



Sugar Grove Chamber of Commerce & Industry

FARMERS MARKET GAZETTE

WEEK 14

SEPTEMBER 5, 2009

TODAY'S SPECIALS

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

Big Fat Soap Company – Free travel bar with any purchase!

Burgin Farm – \$2.00 off any beef roast (chuck, rump, tip); 10% off pre-ordered ¼, ½, or whole beef.

Homemade Gourmet -- Buy one get one 1/2 off equal or lesser value of spring/summer mixes.

Mary Kay – \$10.00 off \$50.00 purchase; \$5.00 off \$25.00 purchase; \$3.00 off \$20.00 purchase.

Tupperware – Labor Day Special: Free gift with purchase of \$25.00 or more. Receive FREE shipping on all orders if you pick up at the Market.

United Pentecostal Church of DeKalb – Show this newsletter, and get 10% off home-made quiche!

Upcycle Products – 10% off and free delivery to the Chicagoland area if 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); chair massages with Essential Oils for \$1.00 a minute.

Market Hours:

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



THIS WEEK'S SPECIAL FEATURE

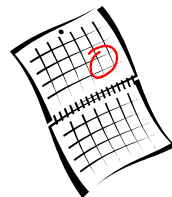
Homemade Fruit Pie Contest

Who makes the best fruit pie in Sugar Grove?
Find out at 11:30 inside the Municipal Building!

Pies must be dropped off by 9:00 a.m. Saturday morning.
Samples will be available after judging in the Municipal Building.

NEW VENDORS

Larson's Country Market & Bake Shoppe – Fresh baked breads, pies, cookies, (all from scratch); fresh local vegetables, honey, popcorn and cut flowers.



Calendar of Market Events

Sept 19-Plant Exchange

Sept 26-Harvest Market (8am – 1pm)

Sugar Grove UMC baked goods will be at the Market this week!

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

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

LOCAL PRODUCE IS HEALTHIER FOR YOU AND THE PLANET!

Late summer and early fall are perfect seasons for visiting farmers markets. From the small, mom-and-pop stand at the corner, to the large, organized market with multiple vendors and extensive selections, it is definitely worth the trip. Experiencing food at its finest can encourage even the pickiest eater to try a few bites. When it comes to fresh fruits and vegetables, the market is the perfect place to locate some fabulous food finds for everyone in the family!

Farmers Market Fun

- Try a new fruit or vegetable, or prepare your produce in a new way.
- Ask the vendor his favorite way to prepare a particular type of produce. Many have recipes to share.
- Check if there are any special events being planned at the Farmers Market. Many have cooking demonstrations, tastings, and fun activities for the kids.
- Give your children each \$2.00. Let them explore the world of produce and make a new selection. There is a much greater chance your child will try this new food since it belongs to them.

OUR VENDORS

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

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.)

KilOji Bones – Mary Rudnicki

Larson's Country Market & Bake Shoppe – Brenda & Randy Larson

Norse Bakery – Virgil Duvick (Swedish treats)

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

Pampered Chef – Marguerite LeDone (630-466-1882) and Shannon Warford (630-365-0565)

Sugar Grove Methodist Church – (Bake sale)

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., contest registration

Sugar Grove Chamber of Commerce & Industry – Marlou (Mary Kay Cosmetics)

RECIPE CORNER



Ratatouille

Ingredients:

- 2 tablespoons olive oil
- 2 cloves garlic, crushed and minced
- 1 large onion, quartered and thinly sliced
- 1 small eggplant, cubed
- 2 green bell peppers, coarsely chopped
- 4 large tomatoes, coarsely chopped, or 2 cans (14.5 ounces each) diced tomatoes
- 3 to 4 small zucchini, cut into ¼ - inch slices
- 1 teaspoon dried leaf basil
- ½ teaspoon dried leaf oregano
- ¼ teaspoon dried leaf thyme
- 2 tablespoons chopped fresh parsley

Directions:

In a 4-quart Dutch oven or saucepan, heat olive oil over medium heat. Add garlic and onions and cook, stirring often, until softened, about 6 to 7 minutes. Add eggplant; stir until coated with oil. Add peppers; stir to combine. Cover and cook for 10 minutes, stirring occasionally to keep vegetables from sticking.

Add tomatoes, zucchini, and herbs; mix well. Cover and cook over low heat about 15 minutes, or until eggplant is tender but not too soft.

©2009 About.com, a part of The New York Times Company.
<http://southernfood.about.com/od/eggplantrecipes/r/bl00810c.htm>

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.

To see
Your Ad Here
Call
630-466-1756