

## Recipe for:

### Corn Chowder



#### INGREDIENTS

1 T Coconut Oil    4 ½ C Milk  
 ¼ C Onion, Diced    Hot Sauce  
 1/3 C Carrot, Diced    1/3 C Bell Pepper  
 ½ C Celery, Diced  
 3 Cloves Garlic, minced  
 1 Dash of Cayenne  
 4 Ears Corn, remove kernels and  
 reserve cobs  
 1 Bay Leaf  
 3 C Potatoes, peeled and diced

#### DIRECTIONS

Heat pot over medium heat, and add oil. Cook onion,  
 pepper, carrot and celery, and garlic until they soften.  
 Next add cayenne, bay, corn cobs and milk to pot and  
 bring to a boil, then reduce to simmer with a lid for 15-  
 20 mins  
 Stir pot frequently to prevent scalding  
 Add potatoes, bring to a boil then reduce to a simmer  
 and let cook another 10-15 mins, or until tender.  
 Remove cobs and add corn kernels.  
 Add sea salt and pepper, if desired.

Serves: 6

Recipe provided by Chef Kristi, Grace Savory & Sweet, 2017

Visit the Pittsfield Farmers Market on Thursdays, 3-7 PM at 6201 W. Michigan Avenue  
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## Recipe for:

### Tomato and Mint Salad



#### INGREDIENTS

1 Cup Tomatoes, diced  
 ¼ Cup Onion, diced  
 Fresh Lemon Juice and Zest  
 1 Tablespoon Extra Virgin  
 Olive Oil  
 Fresh Mint  
 Salt and Pepper

#### DIRECTIONS

Mix tomatoes and onion in a bowl  
 Zest and juice lemon over tomatoes and drizzle with olive  
 oil.  
 Sprinkle sea salt and fresh cracked pepper over tomatoes  
 and then finish with finely chopped mint.  
 Serve chilled.

Serves: 2

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# Pittsfield Farmers Market

*Rooted in Community*

Thursdays, 3-7 PM  
Platt & Michigan Ave.  
June-September  
Rain or Shine

### Get social with us!

- @PittsfieldTwpParksandRec
- @PittsfieldTwp
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- Walk** to Platt & Michigan
- Bike** the Greenway
- Ride** AAATA Route 67



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