

# Local Fare @ the Macomb Farmers' Market

Thursday, Sept. 10/Saturday, Sept. 12, 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 • 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 • tomatoes • zucchini • fall squash (acorn, butternut, spaghetti) • gourds • Mirai sweet corn • pumpkins

### Fruit

Cantaloupe • peaches • pears • watermelon

### Meat, dairy, other

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

### Market events

• The Gallahues will perform country gospel music on Saturday, Sept. 12 to entertain vendors and customers alike.

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

• Leaders and members of the Scotland Clever Clovers will instruct the children in rope-making from 9-11 a.m., Saturday, Sept. 12 at the children's tent.

## 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](http://www.macombfig.org)  
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These children participated in the FIG children's tent Saturday, Sept. 3 by drawing pictures.

## Recipe – Fruity Acorn Squash

1. Cut acorn squash in half lengthwise; remove and discard seeds and membranes. Place squash cut side down in a greased 11-in. x 7-in. x 2-in. microwave-safe dish. Microwave, uncovered, on high for 6-8 minutes or until almost tender.

2. Meanwhile, in a bowl, combine the apple, celery, raisins, brown sugar and pumpkin pie spice. Turn squash over; fill centers with apple mixture. Cover and microwave 4-5 minutes longer or until squash and apple filling are tender. Let stand for 3 minutes before serving.

|                                |
|--------------------------------|
| 1 small acorn squash           |
| 1 tart apple, peeled and diced |
| 1/4 cup chopped celery         |
| 2 tablespoons raisins          |
| 1 tablespoon brown sugar       |
| 1/4 teaspoon pumpkin pie spice |

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