



The Market Messenger

Volume 4, 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
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www.MapleGroveFarmersMarket.com

IT'S ACTUALLY EASY BEING GREEN

Or yellow or even purple—we're talking string beans this week, and they do come in a wide variety. For a long time rare and expensive, this vegetable became widespread only in the 19th century. The first to put green beans on their menus were the French. These days, green beans have long been a well loved staple on the family dinner table.

Low in calories and high in wonderful nutrients like Vitamins A, C & K, fiber, potassium and iron (just to name a few), you can find them fried, dried, steamed, boiled, stir fried and baked in a casserole (or hot dish for us Minnesotans).

And green bean casserole is one of my favorite things, and growing up in our house it wasn't just for holidays. But, we called it gloppy green beans. Mom always used the French cut beans that were longer and thinner and when baked with the mushroom soup and milk, they literally became quite gloppy as you put them on your plate. Hence, the name.

Any way you cook them up and whatever you want to call them—green beans, string beans or be fancy and use the French name of haricot vert, come to the Market this Thursday to get your fill and some free recipes to inspire your own culinary delights at home! Green beans are easy to cook and just perfect this time of year!

Produce report: Both Beck's and Smith Farms report that sweet corn is in!!!! Some tomatoes too as well as potatoes, carrots, beets, broccoli, cauliflower, blueberries, raspberries & more! Beck's is running a special on pickling cucumbers this Thursday—1/2 bushel of small cukes \$30; 1/2 bushel of medium or large \$25. You can pickle to your heart's content!

THIS WEEK – JULY 15

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. These fun things encourage children to learn more about the food they eat and where it comes from.

Master gardeners – Have a special activity for the kids. Also, get the answers your questions on flowers, plants, grass, trees, shrubs and their care, especially during the hottest weather of the year.

Enjoy a **free popsicle** (while supplies last) as we simply celebrate summer!

Free recipe booklet--show your Maple Grove Days button at the Market Info Trailer and receive the *Favorites from the Maple Grove Farmers Market* recipe booklet!

4 to 6 p.m.

Enjoy the music of Brad Dunse. Talented....original.... innovative....just a few of the words used to describe musician/songwriter Brad Dunse. His family friendly mix of genres, guitar style, and vocals are displayed in titles like Jagged Edges, a contemporary country ballad, and The Great Unknown - a wistful pop song. Personal reflections show up in his material as in Blindin' Love, where he uses his own blindness as fodder for a light-hearted pop love song. The more percussive riff-driven, toe-tapping' We're Getting' Down and the old time jazzy feel of Without You leave folks asking for a CD to take home! Brad has also created our very own Farmers Market ditty—make sure to put in a request to hear it!

4:30 p.m.

Family storytime: Every Thursday at 4:30 p.m. is the time for kids to "Grow with Great Stories". Guest storyteller this week is Ann Gallagher, a familiar face in the northwest metro with her role as Community Corner Host with Channel 12/Northwest Community Television. Ann is always excited to join us and share some fun stories!