

Local Fare @ the Macomb Farmers' Market

Thursday, Sept. 17/Saturday, Sept. 19, 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.

Vegetables

Beans • broccoli • cabbage • cauliflower • collard greens • cucumbers • eggplant • fall squash: (acorn, butternut, spaghetti) • garlic • green onions • herbs: (dill, basil, marjoram, oregano, thyme, sage) • kale • kohlrabi • lettuce • sweet corn • sweet potatoes • onions • peppers (jalapeno, sweet and hot) • potatoes • pumpkins • radish • swiss chard • tomatoes • zucchini

Fruit

Cantaloupe • peaches • pears • watermelon

Meat, dairy, other

Hamburger • hot dogs • roasts • steaks • stew meat • all cuts of chicken • Ropp's cheese • WIU organic popcorn • asters • glads • sunflowers • kettle korn

What's **NEW** at Market?

Apples • red raspberries • brussels sprouts

Market events

Children's Tent, 9-11 a.m. Saturday
Prairie Hills RC&D literacy outreach program will enable children to get a free book from the R.E.A.D.Y. bus. FIG will help children make bookmarks to put in their books!



Leaders of the Scotland Clever Clovers 4-H Club help a girl make her own rope at the Children's Tent on Saturday, Sept. 12.

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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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The Gallahues perform bluegrass and country gospel at the market Saturday, Sept. 12. The next entertainment will be the Irish Singers who will perform Oct 24.

Why people go to Market

While strolling at the market, I asked a few people why they come to the Macomb Farmers' Market.

Jennifer, from Macomb, said she goes to the market Thursday and Saturday and buys her produce there because "it's fresh and I like to support the local economy." She said she brings her children because they like the activity.

Tom and Corrine, from Macomb, say they go to market "to see what it has."

Food storage tip: raspberries

From eHow.com

Do not wash fresh raspberries when you get home. After removing damaged raspberries, place them in a single layer inside a shallow container. Eat within one or two days.

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