

Tidal Creek presents the

Eat Local challenge

MENU IDEAS

So, you've decided to join the **Eat Local Challenge** and focus on eating more locally produced food.

You might be asking yourself, "How am I going to do this?"

On this handout, you'll find sample menus – ideas for breakfast, lunch, and dinner to help you get started.

At the Co-op, simply look for this local symbol or ask a friendly staff person for assistance in locating our many locally produced items.



You also may want to pick up the In-Season Calendar for Local Produce to assist you in your shopping. It's a nice piece to keep on hand – even after the Eat Local Challenge ends.

Good luck as you embark on your quest to make local food an integral part of your daily diet!



LOCALLY GROWN + COMMUNITY OWNED

TIDAL CREEK COOPERATIVE FOOD MARKET

5329 OLEANDER DR. WILMINGTON, NC 28403

BREAKFAST

MENU #1:

From-the-Farm Hash & Cakes

- Your favorite brand of frozen hash browns or locally grown potatoes (sliced or diced), mixed together and fried with locally produced eggs, bell peppers, onions and cheese.
- Homemade pancakes covered with local berries and locally produced honey.

MENU #2:

Livin' la Vida Local Granola

- Top your favorite local granola with local milk or cream, berries and/or local honey. Add some local hemp seeds for an extra hearty and nutritious breakfast, or afternoon snack.
- Start your day off right with coffee from a local roaster.

LUNCH

MENU #1:

Near-by Burritos

- Soak and cook black beans (found in the Bulk section).
- Combine and cook in large pan with locally grown tomatoes, onions and garlic as well as cumin and/or chili powder. Add water as needed and cook until thickened.
- Serve in tortillas, covered with local or homemade salsa. Try local tortilla chips and salsa for an appetizer!

MENU #2:

Close-to-Home Comfort Food

- Grilled cheese sandwich, made from locally produced cheese and butter, served on locally baked whole grain bread. (Options: Add some local tomatoes and lettuce.)
- Homemade tomato soup, made with locally grown tomatoes, herbs, and local cream or whole milk.
- Locally grown apples (whole or sliced).

DINNER

MENU #1:

Garden Grillin'

- Your favorite locally raised meat or homemade local veggie burgers on the grill.
- Wrap locally grown potatoes in foil and add to grill; soak ears of corn in water and add to grill.
- Top off with your favorite local ice cream.

MENU #2:

Stone's Throw Pizza

- Use pre-made pizza crust, or make your own with a local pizza kit! Top with local mozzarella, tomatoes, peppers, and onions. Add locally produced meat, if desired.
- Serve a fresh salad made with local greens and veggies, topped with a locally made dressing.
- Craving dessert? Try some local baklava or ice cream.