

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

To:

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## The Weekly Update August 1, 2009

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Onions from  
Black Earth Valley.  
Photo: Bill Lubing

### Dear WCM Shopper

Not only is there sweet corn at the Westside Community Market, there's a great variety.

**Doug Vree** from Randolph, WI will have a good supply of speckled supersweet corn this Saturday. Pure white corn will be available in a couple of weeks. Doug will be at their traditional location midway through the northwest quadrant of the WCM.

Expect to see corn from other vendors, including **Flyte Family Farm** of Coloma, WI.

**Nancy Potter** of Potter's Crackers in Madison mentioned that they now have **Basil Walnut Pesto** crackers. "This is early in the season for us to get organic basil at a good price but we were able to and should have pesto crackers now for the rest of the summer," she notes in an email.

I say yum to those crackers. While Potter's Crackers are a fine accompaniment to any



number of different foods, we especially like them alongside our homemade tomato soup (See recipe below).

Nancy also mentioned a cookbook that was recently recommended to her called *Fresh from the Farmers' Market* by Janet Fletcher.

Speaking of cookbooks, we have another recommendation from our librarian of culinary masterpieces, **Elizabeth Wellenstein**. She writes:

This week's pick is *Cooking with the Seasons* by Monique Jamet Hooker. The inside front flap begins with a quote from the author, "I learned early and well that the hand of the seasonal cook is the link between the good earth and family." She grew up on her family's farm in Brittany, France.

This book is very charming and is as much autobiography as it is cookbook. It is organized in a month-by-month format and August begins with a recipe for **Grilled Vegetables and Goat Cheese Soup**. I'm going to give this one a try and yes, all ingredients can be found at the WCM.

On another note we received an email from a market goer who writes:

"Hi,  
Sorry, my spaminator keeps kicking you out. So, if I send a message to you, it should be OK. I love coming to your market weekly.

Keep up the good work!

Sandy

We appreciate the kind words from Sandy. For Sandy and others who may have to fish this weekly eNewsletter out of their spam folder there is a fix for this inconvenience.

Most email programs also feature a "contacts list, where you put the email addresses of those for whom you want to stay in contact. Simply add the following address to your contacts list: **friends@westsidecommunitymarket.org**. Usually when the program sees an address on the list it assumes it's a legitimate contact.

## **Recipe**

### **Garden Tomato Soup for Canning or Freezing**

Despite our cool summer leading to reluctant ripening, quantities are now robust enough that getting a good supply of tomatoes for canning shouldn't be a problem. For those who own a pressure canner and are familiar with canning procedures, the processing will be familiar.

For those who haven't pressure canned yet, you can still make the soup by cooking it a little longer and: 1) storing it in the refrigerator for up to three days or; 2) pouring it into sterilized canning jars leaving 3/4 inch of headroom and freeze.

#### **Ingredients**

36-40 ripe tomatoes (skins removed and quartered)  
4-5 stalks celery & leaves, chopped  
1/2 green pepper, chopped  
1/2 red pepper, chopped

5 medium onions, chopped (If you have a food processor, use it to chop the celery, pepper, onions)  
1 tablespoon dried parsley  
5 garlic cloves, minced  
3 whole cloves  
1 bay leaf  
8-10 whole peppercorns  
1/4 teaspoon crushed red pepper flakes (optional)  
1 teaspoon of bottled lemon juice per processed jar

**Butter Sauce**

1/3 pound butter  
3 tablespoons salt or to taste

**Brown Sugar Paste**

1/2 cup brown sugar  
1 cup flour

**Preparation**

Put all of the ingredients in a large kettle. Bring to a boil, turn down to simmer and cook until the celery is soft, about 15 minutes; then add the butter sauce and brown sugar paste.

Mix the sugar and flour together in a bowl. Add enough of the hot soup to make a paste, then stir this into the hot soup and bring to a boil until soup thickens, about 10-15 minutes.

If the soup is thicker than you prefer, add a little water. Adding the red pepper flakes makes the soup zingier. If too sweet, add a little more salt.

Place a teaspoon of lemon juice into each sterilized quart canning jar. Pour soup into jars leaving 1/2 inch head room and can in a pressure canner for 25 minutes at 10 pounds pressure.

Yield: 6-7 quarts, depending on size of tomatoes

Adapted from [www.recipezaar.com](http://www.recipezaar.com)

Like reader Sandy, whom we heard from above, we love to receive and share the comments and recipes of fellow market goers. We invite you to send us an email at [friends@westsidecommunitymarket.org](mailto:friends@westsidecommunitymarket.org) sharing your thoughts about the market. You can also drop a little note in the raffle box at the information booth as well. Of course, while you're there you should enjoy a cup of complimentary coffee.

To encourage your comments and recipes we will be giving a \$5 WCM gift certificate to those readers whose submissions are published. Wow, a chance to win a \$5 gift certificate just for sharing what so many of us know -- the Westside Community Market is a great place to do your grocery shopping, meet people, and help support local farmers and producers.

On a final note, for those that couldn't make the Woody Tasch presentation last Sunday evening [here's a link](#) to a video of his presentation and an interview.

Until next week,

*Bill Lubing*  
for the Westside Community Market  
[friends@westsidecommunitymarket.org](mailto:friends@westsidecommunitymarket.org)

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## The Weekly Update

August 8, 2009

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Nice assortment  
from Lor Chang.  
Photo: Bill Lubing

### Dear WCM Shopper

We're in the peak of the season for the next several weeks at the market. There is just an incredible amount to choose from.

Last week we had four sweet corn vendors including the **Vrees** from Randolph, **Real Food** (the Bauman family) from Athens, **Flyte Family Farm**, from Coloma, and **County Line Plants & Produce** (the Mayr family) from DeForest. Most of the corn is of the bi-color (white and yellow) variety, but expect to see all-white and even all-yellow in a few weeks as more farmers start offering their corn at the WCM.

You know we're well into the season when over a third of the tomatoes at market are now of the outdoor "dirt grown" variety. Last week we saw good quantities of the sweet little orange sungolds,



some big slicers, and a few large heirloom varieties. **Blue Moon Community Farm** from Stoughton had the tiny, delicious Matt's Wild Cherry tomatoes.

**The Statz family** of Cross Plains (Jean, Romey, and daughter **Joan Gassen**) will be vending this Saturday in their traditional slot next to the Info Tent. The Statzes will be bringing some currants, yellow transparent apples, and a variety of other produce.

By the way, the photography of Joan Gassen and her husband **Rich** are featured in an exhibit at Steep and Brew on State Street in Madison. [Here's a link](#) to more information.

**Sandra Hunter** of **DOLCI Italian-American Sweets** will be taking a week's break from her wonderful biscotti. Last week we bought our breakfast from **Busy Bee Bakery** in the form of the little mini-quiches. They had an incredibly light, tasty egg filling within a melt-in-your-mouth crust.

**Cookbook Librarian and Info Booth Coordinator Elizabeth Wellenstein** reports that:

This week's featured cookbook is [\*Garden To Table, Recipes and Resources For Gardeners\*](#). It was developed by the West Madison Agricultural Research Station and the Dane County Master Gardener Association.

This is much more than a cookbook. Part One is packed with recipes and Part Two contains the Garden Resource Guide which includes the cultivars of plants trialed at WMARS. The last part of the book contains info on diseases, pests, and dozens of references, both in print and on the web. Books are available at the [West Madison Agricultural Research Station](#), 8502 Mineral Point Rd, 262-2257.

**Bruce Workman** and family of **Edelweiss Creamery** of Monticello are taking a few days off. Helping out in their absence is **Bert Paris**, one of the farmers who supplies milk to the creamery. We had an interesting conversation with Bert, who has gone from "conventional" dairying to grass fed. It's interesting to hear Bert talk about how the switch make an incredible difference in not only the lives of his cows, but his own life as well.

Finally, I spoke with **Jim Barnard** of **Door County Fruit Markets**. He says this is turning out to be a great year for cherries. Because they are a little short on rain in Door County, the cherry harvest does better. The present level of moisture is enough to bring large, plump cherries to maturity. Additional moisture tends to crack the fruit's skin.

Since nature is all about balance, what is making the cherry harvest excellent is slowing down the apricot harvest. Jim noted that they did get some rain earlier this week and that there are tons of apricots on the trees that are *almost* ready to harvest. Probably next week, he says. I'll let you know.



Delicious goat cheese from **Dream Farm**, in Cross Plains.  
Photo: Bill Lubing

### **Recipe** **Grilled Chicken Breasts with** **Pesto and Goat Cheese**

Enjoy the best that the WCM has to offer with this simple yet tasty recipe. If you haven't tried the goat cheese from **Dream Farm** of Cross Plains, here's a perfect reason to do so. Chicken can be purchased from **JenEhr Family Farm**, **Jordandal Farms**, or **Pecatonica Valley Farm**. Fresh basil is available from a number of producers for you to make your own fresh pesto.

*First, make the pesto:*

#### **Classic Basil Pesto**

Note: What you don't use for this recipe will last several days in the refrigerator or can be frozen and thawed for later use.

2 cups fresh basil leaves  
3/4 cup olive oil  
3 garlic cloves  
1/3 cup pine nuts

Combine all ingredients in a blender or food processor. Blend until smooth, stopping frequently to scrape down the sides of the blender. Keep covered in refrigerator until used.

*After you've made the pesto:*

### Ingredients:

4 chicken breast filets  
1 dollop of pesto per filet  
1-1/2 teaspoons goat cheese per filet

### Directions

Grill chicken breasts 6 minutes each side or until done. During the last couple of minutes, before taking them off of the grill, add a dollop of pesto and the goat cheese on top of each chicken breast. Remove from the grill when goat cheese is slightly melted. Let the meat rest a couple of minutes before serving.

Adapted from [www.recipetips.com](http://www.recipetips.com)

We were thrilled to hear from **Sara K.** of Madison, WI, who responded to our call for comments about the **Westside Community Market**. Sara wrote:

We felt like we'd hit the jackpot today when we stopped at the Westside Community Market for the first time today. Fabulous! Everything we needed and more! So much to choose from, easy parking, wonderful vendors. What an asset this market is to the West side of Madison. We'll be back!

And while Sara didn't mention the complimentary coffee or weekly raffle, those are just two more reasons for you to stop by the info booth. While you're there take a look at the assortment of cookbooks on display that are brought each week by Elizabeth Wellenstein.

Until next week,

*Bill Lubing*  
for the Westside Community Market  
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**News from Westside Community Market... Flowers, Garlic, Corn & More!**

Thursday, August 13, 2009 11:53 AM

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

To: bill@farmstofood.com

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*The Weekly Update*  
August 15, 2009

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Beautiful Flowers from  
Country Bloomers.  
Photo: Bill Lubing

## Dear WCM Shopper

With so much from the market destined for our kitchens it's sometimes easy to forget that there are plenty of fresh, beautiful flowers to be found at the WCM. **Country Bloomers**, from DeForest, **Pasque Flower Farm**, from Pardeeville, and **Kopke's Fruit of the Bloom, Natalie's Garden and Greenhouse**, and **Prairie Farm Produce**, all from Oregon are great places to start exploring for flowers at the market.

Last week I spent some time with **Jerry Mayr**, who with his wife **Cheryl**, operate **Country Bloomers Greenhouse**. Located on Portage Road, just north of Token Creek in the town of DeForest, Jerry and Cheryl sell primarily at the WCM and at the greenhouse. They bring cut flowers, annuals, potted plants, and in a few weeks will be bringing the Fall garden mums.

Starting small, "We now have seven greenhouses," says Jerry, who was a dairy farmer when they started the flower business 16 years ago. The business started when Cheryl, who was a hairdresser, began having problems with her hands. A friend suggested she take up raising flowers.

"We turned an old hog stable into a greenhouse for our own use," Jerry recalls. "People started driving in, asking if we had plants for sale. Then we bought a used greenhouse and it kind of just went from there."

Jerry says what the couple enjoys most "are the customers, especially here at the market. We have a lot of regulars and it's nice seeing the people every week." By the looks of the photo above, it's easy to see why.

It's wonderful to see all of the fresh garlic coming to market. Our preparations from the kitchen are always a little lonely without some fresh garlic. During the peak of the season we usually buy 15 pounds or so to store in the basement. It usually lasts until February, after which we just wing it.

Let's not forget that apples are ramping up quickly. **Vivian Green**, from **Green's Pleasant Springs Orchard**, says the trees are heavily laden with fruit and the Greens have been picking like crazy.

Apples from  
Green's Pleasant  
Springs Orchard  
Photo: Bill Lubing



This spell of typical August heat is doing a world of good for the corn, tomatoes, and squashes. It seems so much of this produce has been waiting for just a little heat to ripen into sometime beautiful from the garden.

**Info Both Coordinator Elizabeth Wellenstein** says she's thrilled by the number of people who stop by to look at the cookbooks. Many of them take advantage of the complimentary coffee and sign up for the raffle. Others just love to take a few minutes

to look through the books and talk recipes with the friendly folks usually congregating at the Info Booth.



Zucchini from  
**Blue Moon  
Community Farm**  
Photo: Bill Lubing

### **Recipe** **Zucchini Crostini**

This is an elegant little [crostini](#) recipe, one we use often when entertaining. Many of the ingredients are available fresh from the market, which delights (and often enlightens) our guests.

#### **Ingredients**

1 small onion, sliced thin  
1/4 cup olive oil  
2 medium zucchini, halved lengthwise and cut crosswise into 1/4-inch-thick slices  
2 garlic cloves, minced  
6 plum tomatoes, peeled, seeded, and cut into 1/4-inch dice  
1 teaspoon fresh thyme leaves, chopped  
1/4 cup dry white wine  
1 loaf Italian or French bread about 3 1/2 inches in diameter, cut diagonally into 1/2-inch-thick slices (about 20)  
10 thin slices provolone cheese (about 1/4 pound), halved

#### **Preparation**

Preheat oven to 450°F..

In a large heavy skillet cook onion in oil over moderate heat, stirring occasionally, until soft. Add zucchini and garlic and cook, stirring, until zucchini is barely tender. Add

tomatoes and thyme and cook, stirring occasionally, about 2 minutes. Add wine and salt and pepper to taste and simmer until liquid is reduced by about half, about 4 minutes. Remove skillet from heat and cool mixture.

On a baking sheet toast bread in middle of oven until pale golden, about 4 minutes.

Mound about 2 tablespoons zucchini mixture on each toast and top with a half slice provolone. Bake crostini in middle of oven until cheese is melted and golden.

Adapted from [www.epicurious.com](http://www.epicurious.com)

We recently received the following email from WCM shopper **Rebecca**, who wrote:

We love our neighborhood market, especially the nice shady grassy area for snacking provided by the state buildings on site. What is sorely missing, however, is a good coffee stand, with coffee - hot and cold - and non-coffee drinks. Yes, we drink a lot of **Blue Marble Farms** drinks, but sometimes an iced tea or hot chocolate is really what's needed! Surely there is a local vendor willing to take advantage of our early-morning sloth.

I passed Rebecca's suggestion on to **Barry Orton, Secretary/Treasurer** of the WCM Board, who responded:

Thanks for the note. We absolutely agree and wish we could have such a stand. As you know, we have free hot coffee and cold water at the Info Tent, but only because we don't have such a vendor.

The problem is that we are on state property, like the Dane County Farmers' Market downtown. On state property, the law only allows the farmers' market (and/or its vendors) to sell foods they produce. Any other food service must be done by the person who holds the license to vend on the property. You'll note at the Square that the food and drink vendors are all across the street on City of Madison property.

The woman who runs the cafeteria in the DOT building tried selling cold drinks when we started in 2005, but found she couldn't make enough money to pay the person who did the selling. So we went with free coffee and water. Occasionally we provide a big jug of lemonade.

If you have any other suggestions, let us know.

Thanks so much to Rebecca for her inquiry and to Barry for his response. If you have any questions, please don't hesitate to contact the market at the address below.

Until next week,

*Bill Lubing*  
for the Westside Community Market  
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## The Weekly Update

August 22, 2009

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Tasty Sweet Corn  
From **Natalie's Greenhouse**  
Photo: Bill Lubing

### Dear WCM Shopper

In what other profession do people end up living in the house they grew up in to the large degree one finds in farming? Case in point is **Kevin Lucey** of **Happy Valley Farm** near Black Earth. The cornerstone of his barn states the year 1895. Kevin's father bought the farm in 1953, and Kevin and his wife Kate bought the house, barn, and shed with surrounding 38. acres from Kevin's father.

"We started produce farming 20 years ago," says Kevin. "It was a small plot and it's grown to 10 acres." While 10 acres may not sound like much, under the Lucey's care they produce a lot.

"We do 10,000 tomato plants," says Kevin, "along with 10,000 peppers, 8,000 leeks, and 25,000 onions." All of their produce is certified organic, sold at a variety of markets and retail stores.

"We sell here at the Westside Community Market, Hilldale Market, Willy Street Co-op, Whole Foods Madison, Miller's in Verona and Mt. Horeb, and Piggly Wiggly in Sauk and Cross Plains." In addition the Luceys are members of [Home Grown Wisconsin](#), where they supply produce for CSA boxes each week.

Kevin grew up on the farm surrounded by family because, "There were five Lucey farms all connected. One got sold recently but the others are still owned by my uncle, cousin, dad, and myself."

It was his farm's namesake, grandfather "Happy," that Kevin credits with much of his desire to raise vegetables. "I always liked to grow stuff," he notes. My grandpa was a gardener. And I always just liked growing vegetables." When Kevin isn't farming, he teaches middle school social studies at Mt. Horeb Middle School.



I had a nice chat with [Nancy Potter of Potter's Crackers](#), in Madison last Saturday. She wanted to remind everyone that the very popular **Baked Potato Chive** crackers will remain in good supply. Nancy also noted that the **Classic Wheat** crackers are dairy-free and vegan.

**Ron Paris** of **Sugar River Dairy** from Albany, notes that for the school season you might want to consider their six ounce containers of yogurt. They fit perfectly into a lunch box and come in a variety of flavors.

Speaking of Sugar River Dairy, dressed in orange to the left is "**Stick Figure**." Perhaps you've noticed him (Her? It?) keeping Ron and Chris company at market. The Westside Community Market is teaming up with Sugar River Dairy to offer a "**Name That Stick Figure**" contest. Simply drop off your name suggestion at the Info Tent for inclusion in the contest. The winner will be eligible for fantastic rewards, including a WCM gift certificate. The contest concludes at the end of market on September 5.

Ron says his uncle has been making the figures for years. He tells the story of the time his uncle posed one of the

figures as a skier on his front lawn, with knees and elbows bent. The next week the figure was sitting in a chair, cast on one leg, the victim of a bad fall.

Alas, despite the active lifestyle, for Stick Figure, life has amounted to no more than a celebration of nameless, faceless, unremarkable androgyny. We hope for change with this contest. So take a good look at the "Stick Figure," determine an appropriate name, and then submit it at the Information Booth. If it would help get your creative juices flowing, while you're there register for the raffle and help yourself to some of the complimentary coffee.

This week our resident **Cook Book Librarian Elizabeth Wellenstein** will be bringing [\*Red, White and Greens, The Italian Way with Vegetables\*](#) by Faith Willinger. The author is an American married to an Italian and living in Florence. The recipes come from family members, favorite restaurants, and farmers.

She begins by describing the Italian pantry. The recipes follow and are organized alphabetically by vegetable. Each chapter (the first one is Artichoke) begins with a history. Each recipe has a story. The ingredients are wholesome and fresh with an emphasis on vegetables. It's a good read as well as a source of inspiration during this glorious season of late summer when most everything is plentiful.



Flavorful beans  
from the WCM  
Photo: Bill Lubing

### Recipe

#### **An August Meal**

#### **French Inspired Green Bean Salad**

This week we feature another culinary adventure from the WCM's friend and follower **Amy Kinast**.

Here is an August (18, 2009) meal, consisting of a French-inspired green bean salad, hearty bread, and local aged goat cheese. We ate **Dreamfarm** (of Cross Plains) **Winter Rest** cheese and **Madison Sourdough rye**. To drink, [Apple Mojito](#).

#### **French-inspired Green Bean Salad**

1. Carefully boil until almost done a mess of de-stemmed green string beans, which could include the purple-type ones that, when cooked, turn green. The large, flat kind can be destringed and cut into segments to hasten cooking. They are very meaty and flavorful and add variety but do not have the snap that the thin ones do. You'll want both.
2. Strain the boiled beans into a large bowl.
3. Thinly slice a sweet red pepper and add to steaming beans.
4. Add  $\frac{1}{4}$  cup pesto (without cheese): basil with tender stems, hickory nuts or walnuts,

garlic, olive oil, a small hot pepper, and salt; process together and store in refrigerator until use with a layer of olive oil on top.

8. Add one, two, or three teaspoons of award-winning prepared French truffle mustard from the Mustard Museum. The amount depends on taste and on the size of the bean pile.
9. Add more olive oil and vinegar for taste/texture, maybe a little of the bean water. Salt and pepper. Throw in some herb stems: fennel, dill, savory, and oregano if you have them and remove before serving.
10. Cut all sorts of fresh, ripe, multi-colored tomatoes into 1/8 wedges and add. Toss and enjoy the smells. Remove herb stems. Serve.

**Footnote on the Mojito:** Though unorthodox, the substitution of a basic Wisconsin beer like Esser's Best (Cross Plains) can be made for the club soda/tonic in the mojito drink recipe. I realized this when I forgot to purchase the club soda/tonic and had to pinch hit.

Which once again goes to prove my theory that substituting local ingredients ALWAYS improves the original recipe.

Thanks to all who made the meal possible, including: **Mr. and Mrs. Mustard, Diana of Dreamfarm, Mike and Cassie of Primrose**, and all my pals sweating it out at **Madison Sourdough!** Also, the old guy I bought a baggie of shelled hickory nuts from last year. They're still excellent and have seasoned so many great meals (indeed, I only bring them out for the great ones)! Alas, time to track you down again....

-- Amy Kinast, Madison, Wis. USA

If you've ever waxed nostalgic for the WCM in the dead of the winter, while traveling, or after moving away from the area, you're not alone. We received the following email from **Sandra**:

**Hello Westside Market.**

Oh how I miss you! Today when I opened the latest edition and saw the photograph of the flowers, I nearly wept. It is such a beautiful photo. Thank you.

We are in Ansan-City, Korea and how I wish I could transport your market here. Although we have wonderful things here, I don't speak the language and more importantly, I don't know what many of the items are. When I'm in Middleton I visit/shop at your market each Saturday morning early.

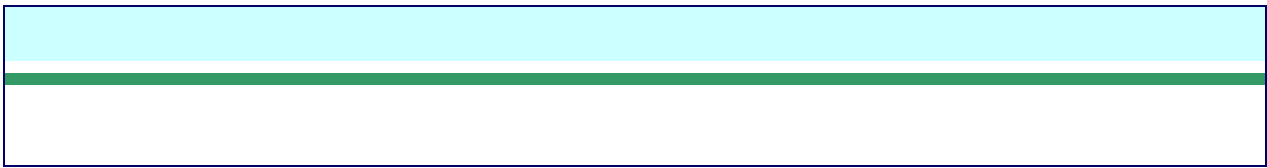
I have also forgotten when the market ends in the fall. I'll be back in early September and hope to take advantage of the offerings then and look forward to it. I also love the *Weekly Updates*. Thank you.

Best regards,  
Sandra

Thank you so much for your kind words, Sandra. You'll be happy to know that the final day of the WCM is November 7. You'll have plenty of time to shop.

Until next week,

*Bill Lubing*  
for the Westside Community Market  
[friends@westsidecommunitymarket.org](mailto:friends@westsidecommunitymarket.org)



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## The Weekly Update

August 29, 2009

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Peppers from  
**Black Earth Valley Farm**  
Photo: Bill Lubing

### Dear WCM Shopper

Our vendors are real quality. And don't take my word for it. In her latest column in [Isthmus Magazine](#), regional food author [Terese Allen](#) called **Mary White**, of **Honey Bee Bakery** in Madison, "One of Madison's most gifted bakers."

Ms Allen also had good things to say about **Jordandal Farm** frozen pasties. Comparing them to other pasties she notes, "they're smaller than other pasties, the fillings are way more interesting, and the crust -- well, I'd buy these for that rich crumbly crust alone."

Finally, noting that the packaging of **RP's** ravioli suggests complementing it with grilled veggies or a light tomato sauce, Ms Allen comments, "All I added was a trace of olive oil and butter and they were perfection." Of course, with so many fresh vegetables available at the Westside Community Market, adding vegetables to the meal is too great

a temptation to pass up.

Joining Honey Bee Bakery in offering some great bakery at the WCM is **Stella's Bakery** from Madison, known for their hot and spicy cheese bread. They also offer a great selection of pastries and several other kinds of bread. **Madison Sourdough** offers classic white and wheat breads and baguettes along with a select choice of pastry.

**Potters Crackers** of Madison offers organic crackers while **Murphy's Farm** from Soldiers Grove offers great tasting baked goods from their farm kitchen, along with some terrific cheese curds and other farm products. If you're looking for [biscotti](#), make sure to stop by the stall of **DOLCI Italian-American Sweets** from Madison.

We were happy to see **Bruce Workman** of **Edelweiss Creamery** from Monticello back at the Market. He's been down in Austin, TX at the [American Cheese Society](#) Convention. Bruce took six cheeses to the convention. There his munster took third place, his grass-based gouda took second, and his grass-based cave aged gouda took first place. Bruce knew the cheese was good, "But competition is tough," he said, with over 1,300 participating cheesemakers bringing the best they can produce. Congratulations Edelweiss!

Bruce will be bringing some of his award-winning cheese to market soon. Stay tuned for more information on when that will be. We also have a video interview with one of the farmers that sell grass-based milk to Edelweiss, which I hope to have finished in time for next week's newsletter.

The **Sugar River Dairy** "Name That Stick Figure" contest is off to a roaring start. Well, I assume it is. That steady flow of traffic at the WCM Information Tent last Saturday couldn't have been only people stopping by for the complementary coffee or signing up for the raffle. The contest continues. So, find that stick figure, come up with a name and drop it off at the Information Tent or at the Sugar River stall. You could win a WCM gift certificate, not to mention give a mechanical person a real name.

#### **From Cookbook Librarian and Info Book Coordinator Elizabeth Wellenstein:**

This week's pick is one I stumbled across while browsing the [Linkcat](#) system at the library. It is called [Cooking With Heirlooms: Seasonal Recipes With Heritage Variety Vegetables and Fruits](#) by Karen Keb Acevedo.

This is another one of those books you'll enjoy if, like me, you love to cook and grow a kitchen garden. It contains great photos, mouth-watering recipes, farm profiles and lots of information about growing heirlooms. I've got my eye on the Tomato Tart, Page 115...

We've missed her throughout the summer but now **Josie Pradella** of **Terrasource Chocolates** in Madison is back! She won't be at the August 29 market but plans to be back beginning September 5. "I'll be featuring my newest flavor as samples: Balsamic Strawberry, made with strawberries from one of our very own vendors," she notes.

Yummy, my mouth is watering already!

#### **Recipe Corn Chowder**

Have you made your corn chowder this summer? There's still time to make some using the fresh ingredients available at the market.

## Corn Chowder

Serves Six

### Ingredients:

- 4 cups whole milk
- 7 ears of fresh sweet corn
- 2 tablespoons olive oil
- 1 large yellow onion, diced
- 1-1/2 cups potatoes, finely diced. (one large baking or two small. May also use red potatoes)
- 1/2 teaspoon dried thyme
- 4 cloves garlic, minced
- salt and pepper to taste
- 1/2 cup red pepper, chopped (optional)
- 3 slices bacon, crisp and crumbled (optional)

### Directions:

1. In a large saucepan or soup pot bring milk to a low simmer.
2. Cut corn kernels from the cob. Set corn aside.
3. When milk is warm, add the cobs and simmer for 10 minutes.
4. While cobs simmer, heat olive oil in a large skillet over medium high heat.
5. Add diced potatoes, sauté 10 minutes, add onion and thyme and sauté for another 8-10 minutes.
6. Add garlic and sauté 1 minute longer.
7. Remove cobs from the milk and discard.
8. Transfer potatoes and onion mixture to the milk.
9. Add the corn kernels and red pepper (if using) and simmer 15 minutes.
10. Season to taste with salt and pepper.

\*To make a thicker chowder, transfer of the soup mixture to a blender or food processor and pureé. Then transfer it back to the soup pot and mix together.

**Cooks Note:** Cut the potatoes into corn kernel size in order for them to cook faster. Cut kernels from the cob with a serrated knife.

Adapted from [Recipetips.com](http://Recipetips.com)

This bit of information mysteriously appeared in my email inbox through what can best be described as surreptitious means:

One of our spies saw Honey Bee Bakery's Mary White buying a large box of local peaches from an area farmer last week. Mary *admitted* that the peaches would be the *key ingredient* for something "very peachy" she would be baking for sale at Saturday's **Westside Community Market**. She smiled mysteriously when asked for more details, finally confessing that she wouldn't know what she would bake, "Until inspiration strikes."

Tarts? Peach butter cake like last week? Pies? We'll find out Saturday.

I'll bet you didn't know we have FMOs (Farmers' Market Operatives). Well, now you do.

Until next week,

*Bill Lubing*  
for the Westside Community Market  
[friends@westsidecommunitymarket.org](mailto:friends@westsidecommunitymarket.org)

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