



MAPLE GROVE

# FARMERS MARKET

For Market Day — Thursday June 23, 2011

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

## Learn More about Your Market — Try a Tour!

Whether you're an old pro or a Market newbie, join Market Manager Kirsten on the second and fourth Thursdays of each month for a brief (15-20 minute) tour of the Market.

You'll get a behind-the-scenes picture of our vibrant Market and our friendly vendors. Learn about the best ways to choose veggies, whether to barter with vendors,

and even the names of some of those unusual veggies!

You'll have the opportunity to meet some of our vendors and find out how they grow their produce or make their product. In addition to fabulous local foods from the best vendors around, you'll learn more about the many market amenities available. Shopping tips provided too!

**Tours are offered at 3:30 and 6 p.m. on the second and fourth Thursdays of each month (that's this Market day — June 23). Tours start from the Market Info Trailer.**

P.S. You won't leave the tour empty-handed. We won't say any more than that, but hopefully that's an incentive for those of you with inquiring farmers market minds!

### Sponsor Spotlight

Welcome this Thursday Friend of the Market sponsor **Step By Step Montessori School**.

Stop by their booth as they highlight summer activities and Montessori program.

They will also be our special guest storytellers at the 4:30 p.m. Family Storytime!



### Featured **PRODUCT** of the Week

While **greens** are traditionally a southern dish, they've jumped the Mason-Dixon line and made their way to our neck of the woods. So, let's show them some Minnesota nice and say — "Welcome, glad to eat ya!"

You'll get to do just that if you check out our **4 p.m. chef demo** today. Chef and author Jenny

Breen will share her recipe for involving the whole family in the kitchen. Jenny will demonstrate and sample a recipe using greens from her recently-released cookbook *Cooking Up the Good Life: Creative Recipes for the Family Table*. (University of Minnesota Press).

Chef Jenny will help you "get to know" greens and how to incorporate them into your cooking.



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

[www.MapleGroveFarmersMarket.com](http://www.MapleGroveFarmersMarket.com)

763-494-5955

## PRODUCT of the Week (cont'd)

Samples and recipes will be shared too, Signed copies of the cookbook, which suggests opportunities for all members of the family to get involved in the kitchen, will also be available for sale at the Market Information Trailer on the southwest end of the Farmers Market.

Known for their wealth of vitamins and nutrients, greens encompass a wide variety of types and tastes—from lettuces to kale to collards. A benefit to cooked greens is that they shrink so much that you can more easily get lots of nutrition from them. Six cups of raw greens become approximately one cup of cooked greens—that's going to pack quite a punch of nutrients, particularly Vitamins A and C. Picture Popeye!

Greens are quick to fix too, so you can make a super tasty, super nutritious meal in minutes. The options are really endless, and you'll come away from the chef demo with a little inspiration and lots of ideas!

Many greens are often known for being bitter, but with Jenny's expertise, she'll soon have us northerners eating our greens — right y'all....



A big thank you to **LifeTime Fitness** for donating a free 30-day family membership to the Maple Grove club (\$150 value). Who will the lucky winner of this prize be? Could be YOU if you enter the **Eat Well, Live Well recipe contest**. This Thursday (6/23) is the last day to drop off your grilling recipes at the Market Info Trailer!!!

**More winners at the Market:** Congrats to Marlene G. and Sharon M. who each won a Ball Blue Book from last week's Discover You Can! drawing. This week—another drawing as well as pectin giveaway at the Market Info Trailer!



# HAPPENINGS

## THIS WEEK — JUNE 23

### Ongoing

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

- Weekly free recipes
- Pick up your frequent shopper card
- Last day to drop off your grilling recipe for the Eat Well, Live Well recipe contest

**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! Every week see the display of canning items to inspire you to explore this renewed trend.

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

### 3:30 p.m. or 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 Information Trailer.

### 4:00 p.m.

**Season Sampling Chef Demo** -- Chef Jennie Breen joins us with a focus on cooking greens! She will also sign/sell her cookbook; samples and recipes too! The Market Info Trailer is the place to be.

### 4 to 7 p.m.

**Enjoy the music of Brad Dunse.** The singer and songwriter of the Maple Grove Farmers Market song--it's climbing the charts! Check it out on You Tube or our Market website.

Brad has a family friendly mix of genres and his guitar style and vocals are displayed in contemporary country ballads and pop songs as well as some toe tappers and jazzy selections. Personal reflections show up in his material as in Blindin' Love, where he uses his own blindness for a light-hearted pop love song.

Grab a bite to eat, pull up a chair, and enjoy the music!

### 4:30 p.m.

**Family storytime** -- Every Thursday at 4:30 is the time for kids to "Grow with Great Stories". Come pull up a carpet square for a couple short stories!