



Sugar Grove Chamber of Commerce & Industry

FARMERS MARKET GAZETTE

WEEK 10

AUGUST 8, 2009

TODAY'S SPECIALS

Don't miss out on these specials offered by some of our vendors:

Burgin Farm – \$1.00 off pound of hamburger.

Homemade Gourmet – New fall catalog featuring our new seasonings for FREE with any purchase. Also, \$2 off a \$20 retail purchase.

Pampered Chef – Free Seasons Best Cookbook with any purchase; free Rub with any \$30 purchase; and free Mix n Chop for anyone who books a show.

Waterman Winery – 2 bottles for \$25 for cash or check purchases only.

NEW VENDORS

We have several new vendors this week. Please check out their offerings:

A-Premium Roses – fresh cut organically grown flowers

Ilogi Bones – Homemade granola dog treats

West Physical Therapy – quality therapy care & wellness services

NEW PARKING RULES

Now that the construction on Municipal Drive and Route 30 is complete, parking is no longer permitted on Municipal Drive at the Municipal Building. Patrons may park at the Fire Station across the street.

Parking instructions for Solheim Cup weekend (Aug. 22) will appear in next week's Gazette.

NEXT WEEK'S SPECIAL FEATURE

Dog Days of Summer!

A Market for all things dog



Stupid Pet Trick Contest!
Pet Photo Contest! Special vendors of pet products and much more relating to dogs. See "Dog Days" article below for details about participating in this event.

Sponsored by:



DOG DAYS OF SUMMER

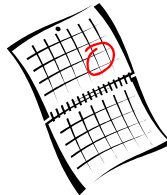
August 15 is "Dog Days of Summer", a celebration of all things dog! Sponsored by Millie's Pet Sitting & More, this event will feature a photo contest, a "stupid pet trick" contest, various organizations that work with dogs, and vendors who specialize in pet needs..

Our photo contest will accept entries for "Peppiest Dog", "Laziest Dog", "Best Dressed Dog", and "Cutest Puppy Picture." All entries will be displayed at the Information Tent, and winners will be chosen at 11:45 a.m.

The "Stupid Pet Trick" contest will be held at 10:00 a.m. on the grassy area at the north end of the parking lot (weather permitting).

To enter either (or both) contests, pick up an event flyer at the information tent, complete the application, and return it to the market volunteers at the tent or to the Sugar Grove Chamber of Commerce.

For rules and further information, see www.sugargrovecchamber.org.



Calendar of Market Events

Aug 15-Dog Days of Summer
(sponsored by Millie's Pet Sitting & More)

Aug 22-Back to School Day

Sept 5-Pie Contest

Sept 19-Plant Exchange

Sept 26-Harvest Market (8am – 1pm)

Sugar Grove UMC baked goods will be at the Market once per month, on July 11, August 8, September 5.

Provena Mercy Medical Center – Provena nurses will be on hand the first of each month to take blood pressure and talk to us about health.

JOJO THE CLOWN & FRIENDS will be with us the first Saturday of each month.

If any of the above special events sounds like something your organization or business would like to participate in, just let us know at the Information Tent or email: patdangraceffa@msn.com

OUR VENDORS

A-Premium Roses – Jonah Trongali (Organically grown cut roses)

Avon – Lisa Cornelius

Bath Fitter – Matt Lavine (Bathtubs and surrounds)

Big Fat Soap Co. – Debbie Richards (Handmade soap)

Burgin Farm – Bob Burgin (Beef & Pork)

Fasel's Nursery – Orland Fasel (Indoor & outdoor plants, planters, lawn ornaments)

Grandma's Eggs – Paul St. John & Bonnie Ogle (Fresh eggs)

Homemade Gourmet – Tina Carnana

Jozetta Muzanska (Josie) Polish Baked Goods (pies, cookies, perogies, etc.)

Norse Bakery – Virgil Duvick (Swedish treats)

Norway Farms - Milt Westlake (Fresh veggies & fruit, gourmet condiments)

Pampered Chef – Shannon Warford

Sugar Grove Methodist Church – (Bake sale)

Tastefully Simple – Audrey Ritchey and Lisa Larsen

The Mokerts – Smoothies, coffee, brats, soda, hot dogs, etc.

Tupperware – Indra Singh

United Pentecostal Church of DeKalb – Janie and her friends (Church member's handmade craft items and home made candy)

Waterman Winery - Terrie Tuntland & Alexa & Trisha (Local wine)

West Physical Therapy

Young Jewelry – Kristin (adorable kids and adult items)

Info Tent – Market bags. The Sugar Grove Library Friends will have information the new Library.

REMINDER TO VOTE FOR US!

Don't forget to vote for the Sugar Grove Farmers Market to help us win cash for advertising!

Go to

www.care2.com/farmersmarket/search/?state=IL scroll down to Sugar Grove and click on [Sugar Grove Farmers Market](#) and complete the form..

You can only vote once, so it won't offer the form if you try again! Thank you!



USED GLASSES DROP-OFF

Don't throw away those old prescription glasses! Bring them to the Information Tent for the Lions Club to recycle!

CANS FOR COMPUTERS

Our market is a drop-off point for your empty rinsed aluminum cans. The proceeds go to Kaneland PTO, who will use them to purchase computers for the classrooms.

USED BOOK DROP-OFF

The Sugar Grove Library Friends are collecting books at the Information Tent for their Used Book Sale. Proceeds from the sale are used to fund programs at the Sugar Grove Library.

Market Hours:

Every Saturday morning

June 6 through September 26

8 am - Noon

FARMERS MARKET GAZETTE is published weekly throughout the Market Season, and is available at the Sugar Grove Farmers Market and the Sugar Grove Chamber of Commerce office at 330 Division Drive, Suite A

RECIPE CORNER



Stir-Fry Beef with Broccoli and Red Peppers

Ingredients:

- 2 Tbsp. soy sauce
- 1 tsp. toasted sesame oil
- 1 Tbsp. minced garlic
- 1½ tsp. brown sugar
- Generous pinch of red pepper flakes (to taste)
- 1 lb. top sirloin beef, cut across the grain into thin 2-inch strips
- 1 piece (½ inch) fresh ginger, peeled and thinly sliced into matchsticks
- 1 yellow onion, thinly sliced
- 1 lb. broccoli, stalks cut into thin slices, bulb cut into small florets
- 1 large red bell pepper, cut into strips
- 3 Tbsp. vegetable oil
- Salt

1. In a small flat-bottomed dish, mix together the soy sauce with sesame oil, garlic, brown sugar, & crushed red pepper. Add the beef strips, mix together, cover and let marinate at room temp.
2. Heat a wok or large skillet until hot but not smoking. Add 1½ Tbsp. of vegetable oil, then ginger, and stir-fry over medium-high heat until it begins to brown. Next add the beef, reserving the marinade, and stir-fry 1 or 2 minutes until the meat is just browned. Remove the beef.
3. Return the wok or skillet to high heat and add 1½ Tbsp. vegetable oil. Add onion, broccoli, red pepper, and cabbage (if using). Stir-fry a few minutes, then turn down the heat and carefully add the reserved marinade. Cover and cook, stirring occasionally, for about 5 minutes or until the vegetables are crisp-tender.
4. Return the beef to the wok/skillet and stir-fry over medium-high heat until heated through. Season to taste with salt.