

Local Vegetable Harvest Calendar (Butte County, Northern California)

Vegetables	Jan	Feb	Mar	Apr	May	June	July	August	Sept	Oct	Nov	Dec
Beans, Green					X	X	X	X	X			
Beets	X	X	X	X	X	X	X	X	X	X	X	X
Broccoli	X	X	X	X	X				X	X	X	X
Cabbage					X	X				X	X	X
Cauliflower		X	X	X	X				X	X	X	X
Cucumbers			X	X	X	X	X					
Corn							X	X				
Eggplant						X	X	X	X			
Garlic	X	X	X	X	X	X	X	X	X	X	X	X
Greens	X	X	X	X	X	X	X	X	X	X	X	X
Lettuce	X	X	X	X	X	X	X			X	X	X
Okra							X	X	X			
Onions					X	X	X	X*	X*	X*	X*	X*
Peas					X	X	X	X				
Peppers						X	X	X	X	X	X	X*
Potatoes					X	X	X	X	X			
Spinach	X	X	X	X	X				X	X	X	X
Squash, Summer					X	X	X	X	X			
Squash, Winter	X*	X*	X*						X	X	X	X
Tomatoes							X	X	X	X	X	X
Turnips	X	X	X	X	X	X	X	X	X	X	X	X
Yams										X	X	X

These are approximate dates. Weather and other factors may affect availability.
 X= Major Harvest time
 X*= Storage

Local Fruit Harvest Calendar (Butte County, Northern California)

Fruits	Jan	Feb	Mar	Apr	May	June	July	August	Sept	Oct	Nov	Dec
Apples	X*	X*	X*	X*			X	X	X	X	X	X
Apricots					X	X	X					
Avocados		X	X	X	X	X	X	X		X	X	X
Cherries					X	X						
Grapes							X	X	X	X		
Grapefruit				X	X	X	X					
Kiwifruit	X*	X*	X*	X*						X	X	X*
Mandarins										X	X	X
Melons							X	X	X			
Oranges	X	X	X	X	X	X	X	X	X	X	X	X
Nectarines							X	X	X			
Peaches						X	X	X	X			
Persimmons											X	X
Plums						X	X	X				
Pomegranates								X	X	X	X	X*
Strawberries		X	X	X	X	X	X	X	X	X		

These are approximate dates. Weather and other factors may affect availability.
 X= Major Harvest time
 X*= Storage

Chico Markets

Saturdays
 2nd & Wall Streets
 Downtown Chico
 Year round, rain or shine
 7:30am - 1pm

Wednesdays
 North Valley Plaza
 Pillsbury Road & East Ave.
 May 6th - November 25th
 7:30am - 12noon

Oroville Market

Saturdays
 Montgomery & Myers
 Municipal Auditorium Parking Lot
 May 16th - November 21st
 7:30am - 12noon

Paradise Markets

Tuesdays
 6491 Clark Road
 Paradise Allianch Church Parking Lot
 June 2nd - October 27th
 7:30am - 12noon

Thursdays "Buy Local Thursdays"
 Paradise Community Park
 Black Olive Drive & Pearson Road
 July 9th - August 13th
 5pm - Dusk

CSU Chico University Farm

(530) 898-6343
311 Nicholas C. Schouten Lane
Chico, CA

The University Farm is the “living laboratory” for students in the CSU, Chico College of Agriculture. Working units include row crops, orchards, and livestock. Walnuts, u-pick peaches, and organic produce are sold seasonally; the meats lab is open Thursday and Friday from 8-5 year-round.

Hours: Farm Office hours: M-F 8-5; Meats Lab hours: Thurs-Fri 8-5

Beef and Lamb		
Roasts, Steaks & Chops		
Rare	120 to 125 degrees F	center is bright red, pinkish toward the exterior portion
Medium Rare	130 to 135 degrees F	center is very pink, slightly brown toward the exterior portion
Medium	140 to 145 degrees F	center is light pink, outer portion is brown
Medium Well	150 to 155 degrees F	not pink
Well Done	160 degrees F and above	steak is uniformly brown throughout
Ground Meat	160 to 165 degrees F	no longer pink but uniformly brown throughout

Poultry		
Poultry (Chicken & Duck)	165 degrees F	cook until juices run clear
Turkey NOTE: A 12-lb turkey can easily handle 60 to 90 minutes of resting. During that time, temperature can rise 30 degrees if not exposed to drafts.	165 degrees F	juices run clear - leg moves easily
Stuffing (cooked alone or in turkey)	165 degrees F	

Pork

Roasts, Steaks & Chops		
Medium	140 to 145 degrees F	pale pink center
Well Done	160 degrees F and above	steak is uniformly brown throughout
Pork ribs, pork shoulders, and beef brisket	160 degrees F and above	medium to well done
Sausage (raw)	160 degrees F	no longer pink
Ham		
Raw	160 degrees F	
Pre-cooked	140 degrees F	

Fish and Seafood

Fish (steaks, filleted or whole)	140 degrees F	flesh is opaque, flakes easily
Tuna, Swordfish, & Marlin	125 degrees F	cook until medium-rare (do not overcook or the meat will become dry and lose its flavor)
Shrimp		
Medium-size, boiling	3 to 4 minutes	cook until medium-rare (do not overcook or the meat will become dry and lose its flavor)
Large-size, boiling	5 to 7 minutes	cook until medium-rare (do not overcook or the meat will become dry and lose its flavor)
Jumbo-size, boiling	7 to 8 minutes	cook until medium-rare (do not overcook or the meat will become dry and lose its flavor)
Lobster		
Boiled, whole - 1 lb.	12 to 15 minutes	meat turns red and opaque in center when cut
Broiled, whole - 1 1/2 lbs.	3 to 4 minutes	meat turns red and opaque in center when cut
Steamed, whole - 1 1/2 lbs.	15 to 20 minutes	meat turns red and opaque in center when cut
		meat turns red and opaque in center when cut
Baked, tails - each	15 minutes	cut
Broiled, tails - each	9 to 10 minutes	meat turns red and opaque in center when cut
Scallops		
Bake	12 to 15 minutes	milky white or opaque, and firm
Broil		milky white or opaque, and firm
Clams, Mussels & Oysters		point at which their shells open - throw away any that do not open

Garlic-Roasted Green Beans with Shallots and Almonds

(Makes 4 servings, slightly adapted from Fine Cooking Annual.)

1 lb. fresh green beans (thin beans preferred, but any type will work)
6 shallots, peeled, and cut into thin slivers
5 large cloves garlic, peeled and cut into thin slices
2 T olive oil (original recipe called for 3, but I thought 2 was plenty)
1 tsp. salt (or less)
fresh ground black pepper
1/4 cup flat leaf parsley, very finely chopped
1/4 cup almonds, chopped (I used sliced almonds and only slightly chopped them)
1 tsp. lemon zest

Preheat oven to 450 F. (If you're cooking other things you can use a slightly lower temperature, just increase the time a little.)

Trim ends from green beans. If using thin, long beans, cut in half crosswise into pieces about 2 inches long. Peel and cut shallots and garlic, then place with beans in plastic bowl. Add olive oil, salt, and pepper, and use a wooden spoon to toss until beans, shallots, and garlic are well coated with oil.

Spray roasting pan with nonstick spray or mist with olive oil, then arrange the vegetables in a single layer. (I like to cover the pan with foil, then spray the foil for even easier clean-up.) Roast 12-15 minutes for thin beans, or slightly longer for regular beans, until beans are slightly shriveled, and shallots and garlic are lightly browned.

While beans cook, toss together chopped parsley, chopped almonds and lemon zest. When beans are done, toss hot beans with parsley/lemon/almond mixture and serve immediately.

Honey Dijon Balsamic Vinaigrette

Rated: ★★☆☆☆

Prep Time: 5 Minutes

Ready In: 5 Minutes

Submitted By: GumboGirl

Servings: 8

"Serve this easy and delicious vinaigrette with your favorite salad or with bread, as a dipping sauce."

INGREDIENTS:

1/3 cup balsamic vinegar

1 tablespoon honey

1/2 cup olive oil

salt and pepper to taste

2 tablespoons Dijon mustard

DIRECTIONS:

1. Whisk balsamic vinegar, olive oil, mustard, honey, salt, and pepper in a bowl.

Spinach Caprese Salad

Rated: ★★☆☆☆

Prep Time: 10 Minutes

Ready In: 10 Minutes

Submitted By: mcbeal

Servings: 2

"Drizzled with olive oil and balsamic vinegar, slices of tomato and fresh mozzarella lay on a bed of baby spinach in this greener version of a classic Caprese salad. Garnished with chopped fresh basil, the bright and simple flavors of summer are shown off in this colorful and elegant dish."

INGREDIENTS:

1 cup baby spinach leaves

2 tablespoons chopped fresh basil

1 large tomato, sliced 3/4 inch thick

1 tablespoon extra-virgin olive oil

1 ball of fresh mozzarella cheese, sliced

2 tablespoons balsamic vinegar

DIRECTIONS:

1. Spread the spinach out on a serving plate. Place the slices of tomato on the bed of spinach. Top each slice of tomato with a slice of fresh mozzarella. Sprinkle the basil over the salad and drizzle with olive oil and balsamic vinegar.

Flavored Butter Recipes

Compound Butter To Perk Up Almost Anything!

Page 1: Herb Butter

CAPSULE REPORT: *Strawberry butter and herb butter are not just special treats enjoyed at fine restaurants. They're easy to make at home—and you'll be surprised at the variety and the pairings. Chocolate butter for muffins, horseradish butter for roast beef sandwiches, chipotle butter for corn on the cob: Welcome to the new world of butter.*

Seasoned herbed butters are an easy way to add instant glamour to everyday foods.

Overview

There's nothing that adds more festivity to bread than flavored butter—think of strawberry butter with brunch breads and pancakes, garlic bread, herbed butters and anchovy butter on canapés. They seem so "special occasion," yet they're simple to make. There's a seemingly endless variety: You can add herbs, spices, nuts, fruits...even chocolate and candy.

The recipe for all flavored butters is the same: soften unsalted butter to room temperature and blend in the flavor ingredients with an electric mixer, beating at medium speed until completely blended (1 to 2 minutes). Use only fresh herbs and lemon or lime juice. Let the butter stand for an hour in a cool place, covered, so the flavors can develop; then refrigerate to harden. This creates what is known in the industry as a compound butter—ready to use whenever the chef wants to add flavor to a dish. To learn more about compound butter and how they are used, read our review of Epicurean Butter, a NIBBLE Top Pick Of The Week.

Before refrigerating, you can roll the butter into logs with wax paper; press it into molds to create stars or other shapes; create balls with butter paddles; or simply press it into ramekins for serving. Butter can be made several days in advance of use; or it can be frozen for up to three weeks. Wrap it very tightly before refrigerating or freezing, in double layers of plastic wrap and freezer bags, since butter absorbs other flavors and odors like a sponge.

Herb Butters

The French create "compound butters"—seasoned with herbs, spices, wine, and other flavors—to quickly season meat, poultry, fish, and vegetables. They roll the butter into logs and cut off a slice to finish the dish. The butters work equally well as pasta sauces or bread spreads; and atop steaks and burgers.

Basil Butter, Dill Butter, Parsley Butter, Rosemary Butter, Sage Butter, or Tarragon Butter

- 1 cup butter
- 1/4 cup chopped fresh basil, dill, parsley, rosemary, sage or tarragon
- 1 clove minced garlic (optional)
- 1/4 teaspoon salt
- Makes 1 cup

Butter à la Maître d'Hôtel

- 1/4 pound butter
- 1 teaspoon fresh lemon juice
- 1 tablespoon minced parsley
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper

One of the most famous seasoned butters.



Chive Butter

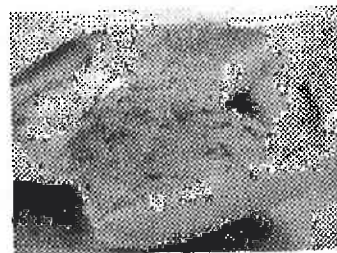
- 1 cup butter
- 2 tablespoons fresh minced chives or more to taste
- Variation 1: Add 8 drops Worcestershire sauce or 1/8 teaspoon fresh-cracked pepper
- Variation 2: Make Lemon Chive Butter by adding 1/4 cup fresh lemon juice and 1 tablespoon grated lemon zest
- Makes 1 cup

French Herb Butter

- 1 cup butter
- 2 tablespoons dry white wine
- 1 tablespoon finely chopped shallots
- 1/2 teaspoon finely chopped fresh garlic
- 2 teaspoons chopped fresh parsley
- 3/4 teaspoon chopped fresh thyme
- 1 tablespoon small capers (optional)
- Makes 1 cup

Garlic Butter

- 1/2 cup butter
- 4 cloves peeled, puréed garlic
- 2 tablespoons chopped parsley
- 2 tablespoons minced shallots (optional)
- 1 tablespoon fresh lemon juice (optional)
- Salt to taste



Horseradish Butter

- 3/4 cup butter
- 2 tablespoons of bottled horseradish, drained
- 2 tablespoons minced fresh chives (optional)
- Makes 1 cup

Great on beef, ham, and pork sandwiches, canapés.

Italian Herbs Butter

- 1/2 cup butter
- 1 tablespoon chopped fresh basil
- 1 tablespoon chopped fresh oregano
- 1 teaspoon minced fresh garlic
- 1/2 teaspoon salt

Use this butter to baste meats, poultry, fish and vegetables when grilling, or toss with hot cooked rice or vegetables.

Mexican Herb Butter

- 1/2 cup butter
- 2 tablespoons chopped fresh cilantro
- 2 teaspoons ground cumin
- 1 teaspoon fresh lime juice
- 1/4 teaspoon salt
- Makes 1/2 cup

Spice-Rubbed Pork Chops with Summertime Salsa

• Low Calorie • Low Sodium



Grilled pork chops are seasoned quickly and perfectly with Grill Mates® Pork Rub. The pork chops are served with colorful, summery salsa made from peaches and raspberries with just a hint of cinnamon.

Makes 6 servings.

Prep Time: 15 minutes

Cook Time: 14 minutes

INGREDIENTS

- 1/4 cup orange juice *or use sugar to sweeten*
- 2 teaspoons chopped fresh mint (optional) *or Cilantro*
- 1 teaspoon balsamic vinegar *(optional)*
- 1/2 teaspoon McCormick® Cinnamon, Ground *or Apricots*
- 2 peaches or 3 nectarines, peeled, cut in small cubes (2 cups) *- diced red onion*
- 6 boneless pork chops, 1-inch thick *(can be done with chicken also)*
- 3 tablespoons McCormick® Grill Mates® Pork Rub
- 1 cup raspberries

DIRECTIONS

1. Mix orange juice, mint, vinegar and cinnamon in medium bowl. Add peaches; toss to coat well. Set aside.
2. Rub Pork Rub evenly on both sides of each pork chop.
3. Grill over medium heat 5 to 7 minutes per side or until desired doneness. Gently toss raspberries with peach mixture. Serve with pork chops.

TIPS

Substitution Tip: Use 1 can (15 ounces) sliced peaches, drained and chopped, and 1/4 cup frozen raspberries, thawed, in place of the fresh fruit. Use only 1 tablespoon of the orange juice.

NUTRITIONAL INFORMATION

Calories: 290
Fat: 14 g
Carbohydrates: 11 g
Cholesterol: 81 mg
Sodium: 209 mg
Fiber: 3 g
Protein: 30 g
per serving

Note → this recipe is also delicious with pineapple salsa or with chicken instead of pork

Be Creative 😊