



MOBILE MARKET

SEACOAST AREA MOBILE MARKET
A Program of Seacoast Eat Local

week of

JULY 8TH

ON THE SAMM VAN THIS WEEK.....

MIXED GREENS, CHERRY TOMATOES,
CARROTS, CABBAGE, HERBS, CHEESE,
BASIL, ZUCCHINI, SUMMER SQUASH,
HEAD LETTUCE, ARUGULA, BEETS, RADISH,
FENNEL, SALAD TURNIPS, SUNFLOWERS,
YOGURT, EGGS, MAPLE SYRUP, HONEY,
PICKLES, JAM, GROUND PORK, GROUND
BEEF, BACON

This Weeks
Recipe!

Some favorites!

ZUCCHINI



Easy Baked Zucchini!

Preheat oven to 425 degrees.

Toss zucchini slices with olive oil, seasoning, salt & pepper and about 2 tablespoons of the parmesan cheese. Place on a baking sheet and top with remaining parmesan cheese. Bake 5 minutes. Turn oven to broil, place pan near the top and broil 3-5 minutes or until cheese is melted and zucchini is crisp.



How to Preserve Zucchini

Zucchini can be stored in the refrigerator and should be used within 2-3 days of purchase. You can keep zucchini around a bit longer (up to 3 months) by blanching and freezing. You can also dehydrate zucchini or pickle it!

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SAMM MISSION

The mission of the Seacoast Area Mobile Market Program (SAMM), as part of Seacoast Eat Local, is to strengthen communities through greater access to local foods for all Seacoast residents. We believe that by bringing locally produced, fresh food products to individuals in their communities of home and work, we will eliminate transportation barriers and thereby expand access to local food.

Expanding food access in communities with historically limited access to local foods will, in turn, support the growth and spread of local agricultural efforts and businesses and also further cement the commitment to and education supporting local foods and agricultural across our region."

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