

# Local Fare @ the Macomb Farmers' Market

Thursday, May 28/Saturday, May 30, 2009

By Elizabeth Dietrich and Lisa Gruver

Vol. 1, Week 2



## 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.

## Vegetables

- rhubarb • asparagus • lettuce • spinach
- radishes • green onions • arugula • mustard greens • tatsoi • cucumber (greenhouse grown) • red/yellow tomato (greenhouse grown) • herbs (basil, thyme, sweet marjoram, chives, mint)

## 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

- strawberries (come to market early!)
- kale • green tomatoes

## Market Events

### FIG Children's Tent

**Saturday, May 30 – 8:30 a.m. - 11 a.m.**

Environmentally Concerned Citizens will be hosting another free planting session with children! "Roll a pot" from newspaper and plant vegetables and flowers.

## What's happening in the region?

### June 2-4 Nat. Value-Added Agric. Conf.

<http://nvaa2009.homestead.com/>. Cost \$150  
For more information, contact Rich Knipe at [rknipe@illinois.edu](mailto:rknipe@illinois.edu) or call 309-792-2500.

### Friday, June 5, 6-9 pm Bake Sale Fundraiser

Fundraiser for after-school and summer food programs. Located at Park & Cruise in Macomb. Please contact Anita Bartlett to donate a baked good. Contact: [anitabartlett@gmail.com](mailto:anitabartlett@gmail.com)

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

## 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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## Spring Salad Recipe



- Greens: lettuce, spinach, arugula, mustard greens
- Green onion
- Nuts of your choice: sunflower seeds, chopped almonds or walnuts
- Raisins or cranberries
- Strawberries
- Small bundle of asparagus
- cucumber
- several small white turnips
- 4-5 small radishes
- 3 tbsp olive oil
- \*\*\*\*

### Dressing:

- ¼ cup olive oil
- 2 tbsp. balsamic vinegar or other type
- ¼ tsp. salt
- Fresh or dried herbs to your taste
- Pinch of pepper to your taste
- (adapted from Moosewood Restaurant New Classics, p. 385)

1. Chop turnips, asparagus, nuts (if large), and white tips of green onions into small pieces. Pour 3 tbsp olive oil or enough to cover vegetables and broil on middle rack at 500°F for 20 min. Stir occasionally to prevent burning. Cook till tender.

2. Wash greens in colander. Tear by hand into smaller pieces. Cut cuke, green onion tops, and radish into small pieces.

3. Place greens on a plate. Sprinkle chopped cold veggies on greens, and then add braised veggies. Add raisins or dried cranberries. Add sliced strawberries.

4. Mix dressing ingredients in a small bowl and stir vigorously with a fork. You can add mushy strawberries and puree, for a strawberry dressing. Adjust ingredients to taste. Dab of honey is also a good addition. Pour on salad.

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