

# Local Fare @ the Macomb Farmers' Market

Thursday, July 16/Saturday, July 18, 2009

By Elizabeth Dietrich

Vol. 1, Week 9



## 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

cauliflower • lettuce • radishes • green onions • asian greens • cucumbers • kale • collard greens • broccoli • potatoes • green & yellow zucchini • kohlrabi • rhubarb • swiss chard • summer squash • snow peas • beets • cabbage • turnips • green beans • shell peas • sweet onions • red vine ripe tomatoes (come to Market early) • sweet corn (come to Market early) • bell peppers • white potatoes • sweet onions/cooking onions

### Meat, dairy, other

• steaks • roasts • stew meat • hot dogs • hamburger • all cuts of chicken • Ropp's cheese • WIU organic popcorn • blueberries (come to Market early)

### What's at Market this week

eggplant • jalapeno peppers

### Tips for cooking with foods from Market

By Holly Stovall

- Cook simply
- Don't make special trips to the store for missing ingredients — cook with what you have
- Keep on hand from the store:
  - for sauteeing and baking: butter and olive oil
  - for finishing dishes: lemons
- At the market regularly buy: onions (whichever kind are in season), parsley, and garlic

## 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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## Market events

### FIG Children's Tent

Staff and members of Early Beginnings and the La Leche League of Macomb will work with the children to do a craft in the children's tent Saturday, July 18.

## What's happening in the region?

### • Salsa workshop

To learn how to select the best salsa ingredients, properly preserve salsa, prepare and taste a variety of tomato and fruit salsa, attend the **Salsa Workshop** on Tuesday, July 21 at 6 p.m. at the Broadway County Market Deli Café at 4830 Broadway, Quincy. Cost is \$5 per person. Advance paid registration is required by July 17. Register online at [www.extension.uiuc.edu/adamsbrown](http://www.extension.uiuc.edu/adamsbrown) or by dropping off a payment at University of Illinois Extension, Adams/Brown Unit, 330 S. 36<sup>th</sup> St., Quincy, IL 62301. For more information, call 217-223-8380 or e-mail [derrickb@illinois.edu](mailto:derrickb@illinois.edu).

## Food tip – storing eggplant



Eggplant is best eaten fresh. Store unrefrigerated at a cool room temperature for up to one week. For longer-term storage, dishes like baba ghanouji and ratatouille freeze well in airtight containers.

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