

Freshen Up

From your backyard garden to the local co-op and beyond, embrace summer by enjoying fresh produce at its finest BY ANGIE BROMELAND PHOTOS BY JOSH STOKES



OUTSIDE THE BUN >
Chef Pampuch puts a new twist on an old favorite with this beautiful burger.

Now is the season in the sun that we dreamed about all winter. Summer, at long last, has arrived. And with it, a bounty of locally grown produce is showing its fragrant and delicious face. Along with gardens suddenly plumping up and boasting the foliage of Greek gods, our local co-ops' produce sections seem to be positively bursting out of their crates. Take heed, and rejoice in creating delicious meals out of the freshest ingredients around.

To give you some mealtime inspiration, we walked alongside Chef Scott Pampuch, of Minneapolis' Corner Table, as he perused Lakewinds Natural Foods in Minnetonka to gather fresh and local ingredients for two delightful summer dishes. Chef Pampuch's wildly popular restaurant dedicated to sustainability makes his suggestions well worth following.

CORNER TABLE Enjoy Chef Pampuch's fresh and sustainable dinner menu by visiting his kitchen. Or, at least, his dining room. 5–10 p.m., Tues.–Thurs.; 5–11 p.m., Fri.–Sat.; 5:30–9:30 p.m. Sun. 4257 Nicollet Ave., Mpls. 612.823.0011, www.cornertablerestaurant.com.

Grass-fed Beef Burgers with Bleu Cheese and Bacon

1 lb. grass-fed ground beef
½ tsp. minced garlic
1 egg
Salt and pepper to taste

Heat grill. // Knead garlic, salt, pepper and egg into meat to mix thoroughly. // Divide into portions of choice (such as ¼ lb. or ½ lb. each) and form patties. // Place on hot grill and cook until desired doneness. // Chef Pampuch plated

the burger on a crostini, rather than a roll or bun. Thick slabs of bleu cheese and bacon complete this mouth-watering dish. SERVES 2–4.

NOTE: One key to great burgers is to treat them like steak: hot grill, flip once and don't overcook. Also, remember that the burgers continue to cook for a bit when they come off the grill.



Grown in EP

For four generations, the Peterson family has been providing Eden Prairie with seasonal fresh produce grown right in our hometown. **Nicola Peterson** talked with *Eden Prairie Magazine* about modern life on a family farm.

Why is the trend toward local food growing so rapidly? I think it's nice to know where your food is coming from, to say, "I live in Eden Prairie and I get my tomatoes from that farm"... People want to look more toward their home [and] community when it comes to food. **What do we gain from buying local produce?** Presenting a meal with farm-fresh produce is such a Minnesota summer thing to do. If you get [to our stand] right when we open, the corn is no more than five hours from the field. It's a short luxury ... but it's such a treat to have that freshness available during the summer. **What should we look for at stands this month?** July is the perfect time to buy corn—it's usually ready right about the fourth of July. You can also look for peppers and beans and cukes. —KK

Shop the Farmers' Markets

We only have a few of these warm months to enjoy each year, so if you'd prefer to spend more time outside than in, head to your local farmers' market for fruits, vegetables, meats, cheeses and more.

EXCELSIOR FARMERS' MARKET

LOCATION: Third and Water Streets at Lyman Park, Excelsior
MARKET DAYS: Through October, 2–6:30 p.m., Thursdays

MAPLE GROVE FARMERS' MARKET

Two markets, one indoor and the other outdoor, bring in up to 60 vendors.
LOCATION: 12951 Weaver Lake Road
OUTSIDE MARKET DAYS: Through late October, 3–7 p.m., Thursdays
INSIDE MARKET DAYS: November–April, first and third Thursdays of the month, 3–6 p.m.
CONTACT: Debbie Coss and Carol Morris, 763.494.5955, www.maplegrovefarmersmarket.com. 99

ANGIE BROMELAND IS THE FOOD EDITOR FOR EDEN PRAIRIE MAGAZINE

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