

Janesville



FARMERS MARKET

www.Janesvillefarmersmarket.com

Market News

July 19, 2008

Email: jvlfarmersmarket@aol.com

Welcome to the JFM

We welcome everyone to come to the JFM every Saturday morning May-October, 8am-1 pm. Every week you will find something different at the JFM. We are a Wisconsin Grower/Vendor market, which means that the person from whom you are purchasing the product is the person who grew it!! The vendors are from Rock, Green and Dane counties and they take great pride in providing fresh cheese, produce, bakery, meats, eggs and more. They are also some of the friendliest people that you will ever have the chance to meet. So come on down and spend part of your Saturday morning at the JFM!!

Check us out on the web!

If you haven't done so yet, check out the Janesville Farmers Market website at www.janesvillefarmersmarket.com. It is beautiful and has lots of information on it.

Many thanks to Stephen Schmid, our web master!

Janesville Farmers Market Inc., Board of Directors

Chair: Randy Thompson, Dairy & Livestock Agent, Rock County UW Extension

Vice Chair: Matt Towns

Secretary: Merry Evans

Treasurer: Christine Rebout, Executive Director, Janesville Area Convention & Visitor Bureau

Members:

Brett Condon

Stephen Schmid

Kevin Schaefer

Dixie Johnson

Janet Kassel



Sorry. No dogs at the JFM.

The JFM has a no dog policy. We apologize for any inconvenience this causes, but the policy is protection of everyone, including your pets.



Pump and Call

The Janesville Fire Department and Paramedics is teaching the new Pump and Call CPR technique and they will be at the JFM throughout the summer helping to teach this technique to the public. So if you see an ambulance at the JFM, take a walk over and talk with the paramedics about this new technique, knowing it could help you to save a friend or loved one!!!

The Janesville Farmers Market Beverage Cart

Do you notice that cart selling coffee, Gray's Soda and Wisconsin water at the market? Well that is the JFM Beverage cart and the money raised goes to help fund the JFM. The ground coffee comes from Ancora Coffee Roaster from Madison, WI and is fresh brewed at 5 am every Saturday morning! Your beverages are served to you by several different groups of volunteers. Some of our volunteers are businesses who donate their time to help the JFM! Sometimes it is the Master Garden Volunteers serving you your beverages, they will also answer any of your gardening questions! Any businesses wishing to volunteer a Saturday or two working at the JFM should contact Teri Huber at (608) 758-9359 or (608) 921-1601. We thank you for your purchases from the JFM Beverage Cart! Enjoy!!



What's Cooking?

I love this part!!! Are you ever looking for new dishes to try with the items you purchased from the farmers market? Here are a couple!

Tomato and Mozzarella Salad

Serves 4

5 ripe tomatoes
8 Oz mozzarella cheese sliced
1 small red onion

Dressing:

1/2 small garlic clove, peeled
1/2 cup fresh basil leaves
2 tsp chopped fresh flat leaf parsley
1/2 tsp mustard
6 TBSP extra virgin olive oil
2 tsp balsamic vinegar
ground black pepper

garnish
fresh basil leaves
fresh parsley sprigs

First make the dressing. Put the garlic, basil, parsley and the mustard in a food processor or blender and process to briefly chop. Then with the motor running, gradually add olive oil to make a smooth puree. Add the balsamic vinegar to taste (turn off processor/blender before tasting) and then season with plenty of pepper!

Slice the tomatoes, arrange tomatoes and cheese on a plate. Scatter onions over them and season with a little ground pepper. Drizzle dressing over the salad, then scatter a few basil leaves and parsley sprigs on top as garnish. Leave for 10-15 minutes before serving. Enjoy!

Stuffed Zucchini

2 medium zucchini
1/2 pound ground meat (Beef, Buffalo, Lamb, Pork Sausage)
1/4 cup chopped onion
1 garlic clove, minced
2/3 cup bread crumbs
1/3 cup milk
1/8 tsp dill weed
1 cup spaghetti sauce
1/2 cup shredded cheese

Cut zucchini in half lengthwise. Scoop out pulp leaving 1/4 inch shell. Chop pulp; set pulp and shell aside.

In a skillet brown meat, onion, and garlic, cooking until meat is no longer pink; drain. add pulp, bread crumbs, milk and dill. Spoon into zucchini shells. Place in a greased 2 quart baking dish. Top with spaghetti sauce; sprinkle with cheese. Cover and bake at 325 degrees for 30 minutes.

Questions? Contact your county University of Wisconsin-Extension office for answers to your gardening and food safety questions: (608) 757-5696 or <http://rock.uwex.edu>