

Local Fare @ the Macomb Farmers' Market

Thursday, Aug. 27/Saturday, Aug. 29, 2009

By Elizabeth Dietrich

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Fresh food

The following is a projected list of locally-grown produce available at the market on Thursday/Saturday. Baked goods are also available but are not listed here.

Vegetables

Beans (green and yellow) • beets • broccoli • cabbage • cauliflower • collard greens • cherry tomatoes • cucumbers • eggplant • garlic • greens (Asian) • green onions • herbs: dill, basil, marjoram, oregano, thyme, sage • jalapeno peppers • kale • kohlrabi • lettuce • onions • peppers (sweet and hot) • potatoes • radish • summer squash • sweet corn • swiss chard • zucchini

Fruit

Cantaloupe • watermelon • peaches • strawberries (raised in high tunnels in Henderson)

Meat, dairy, other

Steaks • roasts • stew meat • hot dogs • hamburger • all cuts of chicken • Ropp's cheese • WIU organic popcorn • sunflowers

What's at Market this week

Sweet potatoes • fall squash (spaghetti, acorn)

Market news

Drop Tine Farm, Blandinsville, has the first pumpkins of the season. Keep your eye out for more pumpkins and squash as autumn approaches!

Market events

Children's Tent, 9-11 a.m., Saturday

Members from the Food Initiatives Group will teach children about worms and offer kids the opportunity to take some home to start their own worm composting unit.

Newsletter sponsors

The mission of Food Initiatives Group is to involve community members in the growing of a fair, sustainable, and local food system. www.macombfig.org
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What's happening in the region?

• **Tri-State Locally Grown Conference, Sept 4**
Fairfield, (Iowa) 10 a.m. to 4 p.m.

<http://www.travelfairfieldiowa.com/food-conference/>

• **5th National Small Farm Conf., Sep 15-17**

Located at the Hilton and the Prairie Capital Convention Center in Springfield. The conference will provide an opportunity to share new ideas in research, extension and outreach and to strengthen collaboration and partnership among colleagues who are working to support small farmers and ranchers. The \$300 registration fee covers meals, tours, and info. Register online at <http://www.conferences.uiuc.edu/smallfarm> or pay by check, money order, or purchase order. Fax registration to University of Illinois Conferences and Institutes at 217-333-9561 or mail to Small Farm Conference, Cashiering Office, University of Illinois, 162 Henry Administration Building, 506 S. Wright Street. Urbana, IL 61801.

Recipe – Sweet potato casserole

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a medium baking dish.
2. Boil the sweet potatoes in a large saucepan approximately 10 minutes, or until tender.
3. In a large bowl, mix together the sweet potatoes, brown sugar, milk, butter and flour. Transfer the mixture to the baking dish. Sprinkle with pecans and coconut.
4. Bake 30 minutes in the preheated oven.

- 5 large sweet potatoes, peeled and quartered
- 3/4 cup packed brown sugar (or honey)
- 2/3 cup whole milk
- 2 tablespoons butter, melted
- 1/4 cup all-purpose flour
- 1 1/3 cups pecans
- 1 cup flaked coconut

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