

# Local fare @ the Macomb Farmers' Market

Thursday, June 11/Saturday, June 13, 2009

By Elizabeth Dietrich

Vol. 1, Week 4



## Fresh food

The following is a projected list of locally produced items available at the market on Thursday or Saturday, based on contact with a few farms. Baked goods not included, but also available.

### Vegetables

- rhubarb • asparagus • lettuce • spinach • radishes • green onions • arugula • mustard greens • tatsoi • cucumber (greenhouse grown) • kale • collard greens • broccoli

### Fruit

- strawberries (come to market early!)

### Meat, dairy, other

- steaks • roasts • stew meat • hot dogs • hamburger • Ropp's Cheese • WIU organic popcorn

### What's at Market this week

- sugar snap peas • butter turnips • beets

### Market events

#### FIG Children's Tent, Sat. June 13, 9-11 am

Moms of Macomb (MOM) will host planting of seeds in cups with clear gel. Kids will also have the chance to decorate their cup. Sounds like a great way to watch roots grow!

### What's happening in the region?

#### "Growing Herbs and Low Fat Cooking" program June 18

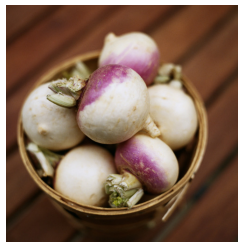
The McDonough County Unit of the University of Illinois Extension will be offering the "Growing Herbs and Low Fat Herb Cooking" program from 6:30-8:30 p.m., Thursday, June 18 at the McDonough County Extension office, 3022 W. Jackson St, Macomb. Cost to participate is \$25. For more information, call the McDonough County Extension Office, 309-837-3939. Paid pre-registrations are due by Tuesday, June 16. Mail your registration to: McDonough County Extension Office, 3022 W. Jackson St., Macomb, IL

## Newsletter sponsor

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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## Turnip salad recipe



1. Bring a large pot of salted water to a boil. Add turnips and cook until tender but still firm, about 15 minutes. Drain, and cool.

- 4 turnips, peeled and chopped
- 1 bunch green onions, chopped
- 2 apples - peeled, cored and chopped
- 4 slices pineapple, chopped
- 1/2 cup white sugar
- 1/4 cup vegetable oil
- 1 tablespoon water
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper

2. In a large bowl, combine the turnips, green onions, apples, pineapple and sugar. Stir to evenly coat with the sugar.

3. Whisk together the oil, water, salt and pepper. Pour dressing over fruit and vegetables. Toss and refrigerate overnight.

Try substituting strawberries or other ingredients that are locally grown for pineapple and other ingredients you don't have on hand.

Community members are invited to send their seasonal recipes in for the Farmers' Market Newsletter. Send recipes to Elizabeth at [eadietrich@gmail.com](mailto:eadietrich@gmail.com)

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