

Local Fare @ the Macomb Farmers' Market

Thursday, Oct. 22/Saturday, Oct. 24, 2009

By Elizabeth Dietrich

Vol. 1, Week 22

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 are not listed here.



Vegetables

Beans (green and yellow) • broccoli • brussell sprouts • cabbage • collard greens • cucumbers • eggplant • fall squash: (acorn, butternut, spaghetti) • garlic • green onions • herbs: (dill, basil, marjoram, oregano, thyme, sage) • kale • kohlrabi • lettuce • sweet potatoes • onions • potatoes • pumpkins • radishes • snap peas • swiss chard • winter squash • zucchini

Fruit

Apples • pears • red raspberries • watermelon

Meat, dairy, other

Hamburger • hot dogs • roasts • steaks • stew meat • all cuts of chicken • Ropp's cheese • WIU organic popcorn • asters • glads • mums • sunflowers • kettle korn

Events at Farmers' Market

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

This week, the children's tent will double into two! The United Way will host a pumpkin decorating activity. New Copperfield's Book Service and FIG will be reading stories and offering face painting with stamps--courtesy of Macomb Public Library.

Moon Over Macomb, Final Market Day 2009!

A number of activities for children will be provided, including pumpkin give aways, carriage rides, pie contest, and more!

Thank you!

Thanks to Mark and Mary Lou Mathews of M&M Farms, Tammy and Clint Moore of Good Hope Gardens, Mitchell Jacobs, and Donna Huizenga for taking time to work with me! They let me know what they will have for sale at the Macomb Farmers' Market.

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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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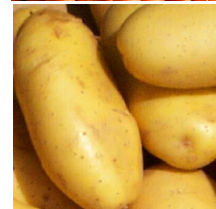
Winter storage tips

Because the Macomb Farmers' Market is coming to an end, you may think about storing produce throughout the winter months.

Philadelphiagreen.wordpress.com offers a wealth of information that could be a great resource. In addition to the convenience of eating fresh produce longer, properly storing produce can actually increase the amount of vitamins and nutritional value.

With these easy steps, anyone can store produce properly and continue to eat fresh produce during winter.

1. Pick produce that is high quality.
2. Line up everything you will need to blanch and freeze before you start – enlist a family member or friend's help. Note: potatoes and tomatoes do not need to be



blanched. Carrots and green beans do.

3. Wash, cut up, prepare, and blanch vegetables quickly and efficiently.
4. Quickly cool your produce.
5. Package cooled produce in your desired container – make sure to leave a 1/2-inch space between the top of the container and the produce for expansion in the freezer.
6. Label all packages with the name of the produce and date on which it was prepared.

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