



Your go to source for what's "Growing On"

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*Inside this issue:*

- Farm Fresh Fixin's for the 4th 1
- 5 Tips for Shopping at Farmers' Markets 1
- Red, White, and Blue Cookie Cups 2



Happy 4th of July!

## Farm Fresh Fixin's for the 4th and After

Visit your local farms and farmers' markets for farm fresh food for your holiday or family gatherings. In-season vegetables include lettuce, summer squash, beets, spinach, broccoli, Swiss chard, onions and more. Although some of the strawberry picking is winding down, raspberries and blueberries will be ready for picking soon. In addition, you can feature pasture-raised meat and poultry including hamburger, steaks and chicken for your backyard barbe-



que. To top it off, farm breweries, wineries and distilleries now offer an amazing assortment of beverages that can be consumed as is or combined in a variety of reci-

pes, drinks or desserts. For a final sweet treat, how about a big scoop of ice cream made from farm fresh milk? Now, that's one happy ending on a hot summer day!

## 5 Tips for Shopping at your Local Farmers' Market

1. **Bring cash** – While some vendors may have card readers at their booth, cash remains the best option at a market. It is faster and easier to use and doesn't charge the vendor a fee like a credit or debit card would.
2. **Bring a reusable grocery bag** – This tip benefits both the vendor and the planet. Bags cost money for the vendor and take
3. **Ask the vendor about their products** – More often than not, vendors love to tell you about their farms, and a farmers' market provides a great opportunity to learn more about where the food you eat comes from.
4. **Look at the forecast ahead of time** – Most markets are outdoors, so bring
5. **Plan your meals around what is available** – Unlike grocery stores, what is available at a market changes based on the growing season. For this reason, it is better to plan your meals around what you bought rather than planning what you'll buy based on what you've planned.

## Ingredients

### *Ingredients for the Buttercream:*

- 6 tbsp butter
- 3 cups powdered sugar
- 1 tsp vanilla
- 1 tbsp milk if necessary
- 1/4 cup fresh blueberries for topping
- 1/4 cup fresh raspberries for topping

### *Ingredients for the Cookies*

- 8 tbsp butter
- 2/3 cup brown sugar
- 1/3 cup granulated sugar
- 1 tbsp chia seeds + 3 tbsp water
- 2 tbsp pure vanilla extract
- 1/2 tsp salt
- 1 tsp baking powder
- 1 tsp baking soda
- 2 1/4 cups gluten-free all purpose flour



## Red, White and Blue Cookie Cups

These gluten-free red, white and blue cookie cups are the perfect patriotic dessert. Sweet buttercream and fresh berries top these delicious cookies to make such a fun and festive treat!

Prep Time 10 minutes

Cook Time 15 minutes

Total Time 25 minutes

Servings 24 cookie cups

Calories 197 kcal

## Nutrition Facts

Calories 197

Calories from Fat 63

	% Daily Value
<b>Total Fat 7g</b>	11%
Saturated Fat 4g	20%
<b>Cholesterol 17mg</b>	6%
<b>Sodium 163mg</b>	7%
<b>Potassium 34mg</b>	1%
<b>Total Carbohydrates 32g</b>	11%
Dietary Fiber 1g	4%
Sugars 24g	
<b>Protein 1g</b>	2%
<b>Vitamin A</b>	4.1%
<b>Vitamin C</b>	.6%
<b>Calcium</b>	2.7%
<b>Iron</b>	2.9%

### Instructions

1. Preheat oven to 350F. Grease 2 12-count (so 24 total) mini muffin tins and set aside.
2. In a small bowl, combine chia seeds and water. Stir to combine. Let sit for about 5 minutes, until it thickens and is gel-like. Set aside.
3. In a large bowl, cream together butter and sugars with a hand mixer until light and fluffy.
4. Add chia mixture and vanilla and stir to combine.
5. Then add salt, baking powder, baking soda, and gluten-free flour blend. Stir until dough forms.
6. Spoon dough into the muffin wells. With wet fingers, make a slight hole in the center of each muffin cup, pushing the dough to the sides of the muffin well.
7. Bake at 350F for 12-15 min, until golden brown and cooked through. Let cool completely.
8. In the meantime, to make the buttercream, cream the butter in a stand mixer fitted with the paddle attachment. Add the vanilla. Then add the powdered sugar 1 cup at a time and let mix until the buttercream is smooth. If you buttercream is too thick, feel free to add a tablespoon of milk to thin it out a little bit.
9. Once the cookie cups are cooled, pipe the buttercream onto each cookie cup. Top with one blueberry and one raspberry each. Serve immediately. Keep in an airtight container or in the refrigerator for best results.

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For more about what's  
"growing on," please visit:  
HarvestConnection-NY.com

*Farm fresh from the Capital Region*



*Harvest Connection is an initiative led by Rensselaer County. Our goal is to connect farms and families with the participation of farms in Albany, Columbia, Greene, Rensselaer, Saratoga, Schenectady and Washington counties.*

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