

Eat Local Week Food and Menu ideas

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With help from Joan Namkoong, Foodie and Cookbook Author extraordinaire

Proteins	Fruits	Veg	Starchy veg	Oils, herbs, sweeteners	Beverages
Local beef and pork, red veal. lamb : Fish Seafood	Bananas Papayas Pineapple Guava Mountain apples Mango Watermelon Melon	Onions(green and bulb) Lettuce Salad greens Spinach Chard Kale Collards Purslane Tomatoes Carrots Cucumbers Peppers Kohlrabi Radishes cabbage bok choy gobo avocados Mushrooms Watercress Eggplant Snow peas Green beans chili pipinola fern shoots laulua leaves seaweed (fresh ogo) summer squash	Corn Taro, poi Sweet potato Cassava Cooking bananas Breadfruit Potatoes from Volcano Kabocha squash pumpkins	Butter from Tropical Dreams Mac nut oil Local honey Local cane sugar Vanilla Chocolate Coconut oil and milk(make your own) Tropical Dreams local fruit sorbets Hawaiian salt (check that it is from Kauai as mainland course salt is also called Hawaiian salt)	Kona coffee (100%) Mauna Kea Tea Ahualoa Tea Farm Herb teas made fresh- ginger, mint, lemon grass Fresh squeezed orange, lemon, grapefruit, lilikoi juice Mountain Apple brand Milk Water
Mac nuts	Oranges Lemons Limes grapefruit Lilikoi Pomelo Coconut Dragon fruit Poha berries				
Milk goat's milk and cheese					
eggs					
homemade ricotta cheese*					

Menu and snack ideas:

Breakfast

eggs with veggies and herbs, meat, sautéed potatoes or breadfruit
Potato or cassava pancakes with onion and egg
Fruit salad with macnuts, honey and homemade ricotta or fresh coconut
Smoothie with milk and fruit
Sautéed banana with honey, nuts and fresh ricotta
Baked Custard cup with fruit
Poi and fruit

Quick Lunch or dinner

Avocado stuffed with flaked fish, tomatoes and opinion with a squeeze of lemon
Potato/sw potato salad with hard cooked egg and veggies
Salad with grilled fish or meat, hard cooked eggs, goat cheese
Grilled veggies with fish, meat, eggs or goat cheese or homemade ricotta
Use a lettuce wrap for chopped meat/fish or veggies
Soups- meat and veggies or veggie thickened with any of the starchy veggies listed.

Snacks

Fruit
Raw veggies
Hard cooked egg
Mac nuts
Guacamole with veggies
Boiled or baked sweet potatoes

Salad dressing and seasoning ideas

Macnut Oil and lemon, lilikoi or lime, herbs
Thinned down guacamole
Fresh herbs, onions, ginger, chili
Zest of lemon and limes, fruit
Harvest fresh tamarind
Homemade mayo with egg, lemon juice and macnut oil

Source Information

Local beef: health food stores usually stock; available also at Kulana Foods in Hilo and Hawaii Beef Producers in Paauilo; some supermarkets. Kahua Ranch ph 882-4646 for beef and lamb, also at Homestead Farmers Market

Bacon: Mai Bacon 896-0334 also at Parker School Farmers Market

Red Veal.

Waimea Farmers' Market, 1st Saturdays
Waimea Town Market at Parker School, 1st and 3rd Saturdays
Keauhou Farmers' Market
Kealia Ranch Store
NELHA Seafood Market, last Fridays
South Kona Green Market
Kamuella Liquor Store
Island Naturals Market and Deli, Hilo
Hawaii Cattle Producers Office, Mana Rd., Waimea 885-5599
Health Food Stores

Eggs: Many of the places listed above

Fish and Seafood: Many of the places listed above as well as Kawaihae Fish Market, Honokahou Fish markets, local supermarkets- check source labels

Beverages:

Ka'u Coffee
Hamakua Coffee
Local coffee farms

Goat's milk/cheese

Cheese: Hawaii Island Goat Dairy, Ahualoa
Puna Goat Cheese -Hilo Farmers Market
There may be goat's milk and cheese at Keauhou Market

Fresh edamame - available at KTA, grown in Hilo area

Check KTA for Mountain Apple brand: fresh produce, ogo, meat and fish, eggs ID as Hawaii raised

Costco has some fresh produce- tomatoes, long beans, cucumbers, eggplant., mushrooms, lettuce, papayas, sweet potatoes, coffee

Useful websites www.hawaiihomegrown.net and look for list of Farmers Markets.
www.breadfruit.org for breadfruit recipes

Homemade Ricotta Cheese

1qt local milk (you want milk that is **not** ultra pasteurized)
2T fresh lemon juice

Heat milk to 185°F in a heavy bottomed pot, while stirring to prevent the bottom from scorching. Add lemon juice and stir gently for about 2 min until curds are separated. Use a slotted spoon to remove curds. Drain in cheesecloth or in a sieve lined with plain paper towels. Season with salt, herbs or honey. Good warm or chilled. Use within 2 days.

Some pointers: using a thermometer helps to get it to the right temperature without it scorching or boiling over. If it does not separate easily in to curds and whey(greenish thin liquid), you may need more lemon juice. I made it with whole milk and no cream and it worked well. Makes about 1 cup.

Websites : <http://www.epicurious.com/recipes/food/views/Fresh-Homemade-Ricotta>-
<http://eggsonSunday.wordpress.com/2008/04/06/fresh-homemade-ricotta-step-by-step-so-simple/>