



Sugar Grove Chamber of Commerce & Industry

# FARMERS MARKET GAZETTE

WEEK 9

AUGUST 1, 2009

## TODAY'S SPECIALS

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

**Big Fat Soap Company** – Lip balm 12 off!

**Homemade Gourmet** – \$3.00 off the mini 4 meals in 4 minutes collection; door prize drawing for those who purchase.

**Pampered Chef** – Free Seasons Best Cookbook with any purchase; free Rub with any \$30 purchase ;and ,free Mix n Chop for anyone who books a show.

**Tastefully Simple** -- Purchase 25.00 of Tastefully Simple and receive a free mini recipe book



## DOG DAYS OF SUMMER

August 15 is “Dog Days of Summer”, a celebration of all things dog! Sponsored by Millie’s Pet Sitting & More, this event will feature a photo contest, a “stupid pet trick” contest, various organizations that work with dogs, and vendors of pet products.

If you're a dog lover, you won't want to miss this one!

## THIS WEEK'S SPECIAL

Local Summer Crops



Green Peppers

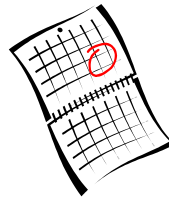
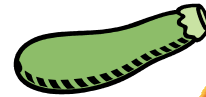
Lettuce

Peaches

Potatoes

Sweet Corn

Zucchini



## 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)

## DID YOU KNOW?

Farmers' markets are one of the oldest forms of direct marketing by small farmers. From the traditional "mercados" in the Peruvian Andes to the unique street markets in Asia, growers all over the world gather weekly to sell their produce directly to the public. In the last decade they have become a favorite marketing method for many farmers throughout the United States, and a weekly ritual for many shoppers

People worldwide are rediscovering the benefits of buying local food. It is fresher than anything in the supermarket and that means it is tastier and more nutritious. It is also good for your local economy--buying directly from family farmers helps them stay in business.

In addition to growing the best food in America, many Sugar Grove Farmers Market members are also accomplished craftspeople. You will find a beautiful sampling of their wares at the market. From soaps to jewelry, and candles to birdhouses, we truly have something for everyone.

## 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)

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

**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)

**Pampered Chef** – Shannon Warford

**Sugar Grove Methodist Church** – (Bake sale)

**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)

**West Physical Therapy**

**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



### Radish Salad with Mustard Vinaigrette

#### Ingredients:

- 2 bunches of radishes (see note)
- ½ cup of sliced Spring onions
- 3-4 hard-boiled eggs
- Lemon
- Parsley
- 1 teaspoon of mustard
- Salt and pepper
- Olive Oil

#### Directions:

Note: The proper storage of radishes can really make a difference. Radishes will keep for a while, but you need to wash them, trim off their tops, and then store them in water in the refrigerator.

Begin by prepping the dressing. Squeeze the lemon juice into a large measuring cup or bowl. Add the spring onions and mustard. Whisk in olive oil and add salt and pepper to taste.

Slice the radishes into rounds (about 1½ cups of sliced radishes to serve four)

Cut the hard boiled eggs into quarters.

Place the parsley on a serving platter as the base of the salad. Compose the radishes and hard-boiled eggs on top of the parsley. Drizzle the dressing over the salad.

Source: Melissa Breyer,  
[www.care2.com/greenliving/radish-salad-with-mustard-vinaigrette-with-video.html](http://www.care2.com/greenliving/radish-salad-with-mustard-vinaigrette-with-video.html)

#### 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!



To see

Your Ad Here  
Call

630-466-1756

### USED GLASSES DROP -OFF

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

### CANS FOR COMPUTERS

Our market is 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.

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