



Sugar Grove Chamber of Commerce & Industry

FARMERS MARKET GAZETTE

WEEK 12

AUGUST 22, 2009

TODAY'S SPECIALS

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

A-Premium Roses-- \$5/bunch; \$1 each.

Avon -- FREE Gift with \$10.00 purchase

Big Fat Soap Company -- Buy 1 liquid soap, get 1 bar soap free!

Burgin Farm -- 2 pkg. of brats or sausage and 1 lb. hamburger for \$20 (\$2 savings!)

Busy Bee Crafts -- Buy a blanket, get a free pillow.

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

KilOji Bones -- free bag of training treats with the purchase of a training treat container.

Pampered Chef -- Get your own products for **free!** Ask me how! Not interested in having your own show? Refer a friend and receive 10% off at their show! Wanna join me at Disney in 2010? Let me help you!

Tupperware --10% off all Tupperware Bowl Sets. All new Microwave products reduced up to 50% - Receive FREE shipping on all orders if you pick up at the Market.

Upcycle Products -- \$10.00 off our 55 Gallon rain barrels this week only! Also, 10% off and free delivery to the Chicagoland area if

THIS WEEK'S SPECIAL FEATURE

Sugar Grove Food Court

Three Sugar Grove Chamber Member Food Vendors have set up stands at the Rt. 30 end of the parking lot to accommodate visitors from the Solheim Cup event. Take the opportunity to enjoy their wonderful local fare! They are serving breakfast, lunch and dinner.



the catering gourmets

Hill's Country Store

you order a Rain Barrel or tumbling composter for Christmas delivery -- orders must be placed and paid for by November 25.

Waterman Winery -- complimentary "Vineyard Veggies" with wine purchase. The veggies are "organic."

Young Living -- \$5.00 health scan (normally \$25.00).

NEW VENDORS

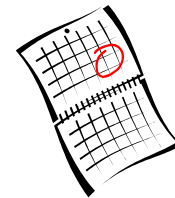
We have several new vendors this week. Please check out their offerings:

Mary Kay -- Cosmetics

Young Living -- Wellness products

Market Hours:

Every Saturday morning
June 6 through September 26
8 am - Noon



Calendar of Market Events

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: patdanraceffa@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)

Busy Bee Crafts – Diana Baker (Handmade craft items)

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.)

KilOji Bones – Mary Rudnicki

Norse Bakery – Virgil Duvick (Swedish treats)

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

Pampered Chef – Shannon Warford & Marguerite Ledone

Sugar Grove Methodist Church – (Bake sale)

Tastefully Simple – Audrey Ritchey and Lisa Larsen

Tupperware – Indra Singh

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

Upcycle Products – Linda Fielding

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

West Physical Therapy

Young Jewelry – Kristin (adorable kids and adult items)

Young Living – Sue Olmos

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

This Week: Food Court – Hill's Country Store, Reulands Food Service, and The Catering Gourmets

RECIPE CORNER



Spinach and Potato Fritata

Ingredients:

- 2 tablespoons olive oil
- 6 small red potatoes, sliced
- 1 cup torn fresh spinach
- 2 tablespoons sliced green onions
- 1 teaspoon crushed garlic
- salt and pepper to taste
- 6 eggs
- 1/3 cup milk
- 1/2 cup shredded Cheddar cheese

Directions:

1. Heat olive oil in a medium skillet over medium heat. Place potatoes in the skillet, cover, and cook about 10 minutes, until tender but firm. Mix in spinach, green onions, and garlic. Season with salt and pepper. Continue cooking 1 to 2 minutes, until spinach is wilted.
2. In a medium bowl, beat together eggs and milk. Pour into the skillet over the vegetables. Sprinkle with Cheddar cheese. Reduce heat to low, cover, and cook 5 to 7 minutes, or until eggs are firm.

SOURCE: allrecipes.com. Submitted by Cheryl H.

<http://allrecipes.com/Recipe/Spinach-and-Potato-Frittata/Detail.aspx>

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 30 Division Drive, Suite A

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.