

# Local Fare @ the Macomb Farmers' Market

Thursday, June 4/Saturday, June 6, 2009

By Elizabeth Dietrich

Vol. 1, Week 3



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

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

## 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

- broccoli

## Market events

**Saturday, June 6**

**FIG Children's Tent, 9-11 a.m.**

Strawberry season is here! Food Initiatives Group will host watercolor painting of strawberries. All ages welcome to get involved.

## 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. Shirley Camp, Nutrition and wellness educator with the Macomb Extension Center, and Martha Smith, horticulture educator with the Macomb Extension Center, will be teaching the program. 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 Co. 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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## Farmer profile

### Mitchell Jacobs

Along with his partner, AJ Dillon, Mitchell farms eight acres north of Galesburg. They grow lettuce, radishes, eggplant, onions, asparagus, peas, beets, leek, cantaloupe, squash, strawberries, peppers, broccoli and potatoes.

All the produce is pesticide-free but it's not certified organic yet. He's working toward getting certified. He's been farming for about 16 years, but this is his first year with his own operation. He said the reason why he's been farming is because he "saw it [going green] catching on and wanted to be part of it."



## Low-fat broccoli and cheese casserole



20 ounces of broccoli,  
1 can low-fat cream  
of mushroom soup, 1  
cup shredded cheddar  
cheese, divided, ¼  
cup skim milk, ½ cup  
egg substitute, dash  
of red pepper,  
Hungarian paprika

1. Cook broccoli according to package directions, drain in colander.
2. Spoon broccoli into 10x6x2 baking dish.
3. In a mixing bowl, combine soup, ½ cup of cheese, milk, mayonnaise, egg substitute and red pepper.
4. Spoon this mixture evenly over broccoli. Sprinkle with remaining cheese and paprika.
5. Bake at 350 degrees for 45 minutes.

You can always adjust recipes to suit what's in your cupboard or at the farmers' market. Find farm fresh eggs via the FIG local food guide on the web. Community members are invited to send us their seasonal recipes!

To join FIG's E-FarmersMarket News e-mail [farmersmarket@macombfig.org](mailto:farmersmarket@macombfig.org)

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