



Sugar Grove Chamber of Commerce & Industry

FARMERS MARKET GAZETTE

WEEK 6

JULY 11, 2009

Thoughts About Food

Why shop at the Farmers Market?

Food sustains our lives, so due attention to the source, quality, and kind of nourishment we ingest is more than warranted. Food enriches our lives through physical gratification and shared experiences with family and friends; so deepening our understanding of the social and emotional aspects of food and drink is certainly appropriate.

Food affects our society as well. People with an informed interest in food will help resolve such public-policy issues as land-use regulation, health and food safety, sustainable rural economies, carbon impacts, and food availability.

And food is a vital thread of our economy, running through areas of production, consumption, and even disposal. So concern about our food resources is part of the legacy we will leave to future generations.

Source: "One man's call for creative thinking" by Cole Danehower at www.culinate.com/articles/opinion/the_new_foodie

Today's Specials

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

Norse Bakery - 3 dozen Kringla for \$13.00.

Burgin Farms - 2 lbs. of hamburger for \$9.99; Any 2 packages of brats or sausages for \$15.00 (regular price \$16.00)

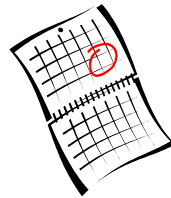


THIS WEEK'S SPECIAL FEATURE

Kid's Garage Sale Day

Kids selling to kids

Today is the day that kids in our community have a chance to get a taste of Entrepreneurship, and to make extra money! School age kids can set up a booth at the Farmers Market to sell their outgrown sports equipment, toys, video games, etc. (all must be in good working condition), or crafts they have made.



Calendar of Market Events

July 18-Community Group Day

Aug 15-Dog's Day of Summer

Aug 22-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

Community Group Day

Next Saturday the Farmers Market will host Community Group Day, an event that gives various non-profit groups in our community an opportunity to let people know what they're about, how they help the community, and what kind of help they need to do their work.

If you know of any organizations that would be interested in joining us that day, please have them call Pat at 630-466-1014



Cub Scout Booth on Community Day 2008

Jewel Shop 'n Share

Stop in at our information booth to get your Jewel Shop 'n Share coupons to benefit the Sugar Grove Library Friends.

Recipe Corner

Mary's Spicy Garlic Dills



Ingredients:

- 15 to 30 pickling cucumbers, depending on size (or tomatoes, onions, green beans, nasturtium pods)
- 8 grape leaves
- 1 head garlic
- 1 bunch fresh dill
- 3 Tbsp. dried or 6 Tbsp. fresh herbs & spices per jar, such as mustard seeds, peppercorns, caraway seeds, coriander seeds, chilies, cloves, and juniper berries
- 10 dried or 5 fresh chile peppers (or to taste)
- 3qt. (12 cups) water
- 1qt. (4 cups) distilled white vinegar (you can substitute any vinegar as long as it is 4 to 6 percent acetic acid)
- 1 cup non-iodized salt (pickling/canning salt or sea salt)

Rinse & clean the vegetable that you are pickling, the fresh herb, and spices. Small vegetables like cherry and grape tomatoes should be left whole; large vegetables should be sliced.

Roll the grape leaves tightly and tuck two leaves into the bottom of each quart jar. Peel and crush the garlic and divide it. Divide the dill as well, and place both garlic and dill in the jars. Add your spices (whole or tied in a cheesecloth pouch) and chiles, then pack in the cucumbers. Each jar should be $\frac{3}{4}$ full with cukes/vegetables.

Fill a non-reactive stockpot with the water, vinegar, and salt. Heat until the salt has dissolved. Just before it boils, remove from the heat.

Pour the hot liquid slowly into the pickle jars, leaving $\frac{1}{2}$ inch at the top of each jar. Allow to cool, then cap and refrigerate the jars.) Your pickles will be ready to eat in three to four days.

From the *Liz Crain* collection on culinate.com

Our Vendors

Avon – Lisa Cornelius

Bath Fitter – Matt Lavine (Bathtubs and surrounds)

Burgin Farm – Bob Burgin (Beef & Pork)

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

Fasel's Nursery – Orland Fasel (Indoor & outdoor plants, planters, lawn ornaments)

Fox Valley Pet Food – Denise Croft (Pet food, toys, etc.)

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

Homemade Gourmet – Tina Carnana

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

Norse Bakery – Virgil Duvick (Swedish treats)

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

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

Pampered Chef – Shannon Warford and Marguerite Ledone

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)

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

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.

Young Jewelry – Kristin (adorable kids and adult items)

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



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!

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

Market Hours:

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

