



Sugar Grove Chamber of Commerce & Industry

# FARMERS MARKET GAZETTE

WEEK 7 Join us on Facebook-[facebook.com/sqfarmersmarket](http://facebook.com/sqfarmersmarket) JULY 17, 2010

## THIS WEEK'S SPECIALS

**Burgin Farms** – \$5.00 off any beef roast, chuck, rump, or tip roast.

**Homemade Gourmet** – \$2.00 off all dips and marinades. Let's Make Dinner Collection makes 20 meals. Regular Price \$69.50 today \$50.00

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

**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** – Free shipping on all orders. Sales Special: Crazy 8 Set



## RAFFLE WINNERS

Last week's Corn Boil 50/50 raffle winner was Beverly Holmes Huges. 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 beautiful jewelry crafted by Sugar Grove Jewelry Artist Louise Coffman. Last week's drawing was won by Beverly Holmes Hughes. She should play the big lottery this week! Lucky lady! Proceeds benefit the Sugar Grove Library Friends.

## ABOUT OUR SPECIAL FEATURES

In our continuing efforts to make the Sugar Grove Farmers Market a fun and rewarding experience for our patrons, we try to find interesting events and themes throughout the season. If you have any suggestions for an appropriate event or theme for a market day, stop in at the information tent and share it with our volunteers. We'd love to hear from you!

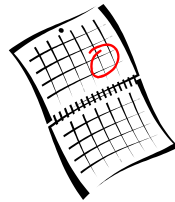
## DID YOU KNOW?

Blueberries are native to North America. They were not cultivated until the beginning of the 20th century, becoming commercially available in 1916. There are approximately 30 different species of blueberries. They are literally bursting with nutrients and flavor, yet very low in calories.

Recently, researchers analyzed 60 fruits and vegetables for their antioxidant capability. Blueberries came out on top. Blueberries neutralize free radical damage to cells and tissues that can lead to cataracts, glaucoma, varicose veins, hemorrhoids, peptic ulcers, heart disease and cancer.

Researchers found that diets rich in blueberries significantly improved the learning capacity and motor skills of aging animals, making them mentally equivalent to much younger ones.

Ripe blueberries should be stored in a covered container in the refrigerator where they will keep for about a week. Check berries before storing and remove any damaged berries to prevent the spread of mold. Ripe berries can be frozen. Before freezing, wash, drain and remove any damaged berries.



## Calendar of Market Events

**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](mailto:patdangraceffa@msn.com)

## 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.

## OUR VENDORS

**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

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

**Homemade Gourmet** – Bonnie Wooten

**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** – Shannon Warford

**Total Accessories** – Abby McSkimming & Paige Krueger

**Tupperware** – Indra Singh

**Twin Garden Farms**-- Gary Pack

**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.

## 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.

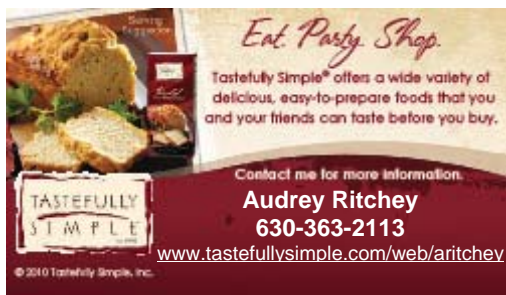
## USED BOOK DROP-OFF

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!

**DID YOU ENJOY YOUR VISIT TO OUR MARKET? DID YOU FIND EVERYTHING YOU EXPECTED, AND MORE? WHY NOT SHARE YOUR EXPERIENCE WITH YOUR FRIENDS AND NEIGHBORS? THEY'LL THANK YOU FOR IT!**



**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](http://www.sugargrovehamber.org/Farmers-Market.141.0.html)

## Corn Boil

While some of our vendors will be at Corn Boil next weekend, you can find the rest of our regulars at the Farmers Market during regular Market hours.

## RECIPE CORNER

Decadent  
White  
Chocolate  
Blueberry  
Scones



- 2¼ cups flour, sifted
- 2 tablespoons baking powder
- 1 teaspoon salt
- ¼ cup sugar
- ¼ cup chilled unsalted butter, cut into small pieces
- ½ cup white chocolate chips
- 1 cup blueberries
- ¾ cup buttermilk, plus 2 tablespoons buttermilk
- 2 tablespoons powdered sugar

Combine flour, baking powder, salt and sugar. Cut butter into small pieces on floured surface. Add to dry mixture and mix with pastry cutter until crumbly. Add white chocolate and berries and toss with flour mixture. Add buttermilk and mix until ingredients hold together. Place dough mixture on floured surface and pat into a 9 X 9 square. Cut into thirds. Cut each third into three triangles and place on cookie sheet. Lightly dust each scone with powdered sugar. Bake at 375 for 10 minutes. Makes 9 scones.

Source: [www.blueberry-recipe.com/white-chocolate-blueberry-scones.html](http://www.blueberry-recipe.com/white-chocolate-blueberry-scones.html)

## Market Hours:

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



**Sweet  
Corn  
This Week!**