



MEDIA RELEASE

TENNESSEE DEPARTMENT OF AGRICULTURE
MARKET DEVELOPMENT DIVISION

FOR IMMEDIATE RELEASE

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YOU'LL FLIP OVER OPEN-FACE OMELET

NASHVILLE, Tenn. - For those who try to eat fresh, local and seasonal foods whenever possible, winter is the most trying time of year. Fortunately, some sure signs of spring are showing up in farmers markets and on CSAs – “community supported agriculture” farms. Early crops like cabbage, potatoes, Brussels sprouts, onions, peas, broccoli and all manner of greens are the first guests for a feast that will last through fall.

Along with spinach, lettuces and other early veggies that will be abundant while the weather remains mild, eggs are also most abundant in spring. After laying few if any eggs during the dark winter months, increasing hours of sunlight jumpstart the egg-producing process, and for several months chickens will lay eggs every 24 hours. Many CSAs can include egg, dairy and even meat products along with the produce they offer.

Members of a CSA pay a farmer in advance for a share of the year’s produce before the growing season begins. This emerging business model allows the farmer to buy necessary seed, fertilizer, fuel and other inputs necessary for the year. As crops ripen, the member’s fresh, local food is already bought and paid for and can be picked up at the farm or at a convenient drop-off site in the area.

The latest recipe featured on the Pick Tennessee Products Web site, an open-faced potato omelet, gives “fresh and local” lovers a way to celebrate the new growing season.

The recipe comes from Tammy Algood, food expert and spokesperson for the statewide Pick Tennessee Products campaign. Pick Tennessee Products is part of the Tennessee Department of Agriculture Market Development Division, designed to help consumers identify and choose Tennessee farm products. Algood creates recipes featuring foods grown or processed in Tennessee.

Unlike a true omelet, this recipe doesn’t require flipping or folding over. It also serves as a whole meal in a single skillet. One word of caution: be sure to use a skillet that is oven proof – handles covered in plastic or made of wood will not hold up under high heat.

For a listing of Tennessee local farmers markets and CSAs, for vegetable, egg and dairy producers or for more recipes featuring other Tennessee farm direct products, visit www.picktnproducts.org.

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Open-Faced Potato Omelet

Yield: 4 servings

1 tablespoon olive oil
6 slices applewood bacon, cut into pieces
1 1/2 cups diced red potatoes
1 purple onion, peeled, halved and cut into thin strips
8 eggs
1/4 cup half-and-half or heavy cream
1/4 teaspoon kosher salt
1/4 teaspoon black pepper
1/2 cup shredded fontina cheese, divided
1 tablespoon chopped fresh chives

Place the oil in a large oven-proof skillet over medium heat. Add the bacon and cook until it starts to crisp. Drain on paper towels and set aside.

Add the potatoes and onions to the hot bacon drippings and increase heat to medium-high. Saute 10 to 12 minutes or until the potatoes are nearly tender, stirring occasionally.

Meanwhile, in a large bowl, whisk together the eggs, half-and-half, salt and pepper. Stir in all but 2 tablespoons of the cheese and the bacon. Pour over the potato mixture, shaking the pan gently to distribute evenly.

Preheat the broiler.

Reduce the heat to medium and cook 5 minutes without disturbing or until the eggs are set on the bottom and sides, but still runny in the center. Place the skillet under the broiler 2 minutes or until the center is firm.

Sprinkle with the remaining cheese and chives. Loosen the edges with a spatula and slide onto a serving plate. Cut into wedges and serve hot.