



MAPLE GROVE

FARMERS MARKET

For Market Day—Thursday September 22, 2011

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

Liven It Up — Tips to Add Veggies/Fruits to Your Meals

The USDA now recommends that you fill half your plate with fruits and vegetables. They are low in fat and calories, while providing fiber and other key nutrients.

Most Americans should eat more than 3 cups—and for some, up to 6 cups—of vegetables and fruits each day. Vegetables and fruits don't just add nutrition to meals. They can also add color, flavor, and texture.



Shop your Farmers Market for the very best in fresh produce and explore these creative ways to bring healthy foods to your table:

Fire up the grill: Use the grill to cook vegetables. Try grilling onions, carrots, peppers, or potatoes on a kabob skewer. Brush with oil to keep them from drying out.

Expand the flavor of your casseroles: Mix sautéed onions, peas, or tomatoes into your favorite dish for that extra flavor.

Vendor of the Week

The Oilerie owner Terri Chaffer is doing double duty at the Market. Not only is she “Vendor of the Week” this Thursday she is also doing a chef demo at 4 p.m.

Any time during the Market visit Terri's booth for a special offer—\$12 for a dipping oil (regular price \$13.50). Stop by the Market Info Trailer at 4 p.m. to see her whip up some yummy goodies to sample and to inspire you!

Featured **PRODUCT** of the Week

What would a Farmers Market be without veggies, veggies and more veggies. We are all about the produce this week. Fall is a fabulous time to enjoy the bounty of the harvest.

We've only had that one threat of frost so far, so produce is still perky and plentiful:

Onions, radishes, beets, spinach, broccoli, carrots, greens, parsnips, summer squash, potatoes, winter



squash, Brussels sprouts, turnips, eggplant, peppers, cucumbers, and cauliflower. There still should be sweet corn and tomatoes, but those will be gone soon! Now's the time to stock up!



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

www.MapleGroveFarmersMarket.com

763-494-5955

HAPPENINGS

THIS WEEK — SEPTEMBER 22

It's National Ice Cream Cone Day! Celebrate the day the ice cream cone was invented — September 22, 1903—with a visit to Market Vendor Naturally Delicious for a sweet ice cream treat!

Ongoing

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

- Weekly free recipes
- Get your frequent shopper card punched . All visits/punches must be completed by September 29th—just two more Thursdays!

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

Sponsor Spotlight: Welcome Friend of the Market Sponsor Rasmussen College . Visit with Jeff about the variety of educational opportunities and degree programs available with Rasmussen.

3 to 5 p.m.

Animal Artifacts. Check out some animal artifacts with a visit from the Naturalists at Three Rivers Park District.

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. Tours start at the Market Trailer.

4 p.m.

Seasonal Sampling Demo: Join Terri Chaffer of The Oilerie for a demo featuring items from her new business—oils, vinegars, and much more! Not only is Terri a vendor at the Farmers Market, her store The Oilerie is also located in Maple Grove. Come to the Market Info Trailer at 4 p.m. to learn more about Terri, her specialties and see what veggie goodness she has for you to sample.

3 to 6:30 p.m.

Enjoy the music of Barbara English. This local performer shares her vocal talents accompanied by the acoustic guitar.

4:30 p.m.

Family storytime. Come pull up a carpet square for a couple short stories! Today's guest storyteller is Market volunteer Sharon Madsen.

Liven It Up (continued from front)

Planning something Italian? Add extra vegetables to your pasta dish. Slip some peppers, spinach, onions, or cherry tomatoes into your traditional tomato sauce. Vegetables provide texture and low-calorie bulk that satisfies.

Get in on the stir-frying fun: Try something new! Stir-fry your veggies—like broccoli, carrots, sugar snap peas, onions, or green beans—for a quick and easy addition to any meal.

Add them to your sandwiches: Whether it is a sandwich or wrap, vegetables make great additions to both. Try sliced tomatoes, romaine lettuce, onion, shredded carrots, sliced cucumbers on your everyday sandwich or wrap for extra flavor.

Be creative with your baked goods: Add apples, raspberries, or blueberries, plums or pears to your favorite muffin recipe for a treat.

Make a tasty fruit smoothie: For dessert, blend strawberries, blueberries, or raspberries with frozen bananas and 100% fruit juice for a delicious frozen fruit smoothie.

Liven up an omelet: Boost the color and flavor of your morning omelet with vegetables. Simply chop, saute, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, onions, or bell peppers. *Info from www.choosemyplate.gov*

EFFECTIVE OCTOBER 6, THE FARMERS MARKET CLOSSES AT 6 P.M. HOURS ARE 3 TO 6 P.M. THRU OCTOBER 20



Quite a group gathered last week as Sandy and Ken Tschannen shared the fun of raising bees and the honey making process.

