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OFF THE VINE

Celebrate with NFM (and food)!!!

Come to the market this Sunday and celebrate the Hmong Harvest with a tasty sampling of the diverse foods of the Northside.

Market manager Dale will be selling Laotian-style Zucchini Salad and Curried Sweet Potatoes, as well as New Orleans-style Beignets.

Reina (sister of vendor Juan Gonzales) will be selling Parmesan-grilled corn on the cob. Delectable. Check out the recipe below.



So bring your appetites to the market as well as your shopping bags and enjoy yourselves this Sunday!

Call for Entries... Compete in the NFM Salad Cookoff next Sunday!

All cooks welcome! Participate in our second Chef's Challenge of the season on Sunday, August 10. Prepare a salad using five ingredients from the Northside Farmers Market, one ingredient from Pierce's Market and OUR SECRET INGREDIENT. Winners take home a cash prize, a gift certificate and "BRAGGIN' RIGHTS."



Please read the official rules [here](#) then call Dale Matthews at (608) 217-9631 or email nfmmanager@yahoo.com to enter. Please call Dale Matthews with any questions.

Don't want to cook? Public tasting begins at 11:05am.

New Products for Sunday

Our NFM Vendors anticipate these new products at the **Aug 3** market:



More unique varieties of eggplant
Soil-grown tomatoes
Lots of summer squash
More varieties of peppers and hot peppers
Shitake and oyster mushrooms
Garlic
Dill

What else you'll find at the market:

Alaches, Angus beef, baconwurst, beans, beets, black caps, bison, blueberries, gourmet brats, chicken, corn, cabbage, cheese, chocolates, collard greens, espazote, fresh eggs, elk meat, green onions, herbs, honey, hothouse cukes, kale, kohlrabi, milk, multi-colored peppers, mushrooms, papaldos, pepichas, peppers, potatoes, preserves, radishes, spinach, squash flowers, strawberries, sour cream, sweet peas, syrup, tomatoes, yogurt.

Fresh fruit juices, smoothies, coffee, biscotti, healthy and delicious cookies and fresh bakery every Sunday.

This list could change due to weather or other unforeseen circumstances.

Support your market!



Help set up the market on Sunday mornings and meet a bunch of really nice people. Fresh air, new friends and a really great feeling that you're doing your part to support our local farmers and our agricultural economy.

Call Chris Moore at 242-8572 and start this Sunday! Thank you!

Parmesan Corn

Slathered in Flavor and Roasted on the Grill



Ingredients

1/2 cup mayonnaise
5 ears corn, husked/cleaned
1 cup Parmesan cheese
1 tablespoon chili powder
1 teaspoon salt
1 teaspoon black pepper
aluminum foil

Directions

1. Preheat grill to medium-high.
2. Brush a layer of mayonnaise on each ear of corn.
3. Sprinkle corn with the cheese, chili powder, salt, and pepper.
4. Wrap each ear of corn with foil and place on the grill.
5. Grill, turning occasionally, until the kernels begin to brown, about 10 minutes.

Make sure to get your FRESH CORN at the Northside Farmers Market

Find more ways to use market foods in our [Recipe Index](#)

The Off the Vine e-newsletter is written and edited by volunteers Amy Pace, Jim Franck, and Chris Moore. Would you like to contribute to this newsletter?
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Northside Farmers Market
Sundays 8:30am - 12:30pm ~ May through October
Northside TownCenter, Northport and Sherman
www.northsidefarmersmarket.org

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