



Sugar Grove Chamber of Commerce & Industry

# FARMERS MARKET GAZETTE

WEEK 3

JUNE 20, 2009

## Opening Day 2009 A Great Success!

Although the morning was overcast, the first market of the season was a bright spot in Sugar Grove. Almost 600 people visited the Market, many for the first time, and the reviews we received from the customers were glowing!

Special thanks to Rich Harvest Farms and the Sugar Grove Fire Protection District for providing the golf cart that made parking and getting into the Market much easier for our customers and vendors.

Special thanks, too, to **JoJo** the Clown, her Business Manager Karen McCannon and Calico Rose who were on hand to face paint and all kinds of great stuff! Thank you Clown People!

Provena Mercy Medical Center sent a nurse to take blood pressure readings and to distribute important health information for visitors to the market.

Visitors to the information booth were given the opportunity to sign up for the Farmers Market online weekly newsletter, and over 30 new names were added.



## THIS WEEK'S SPECIAL FEATURE

**"Season n Steam" Homemade Gourmet Demo**  
**Dinner can be ready in 12 minutes!**

Join Rebecca Gengler, Homemade Gourmet Consultant to witness a "Season n Steam" demo using fresh meat/vegetables & seasonings! Learn how to feed your family for \$2/person using fresh ingredients while making dinner in less than 12 minutes! Affordable, easy, and tasty. Two demos @ 10 and 10:30 am. Stop by the market to see it for yourself!  
[www.homemadegourmet.com/rebecca10161](http://www.homemadegourmet.com/rebecca10161)

## New Seasonal Vendors

Fasel Nursery, out of Big Rock, will be here this week, bringing lots of unusual items for your garden. Look for them each week.

Other vendors who will be with us each week include: Fox Valley Pet Foods, D & D Rain Barrels Inc., Open Range Southwest Grill, and United Pentecostal Church of DeKalb. Visit their booths to see what they have to offer!

## This Week's New Vendors

For delicious smoothies, coffee, funnel cakes and brats, visit Mike Mokert's stand. He'll be sure you don't leave hungry.

Dian Poitras from The Gingham Turtle will be bringing hand-made soap.

Olson Chiropractic, Inc. will offer FREE 5-minute chair massages!

## Food Bank Donations

The current economic conditions have made services such as the Sugar Grove Food Bank more important than ever. The Farmers Market thanks those who donated food at our first Market.

## Recipe Corner

### Fresh Strawberry Pie



Ingredients:

- 1 baked 9" pie crust
- 6 cup fresh strawberries (1½ qts.)
- 1 cup sugar
- 3 Tablespoons cornstarch
- ½ cup water
- Red food color
- 1 package (3 oz.) cream cheese, softened

Mash enough berries to measure 1 cup. Stir together sugar and cornstarch. Gradually stir in water and crushed berries. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Stir in a few drops of red food color. Cool

Beat cream cheese until smooth; spread on bottom of cooled baked pie shell. Fill shell with remaining berries; pour berry mixture over top. Chill at least 3 hours or until set.

## Our Vendors

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

**Burgin Farm** – Bob Burgin (Beef & Pork)

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

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

**Tastefully Simple** – Audrey Ritchey and Lisa Larsen

**Tupperware** – Indra Singh

**Bath Fitter** – Matt Lavine

**Norse Bakery** – Virgil Duvick (Swedish treats)

**Homemade Gourmet** – Rebecca Gengler

**D & D Rain Barrels, Inc.** – Deb & Doug Schuler

**Pampered Chef** – Shannon Warford and Marguerite Ledone

**Fox Valley Pet Food** – Denise Croft

**Open Range Southwest Grill** – Kathy Slager (The Bliss Creek Golf Course new restaurant)

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

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

**John Wilson** – (Bird House, Bean bag games, etc. John makes all his own items from found items.)

**Avon** – Lisa Cornelius

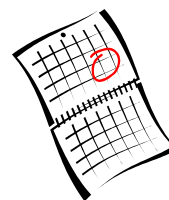
**Young Jewelry** – Abbey (adorable kids and adult items)

**Corn Boil – 50/50 Raffle** Diana Baker and the other Corn Boil Volunteers

**Sugar Grove Chamber of Commerce & Industry** – Solheim Cup Raffle Tickets and Chamber Information.

**GlassWare by Caroline K.** - Caroline Krainak's artistic mirrors, crosses, and jewelry

**Info Tent** – Market bags. The Sugar Grove Library Friends will have information about the personalized paving stones around the flag pole at the new Library.



## Calendar of Market Events

**July 4** - Health Day (Yes, were open on the 4th!)

**July 11** - Kid's Garage Sale

**July 18** - Community Group Day

**Aug 1** - Dog's Day of Summer

**Aug 15** - 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](mailto:patdangraceffa@msn.com)

## Why Buy Local

There are 10 basic reasons to buy locally produced food items:

1. Locally grown food tastes better as it's usually picked within the past day or two.
2. Local produce is better for you because it is so fresh and hasn't lost nutrients.
3. Local food preserves genetic diversity, as opposed to food grown on industrial farms.
4. Local food is not genetically modified.
5. Local food supports local farm families.

6. Local food builds a stronger community by establishing a connection between the eater and the grower.
7. Local food preserves open space. As the value of direct-marketed food increases, selling farmland for development is less likely.
8. Local food helps keep your taxes in check as farms contribute more in taxes than they require in services.
9. Local food supports a clean environment & helps wildlife.
10. Local food is about the future

### Market Hours:

Every Saturday morning from  
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.

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