



Sugar Grove Chamber of Commerce & Industry

FARMERS MARKET GAZETTE

WEEK 4

JUNE 27, 2009

Tell Them About Us!

Local Harvest has partnered with Care2 to create a summer-long contest called, "Love Your Farmers Market."

Here's how it works: everyone is invited to cast one vote for their favorite farmers market. Receiving a vote registers your farmers market for a weekly \$250 prize drawing, and receiving a lot of votes will win one lucky market the top prize of \$5,000.

To encourage a "get out the vote" effort, there are also prizes for the top recruiters - people who ask their friends to vote. Fun, huh?

When you vote you may write a short review of your farmers market, which you can choose to have posted on LocalHarvest.org.. There must be a thousand ways to love your farmers market. Here's a sample of what people have told us so far:

- "Every week it's just a bit different ...like an adventure and a treasure hunt all rolled into one."
- "Not only do I love the produce, but I always see folks I know."
- "I love the fresh quality and the low prices!! Plus it's fun for the kids!"
- "It is the best thing to do on a Saturday morning."

Sound familiar? We love farmers markets for all these reasons, and because we think they are important. In a world of anonymous food, it does a body

NEXT WEEK'S SPECIAL FEATURE

Health Day

Find out about being healthy!

Various health care providers will be on hand to answer your health-related questions and help you practice a healthy life style.

good to stand across a table loaded down with vegetables, and look at the face of the person's whose labor brought this food into being. This person, those hands, that strong back all worked the soil on a particular farm near here, under sun and rain to grow this food.

We hope you'll spend a lot of time at your farmers market this summer. It's good for you, and good for your community. And we hope you'll vote in this contest at <http://www.care2.com/farmersmarket>.

Do more - tell your friends and the people at your farmers market about it.

Summer is Here!

Finally, it seems the cool weather has departed, leaving us with the kind of weather that makes you want to work, play and eat outdoors! Check out our vendors to see how they can help you make the most of this wonderful time of year!

This Week's New Vendors

Karen Sloan will be featuring Bamboo plants and Folk Art Signs at her booth this week.

"Season n Steam" Demo



Last week, Rebecca Gengler our Homemade Gourmet Consultant, presented a "Steam n Season" demonstration. The lucky people who attended learned how to prepare a delicious meal in only 12 minutes! Rebecca prepared a complete fajita meal using ingredients found at the Farmers Market. Thank you for the great information, Rebecca!

To see

Your Ad Here
Call

630-466-1756

Market Hours:

Every Saturday morning from
June 6 through September 26

8 am - Noon

Recipe Corner

Deluxe Cheeseburger Salad

Ingredients:

4 sesame seed hamburger bun tops
1 small red onion, divided
2 plum tomatoes
3/4 lb 95% lean ground beef
1/2 cup finely diced dill pickles
3/4 cup ketchup
1 tbs yellow mustard
8 cups thinly sliced romaine lettuce
1 cup (4 oz) shredded cheddar cheese
Preheat oven to 425°F. Slice bun tops into 1/4-in. strips (if bun tops are very thick, slice bottoms off horizontally before slicing into strips). Arrange in a single layer on 10" x 15 1/2" pan ; bake 8-10 minutes or until lightly toasted. Cool completely.

Cut onion in half crosswise. Slice half of the onion crosswise into thin

rings. Cut tomatoes into quarters lengthwise and slice crosswise. Set onion and tomatoes aside.

Cook ground beef in (8-in.) Sauté Pan over medium-high heat 5-7 minutes or until no longer pink, breaking beef into crumbles. Chop remaining onion half. Finely dice pickles. In large bowl, combine chopped onion, pickles, ketchup and mustard. Add cooked ground beef; mix well.

To serve, arrange lettuce on large serving platter. Spoon beef mixture over lettuce. Top with cheese, tomatoes and sliced onion. Arrange hamburger bun croutons around edge of platter. Serve immediately.

Yield: 6 servings

(Recipe donated by Marguerite Ledone, our Pampered Chef Consultant. Stop by her booth and ask her to show you the items you'll need to prepare this dish.)

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)

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

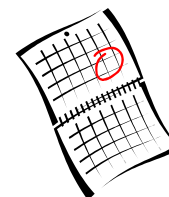
Avon – Lisa Cornelius

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.

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



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

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.

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