

Local Fare @ the Macomb Farmers' Market

Thursday, July 30/Saturday, Aug. 1, 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 • rhubarb • snap peas • summer squash • sweet corn • swiss chard • zucchini

Fruit

Blueberries • cantaloupe (from Havana) • peaches (from So. Ill.) • strawberries (raised in high tunnels in Henderson) • watermelon (from Mo., possibly from Beardstown)

Meat, dairy, other

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

What's **NEW** at Market?

Sun-sugar tomatoes • grape tomatoes • Japanese eggplant



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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Market events

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

Staff from the McDonough County Farm Bureau will be working with the children on a craft in the Children's Tent.

What's happening in the region?

• **FIG Local Foods Dinner**

7 pm Saturday Aug. 8, Sullivan Taylor Coffeehouse; tickets \$30 ea. Available at New Copperfield's Book Service.

• **Soil Quality Workshop**

This workshop, held at 5:30 p.m., Wednesday, Aug. 12, pending sufficient participant enrollment. Held at Appleton Hollow Family Garden Foods, Dahinda, IL. There is no fee to attend but please register by Aug. 7 via Knox County U of I Extension (309) 342-5108.

• **Atypical Salsas**

Shirley Camp, Extension nutritional educator, will go through atypical salsas that will include more than just tomatoes and jalapenos at 1 p.m., Friday, Aug. 27 at the Knox Agri Center, 180 S. Soangetaha Rd., Galesburg, IL 61401. Register by calling University of Illinois Extension, 309-342-5108. Registrations are due Aug. 24.

Food tip – storing tomatoes

- Keep tomatoes at room temperature for up to one week, longer if ripening.
- Tomatoes can be frozen whole. Core tomatoes, place on cookie sheet and freeze. When solid, place in a ziplock freezer bag and replace in freezer. Remove only as many tomatoes as needed at a time. Thawed tomatoes are only good for cooking.

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