



MAPLE GROVE

FARMERS MARKET

For Market Day—Thursday October 6, 2011

Every Thursday thru October 20
Hours: 3 to 6 p.m. (note time change!)

Use Your Noodle

Thursday, October 6, is National Noodle Day! Celebrate noodles whether you like them in soups, casseroles or as a main dish.

Did you know that not all noodles are alike? There are two basic forms of pasta -- macaroni and noodles. Macaroni products are made from semolina and water. Noodles are made from Durum flour (a more finely ground form of semolina), water and, by

Federal regulation, egg solids. So, without the egg solids, a pasta product can't be identified as a noodle.

Check out the plethora of pastas offered by Market Vendor Bob Rodriguez with Midwest Mercantile. At the Farmers Market you'll also find meat, veggies, and sauce to round out your pasta meal. Use your noodle and purchase your pasta locally made!

Market Hours

Savvy Farmers Market shoppers take note that Market Hours are now 3 to 6 p.m. for the balance of the outdoor season. The Farmers Market is open outside through Thursday, October 20.

See more on Page 2 about upcoming outdoor market events and ways to get Indoor Farmers Market gift certificates. The Indoor Market starts inside the Community Center on Thursday, November 3, from 3 to 6 p.m. Mark your calendar!!

Frequent Shopper

Because the Market was closed last Thursday, the Frequent Shopper program has been extended!

You can still get your frequent shopper card punched, but all five punches must be completed by this Thursday, October 6!

Come by the Market Info Trailer for your punch! If that punch completes your card, receive a \$5 Market gift certificate.

Featured **PRODUCT** of the Week

The age old question, "Which came first, the chicken or the egg?" We'll go with EGGS since that is what we are featuring this Thursday!



Two vendors—Three Willows Farm and Trumpeter Swan Farm—offer farm fresh eggs each week for your eating and baking pleasure. Take it from our egg-spert Market customers, these eggs are head, shoulders (and beak!) above those found in grocery stores.

Stop by the Market trailer this Thursday for a couple free recipes featuring eggs.



Outside at the Maple Grove Community Center, 12951 Weaver Lake Road

www.MapleGroveFarmersMarket.com

763-494-5955

Product of the Week (continued)

Just some fun egg facts:

- Eggs age more in one day at room temperature than they do in a week if refrigerated.
- The average hen will lay about 245 eggs per year.
- The older a hen gets, the larger her eggs become.
- About 240 million laying hens produce approximately 5.5 billion dozen eggs per year in the United
- A hen requires 24-26 hours to produce one egg.
- Hens with white feathers and earlobes produce white eggs, and hens with red feathers and earlobes produce brown eggs.
- If you poke a small hole in the shell of an egg before boiling, the egg will expand inside the shell so that your cooked hard boiled egg does not have a flat bottom.
- To see if an egg is raw or boiled, spin it. A raw egg will wobble and a cooked egg will spin freely.
- If you accidentally break an egg on the floor or a counter top, sprinkle it heavily with salt for easy clean-up.

Indoor Farmers Market Gift Certificate Giveaways

To get the Indoor Market momentum going, we are giving away Indoor Market gift certificates during the last three weeks of the outdoor season.

Come to the Market Info Trailer and receive a gift certificate by:

October 6—Donating a bag of fresh Farmers Market produce to CROSS Food Shelf. We will also accept two or more non-perishable food items in lieu of the fresh offering.

October 13—Bringing an old cookbook to the Market Info Trailer. These oldies but goodies will be used for our indoor November 3rd cookbook swap!

October 20—Wearing your MN Vikings apparel to the Market as the Viking prepare for their October 23rd game against the Packers!

Each week gift certificates are while supplies last. Please note a limit of one per individual or two per family/group each week.

Remember, these gift certificates are good ONLY at the 2011 Indoor Farmers Market — Thursdays: November 3 & 17 and December 1 & 15 inside the Community Center from 3 to 6 p.m.

HAPPENINGS

THIS WEEK — OCTOBER 6

Ongoing

Fresh Fare -- Come to the Market Info Trailer for:

- Weekly free recipes
- Get your frequent shopper card punched . All five punches must be completed by this Thursday!

Sponsor Spotlight: Welcome the return of Community Partner Renewal by Andersen. We are so appreciative of Cody and her staff's support of the Farmers Market. Take a few moments to stop by their booth! They'll be with us for the rest of the outdoor season.

4:30 p.m.

Family storytime. Pull up a carpet square and join guest storyteller Jill Johnson from the North Hennepin Area Chamber of Commerce!

NEXT WEEK — OCTOBER 13

- Master Gardeners will be here to answer your lawn, garden, tree, etc. questions. Just in time to get them prepped for winter!
- Market Tours hosted by Market Manager Kirsten. Tours start at the Market Info Trailer at 3:30 and 6 p.m. and last about 15-20 minutes.
- Enjoy the music of Brian Peterson from 3 to 5 p.m. featuring a mix of country, folk, jazz and original songs too!
- 4:30 p.m. Family storytime.

AND THE LAST THURSDAY OF THE OUTDOOR SEASON — OCTOBER 20

- Kids are invited to wear their costumes and trick or treat at the various vendor booths. To get started, kids can pick up their treat bag at the Market Info Trailer (while they last).
- Enjoy a “monster” of a tale from local children’s book author Stephanie Fourniea. Come find out if you’re a monster at the 4:30 p.m. family storytime! Stephanie will have books available for purchase.