

From: "Westside Community Market" <friends@westsidecommunitymarket.org>

To:

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The Weekly Update

July 4, 2009

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Dear WCM Shopper

The weather promises to cooperate for this Saturday, July 4 WCM. Despite the fact that the market falls on a major holiday we can expect a full slate of vendors. After all, just because it's the Fourth of July the plants keep growing, chickens keep laying, and cows need milking.

While you may not find paper plates, napkins, and bug spray at the WCM, you'll certainly find plenty for the picnic table. The growing season continues to develop very nicely.

I received an email from **Crystal Barnard**, of **Door County Fruit Markets** that contained some great news. Crystal writes that they will be at the WCM this Saturday, July 4 with strawberries.

She continues, "By July 11th, the sweet cherries should be ready to bring to market! I know many customers have had to wait two years for these luscious fruits, but it's a great crop year and there will be plenty of sweet cherries."



As you may recall, last year was a disaster for sweet Door County cherries, with just a fraction of the crop found in normal years. We'll get confirmation of cherry availability for the July 11 market. In the meantime, start making room in the freezer!

We're always looking for quick and easy snacks, especially during the July 4 holiday. Friend of the market **Amy Kinast** emailed us a great one. She writes:

I have discovered a wonderful quick appetizer. Take one package of [Jordandal Farms Thai Smoked Beef Sticks](#) (another flavor might also work) and cut the strips into approximately 2-inch pieces. Dip in [Tomato Mountain's](#) Sungold preserves. A small jar might be just enough.

Yum! It is good, casual fare that would go with beer or pop, iced tea, lemonade, or mixed drinks. Because it is sweet-salty, it would go nicely with something fresh and crisp like **kohlrabi sticks, radishes, or sugar snap peas.**

So Long and good eating!

Great seasonal idea, Amy. You will find all of the foods Amy mentioned available at the market. You can also find strawberries, snow peas, cauliflower, broccoli, carrots, bok choy, and many other produce items at the market this Saturday.

Along with snack sticks, **Jordandal Farms**, from Argyle, along with **Pecatonica Valley Farm**, from Hollandale, offer a wide assortment of frozen brats, burgers, chops, steaks, chicken, and pork. And speaking of **Tomato Mountain**, don't forget the salsa.

Keep in mind that while many squashes, beans, potatoes, carrots, and other crops are becoming more plentiful, rhubarb and asparagus, while available, are starting to wind down.

*Photo: Andrew Bonde of Bonde Bee
in Randolph. Photo: Bill Lubing*

Recipes

Red, White, and Blue Potato Salad

Makes 12 servings

Ingredients

- 3 bunches green onions, divided
- 1 cup non-fat plain yogurt
- 1/2 cup light mayonnaise
- 1/4 cup champagne vinegar or white wine
- 1 tablespoon Dijon mustard
- 2 teaspoons sugar
- 1 teaspoon salt
- 3/4 teaspoon coarse ground black pepper
- 1-1/4 pounds blue potatoes, unpeeled
- 1-1/4 pounds small new red potatoes, unpeeled
- 1-1/4 pounds small white potatoes, unpeeled
- 1 cup white (or yellow) cheddar cheese, shredded

Directions

1. Make dressing ahead of time and allow to chill. Whisk together onions, yogurt, mayonnaise, vinegar, mustard, sugar, salt, and pepper. Cover and refrigerate.
2. Place potatoes into a large kettle. Fill kettle with water to cover potatoes. Add 1 teaspoon salt to kettle and bring to a boil. Cook potatoes until just tender, approximately 15 minutes. Drain.
3. Allow all potatoes to cool and cut into bite sized pieces.
4. Arrange all red potatoes at one end of the salad dish, white potatoes in the center, and blue potatoes on the opposite end of serving dish. Toss dressing over potatoes carefully. Garnish with cheese.
5. Cover and chill 2 to 3 hours before serving.

Adapted from www.recipetips.com

We take no holiday from offering complementary coffee and the weekly raffle at this Saturday's market. Enjoy the market in the morning, then have a safe and relaxing holiday weekend.

Until next week,

*Bill Lubing
for the Westside Community Market
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News from Westside Community Market ... Blueberries, Cherries and More!

Thursday, July 9, 2009 11:09 AM

From: "Westside Community Market" <friends@westsidecommunitymarket.org>

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The Weekly Update
July 11, 2009

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Cherry tomatoes from [Tomato Mountain](#),
near Brooklyn, WI. Photo: Bill Lubing

Dear WCM Shopper

You may recall that last year Door County sweet cherries were not to be found. The weather caused a failure of almost the entire crop. This year appears to be making up for last year's shortfall. **Chrystal Barnard** of **Door County Fruit Markets**, of Egg Harbor reports that they'll be coming to the market this Saturday, July 11 with plenty of sweet cherries from Door County. We dug our cherry pitter out of storage and plan to use it extensively this weekend.

Another kitchen implement we've been using a lot lately has been the cheese slicer. It's always a treat to stop at the stalls of the Westside Community Market cheesemakers for samples, lively conversation, and a new find to take home.

Last week **Angela Schroeder**, of **Schroeder's Cheese, LLC** of Rewey noted that husband **Bryon** couldn't attend market because he's been so busy making cheese for his employer, Sartori Foods, of Plymouth WI. Bryon makes that company's blue cheese. He's so good at his job that for the second year in a row his blue cheese took first place at the Wisconsin State Fair. While the Schroeders don't sell blue cheese at the WCM, they do bring plenty of varieties to choose from. Angela notes that this Saturday they'll be introducing new pepper, garlic, and tomato-basil jack cheeses.

Stella's Bakery, of Madison will have a new item this week: epi baguettes. They are the same great plain baguettes that Stella's is known for in an [epi](#) shape, which is a zig-zag pattern in the shape of a stalk of wheat to allow easier breaking apart and sharing. Of course they're delicious. The new shape makes them extremely useful in the car or for sharing on the spot at the market.

We're past the peak of the strawberry season, through there may still be some that linger. **Don's Produce**, of Arena, often carries everbearing strawberries, which last well past other varieties.

Carrie Johnson of [Jordandal Farms](#) called to let me know that she and **Eric** will have [rose veal](#) available at this week's market. They will also be selling their new frozen pasties and soups.

Carrie Flyte, of [Flyte Family Farm](#), tells us she'll be bringing blueberries to this week's market. "We will not have a lot but will have some," she writes, noting, "We will have more in the weeks to come with some bulk later. Our season will run 'til mid-September. It looks like our sweet corn is about two weeks out." Now there's some great news!

Recipes

Easy Tortufo

[Tortufo](#) is a wonderful Italian ice cream dessert.

Ingredients

- 3 cups chocolate ice cream (or gelato)
- 1 cup chopped fresh cherries (or pitted frozen cherries, thawed)

- 15 chocolate sandwich cookies, crushed
- 1 1/2 cups semi sweet chocolate chips
- 1/2 cup milk chocolate chips
- 4 teaspoons oil

Directions

1. Mix chopped cherries into ice cream. Scoop ice cream mixture into 6 balls using ice cream scoop (may make smaller individual balls). Roll in crushed cookies. Place on waxed paper lined cookie sheet and freeze until firm, about 3 hours.
2. In small saucepan, melt chocolate chips with oil, stir until smooth, cool.
3. Place cookie coated ice cream balls on wire rack over a cookie sheet or waxed paper. Spoon melted chocolate over each ball, coating tops and sides. Freeze again until firm, at least 1 hour.
4. Remove from freezer about 10 minutes before serving.

Berry Shake

Ingredients

- 1 cup frozen yogurt or vanilla ice cream
- 1/3 cup strawberries - fresh or frozen
- 1/3 cup blueberries - fresh or frozen
- 1/3 cup raspberries - fresh or frozen
- 1/2 cup whole or skim milk - adjust amount to create desired consistency.

Directions

1. Hull strawberries.
2. Wash strawberries, raspberries and blueberries under cool running water.
3. Combine all ingredients in a blender and blend until smooth.
4. Pour into a decorative glass and garnish with fresh berries.

Adapted from www.recipetips.com

While berries abound at this week's market, fresh produce continues to increase in quantity and variety. We'll be seeing more fresh garlic, onions, broccoli, and other vegetables.

WCM Information Booth Coordinator Elizabeth Wellenstein is a real lover of cookbooks. She'll be bringing several different ones to market each week for folks to peruse while at the market. The books will be at the info booth, where there's also complementary coffee and an opportunity to sign up for the weekly WCM raffle.

Finally, if you missed last week's market, it's been [captured in video](#) for you to enjoy.

Until next week,

Bill Lubing
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News from Westside Community Market ... First Apples of the Season!

Thursday, July 16, 2009 11:50 AM

From: "Westside Community Market" <friends@westsidecommunitymarket.org

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The Weekly Update
July 18, 2009

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Beautiful mini-quiches from
Honey Bee Bakery of Madison. Photo: Bill Lubing

Dear WCM Shopper

Last week we bought a box of blueberries from [Flyte Family farm](#). They were plump, sweet, and fresh. We made six jars of pure blueberry freezer jam. We froze eight pints to enjoy later in the season. With the remainder we made blueberry-mulberry freezer jam, using mulberries from a wildly enthusiastic mulberry tree hidden deep in the woods behind the house.

We froze the blueberries using the same technique we used for the strawberries, distributing them in a single layer on cookie sheets, which we then placed in the freezer. After the berries were frozen we transferred them to plastic bags. We lined the cookie sheets with plastic wrap to keep the berries from sticking.

Vivian Green of **Pleasant Springs Orchard** says they are planning to bring the first apples of the season to market this Saturday, July 18. With different varieties maturing throughout the season, Lodi is the first of the year. Husband **Dick Green** says the crop will be heavy this year, though they won't be bringing a huge amount to market to begin with.

We arrived at the market around 8:15 last Saturday only to find that the sweet cherries from **Door County Fruit Markets** were sold out. While the supply will be increasing for the next few weeks, it's always good to get to the market quite early to catch the cherries. They had some beautiful Door County strawberries, though.

Last week we left the **Real Foods** of Athens, WI stall knowing we're into the thick of the growing season. The variety and quality of their produce is truly outstanding. They had available peppers (shown at right), beans, lettuce, artichokes, tomatoes, and [romanesco](#) broccoli that was a joy to look at.



We noted last week that **Information Tent Coordinator Elizabeth Wellenstein** will be bringing cookbooks to market for us to peruse. She reports:

The market seemed really full last weekend, lots of new veggies like small cukes for pickling (which I will be doing tomorrow) so this week's cookbooks will focus on preserving. I'll bring books which highlight the traditional methods of putting food by, such as canning, freezing and drying. But I also have a wonderful little book, *Preserving Food Without Freezing or Canning*. This book explains little-known French techniques for storing and preserving food that are practical, nutritious and energy-efficient. Come have a look at the info tent.

Sounds great to us, Elizabeth. We're looking forward to looking through the cookbooks while we enjoy a cup of **complementary coffee**. And while you're at the information booth, don't forget to sign up for the raffle.



fresco Lamb Lollipop Chops. Video Capture: Bill Lubing

Recipes

fresco lamb lollipop chops

Executive Chef John Jerabek of [fresco](#) is a strong supporter of supplying his kitchen by buying locally.

This modern dining space above the [Madison Museum of Contemporary Art](#), adjacent to the [Overture Center](#), offers impressive panoramic views of the Capitol and State Street. The food, however, is even more impressive. And to top that, Chef John is willing to show us how he prepares the eatery's signature dishes using local ingredients.

Chef John's recipe for this issue is for fresco's **lamb lollipop chops**. Easy to make using primarily market ingredients, [watch the video](#) for additional kitchen tips and techniques from this talented young chef.

Lamb is available at market from [Jordandal Farms](#). It's best to check with **Carrie** and **Eric** when planning to prepare this recipe, as availability of specific lamb cuts can be limited.

fresco lamb lollipop chops

For the Lamb Rack

Remove fat cap and trim silver skin. French bones with butcher's twine. Put a little oil in a pan and heat until very hot, then [sear](#) the lamb. Bake in 350 degree oven until interior temperature reaches 150 degrees. Let rest for 2 minutes before cutting.

For Roasted Garlic Vinaigrette

- 2 cloves roasted garlic
- 2 teaspoons honey
- 1/4 cup red wine vinegar

- 3/4 cup olive oil (or sunflower oil)
- Salt and pepper Combine all ingredients except oil into a bowl and whisk. Slowly drizzle oil while continuously whisking until emulsified.

For the Pistou

- 1/4 cup chopped basil
- 2 tablespoons chopped parsley
- 2 tablespoons hard grating cheese
- 1/4 cup or so oil
- Salt and pepper

Add all ingredients to blender and pulse until pureed.

For grilled vegetable panzanella

- 3/4 cup cubed country loaf
- 1 green zucchini
- 8 cherry tomatoes
- 1 green onion
- Shaved aged Swiss cheese
- Vegetable oil
- Salt and pepper
- Chopped parsley

1. Toast bread in oven so that it has color but is still soft. Plank zucchini, toss in bowl with a little oil, salt and pepper and grill. Rough chop and set aside.
2. Halve tomatoes, toss in bowl with a little oil, salt and pepper and grill, and set aside. Grill green onion and chop.
3. In a bowl, add bread and dress with roast galic vinaigrette.
4. Add grilled vegetables, cheese, parsley, and season.

To Plate

1. Streak pistou on edge of plate.
2. Pile panzanella in center.
3. Cut lamb and place on top. Let lamb rest for two minutes after removing from oven.

[\[Click Here\] for Video](#)
[Featuring Chef John Preparing](#)
[This Week's Recipe!](#)

The season is rolling along very nicely, with rain in pretty much the right place and amounts and sunshine doing its part as well. Now is the time to take advantage of the huge variety of fresh produce at the market to enjoy this week. If you have questions about putting food by, check out some of the cookbooks Elizabeth will have at the information booth. And if you have any questions about the books, ask Elizabeth, she's read them all.

Until next week,

Bill Lubing
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News from Westside Community Market ... Corn, Apples, Zucchini and More!

Thursday, July 23, 2009 11:20 AM

From: "Westside Community Market" <friends@westsidecommunitymarket.org>

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The Weekly Update
July 25, 2009

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Yellow and orange lillies from Prairie Farm Produce
of Oregon, WI. Photo: Bill Lubing

Dear WCM Shopper

We are in the midst of a 'berry' exciting time of the season. While the strawberries are finishing up, the cherries are coming on strong. Both sweet and tart cherries can be found at the market while raspberries and blueberries are becoming plentiful. The variety and quantity of apples will continue to expand as we move through July into August.

As the season progresses the sweet corn will get sweeter, not that it isn't now. This time of the year it's easy to use the outdoor grill for as much cooking as is possible. Not only do we love that grilled flavor, it also helps keep the house cooler. Cooking corn on the cob is no exception.

Some folks say to husk the corn, wash it well, then place it in an aluminum foil cocoon on the grill. We tend to stay away from aluminum when cooking; besides, assisting with grilling is one of the functions the husk serves.

Try soaking your corn in water at least 30 minutes, leaving the husk on. Then place your corn over very hot coals or medium-high heat for gas. The husks will steam the corn on the cob. When they're no longer green, it's ready to serve. Delicious.

Here are a few news items of note:

First, a letter from WCM patron Karen D.

Hello Bill (and friends of WCM),

As an avid weekly visitor to the Westside Community Market (and newsletter subscriber), I thought I would share with you some information regarding the [Common Book Project](#) "Go Big Read" at the UW-Madison campus. Chancellor Carolyn "Biddy" Martin proposed a common book experience for campus (and community) where all would have an opportunity to read, discuss and participate in events inspired by a particular book. This year's selection for the common book experience is Michael Pollan's "[In Defense of Food.](#)" I anticipate wide interest among the market community.

Campus and area public libraries have added extra copies to their collections (and many area booksellers are offering a discount on the title for those who may be interested in making a purchase). The web site (with blog and events calendar) for "Go Big Read" is at: <http://www.gobigread.wisc.edu/>

Feel free to share this information as you feel is appropriate.

Thanks!

Karen D., Information Services Librarian
Steenbock Memorial Library

Second, "[Slow Money](#)" author and organization founder Woody Tasch will be speaking this Sunday, July 16 at 7:30 pm at the Morphy Hall, UW Madison, 455 N. Park St., in Madison. For more information and a link to an interview with Slow Money associate Amy Dickie, go [here](#).

Recipe
Zucchini and Rosemary Soup

Serves 8

We tried this recipe last week, as there seems to be an endless supply of fresh zucchini

this time of the year. We made a double batch and froze half of it. The rest? It didn't last very long. The recipe is from The Inn at Perry Cabin, in St. Michael, MD, found on www.epicurious.com.

Ingredients

2 tablespoons (1/4 stick) butter (we used sunflower oil)
1 tablespoon vegetable oil
1 large onion, chopped
2 garlic cloves, sliced
2 teaspoons minced fresh rosemary
6 cups chicken stock or canned low-salt broth
1 russet potato, peeled, sliced
3 medium zucchini, thinly sliced

1 zucchini, cut into 1/2-inch cubes
Croutons
Chopped green onions

Preparation

Melt butter with oil in heavy large saucepan over medium-high heat. Add onion; sauté until translucent, about 5 minutes. Mix in garlic and rosemary. Add stock and potato; bring to boil. Reduce heat and simmer 10 minutes. Add sliced zucchini; simmer until tender about 15 minutes. Working in batches, puree in blender. Season with salt and pepper.

Cook cubed zucchini in saucepan of boiling salted water for 30 seconds. Drain. Rewarm soup over medium heat. Ladle into bowls. Top with zucchini and croutons. Sprinkle with green onions.

Terry Fay, who works at the [Jordandal Farms](#) booth every other week recommends the book "Grill It!." According to the **Unofficial WCM Cookbook Librarian Elizabeth Wellenstein**, the book just came in from the library and she will have it at the info booth at this week's market.

Elizabeth notes, "It is a big, beautiful book full of great photos and straight-forward recipes for grilling everything from the usual steaks, chops, etc. to all sorts of vegetables, including southeast asian-style zucchini. Who doesn't need another zucchini recipe under their belt?!"

As well as librarian, Elizabeth also coordinates the info booth where you can enjoy complementary coffee and the opportunity to sign up for the weekly raffle.

Until next week,

Bill Lubing
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