



OFF THE VINE

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Mali Blues Entertains at the NFM!

photo and article by Jim Franck



Market-goers were treated with another world-class music event this past Sunday, afro-desert blues from "Mali Blues." Djam Vivie from Ghana playing West African drums, on the left, and Tani Diakite, from Mali playing the kamelon ngon, have gained a growing fan base in Madison as well as Milwaukee, where they've performed at Summerfest.

The little sprite seated between them is Evie Baker-Moore who accompanied the music with her own spontaneous dance routines. You can find out more about "Mali Blues" and their upcoming schedule online ([link](#)).



Would you like to perform at the market? Email Dale Matthews at nfmmanager@yahoo.com and let him know!

This week at Artisans Row...



Rachael Winkley - Jewelry
Maggs Kailhofer - Jewelry ([link](#))
Sheila Howe - Recycled Art ([link](#))
Muriel Simms - cards, bookmarks
Youa Lor - handmade bags, purses, clothing
Vicki Lane - Funky Bracelets ([link](#))
Jean Mani - Soap, lotion, candles ([link](#))
Greg & Linda Halom - watercolors, cards

Market Report for June 21

article by Jim Franck and Lynette Jandl, photo by Jim Franck



Are you familiar with shell pea tips? Ka Vang and her sister Chue (pictured left to right) from **Ka Vang Farm** were offering them on Sunday. Shown in the lower left corner of the photo above, they look a bit like spinach topped with a small, white flower and have an appropriately delicate flavor. Ka states that they are excellent eaten raw like a salad or stir fried.

Speaking of peas, they should be available from **Troy Community Farm** this coming week along with excellent looking broccoli which is already available. **Jimmy Hudson** said his zucchini is coming along better than expected and he should have some on hand this Sunday.

It's wonderful to have **Blue Marble Dairy** products at the market again. Their buttermilk is the perfect summer afternoon

snack and their whipping cream amazing on strawberry short cake. Try mixing their raspberry smoothie with flavored mineral water (black cherry is best) for a really wonderful raspberry soda.

Artisans Row is gaining in popularity. We're getting a good mix of interesting creations and a nice flow of curious shoppers. Many thanks to Vicki Lane for all her good work to put it together and keep it growing.



You might not realize how good salsa can be for your waistline. Christa Barfknecht from **Tomato Mountain Farm** explained that two tablespoons only contain 10 calories and those are certified organic! And their salsas contain a lot less salt than regular store-bought varieties. Maybe that's why so many of Christa's customers buy her salsa for use in salad dressings, as a topper for scrambled eggs, as a marinade, over beans, and as a base for chili. A mouthful of flavor without the guilt!"

In general, more and more fruits and vegetables are coming into season. The rain and warm weather will mean plenty of lush and delicious produce this summer. Come, enjoy the best REAL food in town!

Love Your Farmers Market? Vote!

Local Harvest has partnered with **Care2** to create a contest called **Love Your Farmers Market**.

Everyone visiting the Care2 website ([link](#)) may vote for their favorite farmers market. Markets receiving votes are entered in weekly prize drawings. One lucky market will win a top prize of \$5,000 this summer. There are also prizes for the top recruiters

- people who ask their friends to vote. When you vote you may also post a brief review of your farmers market. Don't be afraid to brag.

If you aren't familiar with the site, Care2 is the largest online community for people interested in a healthy lifestyle and social activism.

Spread the word about our Northside gem and let people know what great friends and foods are waiting for them right in their own neighborhood!

Material originally published in the Local Harvest Newsletter, June 23, 2009

Buy Fresh Seasonal Produce While You Can

by Lynette Jandl

Jan Montgomery of **J & R Farms** said they will definitely have strawberries this Sunday but she is not sure about the week after. So get to the market on Sunday the 28th if you want strawberries. How do you preserve those fresh fruits and veggies for enjoying later in the year? Jan said her mother always froze strawberries by cleaning, hulling and mashing them and then putting them in freezer bags and into the freezer. She didn't sugar them until she thawed them.



For asparagus and green beans, Jan's mom cleaned them, chopped them into about 1 inch pieces, froze them in a single layer on a cookie sheet and bagged them in freezer bags soon after they had frozen. Freezing individually makes it easy to use small amounts later. It sure doesn't get any easier than that! So buy now and use later!

Calling all Market Lovers!

(Or at least a handful of you.) We're looking for 4-6 volunteers for this Sunday's market, for either the 7:30am setup or the 12:30 pm tear down (you don't have to do both!) Can you help? Please contact Chris, our volunteer coordinator, at 242-8572.

Strawberry Ice

by Lynette Jandl



Ingredients

7 cups fresh strawberries, hulled
2 cups sugar
1 1/4 cups fresh orange juice
1 cup fresh lemon juice

Directions

1. Puree the strawberries in a blender or food processor, working in small batches, if necessary.
2. In a large bowl, combine the puree with the sugar, orange juice and lemon juice and allow to stand at room temperature for 2 hours.
3. Pour into a 9" square pan and place in the freezer.

4. When the mixture is frozen about 1" on all sides of the pan, (about an hour) transfer to a mixer bowl and beat until mushy.

5. Return the mixture to the pan and freeze again until it is slightly frozen, about 45 minutes.

6. Beat one more time, return the mixture to the pan and freeze until firm.

7. To soften the sorbet before serving, puree it for a few seconds in a chilled food processor bowl. Serve immediately.

NOTE: You can also make this in an ice cream freezer following the manufacture's instructions.

What's in Season?

Download a PDF chart of all the produce that our vendors provide and the approximate range of dates that you'll see them at the market. ([link](#))

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

Send us your favorite seasonal recipes ([link](#))

The Off the Vine e-newsletter was written and edited by volunteers Amy Pace, Chris Moore, Ella Wiese Moore, Lynette Jandl, and Jim Franck. [Email us.](#)

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Northside Farmers Market
Sundays 8:30am - 12:30pm ~ May - Oct
Northside TownCenter, Northport and Sherman

www.northsidefarmersmarket.org



