

Local fare @ the Macomb Farmers' Market

Thursday, Aug. 13/Saturday, Aug. 15, 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

Market news!

Market master Ron Coons said 33 vendors were ready to sell their produce Aug. 6. That's the most of the season! What great news!

Market events

Children's Tent, 9-11 a.m., Saturday
Macomb Public Library will host the activity. To see photos from children's tent activities, be sure to pick up a copy of next week's newsletter!

Newsletter sponsors

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

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What's happening in the region?

• Atypical Salsas

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.

• Tri-State Locally Grown Conference, Sept 4

Fairfield, (Iowa) 10 a.m. to 4 p.m. Register by August 31 and students can enjoy the conference and a delicious local food meal for only \$35.

<http://www.travelfairfieldiowa.com/food-conference/>

• National Small Farms Conference Sept. 15-17 Springfield, IL

<http://www.conferences.uiuc.edu/conference/s/conferenceviewer2/view.cfm?conf=20033>

FIG Dinner report

The second annual FIG local foods summer dinner was a success! Nearly 100 people enjoyed a four-course meal which included a chilled cucumber soup, bruschetta, an entrée of beef, chicken, or shitake mushroom tart, and a dessert of lemon pound cake with blueberry topping. Food was sourced from local farms and the farmers' market. All attendees received a local food guide, listing 50+ producers in the area. Look for the guides at the market master's table. Thanks to all who supported the dinner!



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