Enhance produce purchased from farmer's market

Remember, good things come in very small packages. So as the markets begin to fill with all the wonderful produce of aummer, don't overlook the crop of fresh herbs. Herbs can dramatically enhance the flavor of dishes, disguising their low-fat or replacing high-fat content. Boost the extitement quotient of a low-fat but boring cassender with the content of a low-fat but boring cassender with a squeeze of lemon juice and a sprinkling of fresh basil and sweet marjoram. Keep in mind that herbs can pack a punch. When using them, be sure you don't overpower foods with the stronger flavors of assertive herbs like boregano, rosemary, tarragon, cilantro and thyme. Midder herbs like basil, dill, chervil, chives, sweet marjoram, lemon grass and mint can be used in larger quantities. If you added

the parsley, which can tone down the flavor of other herbs. Use fresh herbs as soon as possible after picking or purchasing. Most can be stored for a few days in a glass jar with a little water. Be sure to strip off the bottom leaves so only the injustion of the bottom leaves so only the tips of the stems are immersed in water. Rinse herbs in cool water before using and dry thoroughly before chopping. The flavor of fresh herbs can be lost if cooked for more than 10 or 15 minutes, so add them to hot foods a few minutes before serving. With cold foods, however, fresh herb flavors develop more slowly, so add those at the beginning of your preparations.

There are some pairings of herbs and vegetables that are particularly good; green beans with basil, dill, rosensary, or savory; broccoli with temon basil, marjoram, or thyme; carrots with chervil, dill, or rosemary; spinach with garlie chives, lemon balm, marjo-

ram, or tarragon; tomatoes with basil, cilantro, oregano, or dill. Experiment to find the combinations that most appeal

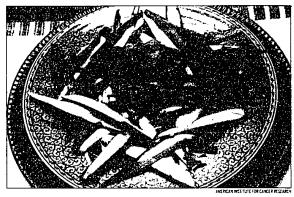
combinations that most appear to your palate.
This quick dish features just a touch of sweet basil to accent the simple flavors of carrots and zucchini.

CARROTS, ZUCCHINI AND BASIL

CARROTS, ZUCCHINI AND BASIL
3 small rucchini
3 small carrots
2 scalions
1 stablespoon estra virgin olive oil
Water or fat-free, reduced-sodi-um broth
1 clove garlic, minced
1 clove garlic, minced
1 sost land freshily ground black
peoper, to laste
1 bash of lemon jurice, or to laste
12 lesapoon fresh basil leaves,
chopped off-risb, diredo, to
taste
1 talletspoon chiers, chopped

I tablesoon chives chonned

Cut the zucchini and carrots into very thin slices (the size of wooden matchsticks). Cut the scallions into thin slices, including a little of the green.



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Don't overlook fresh herbs this summer at the farmer's market. Pick up carrots, zucchini, scallions, chives and basil for this summer treat.

In a medium-sized skillet, heat the oil. Add the carrots and begin to saute, stirring frequent-ly. When they begin to soften, add the zucethin and scallions. (Add a tablespoon or two of water or broth, if needed). Since the heat should be rather high,

do not add the garlie until the vegetables are almost done, or it

Season with salt and pepper and add lemon juice to taste when the vegetables are crisp-tender. Sprinkle with basil and chives and serve immediately.

Makes 6 servings.
Nutritional information per serving: 41 calories, 2 g, total fat (0 g, saturated fail, 3 g, carabhil, 3 g, carabhil, 2 g, carabhil, 3 g, carabhil, 2 g, carabhil, 3 g, carabhil, 2 g, carabhil, 3 g, c

PRODUCE

FROM PAGE D2

Livonia recreation supervisor based at Greenmead. "It's a laid-back way to do things."

FARMINGTON

Glenn Cappella grew up watching his parents farm and took the profession as his own. He sells the fruits of his labor He sells the fruits of his labor at the Downtown Farmington Farmer's Market. Talking from cell phone on top of his tractor one recent day in late May, Cappella talks about taking pride in offering his customers things they might not have seen before, like New England blue Hubbard squash or sorrel, a sour leaf herb.

When I bring something different, they find it interesting. It is said. I think every one of our vendors do something a little different to make the market interesting. But, he also has the popular tomatoes and corn that most people know and want. In fact, on the wet evening that he took time out to talk about growing and selling. Cappella said, he was preparing the land so he could plant tomatoes the next day. There was a tone of excitement in his voice, the property of the country of the land of the could plant tomatoes the next day. There was a tone of excitement in his country of the land of the country of the land of

voice.

On his farm in St. Clair
Township, Cappella said he
"grows everything and anything" including peppers, corn,
watermelons, cabbage, Chinese
eabbage, carrots, beans and
onions.

"People come to the market in May when the flowers are in

and they're looking for produce, Cappella said. But, it doesn't work that way. "It's been an interesting 10 years and I'm looking forward to the next 10 years, Cappella added.

Master gardeners are also available to answer gardening questions at the Farmington Farmer's Market.

"The questions change depending on the season, explained Marycarole Haering, a master gardener.

Gardening questions are answered by master gardeners from the Michigan Sate University extension office. In Oakland County the number is (248) 858-0857 and in Wayne County the number is (313) 833-3417.

Diane Gale Andreassi is a freelance writer who lives in Livonia

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