 3 minutes.
2. Add mushrooms and cook for another minute.
3. Season with salt & pepper, then add asparagus pieces.
4. Cook for two more minutes, add balsamic vinegar & remaining butter, and mix to combine.
5. Scoop a few heaping spoonfuls of grits topped with balsamic vegetables into a bowl.
6. Garnish with parsley & green onion tops. Enjoy!

*indicates that the product is available at the farmers’ market. See last page titled "Where to Buy" for information on what vendor carries the product.
SPRING SPELT BERRY SALAD

Recipe adapted from alexandracooks.com

**INGREDIENTS**

*Makes 4 servings*

- 1 cup spelt berries*, soaked overnight
- 1 bunch green onions*, thinly sliced
- 1 bunch asparagus*, cut into 1/2 inch pieces
- 1 cup walnuts, raw or toasted, chopped
- 8 to 10 radishes*, thinly sliced into rounds and then into slivers
- 3 to 4 medjool dates or other dried fruit, diced into tiny pieces
- 2 to 3 tablespoons white balsamic vinegar
- ½ cup olive oil
- about a teaspoon of kosher salt
- freshly cracked black pepper to taste
- crushed red pepper flakes to taste or minced hot chili pepper (jalapeño, serrano, etc)

**DIRECTIONS**

1. Bring a large pot of water to a boil. Add a tablespoon of salt.

2. Meanwhile, place green onions in a small bowl. Cover with 2 tablespoons of white balsamic vinegar — it’s OK if all of the pieces are not submerged.

3. **Cook spelt berries:** In a large sauce pan, add spelt berries and 3 cups of water. Bring to a boil and then allow to simmer from about 40 minutes. During the last 10 minutes of cooking, add the asparagus to the pot.

4. Transfer spelt berries and asparagus to a bowl and season immediately with 1 teaspoon salt, the olive oil, pepper and crushed red pepper flakes to taste.

5. Add the macerated green onions, chopped walnuts, radishes and dates. Toss with a large spoon. Taste. Add another tablespoon of vinegar if necessary and more salt, pepper, and crushed red pepper flakes to taste. Toss. Taste again. Serve.

**PREPARATION:** 25 MIN  
**COOKING:** 35 MIN  
**READY IN:** 60 MIN

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**SIDE DISH**

**DEVILED EGGS WITH SPRING HERBS**

Recipe adapted from onceuponachef.com

**INGREDIENTS**

Makes 1 dozen

- 6 eggs*, hard boiled
- 3 tablespoons mayonnaise
- 1-1/2 teaspoons apple cider vinegar
- 1 teaspoon whole grain mustard
- 1/4 teaspoon Worcestershire sauce
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1/8 teaspoon sugar
- Pinch cayenne pepper
- 1 tablespoon finely chopped mixed spring herbs, such as chives*, parsley*, dill* or tarragon*, plus more for serving
- Paprika, for serving

**DIRECTIONS**

1. Slice the eggs in half lengthwise, remove the yolks, and place them in a small bowl. Arrange the whites on a serving platter, gently wiping them clean if necessary.

2. Using a fork, mash yolks with the mayonnaise, vinegar, mustard, Worcestershire sauce, salt, black pepper, sugar, cayenne pepper, and herbs. Taste and adjust seasoning, if necessary.

3. Fill a piping bag fitted with an open-star or large plain tip with the yolk mixture. (Alternatively, fill a sealable plastic bag with the yolk mixture, and use your hand to gently push the mixture to one corner of the bag. Use scissors to snip off the tip of the corner, opening up a 1/4-in [6-mm] hole.) Pipe the yolk mixture evenly into the egg white halves. (For a less fussy preparation, simply spoon the yolk mixture into the egg whites.) Sprinkle with paprika and more fresh herbs.

**PREPARATION: 20 MIN**

**COOKING: 20 MIN**

**READY IN: 40 MIN**

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Ingredients

Makes 16 servings

- 1/4 cup brown sugar
- 1 tablespoon chile powder
- 1 tablespoon paprika
- 2 teaspoons garlic powder
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon cayenne pepper
- 1 pork shoulder roast (also called pork butt)*
- 4 onions, cut into halves
- 1 bottle good barbecue sauce and good-quality hamburger rolls, for serving

Directions

1. Stir together the brown sugar, chile powder, paprika, garlic powder, salt, black pepper and cayenne in a small bowl. Rub the mixture all over the pork shoulder. Wrap the pork in plastic wrap and refrigerate for several hours or preferably overnight.

2. Preheat the oven to 300 degrees F.

3. Place the pork in a large pot on a bed of the onion halves. Roast until fork-tender and falling apart, about 7 hours. Remove the pork from the pot and set it on a cutting board. Slice some of the onion.

4. Place the pot on the stove over medium-high heat and add 1/2 to 1 cup of hot water. Scrape the pan to loosen up the bits and cook for 5 minutes to reduce. Pour in the barbecue sauce and stir to heat.

5. Shred the meat with two forks, add the sliced onions to the pork and then toss in the barbecue sauce until it’s coated to your liking! Serve on hamburger rolls.

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SMOKEY GRILLED CHICKEN

Recipe from threemanycooks.com

INGREDIENTS

Makes 6 servings

- 4 teaspoons pimenton (smoked paprika)
- 2 teaspoons each: salt, ground black pepper, oregano, and garlic powder
- 3 pounds (about 14) chicken drumsticks* (you can also incorporate chicken thighs*)
- 2 tablespoons olive oil
- 1 lemon

DIRECTIONS

1. Mix pimenton, salt, pepper, oregano, and garlic powder in a small bowl. Drizzle chicken with olive oil; toss to coat and then sprinkle with smoked paprika mixture to coat evenly. (Can be prepared up to 2 hours ahead or refrigerated overnight; return to room temperature)

2. Heat all burners on a gas grill on high, about 10 minutes. Use a wire brush to clean grill rack, and then lubricate it with an oil-soaked rag; close lid and make sure the grill returns to temperature.

3. Place chicken on hot rack; cover and grill until impressive grill marks form on one side, 4 to 5 minutes. Turn chicken over and continue to grill until impressive grill marks form on remaining side, 4 to 5 minutes longer. Turn off all but 1 burner, move chicken to opposite side of burner and continue to cook chicken indirectly until fully cooked, about 30 minutes longer. Remove chicken from grill; squeeze with lemon juice and serve.

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TEA COCKTAILS
Recipes from storehousetea.com

AMAZON MINT MOJITO
- 6-8 oz glass
- fill with ice
- 1 shot of White Rum
- 3-4 oz of Amazon Mint Yerba Mate / Guayusa Tea*
- 2 peppermint leaves
- 2 lime wedges
- dash of simple syrup
- 1 oz or splash of soda

ELDERBERRY
- 6-8 oz glass
- fill with ice
- 1 shot of Vodka
- 3-4 oz Elderberry Blend Tea*
- dash of simple syrup,
- 1 oz or splash of soda
- garnish with 2 Strawberries

CITRON JASMINE GREEN
- 6-8 oz glass
- fill with ice
- 1 shot of Vodka
- 3-4 oz Citron Jasmine Green Tea*
- dash of simple syrup,
- 1 oz or splash of soda,
or Sprite
- garnish with lemons

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Countryside has a large variety of vendors offering ready-made foods at both the Countryside Public Market and the Countryside Farmers’ Market at Howe Meadow. If you aren’t up to putting together elaborate dishes and having people over, you can just purchase some foods that are ready to eat, save them for a day or two, and then pack them up and go for a relaxing picnic this memorial day.

**Vendors Offering Ready-Made Foods:**

- **24 Karrot Kitchen:** offer products under vegetarian, vegan, dairy-free, gluten-free and plant-based restrictions
- **Bake at 350 Bakery:** offer custom sugar cookies as well as wholesome favorites like oatmeal raisin, shortbread, and hand pies
- **Big Fat Greek and Italian Pastries:** offer Greek and Italian pastries ~ sweet and savory
- **Gaelic Imports X:** offer British bakery items, meats, and sweet and savory pies
- **Gray House Pies:** serve over 100 different flavors of quiche, cream pies, fruit pies, pot pies, etc
- **Great Lakes Baking Company:** variety of freshly baked breads, scones, muffins, cookies, brownies cupcakes, and rolls from scratch using traditional American and European recipes
- **Ingmar Rauschert:** offer traditional European pretzels, rolls and pastries
- **Ms. Julie’s Kitchen:** preparing what our local farmers bring to market – vegan style
- **Ovenly Delights:** provides breads & sweet treats to those who want or prefer Gluten-free, Vegan or speciality products
- **Smyrna Mediterranean Morsels:** offer ready to eat foods from Mediterranean Cuisines like Lebanese, Turkish, Greek, Balkans, Italiana, etc
WHERE TO BUY

- **Asparagus**: Baker's Fresh Produce & Honey, Huffman Fruit Farm, Infinite Garden Farm, Peters Creek Farm, Ltd, Rainbow Gardens LLC
- **Cheese**: Countryside Cheese, Lucky Penny Creamery, Ohio Farm Direct
- **Chicken Drumsticks**: Tierra Verde Farms
- **Chicken Thighs**: Tierra Verde Farms
- **Eggs**: Front 9 Farm, Mud Run Farm, Peters Creek Farm, Ltd, Tierra Verde Farms Simon Certified Organic Family Farm
- **Green Onion**: Ash Creek Farm, Baker's Fresh Produce & Honey, Front 9 Farm, Peters Creek Farm, Ltd, Purplebrown Farmstead, Schmidt Family Farms
- **Herbs**: Baker's Fresh Produce & Honey, Infinite Garden Farm, Little Bean Farm & Larder, Front 9 Farm, Rainbow Gardens LLC
- **Mushrooms**: Dude Ranch Mushrooms, Purplebrown Farmstead
- **Parsley**: Ash Creek Farm, Baker's Fresh Produce & Honey, Banzhaf Garten Organic Farm, Front 9 Farm, Purplebrown Farmstead, Schmidt Family Farms
- **Pork Butt**: Tierra Verde Farms
- **Radishes**: Ash Creek Farm, Baker's Fresh Produce & Honey, Banzhaf Garten Organic Farm, Front 9 Farm, Huffman Fruit Farm, Infinite Garden Farm, Little Bean Farm & Larder, Purplebrown Farmstead, Red Basket Farm, Schmidt Family Farms
- **Spelt Berries**: Mud Run Farm
- **Tea**: Storehouse Tea
- **Yellow Corn Grits**: Mud Run Farm

It can be challenging to know exactly what will be ready for harvest ahead of time due to weather. Harvest time for particular produce can also vary from farm to farm. For these reasons, it's possible that not all farms listed will have the particular item available at the market prior to Easter.