



The Market Messenger

Volume 3, 2010

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

farmers market@ci.maple-grove.mn.us

www.MapleGroveFarmersMarket.com

THIS WEEK – JULY 1

Ongoing

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—We are excited to have **Tammy Wong from Rainbow Chinese Restaurant** as our guest chef. Stop by the Market Info Trailer to enjoy Tammy's cooking style and samples. The demo/samples will take place weather permitting; samples available while supplies last. Recipes will be available for you to pick up as well (rain or shine). Please come by and thank Tammy for joining us!!

3 to 6 p.m.

Enjoy the music of Tim Fast. Minnesota native Tim Fast knew in third grade that he wanted to be a performer. For 20 years he put together bands and played shows from the Midwest to California until he decided to go it alone about 10 years ago. A Folk/Americana singer-songwriter, Tim has performed on live radio shows, been featured on cable television, and has been nominated for and received many awards for his skillful songwriting. With two CD's under his belt, he is currently working on releasing his 3rd. He says the best part of being a singer/songwriter is being touched as well as touching others with the magic of a song!

4:30 p.m.

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

A strawberry success from Market Coordinator Carol Morris: Making strawberry freezer jam was a blast! Two batches Friday and two on Saturday. Purchased 8 quarts of berries at the Market and followed Becky's Fresh Fare recipe and voila--beautiful jam that set up nicely. Sent jam and berries home with mom; she made shortcake. I also made a strawberry cake and had about a quart left to freeze to enjoy throughout the summer! Freezer jam containers were hard to come by at the store--others must have been busy with their berries too!

GREAT GRILLING THIS WEEK

The other white meat is what's for dinner as we combine two popular slogans to feature, not only pork and beef, but all things good on the grill this week at the Market. From meats to veggies., almost anything can be cooked on the grill.

These vendors at the farmers market offer a wide variety of meat options for your dining pleasure.

Hassu Lintu—Tom and Mary have a variety of emu products—from meat to oil. Emu is high in iron and protein, and low in fat and cholesterol. But not only is emu meat a healthy food; chefs from many upscale restaurants are finding that emu meat is tender and delicious, appreciated for its tendency to absorb the flavors of the spices and other ingredients with which it is cooked.

Neumann Farms—Ron and Joyce grew up farming and have owned and operated Neumann Farms in Princeton for 35 years. They have a wide variety of cuts of pork and beef, so bring your shopping list. They can pretty much provide anything you need! Joyce is also known as the "pie lady" – hint hint – don't forget about dessert!

Ridgeroll Farms— For 40 years the farm has been home to the Vergin's herd of purebred Simmental beef cattle. At Ridgeroll the animals have unrestricted access to fresh air and fresh water at all times; they never receive growth promoting implants and the feed contains no hormones, steroids or antibiotics. In addition to a variety of beef, Ridgeroll also offers pork products and pasture raised chickens

Read on for more grilling goodness....

GREAT GRILLING

To enhance your grilling experience, a number of Market vendors offer a wide range of marinades and sauces.

Dr. Mop's Moppin' Mixes—Tim (aka Dr. Mop) has a creative way to mop your meats with his specially blended dry marinade mixes. They come in a variety of flavors—bbq, Italian, Greek, Caribbean, Tex-Mex. The marinades can be combined with water, broth or wine. Dr. Mop also provides recipes that show just how versatile the mixes are for dips and such.

M&B BBQ Sauce—Mitch and Brenda's line of homemade BBQ sauces continues to expand with a couple new additions this season. They have also added ketchup to their lineup. Their years in the restaurant business have really paid off, and they know what customers like. Mitch and Brenda keep a close eye on the ingredients that go into their sauces so you can count on great tasting, good for you sauces. They also offer dry seasonings to enhance your bbq experience!

Minnesota Specialty Foods—Joel takes great pride in his Judo Joel's Jamaican Jerk Marinade. He is continuously developing new and creative ways for his marinade. In addition, to the recipe provided in this newsletter, Joel also a flier with many more that you can pick up and his booth. Want a taste test? Joel almost always has a batch of marinated chicken cooking for you to try.

Joel is running a special this Thursday, July 1, for \$4.50 per bottle. If you've not tried it, now's a perfect time with this offer. If you're already a fan, it's a great time to stock up.

Sito's Authentic Lebanese Cuisine—Melanie and Dennis's products are favorite family recipes. Their garlic sauce comes in creamy or an oil vinaigrette style. It can be used in so many ways, not just grilling, but since that's what we're all about this week—take note that it can be used as a marinade or dipping sauce. Samples available!

If you prefer to let somebody else do the cooking, look no further than vendors **J. Cousineau's or Pickles Cafe.** Grab a delicious bbq sandwich or burger ready to eat right at the Market. YUM!

J. Cousineau's also offers their bbq'd items in bulk to take home as well as their own blend of rubs and sauces right at their Smokin' Bones trailer at the Farmers Market.

COMING UP – JULY 8

Pick It Up! – Learn about the special “Pick It Up” litter project underway by a Rice Lake Elementary School student.

Fresh Fare—Pick up free recipes at the Market Info Trailer

Kids activity sheet – available every Thursday at the Market Info Trailer

Family storytime: Guest storyteller Nina Shimmin visits us from the new Maple Grove Library!

Enjoy the music of Seldom Herd—a light and lively blend of bluegrass/country music.

Dave and his crew at J. Cousineau's take their bbq seriously, and their Smokin' Bones team participates in contests throughout the state, many times with contest and award winning results!

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

www.maplegrovefarmersmarket.com

Jamaican Jerk Cuban Sandwich

1 pork tenderloin marinated in Judo Joel's Jamaican Jerk marinade
Several slices sliced ham
2 loaves ciabatta bread sliced in half, lengthwise
8 slices muenster cheese
Your favorite mustard

Grill the pork tenderloin to 145 degrees.
Slice pork tenderloin and place on one half of ciabatta bread.
Layer on the deli ham and mustard.
Top with cheese.
Place the other half of the ciabatta loaf on top and wrap with aluminum foil.
Place on the grill until the cheese is melted.

Unwrap and enjoy!