

Local fare @ the Macomb Farmers' Market

Thursday, June 25/Saturday, June 27, 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

- 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

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

- beets • green beans • sour cherries • shell peas

Market events

FIG Children's Tent

Because of Heritage Days and the Fourth of July, the Children's Tent will be on hiatus until July 11.

What's happening in the region? "Introduction to Beekeeping" workshop on June 27

If you're interested in beekeeping or have a desire to start it, join Brian Davies and the Knox Agri Center for this introductory workshop. Registration begins at 9 a.m. with three sessions following. Admission is \$5 per person or couple. For more information, contact the University of Illinois Extension, Knox County, 180 S. Soangetaha Rd. Ste. 108, Galesburg, IL 61401.

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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Farmers Market relocating for Heritage Days!

Because of Heritage Days, the Macomb Farmers' Market will be on the east side of Diggers College City Bowl on East Adams Street. See you there!

Market price comparison

In an effort to report how marketable products are at the Farmers' Market, I decided to compare the prices of organic tomatoes and wholesome beef from West Prairie Farm to the prices of tomatoes and beef at a local grocery store. I tried to find the exact same products at the Farmers' Market and at the grocery store, so the comparison would be accurate.

Would you know I couldn't find an item that was an accurate comparison to the products at the Farmers' Market? So, that means you can only get home-grown, organic tomatoes and beef at the Farmers' Market – nowhere else!

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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