

Local Fare @ the Macomb Farmers' Market

Thursday, July 9/Saturday, July 11, 2009

By Elizabeth Dietrich

Vol. 1, Week 8



Fresh food

The following is a projected list of locally-grown produce available at the market on Thursday/Saturday this week. Baked goods are also available but are not listed here.

Vegetables

- asparagus • lettuce • spinach • radishes • green onions • arugula • mustard greens • tatsoi • cucumbers (greenhouse grown) • kale • collard greens • broccoli • potatoes • green & yellow zucchini • kohlrabi • swiss chard • summer squash • snow peas • sweet onions • beets • cabbage • turnips

Meat, dairy, other

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

What's at Market this week

- blueberries (come to Market early) • green beans • sour cherries • shell peas • red vine ripe tomatoes (come to Market early) • cauliflower • sweet onions

Market events

FIG Children's Tent

The McDonough County Farm Bureau will be working the children's tent from 7 a.m. to 12:30 p.m., Saturday, July 11.

Cilantro cucumber salad

From allrecipes.com



Ingredients:

2 cucumbers, 2 tablespoons fresh lime juice, 1 teaspoon chili powder, 1/4 teaspoon salt, 1 tablespoon chopped fresh cilantro

Directions:

Peel cucumbers, slice lengthwise into quarters, and cut into 1 inch pieces; place in large bowl. Sprinkle with lime juice, chili powder, and salt; toss. Toss with cilantro. Refrigerate until chilled.

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
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What's happening in the region?

• FIG meeting

The Food Initiatives Group will meet at 7 p.m., Friday, July 10 at the Macomb City Hall Community Room. Everyone is welcome and if you like, bring a dessert. The Local Foods Dinner on Aug. 8 will be the topic of discussion.

• 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 or by dropping off a payment at University of Illinois Extension, Adams/Brown Unit, 330 S. 36th St., Quincy, IL 62301. For more information, call 217-223-8380 or e-mail derrickb@illinois.edu.

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