



MAPLE GROVE

FARMERS MARKET

For Market Day — Thursday August 25, 2011

Every Thursday thru October 20
Hours: 3 to 7 p.m. 3 to 6 p.m. (Oct.)

The Return of Tammy Wong

It sounds like a movie title, but we truly are excited to welcome back Chef Tammy Wong of Rainbow Chinese Restaurant.

Tammy was a favorite last year and has a very special flair that she adds to the dishes she makes. She is sure to cook up another winner and will share the recipe and samples too!

Make sure to come by the Market Info Trailer at 4 p.m. for food and fun from Tammy's kitchen!

Check out Tammy's website (rainbowrestaurant.com). The pictures alone will get your mouth watering!



Parking

- Parking may be at a premium at the 8/25 Market due to a hockey tournament Thursday evening.
- There are several handicapped parking spaces on the east and west ends of the parking lot north of the Market area.
- Both drivers and pedestrians are reminded to take caution of each other. Use the barricaded area as a walk thru from parking lot to the Farmers Market.

Featured **PRODUCT** of the Week

Herbs so come into play especially when you're talking about cooking with fresh food! At the Market you will find—basil, cilantro, dill, mint and more!

Cooking with herbs requires self-control: Add too much and you'll crush other flavors. Add too little (or none at all) and your dish will taste bland. So start with a little and then gradually increase the amount that fits your taste buds!

The following tips will help:

- **Stand tall:** Choose herbs that are erect and can be held upright without limping or drooping. Leaves ought to be vibrantly colored and without brown spots, and their scent should be strong and fresh-smelling.
- **Store away:** To help herbs last a few days longer, refrigerate them. Flat leaves or small stems can be gently wrapped in a damp paper towel and then sealed in a plastic bag. If you have larger quantities or for bigger herbs, like a bunch of basil, stand them

upright in a glass filled with water before refrigerating.

- **The dry alternative:** Try to use fresh herbs and not the dried versions, but if you do substitute dried herbs, the general rule of thumb is one teaspoon dried for one tablespoon chopped fresh.
- **The end:** When using fresh herbs in a recipe, add them at the end so the heat doesn't destroy their flavor.

From epicurious.com



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

www.MapleGroveFarmersMarket.com

763-494-5955

HAPPENINGS

THIS WEEK — AUGUST 25

Ongoing

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

- Weekly free recipes
- Get your frequent shopper card punched or start a card. You have until September 1st to start a card and all visits/punches must be completed by September 29th!

Sponsor Spotlight: This week's Friend of the Market Sponsors are Tony Kieffer with Edward Jones Investments and Costco. Come chat with Tony as well as Renee from Costco; they both have great info to share!

Discover You Can! Check out the Market's exciting food preservation partnership with the Ball Canning Company. Stop by the Market Information Trailer to pick up valuable coupons, recipes, freebies and giveaways!

Master gardeners -- Get your flower, garden, weed, pest and lawn care questions answered!

3:30 p.m. and 6 p.m.

How to Shop the Farmers Market Tour—Join Market Manager Kirsten for a brief tour either one of these times. Get to know our friendly vendors and ask your questions about shopping a farmers market! Tours start from the Market Info Trailer.

4 p.m.

Season Sampling Chef Demo -- Welcome back a returning favorite chef Tammy Wong of Rainbow Chinese Restaurant. Tammy will demo a dish perfect for the season with samples and recipe to boot!

3 to 6:30 p.m.

Enjoy the music of Karl Burke. Karl's rich baritone voice has been compared to that of Canadian folk singers, James Keelaghan, and the late Stan Rogers. Enjoy his voice and guitar as Karl performs a range of contemporary and traditional folk songs along with a few Celtic, oldies, and pop tunes.

4:30 p.m.

Family storytime: Every Thursday kids and families can enjoy a couple short stories. Come pull up a carpet square!



The crowd goes wild for Shirley Hine's pickling demo at the 8/11 Market. Okay, well maybe not wild, but definitely interested!



Mark your calendars for 4 p.m. on Market Day, September 1, as Martha's Joy vendor David Jackson will demo his winning way with watermelon pickles!

Many of Market goes have been asking for a quick and easy **recipe for Refrigerator Pickles**. Here you go!

Slice approximately:

5 slicing cucumbers 1 onion
1 green pepper

Pack into Ball canning jars.

Heat just enough to melt the sugar:

1 cup sugar
1 cup white vinegar
1 tsp salt
1/2 tsp. celery seed
1/2 tsp mustard seed
1/2 tsp turmeric

Pour liquid over sliced cucumbers and place in refrigerator. Ready in 5 days. Keeps several weeks.

Market Manager Kirsten's grandmother's recipe!