

Local fare @ the Macomb Farmers' Market

Thursday, July 2/Saturday, July 4, 2009

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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

- asparagus • lettuce • spinach • radishes • green onions • arugula • mustard greens • tatsoi • cucumber (greenhouse grown) • kale • collard greens • broccoli • potatoes • green & yellow zucchini • Kohlrabi • swiss chard • summer squash • snow peas • candy onions • beets •

Meat, dairy, other

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

What's **NEW** at Market this week

- blueberries (come to Market early) • cabbage • green beans • sour cherries • shell peas

Market events

FIG Children's Tent

FIG members will be at the tent Saturday to help children make festive red, white and blue pinwheels from 9-11 a.m.

Food tip – how to store beets



Beet greens are best used fresh, as their integrity will diminish rapidly, like other greens. To maintain firmness of beet roots, cut off leaves and stems 1-2 inches above the root crown. Store in a plastic bag and refrigerate in the hydrator drawer.

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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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Fourth of July Farmers' Market?

The Farmers' Market will be up and running at its regular location (Macomb downtown Square), and at the regular times (7 a.m. to 12:30 p.m.) on Saturday, July 4. Come get fresh meats, fruits and veggies for your cookout!

Hot dog relish recipe

From allrecipes.com

1. Place onions, cabbage, bell peppers, and tomatoes in a food processor and pulse until finely minced. Drain and remove contents

- 4 cups chopped onions
- 4 cups coarsely chopped cabbage
- 12 chopped green bell peppers
- 10 green tomatoes, chopped
- 1/2 cup salt
- 2 tablespoons mustard seed
- 1 teaspoon celery seed
- 1 1/2 teaspoons turmeric
- 6 cups sugar
- 4 cups white vinegar
- 2 cups cold water

to a large bowl. Sprinkle with salt, cover, and let stand overnight. Pour contents into a colander; rinse, and drain. Return contents to bowl.

2. In a separate bowl, stir together mustard seed, celery seed, turmeric, sugar, white vinegar, and water. Pour over vegetable mixture and stir to combine.
3. Pour mixture into a large pot and bring to a boil over high heat. Boil for 5 to 10 minutes. Store refrigerated in sterilized, sealed pint jars.

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