



Sugar Grove Chamber of Commerce & Industry

FARMERS MARKET GAZETTE

WEEK 5

Join us on Facebook-facebook.com/sgfarmersmarket

JULY 3, 2010

This Week's Specials

Big Fat Soap Co. – Receive free long handled bath brush with \$20 purchase while supplies last (a \$6.50 value).

Burgin Farms – 5 dollars off any chuck, rump, or tip roast. Bob will have extra eggs this week.

JCS Baby Boutique – 10% discount on all orders of \$30.00 or more.

Tastefully Simple -- Available for a limited time: Honey Teriyaki Sauce, GO! GO! Asiago Dip Mix and Prickly Pear Cooler Drink Mix.

The Pampered Chef – Book a show and we'll bring an appetizer or dessert. Place an order and get a FREE cookbook. Spend \$60 and receive 2 Rubs of your choice for FREE!

Tupperware -- 10% off all Microwave products

Young Living Oils – Special "body balancing" scan for just \$5.00 (normally \$20.00). Checks your body's nutrient balance.

RAFFLE WINNERS

Last week's Corn Boil 50/50 raffle winner was Gary K. Don't miss your chance to win big this week, and help ensure great fireworks at this year's Corn Boil!

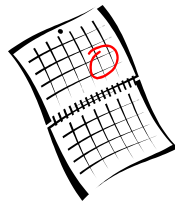
Check out the raffle for a beautiful necklace crafted by Sugar Grove Jewelry Artist Louise Coffman. Last week's drawing was won by Terri Meisinger. Proceeds benefit the Sugar Grove Library Friends.

NEXT WEEK'S SPECIAL FEATURE

Live Demo Day

This very special day offers our vendors, and Chamber members, the opportunity to demonstrate their products or services to patrons of the Farmers Market. Come to get great ideas for preparing delicious dishes, for decorating, entertainment, and much more.

For more details, go to www.sugargrovehamber.org/farmersmarket



Calendar of Market Events

July 10-Live Demo Day

Aug 14-Dog Days of Summer

Sept 4-Pie Contest

Sept 18-Plant Exchange

Sept 25-Harvest Market (8am – 1pm)

JOJO, CALICO ROSE & FRIENDS and the **Sugar Grove United Methodist Church's Bake Sale** 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

Did You Know?

All beef is inspected for wholesomeness. It isn't necessary to wash raw beef before cooking it. Any bacteria which might be present on the surface would be destroyed by cooking.

There are three safe ways to defrost beef: in the refrigerator, in cold water, and in the microwave. Never defrost on the counter or in other locations. Foods defrosted in the microwave or by the cold water method should be cooked before refreezing because they may have been held at temperatures above 40 °F. It is safe to cook frozen beef in the oven, on the stove, or grill without defrosting it first; the cooking time may be about 50% longer. Do not cook frozen beef in a slow cooker.

BETWEEN FRIENDS FOOD PANTRY DONATIONS

The current economic conditions have made services such as the Between Friends Food Pantry more important than ever. We accept donations and deliver them to the food pantry.

Market Hours:
Every Saturday morning from
June 6 through September 26
8 am - Noon

Our Vendors

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

Borowiak Insurance Agency – Dave Ritchey

Burgin Farm – Bob Burgin (Beef, pork, chicken, & fresh eggs) Now accepting Visa, Mastercard & Discover

ChiroOne Wellness Center – Christel Brake/Alison Clemens

Fasel's Nursery – Orland Fasel (Indoor & outdoor plants, garden art, etc.)

Genie in a Bottlecap – Kristin Staub

Gigi Hill Bags – Susan Chapple (Bags for fun, business & travel)

Homemade Gourmet – Rebecca Gengler & Bonnie Wooten

Hot Dog Cart – Mychelle Pritchard (Hot dogs, brats, chips & soda)

JC's Baby Boutique – JoAnn Clabots (baby toys, clothes, blankets, quilts, shower gifts)

Norway Farm - Milt Westlake (Fresh veggies & fruit, gourmet condiments, premium hanging baskets, home made sauerkraut)

Norwegian Treats – Virgil Duvick (Swedish treats)

Phelittler Boutique – Carrie Witler (hair bows, personalized kids' flip-flops, kid's clothing)

Sterchi Chiropractic – Jill Loetscher (chair massage & free samples)

Sweet Sensations – Geri Kleinprinz

The Pampered Chef – Carrie Guerra

Total Accessories – Abby McSkimming & Paige Krueger

Tupperware – Indra Singh

Twin Garden Farms– Gary Pack

United Methodist Church – Pastor

Vital Chiropractic Family Wellness Center – David Foss, D.C.

Corn Boil 50/50 Raffle – Corn Boil Volunteers

Info Tent – Market information, Used book drop off, SG Library Friends Jewelry Raffle, Lions Club Eyeglass drop-off.

Recipe Corner



Roast Beef and Gravy

• 3 to 3½ lbs of Boneless Rump Roast

- Olive oil
- 8 slivers of garlic
- Salt & pepper
- Red wine, water and/or beef stock
- Corn starch

1. Remove roast from refrigerator 1 hour before cooking – keep it wrapped. Preheat the oven to 375°F.
2. Make 8 small incisions in the roast. Place a sliver of garlic into each incision. Spread about a tablespoon of olive oil on the roast and sprinkle with salt and pepper. Place the roast, fatty side up on a rack with a drip pan beneath it.

Brown the roast at 375° for 30 minutes. Reduce heat to 225°, and cook for 2-3 hours. When the roast just starts to drip its juices and is browned, check the temp. with a meat thermometer. Remove from the oven when the thermometer reads 135° to 140°. Allow the roast to rest for at least 15 min., tented in aluminum foil to keep warm, before carving.

3. Remove the dripping pan from the oven and place on stove top at medium heat. Note that if you take the roast out early for rare or medium-rare meat, you may not have drippings. If there are no drippings, you may leave the roast in a little longer at 175°. Add some water, red wine, or beef stock to the drippings to deglaze. Dissolve a tablespoon of cornstarch in a little water and add to the drip pan. Stir quickly while the gravy thickens to avoid lumping. Add a little butter if desired. Add salt and pepper to taste.

CANS FOR COMPUTERS

We're 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.

USED GLASSES DROP –OFF

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

FARMERS MARKET GAZETTE is published weekly throughout the Market Season, and is available at the Sugar Grove Farmers Market, the Sugar Grove Chamber of Commerce office (30 Division Dr., Suite A), and online at www.sugargrovehamber.org/Farmers-Market.141.0.html

Eat. Party. Shop.
Tastefully Simple® offers a wide variety of delicious, easy-to-prepare foods that you and your friends can taste before you buy.
Contact me for more information.
Audrey Ritchey
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