



Pride of the Prairie promotes the production and use of locally grown food and develops a regional food system in western Minnesota that provides good, nutritious food, nurtures a healthy environment and provides economic opportunity for area entrepreneurs.

www.prideoftheprairie.org

Pride of the Prairie is:

- A **BRAND** that identifies the Upper MN River Valley region and it's local sustainable healthy foods.
- An **EDUCATIONAL MOVEMENT** to help people understand food systems and to make ethical and sustainable choices.
- An **INITIATIVE** that is supporting and developing a local sustainable food system.
- A **COLLABORATION** of partners representing diverse parts of a food system to move the work forward.

A New Vision for the Prairie

"In April, 2001, our team of university and community members came together to begin the long and intricate process of using foods grown in the Upper Minnesota River Valley to fuel the humans who reside here. This simple concept is made complex by a loss of interest and skill in growing food for people, reliance on fast foods, centralization of terminal markets, deterioration of the regional processing infrastructure, institutional requirements, lack of access and availability, and misunderstandings about the legality of using local foods."

Audrey Arner, Producer and organizer

Local Foods Go to College

Sodexo Campus Services, the nation's largest provider of campus dining services was selected to manage UMM's student dining, café, and catering programs in Spring 2001. Sodexo has been "eager to work with the University to identify ways to support local suppliers, and especially, local family owned farms." Inspired by their work at UMM, Sodexo Campus Services is providing leadership in bringing local foods to other campuses in Minnesota and the Midwest – in partnership with Food Alliance Midwest .

Farm To School

A Pride of the Prairie strategy initiated in 2004, to improve healthy eating habits of young and school age children in West Central Minnesota through educational programs, experiences and school foodservice that connects farming and nutritious and health foods.

Pride of the Prairie Partners

The University of Minnesota (Morris campus, West Central Regional Sustainable Development Partnership, West Central Research and Outreach Center, and University of Minnesota Extension Service), Sodexo Campus Services, Land Stewardship Project, Sustainable Farming Association, Morris Prairie Renaissance, Pomme de Terre Food Coop, Prairie Renaissance Cultural Alliance, area Farmers and the Upper Minnesota River Valley community.

Sicilian Tomato Salad

Serves 3-4

1 Pound Fresh Mozzarella Cheese cut into ¼” thick slices
3 or 4 Fresh Tomatoes cut into ¼ “thick slices
1 bunch Fresh Basil Leaves
Olive Oil
Salt and Pepper
Capers

In a circular design around the side of the serving plate, take a thick slice of cheese; overlay a slice of tomato, and then a leaf of fresh basil. Keep doing this around until plate is filled. Drizzle with olive oil and sprinkle with salt and pepper. Sprinkle capers over the top. Serve with Crusty Italian Bread.

Sausage and Eggplant Kebabs with Hot Chili Sauce

Serves 3-4

3 large cloves of garlic Minced
2 teaspoons of sugar
¼ cup fresh lime juice
2 fresh jalapeno chilies Minced
1 pound fresh smoked sausage Cut into ¾” thick slices
½ pound eggplant Cut into 1”cubes, blanched into boiling salt water for 1 min
½ red and green peppers Cut into 1” rectangles
½ pound Onions Cut into wedges
8 wooden skewers Soaked into water for 30 minutes

In a bowl whisk together garlic, sugar and lime juice, jalapeno’s and salt & pepper to taste. On each skewer arrange sausage, eggplant, and pepper. Place in a shallow pan and pour marinade over them. Let kebabs marinate for 2 hours or overnight. Grill kebabs for 10 minutes turning once or until sausage is cooked through and vegetables are soft.

BBQ Grill New Potatoes

Serves 3-4

1 to 1 ½ pounds New Potatoes Scrubbed and quartered
2 Tbsp Olive oil
3 Garlic Cloves Chopped
6 Tbsp Fresh Herbs Chopped

Spread Potatoes, Garlic and herbs on an Oil Sheet of Aluminum Foil. Season with Salt and Pepper. Fold over sides to make an envelope. Roast on Grill for 10 to 15 minutes or until potatoes can be pierced with a fork. Open Foil and enjoy.

Minted Melon and Berry Dessert Cup

Serves 3-4

1 Honeydew or Cantaloupe Melon
1 cup of Fresh or Frozen Strawberries or Raspberries
12 Mint Leaves
¼ to 1/3 cup of sugar
Mint Spring to Decorate

Halve Melon, remove seeds and scoop out flesh with a melon baler. Mix with berries in a glass dish. Put Mint and Sugar on a cutting board and chop till fine. Sprinkle over the fruit and toss gently. Chill at least 1 hour and place in dessert cups. Decorate with a mint spring before serving.

You can also garnish with a dollop of fresh yogurt.

Shopping List

Item	Source
20 Fresh Local Tomatoes	Country Gold Farms (Koehn Family, Starbuck)
20 non-local tomatoes	
2 pounds fresh mozzarella cheese	Cave City Cheese (Pomme De Terre Natural Food Coop, Morris)
2 bunch fresh basil	Honey & Herbs (Marcia Neely, Benson)
Olive oil	
Salt and Pepper Shakers	
Capers	
Fresh garlic 6 heads	Honey & Herbs (Marcia Neely, Benson)
Sugar	
Lime juice	
Jalapeno peppers 6-8	Honey & Herbs (Marcia Neely, Benson)
Sausage 3-4 pounds	Pastures A' Plenty (VanDerPol Family, Kerkhoven)
Eggplant (4)	Pahl Farms (Apple Valley)
Peppers (6-8)	Country Gold Farms (Koehn Family, Starbuck)
Onions	Honey & Herbs (Marcia Neely, Benson)
Skewers	
5 pound new potatoes	Honey & Herbs (Marcia Neely, Benson)
Garlic	Honey & Herbs (Marcia Neely, Benson)
Fresh Herbs	Honey & Herbs (Marcia Neely, Benson)
Foil	
8 melons	J&J Produce (Dondlinger Family, Millville)
4 cups of berries	Honey & Herbs (Marcia Neely, Benson)
Mint 4 large bunches	Honey & Herbs (Marcia Neely, Benson)
Sugar	
Cups	
Small Plates	
Forks	

Chef Chris Serio, U of M Morris and Sodexo Campus Services