



MAPLE GROVE

# FARMERS MARKET

**Thursdays (June 10 to October 21)**  
**3 to 7 p.m. (June – Sept) 3 to 6 p.m. (October)**  
**Maple Grove Community Center**  
**12951 Weaver Lake Road 763-494-5955**  
**farmersmarket@ci.maple-grove.mn.us**  
**www.MapleGroveFarmersMarket.com**

## PASS THE PEAS, PLEASE

We are celebrating many **GREEN** things at the Market this week! From going green by rolling out our new recycling and composting containers for market trash to our featured products of the week— asparagus and peas.

Let's start with that versatile veggie—**PEAS**. What is the difference between garden peas, snow peas and sugar snaps? Thanks to the Internet ([www.whfoods.com](http://www.whfoods.com)) no more lost sleep over this mind boggler.

**Garden peas** need to be shelled before eating. They have rounded pods that are usually slightly curved in shape with a smooth texture and vibrant green color. Inside garden peas are rounded pea seeds that are sweet and starchy in taste and can be eaten raw or cooked. Be prepared for a bit of work as shelling can take time, but they are definitely worth the work!

**Snow peas** (aka pea pods) are usually used in stir-fries. Snow peas are flat with edible pods through which you can usually see the shadows of the flat pea seeds inside; they are never shelled. Overall, they are not as nutritious as garden peas, but they do have a higher concentration of vitamin C and fewer calories—so they earn some bonus points there.

**Sugar snaps** are a cross between the garden and snow pea, they have plump edible pods with a crisp, snappy texture; they are not shelled. Both snow peas and snap peas feature a slightly sweeter taste than the garden pea.

*Did you know that 95% of garden peas are sold either frozen or canned?* Not at the Farmers Market—they are all fresh and just waiting snug in their pods for you to take them home!

**Look for some vendor promos  
on peas at the Farmers Market this Thursday!**

## The Market Messenger

Volume 2, 2010

### THIS WEEK – JUNE 17

#### Ongoing

**Purchase a low-cost Bell Sports bike helmet** from North Memorial and be ready to have a safe summer!  
**Fresh Fare**--Pick up free recipes at the Market Info Trailer highlighting our featured product of the week  
**Kids activity sheet** – available each week at the Info Trailer

#### 4 p.m.

**Seasonal Samplings**--that's the fancy new name for our chef demos and samples that you will find often throughout the season. We are improvising a bit this coming Thursday as our local kitchen connoisseur Alice is recovering from carpal tunnel surgery. However, she has provided us with a wonderful recipe for demoing and sampling (weather permitting). The Market Info Trailer is the place to be. Samples available while supplies last, and the recipe will be available for you to pick up as well (rain or shine).

#### 4:30 to 7 p.m.

Enjoy the music of the Dean Harrington Trio. Dean has been playing the guitar for over 30 years and performs many styles of music including: Jazz, Classical, Blues, Rock, Folk, and more. He currently specializes in playing a style of jazz called Gypsy Jazz, and performs in the groups Honeysuckle Rose, and in his own band The Dean Harrington Trio. He also performs regularly in a blues and jazz standards group called Dino and the Dinosaurs. In addition, Dean works as a side-man guitarist with several local jazz groups. And would you believe when he's not performing, Dean also teaches!

#### 4:30 p.m.

**Family storytime:** Every Thursday at 4:30 p.m. is the time for kids to "Grow with Great Stories".

#### 4 to 6 p.m.

**Citywide Picnic:** . The Maple Grove Lions continue this longstanding picnic tradition by serving a brat or burger, salads, chips and a can of pop or water for \$6 at the Lions Picnic Pavilion at the Maple Grove Community Center. Don't miss this annual good food gathering!

## CONTINUING WITH OUR GREEN THEME

**Seasonal Samplings:** Weather permitting, this Thursday we will enjoy our first chef demo of the season. This is the perfect time to try another wonderful green veggie--**ASPARAGUS!** Low in Cholesterol and Sodium. It is also a good source of Iron, Magnesium and Zinc, and a very good source of Dietary Fiber, Protein, and a wide variety of vitamins and minerals. Wow! A great tasting health food that is just as versatile as peas and fun and easy to cook with!

As part of our environmental initiative, Great River Energy has generously donated compostable cups and spoons for all the chef demos this season! After you have enjoyed your sample, please make sure to deposit these items in the compostable bins. While the cups and spoons are made of corn, they are not edible, but they are completely compostable!!

**Going Green at the Market:** The Farmers Market has contracted to have compostable waste pick up and is encouraging the use of the compostable bins, recycling bins, and only when absolutely necessary--trash bins. Market visitors and vendors are encouraged to be part of this environmentally friendly endeavor.

Please take note of the different containers in the market as you dispose of your trash. Bins are marked appropriately.

### Composting dumpster

Food waste--fruits, vegetables, meat, fish, bones, bread, pasta, baked goods

Paper items--paper towels, napkins, lunch bags, paper plates, cups and containers

Popsicle sticks

Dairy products

Milk cartons

Cups/spoons from chef demos

### Recycling bins

Aluminum cans

Plastic bottles

Glass

### Trash cans

Anything that doesn't fit into the categories above--styrofoam, metal, foil lined containers, condiment packets, chip bags

## COMING UP – JUNE 24

### Ongoing

**Fresh Fare**--Pick up free recipes each week

**Kids activity sheet** – available every Thursday

**Highway 610 update**-- Representatives from the Minnesota Department of Transportation will be on hand to answer your questions and provide insight on this project that is changing the face of the northwest metro area.

**Naturalists from Three Rivers Park District** join us with fun displays of local critters and what they eat (3 to 5)

**Enjoy the music of Ben Woolman (3:30 – 6:30)**

**Family storytime (4:30)**

## NEW VENDORS

**Black & White Bakery:** treats for cats, dogs and horses

**Cooked with Pride:** variety of jams, jellies, salsas and olive spreads

**Dr. Mop's Moppin' Mixes** seasoning blends—Italian, Greek, Caribbean, Tex Mex for bbq'ing, dips, etc.

**Gracie & Friends:** cheese straws, fruit salsas, tapenade, dip mixes, canned fruit, potato mixes

**Lily Bloom's Kitchen:** variety of chocolate coconut macaroons

**Long Siding Farm:** certified organic veggies, berries, melons, herbs, flowers, seedlings

**Midwest Mercantile:** dried flavored pastas, dried packaged pizza dough

**Morning Star Farm:** variety of cheese, ricotta, curds

**Pickles Café:** variety of ready to eat foods

**Ridgeroll Farm:** beef, pork, chicken, eggs, maple syrup

**Sito's Lebanese Cuisine:** hummus, tabouli salad, garlic sauce

**Special T's Oh So Good Gourmet:** snack mixes, bars, granola

**Groveland Confections:** handmade candies, chocolates

**The Cookie Nook:** cookies, baked goods

Thanks to Bethany from Carol's Coffee Treats for baking up 500 cookies to help us celebrate the market's opening last week. We're so glad to see everyone again and celebrate the season!

**Pick up a complete listing of vendors and their products at the Market Info Trailer. It's also available on our website**

[www.maplegrovefarmersmarket.com](http://www.maplegrovefarmersmarket.com)