This & That: APRIL

Here's the Rub

Here's an all-purpose Cajun spice blend we use on everything from salmon to chicken to beef. Combine a tablespoon each garlic powder, onion powder and sugar, a teaspoon each salt, black pepper, dried basil and paprika and ½ teaspoon cayenne pepper. No time to make your own? Buy all natural spice blends, with no additives or artificial ingredients.

The Farmers' Market: A Super Store

"Get out of the supermarket whenever you can." That advice comes from fresh food advocate Michael Pollan. And we couldn't agree more. There's nothing more gratifying (and tasty) than buying strawberries on the side of the road.

Now's the time to check out the farmers' markets or join a CSA (Community Supported Agriculture). If that's easier said than done, and you find yourself smack-dab in the middle of the frozen food aisle, here are some tips courtesy of Pollan's handy book, *Food Rules* (Penguin, 2009):

- If it came from a plant, eat it; if it was made in a plant, don't.
- Shop the peripheries of the supermarket and stay out of the middle.
- Eat your colors.
- Eat wild foods when you can.
- And my personal favorite: Eat only foods that will eventually rot (*obviously, there's some wiggle room here, as I've never had dried beans go bad*).

Jill Melton, Editor

Dandelion greens, like the ones on our cover, are in season now and available at many supermarkets—in the produce section, of course.

It's Salad Time!

For 10 great salads and dressing recipes, go to *relishmag.com/salads*

Eat local through a CSA; to find one near you, go to *localharvest.org*.

TOP 5 Most Viewed RECIPES

relishmag.co

1. Kory's Carrot Cake
2. Cream of Zucchini
3. Muffaletta Sandwic
4. Quinoa Spinach an Walnut Stir-Fry
5. Chocolate Cake wit Peanut Butter Frost

Women of the Dirt, Montana

Once a month, at varying locations throughout Gallatin Valley in southwest Montana, a group of women gather to talk dirt . . . literally. They're the "Women of the Dirt," 50 women who farm for a living or grow vegetables or raise animals for a hobby. Their monthly potluck meal is where the real bonds are formed. "It's a support group," says organic gardener Kathryn Hainsworth. "We scheme and dream, pitch in, and help each other." Check out their blog at *HomesteadBlogger.com/womenofthedirt*.

—Corinne Garcia

How Many Beets

Need help planning a kitchen garden? Go to t Gardener's Supply webs (*gardeners.com*), where you'll find a handy char that will tell you how mu to plant where, based on the dimensions of your garden.

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ALL PHOTOS BY: Mark Boughton Photography
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Relish is published by: Publishing Group of America, 341 Cool Springs Boulevard Suite 400, Franklin, Tennessee 37067 Phone: 800-720-6323. Mail editorial queries and contributions to Editor, Relish, 341 Cool Springs Blvd., Suite 400, Franklin, TN 37067. Publishing Group of America, Inc. will not be responsible for unsolicited materials, and cannot guarantee the return of any materials submitted to it. ©2010 Publishing Group of America, Inc. *Relish*™ is a trademark of Publishing Group of America, Inc. All rights reserved. Reproduction in whole or part of any article, photograph, or other portion of this magazine without the express written permission of Publishing Group of America, Inc. is prohibited.