



## **Meatless Mondays (and why not every other day, too? 😊)**

### **Getting Giddy at the Farmers Market**

By Jenny Abel



This is the time of year when visits to the local farmers market make produce enthusiasts like me want to sing from the rooftops (but I promise I won't; trust me—no one would want to hear that). Most summer crops are still available in abundance and fall crops are starting to appear, so we can stock up on eggplant, peppers, summer squash, tomatoes, peaches, nectarines, and even still some sweet corn while also starting to

see beets, kale and other hearty greens, potatoes, and even some early winter squash. There's hardly a climate-friendly recipe that can't be made from fresh local ingredients this time of year.

I'm so excited about the season's bounty that I've got not one, but two recipes for you. The first features raw beets. I know the beet lovers among you won't take much convincing to try this one, but I realize that not everyone embraces this humble root vegetable.

Actually, I am a rather recent convert to beet fandom myself. I have traumatic memories of being served canned beets for lunch when I was four years old and in daycare. I swore I would never touch a beet again, but as an adult and far enough removed from childhood tastes I decided I ought to give beets another chance. I'm thrilled that I did, as I've found all sorts of ways to prepare them: roasted, in soups, beet burgers, a beet puree with walnuts, Greek yogurt, and honey, and lots of other tasty selections. I made the recipe below recently at the Old Town farmers market and served samples to visitors. It succeeded in converting several beet haters.

## Raw Beet Salad

1 lb. beets  
1 Tbsp olive oil  
2 Tbsp balsamic vinegar  
1 tsp Dijon mustard (or to taste)  
3 cloves chopped garlic  
¼ cup fresh parsley, chopped  
¼ tsp salt  
¼ tsp freshly ground black pepper

1. Peel beets and grate on the large holes of a box grater or in a food processor.
2. In a small bowl, mix all other ingredients.
3. Pour over beets and adjust seasonings.

*Adapted from AllRecipes.com*

## Butterbean, Corn, and Tomato Salad

15 oz. can butterbeans, cannellini beans, or Great Northern beans, drained  
2 cups fresh corn kernels, removed from 2 ears of corn  
2 tomatoes, chopped  
½ red onion, chopped  
2 cups arugula, chopped  
1/3 cup fat-free Italian salad dressing

Mix all ingredients together. I consider using Italian dressing cheating a little bit and suggest that you could make your own by mixing together olive oil, vinegar, salt, pepper, basil, and oregano. I realize how busy we all are, however. If having easy options prompt us to make the healthy choice over the fast food one, then I'm all for using ready-made dressing from time to time.

*Recipe adapted from the Virginia Family Nutrition Program:*

[http://www.intra.ext.vt.edu/fcs/efnep/documents/ButterbeanCornandTomatoSalad\\_001.pdf](http://www.intra.ext.vt.edu/fcs/efnep/documents/ButterbeanCornandTomatoSalad_001.pdf)

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