

# Local Fare @ the Macomb Farmers' Market

Thursday, July 23/Saturday, July 25, 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 • blueberries • 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

### Meat, dairy, other

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

### What's relatively at Market?

watermelon (from MO, possibly from Beardstown) • cantaloupe (from Havana) • strawberries (raised in high-tunnels in Henderson) • peaches (from So. Ill.) Ask where items are *grown*.

### Market events

#### FIG Children's Tent, 9-11 am Sat. July 25.

Big Brothers/Big Sisters will be helping children make bookmarks and also facilitating a painting activity with fruits and vegetables.

#### R.E.A.D.Y. Bus, Sat. July 25

The Prairie Hills Resource Conservation & Development will be present with a school bus-bookmobile. The program stands for Reaching, Educating, And Developing Youth, and free books will be offered to youth.

#### Music at the Market, 9-12 am, Sat. July 25

Prairie Land Barbershop Quartet

## 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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## "BEST EVER" NEW POTATOES & GREEN BEANS

- Water
- 1 tbsp. kosher salt or real salt
- 1 tsp. sugar
- 1 pound very small red potatoes, washed well, skins on
- 1 pound fresh green beans, stem ends snapped off, broken in half or thirds if long
- 1 or 2 cloves of garlic, minced very small
- 2 tbsp. unsalted butter
- Additional salt to taste
- Cherry tomatoes optional.

### Directions:

1. Start the water, salt and sugar to a boil while prepping the potatoes.
2. Add the potatoes as soon as they're washed, cover and let cook until nearly done.
3. Add the beans, return to a boil and cook for about 7 minutes or until the beans are well-cooked but still bright green.
4. Drain. Return to the hot pot and toss with garlic and butter.
5. Add salt if needed.
6. Cut cherry tomatoes in half place on top.

(Adapted from: [kitchen-parade-veggieventure.blogspot.com/](http://kitchen-parade-veggieventure.blogspot.com/))

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