Roast Half-Chicken w/ potatoes and zucchini

A simple recipe with delicious results. Tender, juicy chicken served with crispy potatoes and summer zucchini. 6 servings.

1. Preheat oven at 500 degrees.
2. Thick slice two onions.
3. Peel, then medium dice carrots, parsnips, and potatoes.
4. Add rosemary and time to vegetables and place in roasting pan.
5. Blend soft butter and minced garlic.
6. Layer sliced lemons with butter mixture underneath chicken skin.
7. Stuff bird with remaining lemons.
8. Lather remaining butter mixture over top of the bird.
9. Dust bird with salt, pepper, and paprika.
10. Roast chicken on top of veggies for 20 minutes until skin is crispy and slightly brown.
11. Drop heat to 350. Continue roasting for an additional 45 minutes, or until done.
Roasted Beet Salad

A healthful summer meal that is completely satisfying. Citrus and boiled egg give roasted beets plenty of character.

4 servings.

1. Remove beet greens, slicing above the base of the stems.
2. Place beets in pot with cold water and bring to a boil.
3. When beets are fork tender, strain and peel skin while hot. Cool and slice.
4. Hard boil, cool, peel, and slice an egg.
5. Wash and mix your greens of choice. Spinach, dandelion greens, or red leaf lettuce work well.
6. Sautee blanched cauliflower with beet greens in rice wine vinegar and set aside to cool.
7. Press half an orange into jar with kombucha, sugar, balsamic, and oil.
8. Slice half an orange and mix into greens.
9. Combine all ingredients in a bowl, toss together with kombucha vinaigrette.
Watermelon & Feta Salad

Break the summer heat with this savory sweet crowdpleaser.

4 Servings.

1. Cube a quarter watermelon into a bowl.
2. Crumble feta over watermelon.
3. Mix together lime, grapeseed oil, salt, black pepper, honey, lime.
4. Dress and toss salad.
5. Finely chiffonade and top with mint.

Main Text

Get to know your local farmers! Ithaca Farmer’s Market connects farmers with the local community, which greatly increases the availability of fruits, vegetables and other healthful foods (Larson et al, 2009). The market is a short walk from downtown, which makes healthy food choices easy and accessible (Caspi et al, 2012). Walking to the market to shop for healthy food is a great weekend activity that significantly lowers your risk of obesity (Rundle et al, 2009). Farmer’s markets are social spaces that promote the health and well-being of the local community (Conner et al, 2004). At the Ithaca Farmer’s Market there is often live music and dancing.

When you buy local produce, you’re participating in a growing locavore movement; the number of farmer’s markets in New York State has risen significantly in recent decades (Lyson et al, 1995). Shopping at the Ithaca Farmer’s market is a simple way individuals can participate in the local-food economy. Individuals, farmers, and craftspeople all benefit from the interconnected economic relationships that promote the character of the region (Donofrio, 2013). Farmer’s markets are great outlets for keeping healthy food affordable (Kornfeld, 2013). The unparalleled quality of produce from the farmer’s market comes at a price that can’t be beat. Finally, supporting farmers protects the environment! Buying produce at the farmer’s market is one way that individuals can help protect farmland from development (Donofrio, 2007).

References

