



Sugar Grove Chamber of Commerce & Industry

# FARMERS MARKET GAZETTE

WEEK 8

JULY 25, 2009

## TODAY'S SPECIALS

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

**Big Fat Soap Company** – Free travel bar with purchase.

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

**Grandma's Eggs** – Fresh cauliflower this week!

**Homemade Gourmet** – Spend \$20 or more and get a free cookbook!

**Sugar Grove Library Friends** – Beverages and candy.

**Tupperware** – Free shipping; 10% off items in stock!

**Waterman Winery** – 2 bottles of wine \$25 (cash or check only)



## WHY BUY LOCAL

There are many reasons to buy local:

- You'll get exceptional taste and freshness in food - Local food is fresher and tastes better than food shipped long distances from other states or countries.



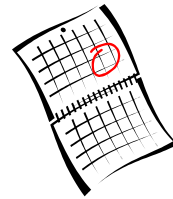
## THIS WEEK IN SUGAR GROVE

### Community Festival

### Organizations serving our community

After shopping at our Farmers Market, we recommend you visit Corn Boil, behind John Shields Elementary School on Main Street in town. Thanks to the community's generosity, the Lions Club is sponsoring a fabulous fireworks show this evening. Don't miss it! (if you'd like to contribute, drop your donation in the jar at the entrance to our market)

- You'll strengthen your local economy - Buying local keeps your dollars circulating in your community. Getting to know the farmers and vendors builds relationships based on understanding and trust.
- You'll support endangered family farms. There's never been a more critical time to support your farming neighbors. With each local food purchase, you ensure that more of your money spent on food goes to the farmer.
- You'll protect the environment. Local items don't have to travel far. This reduces carbon dioxide emissions and packing materials. Buying local food helps to make farming more profitable and selling farmland for development less attractive.



## Calendar of Market Events

**Aug 15**-Dog Days of Summer (sponsored by Millie's Pet Sitting & More)

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



## Sweet Corn This Week!

## OUR VENDORS

**Avon** – Lisa Cornelius

**Bath Fitter** – Matt Lavine  
(Bathtubs and surrounds)

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

**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)

**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

**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)

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

**S.G. Library Friends** – Mari & Bradley Johnson (Candy bars & beverages)

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

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

## RECIPE CORNER



### Roasted Cauliflower with Fresh Herbs and Parmesan

#### Ingredients:

- 12 cups cauliflower florets (about 2 heads)
- 1½ tablespoons olive oil
- 1 tablespoon chopped fresh parsley
- 2 teaspoons chopped fresh thyme
- 2 teaspoons chopped fresh tarragon
- 3 garlic cloves, minced
- ¼ cup (1 ounce) grated fresh Parmesan cheese
- 2 tablespoons fresh lemon juice
- ½ teaspoon salt
- ¼ teaspoon pepper

#### Directions:

Preheat oven to 450°.

Place cauliflower in a large roasting pan or jelly-roll pan. Drizzle with oil; toss well to coat. Bake at 450° for 20 minutes or until tender and browned, stirring every 5 minutes. Sprinkle with parsley, thyme, tarragon, and garlic. Bake 5 minutes. Combine cauliflower mixture, cheese, and remaining ingredients in a large bowl; toss well to combine.

Source: Lorrie Hulston Corvin, *Cooking Light*, NOVEMBER 2005

#### Market Hours:

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

### 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](http://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!

love your farmers market contest  
help your market win \$5000!  
vote today

### LIONS CLUB USED GLASSES DROP -OFF

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

### 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. They're good for July 27, 28, 29..

### Don't miss the S.G. Library Friends Used Book Sale at Corn Boil!

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

To see  
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630-466-1756