



**STAY HOME
AND EAT LOCAL
FOR THE
HOLIDAYS**

Shopping Guide

The Food Action Network, Santa Barbara County farmers markets, Santa Barbara County Public Health, and *Edible Santa Barbara* invite you to **Stay Home (and Eat Local) for the Holidays**. Together, we have developed a safe, affordable, and healthy option for celebrating the holidays – and supporting our local farmers – during the COVID-19 pandemic.

Visit [SBCFAN.org/holidays](https://www.sbfcfan.org/holidays) for full details and downloadable materials.



Stay Safe during the Holidays.

Wear a mask, maintain at least 6 feet of distance, and avoid gatherings with people who live outside your home.

Visit [Publichealthsb.org](https://www.publichealthsb.org) for the most current COVID-19 information for Santa Barbara County.

- 1 Shop at a participating farmers market** during the 2020 Holiday season (see list on our website).
- 2 Use this shopping guide to plan your meal** – includes suggested budgets for small gatherings, sample menu with basic preparations, shopping list with easy-to-follow market map, and recipes by *Edible Santa Barbara*.
- 3 Explore the market and discover delicious and affordable in-season produce** to showcase on your holiday table.
- 4 Ask farmers market staff** if you need assistance finding an ingredient or want advice on recipes or substitutions.
- 5 Enjoy a locally sourced holiday meal** with your household.

No matter what you decide to make, you'll be supporting our local food system while feeding your household a fresh, nutritious meal.

From our table to yours – stay home, be safe, and eat well.



This campaign is just one of the ways the Santa Barbara County Food Action Network connects, aligns, and activates a network of food system actors to develop a robust local food economy, a healthy and just community, and a well-stewarded, resilient foodshed. Learn more and join the network at [SBCFAN.org](https://www.sbfcfan.org).



Supporting healthy people, a healthy economy, and a healthy environment.

[sbfcfan.org](https://www.sbfcfan.org)

SHOPPING LIST

Keep in mind that some produce listed may not be available due to weather and/or seasonal fluctuations. Ask farmers market staff if you need assistance finding an ingredient or want advice on recipes or substitutions.

Basic preparations are listed below each suggested side dish, but culinary creativity is encouraged. Don't forget to pick up bonus recipes provided by *Edible Santa Barbara* from the market info booth (also available for download at SBCFAN.org/holiday).

CALABAZA EN TACHA MEXICAN CANDIED PUMPKIN

Makes 4 servings – double amount of pumpkin/squash to make 8 servings

INGREDIENTS

2 pounds pumpkin or hard winter squash
1 medium orange

From your pantry:

brown sugar or honey, water, cinnamon sticks (optional)

BASIC PREPARATION

Cut the stem off the pumpkin/squash, cut it in half, and scrape out the seeds and stringy parts (save the seeds to make pepitas!). Leaving the rind on, cut into 2-3" chunks. In a large pot, simmer 1 cup brown sugar or honey, 2 cups water, juice of orange, and 2 cinnamon sticks until sugar/honey dissolves. Add pumpkin/squash and bring to a boil. Reduce to a simmer and cook, covered, for 30 minutes. Remove the lid and simmer for 1-1.5 hours more until pumpkin/squash is tender and sauce is reduced to a glaze. Serve warm.



STEAMED SEASONAL VEGETABLES

Makes 4 servings – double amounts to make 8 servings

INGREDIENTS

1 pound vegetables

pick one: green beans, broccoli, Brussels sprouts, carrots, cauliflower

From your pantry: **olive oil or butter, salt, pepper**

BASIC PREPARATION

Bring ½ inch of salted water to boil in a large pan. Add trimmed and cleaned vegetables, cover, and cook until the vegetables are tender to the bite and the water has evaporated, 3-5 minutes. Season with olive oil, butter, salt and/or pepper to taste.



PAPAS EN SALSA VERDE POTATOES IN GREEN SAUCE

Makes 4 servings – double amount of tomatillo, potato, and onion to make 8 servings

INGREDIENTS

1 pound tomatillos

1 medium onion

1 head garlic

1 pound potatoes

1 bunch cilantro

From your pantry: **olive oil or lard, serrano chiles or jalapeños, salt**

BASIC PREPARATION

In a heavy pot, bring potatoes to a boil in salted water. Simmer covered until just tender, about 15 minutes. Drain potatoes and when cool, peel, cut into bite size pieces, and set aside. Chop onion and 2-4 cloves of garlic. Husk and rinse tomatillos. Add the tomatillos, garlic, and 1/2 of the onion to a heavy pot with enough salted water to cover. Simmer until tender, about 10 minutes. Drain, reserving 1 cup of cooking liquid. Let cool slightly. In a food processor or blender, combine the tomatillo mixture and roughly chopped cilantro and chiles. Puree until smooth, adding reserved cooking liquid to reach desired consistency. Saute remaining chopped onions in olive oil or lard until translucent, about 5 minutes. Add tomatillo puree and simmer for 10 minutes. Stir in potatoes and cook until tender, about 15 minutes.



MASHED POTATOES, YAMS, OR SQUASH

Makes 4 servings – double amounts to make 8 servings

INGREDIENTS

2 pounds vegetables

pick one: potatoes, yams/sweet potatoes, or hard winter squash of any variety

From your pantry:

salt, pepper, olive oil or butter, cream/milk/water

BASIC PREPARATION

Bring a pot of salted water to a boil. Peel and dice potatoes, yams, or squash into 2" chunks, add to boiling water, and cook until tender but still firm, about 15 minutes. Drain. Add ½ cup milk, water, or plant-based milk plus 1 tablespoon melted butter or olive oil and use a potato masher, electric beater, or large fork to blend until smooth. Season with salt and/or pepper to taste.



CALFRESH BENEFITS A shopper who wishes to spend \$10 of CalFresh benefits at the farmers market gets an extra \$10 to spend on fresh produce. For details, visit the market manager/info booth. *Funded by USDA SNAP, an equal opportunity provider and employer.*



RAJAS DE CHILE POBLANO CON CREMA ROASTED POBLANO PEPPER WITH CREAM

Makes 4 servings – double amount of peppers to make 8 servings

INGREDIENTS

4 Poblano peppers

1 medium onion

1 head garlic

From your pantry: **olive oil, cream, salt**

BASIC PREPARATION

Place peppers directly onto the flame of a gas burner or roast under a broiler, turning, until the skin chars slightly on all sides. Place peppers in a paper bag or cover with a kitchen towel and sweat for 15 minutes. Using a knife or your finger, make a slit and remove the core, seeds, and veins. Clean with a paper towel. Cut the peppers into strips, slice half the onion, and mince 2 garlic cloves.

In a frying pan over medium heat, fry the onions in olive oil until translucent but not browned. Add garlic and cook for 1 minute. Stir in the peppers and cook for 2 minutes. Add cream and simmer for 2-3 minutes. Season with salt to taste.



SAUTÉED GREENS

Makes 4 servings – double amounts to make 8 servings

INGREDIENTS

2 bunches leafy greens

pick from: bok choy, chard, collards, kale (any variety), spinach

From your pantry: **olive oil or butter, salt, pepper**

BASIC PREPARATION

Trim fibrous ribs from the greens, wash and roughly chop. Heat olive oil or butter in a large, heavy skillet over medium heat. Add greens; toss to coat with fat. Cook until bright green and wilted, 4-6 minutes. Season with salt and/or pepper to taste.



MARKET SALAD

Makes 4 servings – double amounts to make 8 servings

INGREDIENTS

1 head/bunch/bag of leafy greens

pick one: lettuce (any variety), dandelion, mustard greens, arugula, purslane, spinach

1 pound fruit

pick one: apple, grapefruit, orange (any variety), tangerine, persimmon, pomegranate

½ - 1 pound fruit/vegetable

pick one: avocado, celery, fennel, carrot, red or white onion, jicama, sugar snap peas

From your pantry: **dressing of your choice**

BASIC PREPARATION

Tear greens into a large bowl and top with chopped or sliced fruit and vegetables. Toss with lemon juice and olive oil or dressing of your choice. Season with salt and/or pepper to taste.



ROASTED SEASONAL VEGETABLES

Makes 8 servings (you may have leftovers!)

INGREDIENTS

1 bunch/1 pound each, vegetables

pick four: beets, broccoli, Brussels sprouts, carrots, cauliflower, celery root, eggplant, onions, peppers, potatoes, hard winter squash of any variety, turnips, yams

1 bunch herbs pick one: sage, thyme, rosemary, or any hearty herb

From your pantry: **olive oil, salt, pepper**

BASIC PREPARATION

Preheat oven to 400°F. Peel and cut vegetables into uniform 2" chunks. Add to a bowl with ½ cup olive oil or melted fat of choice, 1 tablespoon fresh chopped herbs, and toss to coat. Transfer to a baking dish or rimmed baking sheet and roast, tossing once or twice, for 20-25 minutes until tender. Season with salt and/or pepper to taste.



How to budget for your holiday feast

A common myth is that shopping local is expensive. **If you focus on in-season produce, prices at farmers markets are comparable to those you'll find at the grocery store** – and you'll enjoy the freshest food available, direct from our local farms.

We put together a sample menu with a variety of seasonal side dishes – select four and feed your household of four for just \$40. Follow our suggestions or create your own menu based on your household's favorite in-season produce.

**Fill your table with any four seasonal sides for:
\$40 Household of 4; \$55 Household of 6-8**

IF YOU HAVE EXTRA ROOM IN YOUR BUDGET CONSIDER ADDING THESE ITEMS TO YOUR MEAL

Locally raised meat (turkey, chicken, lamb, beef, or pork) and seafood

Seasonal preserves

Fresh baked bread, pasta, or grains

Eggs

Cheese

Nuts or nut butters

Olives or olive oil

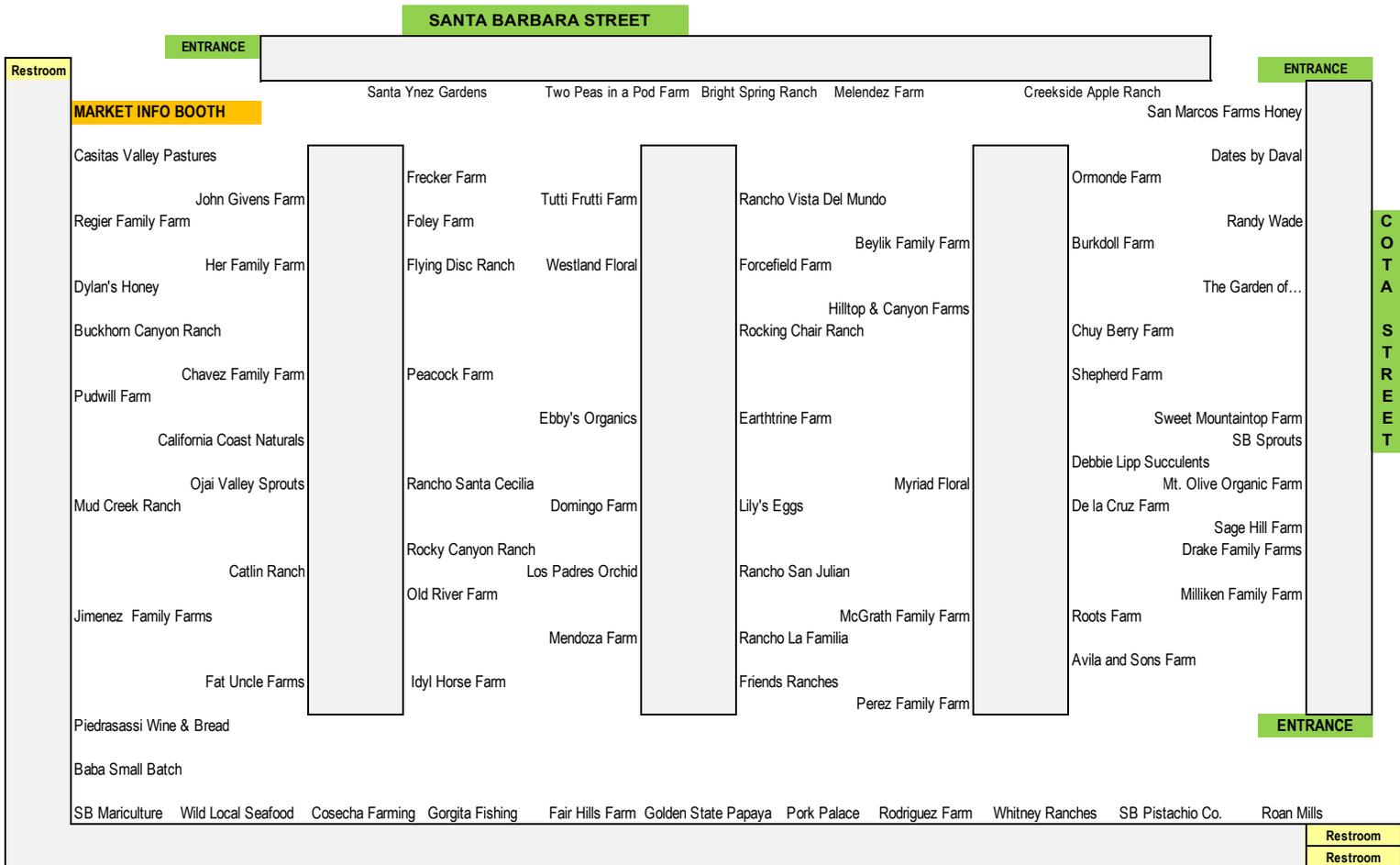
Dried beans

Homemade pies, pastries, or desserts

Honey or dates

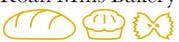
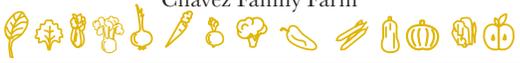


DOWNTOWN SANTA BARBARA FARMERS MARKET Saturdays 8:30 a.m. – 1:00 p.m.



- | | | | |
|---------------------------|------------------------|--------------------------|---------------------------------|
| Avila and Sons Farm | Ebby's Organics | Mendoza Farm | Regier Family Farm |
| Baba Small Batch | Fair Hills Farm | Milliken Family Farm | Rocking Chair Ranch |
| Beylik Family Farm | Fat Uncle Farms | Mt. Olive Organic Farm | Rocky Canyon Ranch |
| Bright Spring Ranch | Flying Disc Ranch | Mud Creek Ranch | Rodriguez Farm |
| Buckhorn Canyon Ranch | Foley Farm | Myriad Floral | Roots Farm |
| Burkdoll Farm | Forcefield Farm | Ojai Valley Sprouts | San Marcos Farms Honey |
| California Coast Naturals | Frecker Farm | Old River Farm | Santa Ynez Gardens |
| Casitas Valley Pastures | Friends Ranches | Ormonde Farm | SB Mariculture |
| Catlin Ranch | Golden State Papaya | Peacock Farm | Santa Barbara Pistachio Company |
| Chavez Family Farm | Gorgita Fishing | Perez Family Farm | SB Sprouts |
| Chuy Berry Farm | Her Family Farm | Piedrasassi Wine & Bread | Shepherd Farm |
| Creekside Apple Ranch | Hilltop & Canyon Farms | Pork Palace | Stepladder Creamery |
| Dates by Daval | Idyl Horse Farm | Pudwill Farm | Sweet Mountaintop Farm |
| De la Cruz Farm | Jimenez Family Farms | Rancho La Familia | The Garden of... |
| Debbie Lipp Succulents | John Givens Farm | Rancho San Julian | Two Peas in a Pod Farm |
| Domingo Farm | Lily's Eggs | Rancho Santa Cecilia | Tutti Frutti Farm |
| Drake Family Farms | Los Padres Orchard | Rancho Vista Del Mundo | Westland Floral |
| Dylan's Honey | McGrath Family Farm | Randy Wade | Whitney Ranches |
| Earthtrine Farm | Melendez Farm | | Wild Local Seafood |

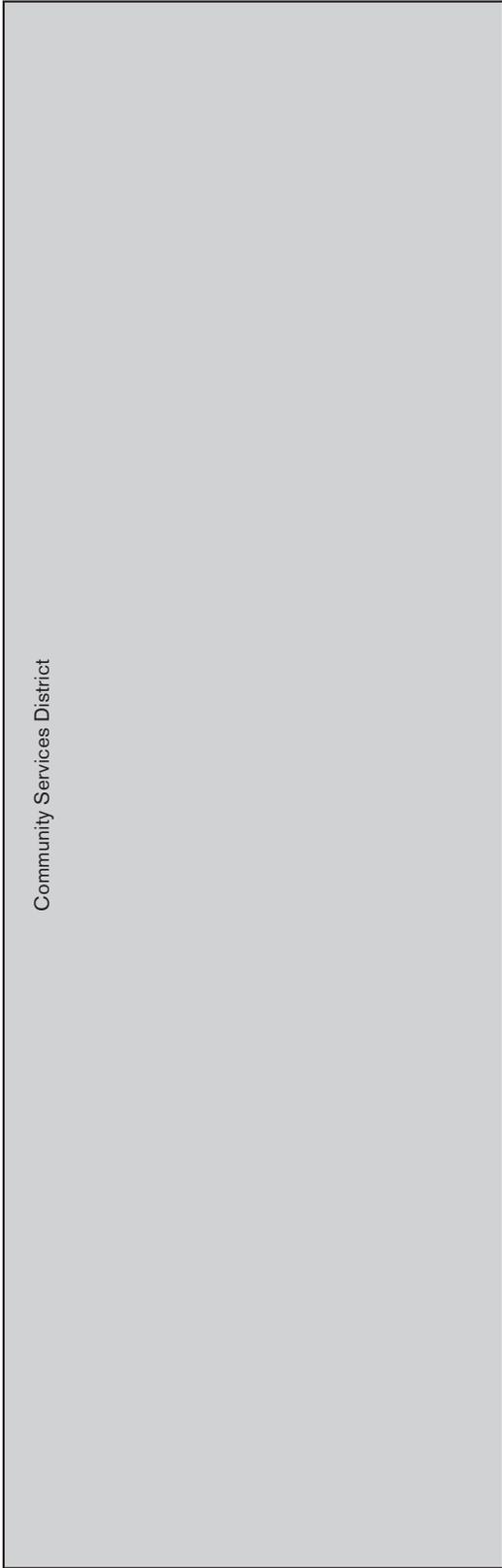
GOLETA FARMERS MARKET AT CAMINO REAL MARKETPLACE Sundays 10:00 a.m. – 2:00 p.m.

<p>Roan Mills Bakery</p> 		
<p>Buckhorn Canyon Ranch</p> 		<p>Parker Ranch Beef</p> 
<p>Fair Hills Farm</p> 		<p>Mendoza Farms</p> 
<p>Casitas Valley Pastures</p> 		
<p>Myriad Floral</p>		<p>Rodriguez Farms</p>
<p>Ojai Valley Sprouts</p> 		
<p>Dylan's Honey</p> 		<p>Rancho Santa Cecilia</p> 
<p>Chavez Family Farm</p> 		
<p>Dates by Daval</p> 		<p>Burkdoll Farms</p> 
<p>Regier Farms</p> 		<p>Chuy Berry Farm</p> 
<p>Ebby's Organics</p> 		<p>Givens Farm</p> 
<p>San Marcos Farms Honey</p> 		
<p>Idyl Horse Ranch</p> 		<p>Market Information Booth</p>
<p>Baba Small Batch</p> 		
<p>California Coast Naturals</p> 		<p>Gold Coast Mushrooms</p>
<p>Lily's Eggs</p> 		<p>Pork Palace</p> 
<p>Avila and Sons Farm</p> 		<p>Vista Del Mundo</p> 
<p>Moua Family Farm</p> 		<p>Deverough Greenhouses</p>
<p>Melenez Farm</p> 		<p>Westland Floral</p>
<p>Shepherd Farm</p> 		
<p>Creekside Apple Ranch</p> 		

ROUTE 1 FARMERS MARKET AT VANDENBERG VILLAGE COMMUNITY SERVICES DISTRICT

3745 CONSTELLATION ROAD, LOMPOC

Sundays 10:00 A.M. – 2:00 P.M.



Community Services District

Monthly Crafters

Manager Info Booth


Flower Valley Arts

Sweet Creations
Chocolate


The Lavender Lady

Baking on Sundays


Julia's Juices

Dare 2 Dream Farms


Bautista Family Farms


Rocking Chair Farms


Mendoza Family Farms


Maite's Vegetables


Wolff Family Farms



STATE STREET FARMERS MARKET, Tuesdays 2:45 p.m. – 6:30 p.m.

CANON PERDIDO STREET

 San Marcos Farms Honey	Roan Mills Bakery 
 Parker Ranch	Westland Floral
 Rocking Chair Ranch	Bright Spring Ranch 
 Old River Farm	Mendoza Family Farm 
 Rancho La Familia	Blue Ridge Honey 
 Catlin Ranch	Casitas Valley Pastures 
Rodriguez Family Farm	Perez Family Farm 
 Melendez Farm	Burkdoll Farm 

DE LA GUERRA STREET

 Pork Palace	Milliken Family Farm 
 California Sunrise Farm	Givens Farm 
 California Coast Naturals	Wolfe Family Farm
 Ojai Valley Sprouts	Stepladder Creamery 
 Frecker Farm	Buckhorn Canyon Ranch 
 Dates by Daval	Santa Barbara Pistachio Company 
 Ebby's Organics	Market Information Booth
 Idyl Horse Ranch	Los Padres Nursery
 Creekside Apple Ranch	Shepherd Farms 
 Jimenez Family Farm	Baba Small Batch 

STATE STREET

ORTEGA STREET

	Regier Family Farm 
 Lily's Eggs	Tutti Frutti Farm 
 Chuy Berry Farm	Santa Barbara Sprouts 
 Dylan's Honey	Myriad Floral Co
 Roots Farm	Chavez Family Farm 
 Earthtrine Farm	Fair Hills Farm 
 Avila and Sons Farm	Rancho Santa Cecilia 

COTA STREET

SOLVANG FARMERS MARKET - Wednesdays, 2:30 p.m. - 6:00 p.m.

ALISAL STREET

 Avila and Sons Farm

Tutti Frutti Farm



 Creekside Apple Ranch

Westland Floral



Wolfe Family Farm

Rancho La Familia



 California Coast
Naturals

Mendoza Family Farm



 Ormonde Farm

Fair Hills Farm



Ballard Canyon Farm

Chavez Family Farm



Rocking Chair Ranch



COPENHAGEN

Market Information Booth

1ST STREET

Jimenez Family Farm



Burkdoll Farm



Melendez Farm



 Morell Nut and Berry
Farm

Buckhorn Canyon
Ranch



 Lily's Eggs

Myriad Floral Co

 Ojai Valley Sprouts

Rancho Santa Cecilia



 Dates by Daval

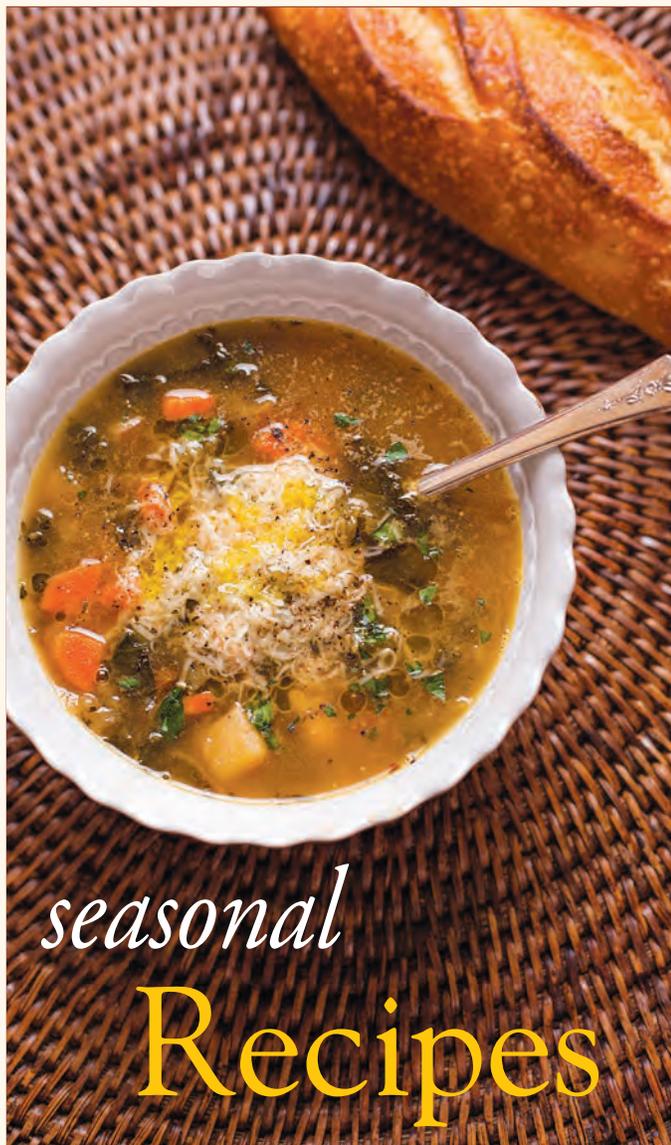
Oostrveer Orchids

 Roots Farm

Chuy Berry Farm



2ND STREET



seasonal Recipes

by Krista Harris

2 for 1

Make one meal that can easily turn into two. Here is a classic soup recipe that is easily adaptable to what you find at the market and the leftovers are transformed into a delicious stew.

Minestrone

This is a hearty winter version of our favorite Italian vegetable soup that will provide you with enough leftovers to make Ribollita soup the next day. Feel free to make substitutions based on what you find at the market. The table on the opposite page will give you some possible suggestions. This soup can easily be made vegetarian or vegan, simply leave out the sausage and the optional topping of Parmesan cheese.

Makes 4 servings, plus leftovers

1 cup dried white beans

Olive oil

A couple 3-ounce sausages, sliced, optional

1 medium onion, chopped

3 medium-sized carrots, chopped

2 stalks of celery, chopped

1 garlic clove, chopped

4–5 small to medium red or yellow potatoes, peeled and chopped into small cubes

1 bunch kale, stems removed, leaves thinly sliced

6 cups of water or vegetable stock

1 teaspoon Herbes de Provence

1 tablespoon coarse sea salt or kosher salt

Freshly ground black pepper to taste

Some grated Parmesan cheese, optional

Crusty French or Italian bread, for serving

Rinse the beans in cold water. Put them in a large pot and cover with water. Bring just to a boil and then remove from heat. Cover and let sit for one hour.

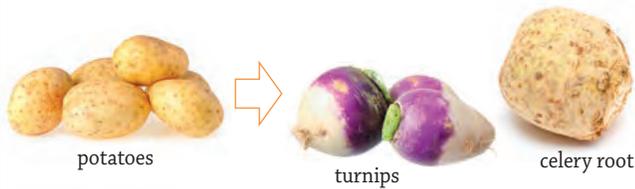
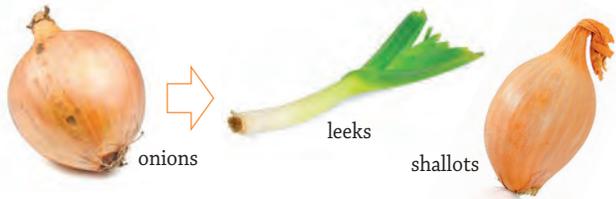
Drain and discard cooking water. Return them to the pot, add water to cover and simmer for 1 hour or until tender. Drain and set aside.

In a large soup pot sauté the sausage over medium heat until lightly browned. Add a few tablespoons of olive oil to the pot and sauté the shallots, carrots, celery and garlic over medium heat for 5–8 minutes or until tender and translucent.

Add the potatoes along with the kale, the water or broth and the reserved beans, herbs, salt and pepper. Stir to mix everything evenly.

Cover and bring to a boil, then turn down the heat and cook for 35–45 minutes or until the potatoes are tender. Taste and add additional salt and pepper if needed. Serve topped with the Parmesan cheese and a drizzle of olive oil along with some good, crusty French or Italian bread.

Possible Minestrone Substitutions



Ribollita



The next night, you can turn minestrone into an even heartier soup, almost a stew—called Ribollita, which means reboiled in Italian. The bread will be very soft and essentially thicken the soup.

Makes 4 servings

Leftover soup

Leftover bread

Some grated Parmesan cheese, optional

Olive oil

Freshly ground black pepper to taste

The next night add several slices of diced day-old bread to the soup and bring the soup to a boil in a large soup pot. It will be very thick. Serve with a generous drizzle of olive oil on top of each serving and some additional grated Parmesan cheese and freshly ground pepper.



Orange and Date Salad

This is an incredibly easy three-ingredient salad that tastes like so much more. And it can be served either as a salad or as a dessert.

Makes 4 servings

4 large oranges, blood, navel or Valencia

6 honey dates (or other soft variety of date)

2 ounces soft goat cheese

1 teaspoon apple bouquet vinegar or other type of fruit vinegar

1 teaspoon local wildflower honey

2 tablespoons walnut oil

Salt

Freshly ground nutmeg or pepper

Cut the ends off the oranges and then slice the peel off so that no white pith is remaining. Slice the oranges crosswise into rounds and arrange on a platter.

Remove the pits from the dates, cut into quarters and scatter them over the orange slices. Crumble the goat cheese on top.

Mix together the vinegar and honey and whisk in the walnut oil; add a little salt to taste. Drizzle over the salad and add freshly ground nutmeg or pepper to taste.

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seasonal
Recipes

by Krista Harris

Quick Pickled Beets

This makes a fresh, tangy ingredient for sandwiches or salads or as a colorful side dish. You can also substitute fennel for the beets, the technique works for either. When using beets, you can also branch out and use golden orange beets or the pink-and-white-striped Chioggia beets.

Makes about 1 cup

1 large beet or 1 large fennel bulb, trimmed and cored

1/4 cup white or red wine vinegar

1/2 cup water

1 tablespoon honey or sugar

Salt and pepper, to taste

If you are using the beet, cut off the top and tail and peel or scrub off any rough skin. Then grate it on a box grater. If you are using fennel, cut it in quarters and thinly slice, using a mandoline if you have one.

Combine the beet (or fennel) with the vinegar, water, honey or sugar, salt and pepper in a saucepan and bring to a simmer. Cook for 1–2 minutes and then remove from heat; let sit for at least 10 minutes, or until cool. Taste and adjust seasoning. Use at room temperature or chill.





ERIN FEINBLATT

Broccoli and Broccoli Rabe

Everyone loves sautéed broccoli but broccoli rabe has a very assertive flavor. Some people love it; others find its taste too bitter. Sautéing a mixture of the two is a great way to tame broccoli rabe's intensity. You can choose to use all broccoli or as much broccoli rabe as you like. The garlic and red pepper counteract the bitterness. Adding some nutty Parmesan cheese at the end makes it even more delicious.

Sautéed Broccoli

Makes 2–4 servings

1 bunch of broccoli and/or broccoli rabe, washed and bottom ¼ inch of the stems removed

⅓ cup olive oil (preferably local)

Large pinch of red pepper flakes or a small finely diced jalapeño

1–2 cloves of garlic, minced

½ teaspoon of flake sea salt or to taste

Freshly ground pepper to taste

Thin shavings or slivers of Parmesan cheese, optional

Coarsely chop the broccoli and/or rapini stems and leaves, and slice the florets into bite-sized pieces.

Heat a large, deep sauté pan over medium heat. Pour in enough of the olive oil to coat the bottom and add the red pepper flakes. Add the broccoli and cover the pan. Cook for about 5 minutes and then uncover and add the minced garlic, salt and pepper.

Cook for another 5–8 minutes, until tender. Serve with a generous sprinkling of shaved slivers of Parmesan cheese.



Root Vegetables

Carrots, parsnips, potatoes, turnips, rutabagas, celery root, Jerusalem artichokes, onions, beets and sweet potatoes—a multitude of tasty tubers and vegetables that grow in the earth are in season throughout the fall. One of our favorite places to stock up on root vegetables is Jacob Grant's Roots Organic Farm. Jacob's vegetables are organically grown and full of flavor. And there are few things easier or more delicious than a pan-full of roasted root vegetables.

Roasted Root Vegetables

Makes 4–6 servings

1 bunch of carrots (orange, yellow, red or mixed colors), tops removed and peeled or scrubbed

1 pound of other assorted root vegetables (turnips, parsnips, beets, etc.), cleaned

1 onion, peeled and quartered

⅓ cup olive oil

1 tablespoon finely chopped fresh rosemary, oregano or thyme

1 teaspoon flake sea salt or to taste

Freshly ground pepper to taste

Put a medium-sized shallow roasting pan or rimmed baking sheet in the oven and preheat the oven to 450°. Cut the carrots and root vegetables into 1-inch pieces and toss with the onion in a large bowl with the olive oil, herbs, salt and pepper. Make sure all the pieces are coated with the olive oil and the seasonings are evenly distributed.

When the oven is up to temperature, carefully add the vegetables into the hot pan, spreading them out into one layer. Roast for about 15 minutes and then stir the mixture and continue roasting another 30 minutes or until the vegetables are soft and slightly browned. The time will vary depending on the size and type of vegetables you use.