

Local fare @ the Macomb Farmers' Market

Thursday, June 18/Saturday, June 20, 2009

By Elizabeth Dietrich

Vol. 1, Week 5



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 not listed here.

Vegetables

- 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 • all cuts of chicken • Ropp's Cheese • WIU organic popcorn

What's at Market this week

- potatoes • shell peas • snow peas • green & yellow zucchini • summer squash • swiss shard • Kohlrabi

Market events

FIG Children's Tent, Saturday June 20

West Prairie FFA students will hand out Oak seedlings from 9-11 a.m

What's happening in the region?

"Growing Herbs and Low Fat Cooking"

6:30-8:30 p.m. June 18, call the McDonough County Extension Office, 309-837-3939.

"Introduction to Beekeeping" workshop on June 27

If you're interested in beekeeping or have a desire to start it, join Brian Davies and the Knox Agri Center for this introductory workshop. Registration begins at 9 a.m. with three sessions following. Admission is \$5 per person or couple. For more information, contact the University of Illinois Extension, Knox County, 180 S. Soangetaha Rd. Ste. 108, Galesburg, IL 61401.

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
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Zucchini Cornbread Casserole



4 cups shredded zucchini

1 onion, chopped

2 eggs, beaten

1 (8.5 ounce) package dry corn muffin mix

1/2 teaspoon salt

1/4 teaspoon ground black pepper

8 ounces Cheddar cheese, shredded

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.

2. In a large bowl mix together the zucchini, onion, eggs, muffin mix, salt and pepper. Stir in 4 ounces of

the cheese.

3. Spread this mixture into a greased 2 quart casserole dish; top with remaining 4 ounces of cheese.

4. Bake in a preheated oven for 60 minutes.

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

Food tip - how to store kale?

Wrap kale in a damp towel or in a plastic bag and refrigerate, preferably in a hydrator drawer for up to one week. The leaves will wilt if it's allowed to dry.

To join FIG's E-FarmersMarket News e-mail farmersmarket@macombfig.org
Write to us and tell us what you think: eadietrich@gmail.com

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