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OFF THE VINE

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Jim and Jackie Hudson

Article By Abby Popp Van de Bogert
Photo by Chris Moore

Jim and Jacqueline Hudson have been at the Northside Farmers Market since it opened in 2005. They supply all sorts of vegetables and a number of different fruits for the market-goers.



“Any vegetable you can think of, I grow it,” says Jim. He has several fruit trees and wants to try growing peaches. He admits it can be difficult this far north, but he says he has a neighbor who does it successfully.

Jim is also proud of his sweet potatoes. He grows some of the biggest ones around, and says he once had one that was over two feet long! “I left that one in the ground,” he said. “Couldn’t get it out.” When asked what his secret was for growing the biggest sweet potatoes, he declined to answer, saying that he couldn’t have his secret getting out.

Always on the lookout for new and interesting crops to bring to the market, the Hudsons tried to grow cotton this year. Jim claims that it tastes as sweet as bananas. Unfortunately, the cotton crop failed this year, but we’re excited to see what new and interesting crops the Hudsons bring to the market in the future!

Market Update

Article and Photo by Chris Moore

Next week at the market **Stram's Fresh Fish** will return (and then every two weeks after that). You will find many items including bitter melon and vines (Nina Xiong), **raspberries**, hot peppers, cabbage, tomatillos (Los Abuelos), **pears** (Hermsdorf), and even strawberries (Faang Vang).

The scoop from Adrian Reif of Go Nuts! Yumbutters is that he is working to develop an **almond butter** to go along with his organic peanut butter selections – ask him about it.

Farmer John has fresh (< 24 hours old) cheese curds and gouda smoked cheese while Keene Organics has heirloom tomatoes and special seasoning such as mushroom garlic.



Jimmy Hudson says to watch out for **sweet potatoes** in the fall, plus he will bring okra and Jerusalem artichokes to the next market. Equinox Farms has Japanese Eggplant, **edamame**, ground cherries (slightly salty with vanilla and tomato overtones), and Red Kuri Buttercup Squash.

Polly from Polly Janes Pickles and Jams has a unique thing going in that she uses vegetables purchased from NFM vendors to make her products. For example, the Red & Green Bell Peppers (Natalie's Garden), Break and Butter Zucchini's (Hudsons), and Hot pickled veggies (from 4 different vendors).

The vendors at your Northside Farmers Market appreciate your business. Their hard work provides all of us with fresh, local, nutritious food!

Note: Rudy from J&R Farms sprained his ankle which is why they were not at the market last Sunday. They should be back this week!

See you at the market!

Winner of the 30 Quart Pressure Cooker!

By Chris Moore

And the winner of the 30 quart pressure cooker is...**Angel Skram**. Runner ups (who get an NFM canvas bag) are **Dian Phelan** and **Ken Critchfield**. Congratulations!

Ground Cherry Tart

An Original Recipe by Angela Trentadue

I was working on an organic farm when I was first introduced to ground cherries. We grew three different varieties of them and had taste tests at the end of harvest to experience the different attributes of each. I enjoy finding unexpected ways to use them, particularly in savory dishes. I think they go well with pine nuts, chiles, summer squash or chicken. But here I've given a sweet option. If you don't have a tart pan, use a pie pan or cake pan, but the tart pan really helps show off how pretty this is.

For the crust, pulse together in a food processor:

1 1/2 c all-purpose flour

1/2 c yellow cornmeal

1 tbs sugar

1/4 tsp salt

Add:

1/2 c (1 stick) cold unsalted butter, cut into pieces

Pulse a few times until the mixture resembles course meal with some small (pea-sized) lumps. Drizzle with 4 tablespoons ice water and pulse a bit more until the mixture just starts to come together. Gently squeeze a small handful: if it doesn't hold together, add more water, 1/2 tablespoon at a time, pulsing after each addition and testing each time.

Once dough comes together, press evenly into the bottom and up the sides of an 8" tart pan. Smooth the dough with the back of a large spoon, floured if necessary, and slice around the edges to trim the top. Chill crust until firm, about 30 minutes.

Preheat oven to 400. Bake crust until the edges are golden, about 25 minutes. Let cool.

While the crust is cooling, prepare the filling. Mix together:
6 oz mascarpone cheese (substitute cream cheese if you can't get mascarpone)

2 tbs honey

Mix together until creamy and all lumps have disappeared.

When the crust is completely cool, spread filling evenly into the

shell and chill at least 30 minutes to set.

There are two option for the topping.

Quick topping #1:

In a small saucepan over low heat, warm 2 tablespoons honey. Meanwhile, remove the husks from 1 pint of ground cherries. When the honey is warm and runny, pour over ground cherries and toss gently to coat. Pour ground cherries on top of the tart so they create a pile. Chill at least 1 hour before serving.

Topping #2:

Warm honey as in topping number one. Remove husks from ground cherries and trim off the top to remove the stem and create a flat surface. Gently toss the cherries with the warm honey. Working in a circular pattern, lightly press the cherries into the filling with the flat side down. Chill before serving.

Tart must be kept in the refrigerator up to 5 days.

Angela, author of these recipes and an NFM supporter, would love feedback on her recipes – too weird, too hard, too simple, just right? Send us an email to: nfmvolunteer@charter.net

Cornucopia at the Market

Some of the items you will find this week at the market: banana peppers, basil, beef brats, beets, bell peppers, bell peppers, bok choy, broccoli, cabbage, carrots, catfish, cheese, cherry tomatoes, chocolate white espresso cookies, cupcakes, dilly beans, edamame, eggplant, field grown tomatoes, fresh organic peanut butter, garlic, grape tomatoes, green onion, ground cherries, honey & honey products, hot peppers, hot veggie mix, jalapenos, leeks, leeks, melons, mushrooms, okra, onions, papalo, patty pan squash, pears, potatoes, pumpkin leaf, radishes, rhubarb, strawberries, sungold tomatoes, sweet candy onions, tomatillos, tomatoes, watermelon, winter squash, yellow squash, zucchini.

The Off the Vine e-newsletter is written and edited by volunteers.
Kelly Nigl, Chris Moore,
Abby Popp Van de Bogert, and Angela Trentadue
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