

Local Fare @ the Macomb Farmers' Market

Thursday, Sept. 3/Saturday, Sept. 5, 2009

By Elizabeth Dietrich

Vol. 1, Week 15



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) • beets • broccoli • cabbage • cauliflower • collard greens • cucumbers • eggplant • garlic • greens (Asian) • green onions • herbs: dill, basil, marjoram, oregano, thyme, sage • jalapeno peppers • kale • kohlrabi • lettuce • onions • peppers (sweet and hot) • potatoes • radish • summer squash • sweet corn • swiss chard • tomatoes • zucchini

Fruit

Cantaloupe • peaches • pears • watermelon

Meat, dairy, other

Steaks • roasts • stew meat • hot dogs • hamburger • all cuts of chicken • Ropp's cheese • WIU organic popcorn • sunflowers • asters • gladiolas •

What's at Market this week

Fall squash (acorn, butternut, spaghetti) • gourds • Mirai sweet corn • pumpkins

Market news

Keep your eye out for more pumpkins and squash as autumn approaches!

Market events

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

Staff from the McDonough County Farm Bureau office will be working with the children in the children's tent.

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
Printed by U of I Extension



What's happening in the region?

The 5th National Small Farm Conference will be held Sept. 15-17 at the Hilton and the Prairie Capital Convention Center in Springfield. The registration fee is \$300. Register online at <http://www.conferences.uiuc.edu/smallfarm> or pay by check, money order, or purchase order. Fax registration to University of Illinois Conferences and Institutes at 217-333-9561 or mail to Small Farm Conference, Cashiering Office, University of Illinois, 162 Henry Administration Building, 506 S. Wright Street. Urbana, IL 61801.



Recipe – Butternut squash supreme

- 3 pounds butternut squash, peeled and cubed
- 2 eggs, beaten
- 1 cup shredded Cheddar cheese
- 1 medium onion, chopped
- 3/4 cup milk
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup crushed butter-flavored crackers
- 2 tablespoons butter or margarine

1. Place squash in a saucepan and cover with water; bring to a boil. Reduce heat; cover and simmer for 15-20

minutes or until very tender. Drain well and place in a large bowl; mash. In another bowl, combine the eggs, cheese, onion, milk, salt and pepper; add to the mashed squash and mix well.

2. Transfer to a greased 2-qt. baking dish. Sprinkle with cracker crumbs. Dot with butter. Bake, uncovered, at 350 degrees F for 40-45 minutes or until a knife comes out clean.

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

PLEASE PRINT AND POST