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OFF THE VINE

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Honey of a Deal!

Article by Jamie Priti Srivastava-Gratrix

Have you heard the buzz? An increasing trend in natural beauty products is the use of bee products as a base - and this summer you can purchase bee based beauty products at the Northside Farmer's Market!



You may have noticed the Rollin Hills Honey stand while perusing the market. While Jon and Judy sell bee products you may expect such as honey sticks and honey bears; they also sell an all-natural skin care line ranging from lip balm to scented creams, lotions and soaps. Judy creates the Rollin Hills Honey skin care line using beeswax or honey collected from the fifty colonies of bees cultivated at the Rollin Hills Honey headquarters in Platteville, WI.



Bee-based beauty products are great for you on their own as honey has antibacterial properties and beeswax locks in moisture and works to protect your skin. The Rollin Hills Honey skin care line also includes a variety of natural oils such as

coconut oil to promote a healthy glow and carrier oils such as jojoba oil in order to avoid the oily feeling many other lotions and creams leave after use.

All Rollin Hills Honey products are home made and the price cannot be beat compared to department store skin care products! This Sunday stop by the Rollin Hills Honey stand and grab a beeswax beauty product to pamper yourself with - don't miss out on this honey of a deal!

Check Rollin Hills Honey out online at:
<http://www.rollinhillshoney.com>

Troy Community Farm

Article by Lisa Wiese

Troy Community Farm is Back! This Sunday our very own neighborhood urban farm will be vending at the market. Growing more than 50 varieties of vegetables and herbs, all Troy Community Farm products are certified organic. Stop by and check out the spring line-up!

Asian Greens & Shiitakes in Mushroom Broth

Recipe by Angela Trentadue

This dish could be made any time of year, but now is a particularly good time for bright, beautiful leafy greens. Any variety of greens will work - mustard greens, spinach, bok choy, even chinese broccoli.

For the mushroom "liquor":

2 tbs vegetable oil
stems from 1 lb fresh shiitake mushrooms, cleaned, trimmed and rough chopped
1 c water
1 c chicken or vegetable stock

Heat oil in a small, heavy-bottom saucepan, add stems and allow to brown to a nice rich color. Add liquid. Bring to a medium boil and allow the liquid to reduce by about half. Strain the stems out and return the liquid to a boil. Allow this to reduce until you have about 1/4 cup liquid. Set aside.

For the greens and mushrooms:

4 tbs vegetable oil
caps from 1 lb fresh shiitake mushrooms

Directions

Preheat oven to 400 degrees. Mix together minced garlic and 2 tbs oil. Trim caps of the shiitake mushrooms so they are all approximately the same size, but in bigger bite-size pieces. Toss with garlic oil to coat evenly. Lay out in a single layer on sheet pan, sprinkle with salt and pepper, and roast in the oven until tender and deeply browned, about 20 minutes.

In a large skillet, heat remaining 2 tbs oil over medium heat. Add scallions and green garlic. Saute until aromatics begin to soften, about 3 minutes. Mix in remaining ginger and cook another 1-2 minutes. Stir in remaining cup of stock. As the broth begins to boil,

1 c vegetable or chicken stock
1 clove garlic, minced
1 bunch scallions, white and light green parts, thin sliced
1 stalk green garlic, white and light green part, thin sliced
1 inch piece ginger, peeled and grated
1 lb assorted leafy greens, rough chopped
basmati rice, cooked according to basic instructions.

add chopped greens. Gently work greens into the hot liquid, season with salt and pepper. Cook greens until just barely wilted. Add reserved mushroom liquor and season with salt and pepper to taste. Fold in roasted shiitake caps and serve over warm rice.

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

NFM Stock Market

Article by Chris Moore
Photos by Cathy Perry

Chickens are up! Asparagus is up! The time is now to invest in chickens. Keene Organics is bringing free range chickens to the market this Sunday. Make sure to stock up! Also coming to the market is new produce including collard greens, cauliflower, brussels sprouts, and pea tips. We are also expecting corn muffins (w/ green chilies and cheddar cheese), hot pickled veggies, spiced rhubarb jam, rhubarb blueberry, and blueberry pomegranate preserves.

Holding steady are mixed lettuce, rhubarb, radishes, mint parsley, green onions, green garlic, romaine lettuce, fresh spinach, chives, kale, asparagus, shitake mushrooms and bok choi. As always, Earthrise Farms brings meat products including ground beef, stir fry meat, sirloin, chuck roast, and soup bones. Natalie's Gardens has beautiful baskets of flowers while Farmer John brings a variety of cheeses including cheddar w/ tomato basil, Colby garlic and herb, and pepper jack cheese.



For those planning for the future by planting your own garden,

check out our vendors that sell plants, including the busy stand at Voss Organics (kale, broccoli, zucchini, sugar baby melons, poblano peppers, habañeros, and grape tomatoes), Blue Moon (cilantro, dill, cabage, jalapeño, to name a few), Los Abuelos (red basil, bell peppers, mint, and arrugula), and Pederson Produce (swiss chard and more).

Last, sweet shares are way up. Check out the honey at Rollin Hills Honey, toffee at Tootski's Toffee (sharing a stall with Honey Bee Bakery), cupcakes at Cupcakes A-Go-Go and the incredible cookies at Capital City Cookies (caramel mocha bars, kahlua cappuccino brownies, and triple chocolate cookies).



I urge you to come down to the market this Sunday to have a cup of coffee and talk to our vendors about investing in a future that will bring healthy returns to you and your family!

The Off the Vine e-newsletter is written and edited by volunteers. Kelly Nigl, Chris Moore, Jamie Priti Srivastava-Gratrix, Lisa Wiese, Cathy Perry, and Angela Trentadue
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