

Local Fare @ the Macomb Farmers' Market

Thursday, May 21/Saturday, May 23, 2009

By Elizabeth Dietrich

Vol. 1, Week 1



Fresh food

The following is a projected list of locally produced items available at the market, on Thursday/Saturday, based on contact with a few farms.

Vegetables

• rhubarb • asparagus • lettuce • spinach
• radishes • green onions • arugula •
mustard greens • tatsoi • cucumber
(greenhouse grown)

Meat, dairy

• steaks • roasts • stew meat • hot dogs
• hamburger • all cuts of chicken •
Ropp's Cheese

Market Events

FIG Children's Tent

Saturday, May 23 - 9 a.m. to noon

Area Master Gardeners will be helping children plant peat pots and talking to them about what plants need to grow.

West Prairie High School FFA Fundraiser

Saturday, May 23: grilling hot dogs, hamburgers

What's happening in the region?

June 2-4 11th Annual National Value Added Agriculture Conference

Hosted by University of Illinois Extension and Iowa State University Extension at the Stoney Creek Inn and Conference Center. Focus areas: local/regional food systems, value added business development and agritourism. Visit <http://nvaa2009.homestead.com/>. Cost \$150 For more information, contact Rich Knipe at rknipe@illinois.edu or call 309-792-2500.

Storage tip for asparagus

From foodnetwork.com

Asparagus should be stored in the refrigerator with a moist paper towel around the stems or can be stood up in a glass of cold water with a damp paper towel wrapped around the tops to keep them crisp. They'll still only be at their peak for a day or two.

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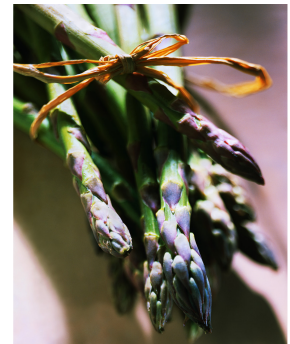
The mission of Food Initiatives Group is to involve community members in the growing of a fair, sustainable, and local food system. www.macombfig.org



Cream of asparagus soup

from New Moosewood Cookbook by Mollie Katzen

2 lb. fresh asparagus
1 1/2 tbs. butter
2 cups chopped onion
1 1/2 tsp. salt
3 tbs. flour
2 cups water
2 cups hot milk
2 tsp. dill
1/2 tsp. tarragon
white pepper, to taste
yield: 4-5 servings



1. Break off and discard tough asparagus bottoms. Cut off tips of asparagus and set aside. Chop the remaining stalks into 1-in pieces.
2. Melt the butter in a skillet. Add onion, asparagus stalks, and salt. Sauté for about 10 minutes over medium heat. When onions are clear and soft, sprinkle in 2 Tbs. flour, while constantly stirring. Continue to cook over the lowest possible heat, stirring frequently, another 5-8 minutes.
3. Add water, stirring constantly. Heat to a boil, then turn down to a simmer. After about 5 minutes, sprinkle the remaining 1 Tbs. flour, mixing well. Cook another 8-10 minutes, stirring frequently.
4. Puree the soup with the milk, bit by bit, in a food processor or blender. Return the puree to a kettle or large saucepan, and season with dill, tarragon, and white pepper.
5. Cut the reserved asparagus tips into small pieces, and steam until just tender. Add these to the soup, heat very gently (don't cook or boil!), and serve immediately.

Community members are invited to send their seasonal recipes in for the Farmers' Market Newsletter. Send recipes to Elizabeth at eadietrich@gmail.com

To join FIG's E-FarmersMarket News e-mail lisagruver@hotmail.com
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