



The Montgomery County Food Council announces the **Eat Local Challenge**, a quarterly contest that challenges home cooks to experiment with fresh, local ingredients.

Below is a virtual basket of ingredients ranging from seasonal produce to handmade food products, as well as suggestions for sourcing these ingredients in Montgomery County, Maryland. Local residents are invited to create an original recipe featuring at last three of these suggested ingredients:

Our Spring Basket ingredients:

- Eggs - **Aliabaad Farms** in Sharpsburg and **Rocklands Farm** in Poolesville
- Dress It Up Dressing** - Found at local Dawson's Market, Whole Foods Markets, M O M 's O rganic Market in Rockville and Relay Foods
- Lamb - **Fox Hollow Farm** in Gaithersburg and **Rocklands Farm** in Poolesville
- Chicken Thighs- **East Rivendell Farm** in Damascus and **Fox Hollow Farm** in Gaithersburg
- Chives - **Aliabaad Farms** in Sharpsburg
- Radishes - **Rock Hill Orchard** in Mount Airy
- Honey - **Comus Market** in Dickerson and **Heyser Farms** in Colesville
- Beets - **Aliabaad Farms** in Sharpsburg



Final recipe submissions are due by May 1st

Recipes will be tested and judged by local chefs and culinary students; the winning recipe will be selected based on taste, creativity, and use of ingredients.

A winner will be announced on **June 1st**.

Winning recipes will be featured on the Food Council website and Facebook page, and possible other prizes include:

- A gift card to Dawson's Market in Rockville
- The winning dish featured on the menu of a local restaurant and/or in the prepared food section of a local market
- The winning dish prepared by a local chef in a cooking demo at Central Farm Markets in Bethesda

Each submission must include: **Name, City/Town, Recipe Name, Step-by-step Recipe with full ingredient list, and a sentence or two about why you choose to eat and buy local.** All recipe submissions become the property of the Montgomery County Food Council

We look forward to seeing the delicious recipes our followers will create!

For more information, to learn more about the contest rules, or if you have any other questions, please email Eatlocalmoco@gmail.com



Montgomery County
Food Council
www.mocofoodcouncil.org