



# OFF THE VINE

## Market Opens May 4th!

It seemed like the snow would never end but market season is finally here! On Sunday, May 4, your winter food blahs are officially OVER!

Come to the first Northside Farmers Market of the season and enjoy great food, friendly faces, and have some Cinco de Mayo fun!



In addition to the long-anticipated fresh produce of spring, we've got meats, dairy products, plants and prepared foods from great local vendors (both returning and new). Visit our website to preview [2008's vendor lineup!](#)

In observance of Cinco de Mayo, we've lined up some "especiale" treats!

**10am-12pm:** Traditional foods for sale from local Mexican cooks.

The Northside's new **EL CORRAL** restaurant will offer some of their signature dishes such as Cerdo al horno con frejol negro y arroz amarillo (Baked Pork with Black Beans and Rice), Tres Leches (Vanilla Cake), and Flan. Haven't dined at El Corral yet? You will after today!

**10:30am:** Salsa making and tasting contest.

**11:00am:** Kids! Come on down and break the piñatas!

**Throughout the day:** Instrumentalists, singers, and dancers **NUEVA CANCION** will delight audiences with the rich musical traditions of the Americas... in Spanish and Portuguese! Performing current and timeless folk music from all over Latin America, the musical group strives to teach others (including youngsters) to sing and play. Recent performances include Art Fair on the Square, Atwood Summerfest, and the UW's World Music Festival. [Visit their website](#)

## What's in Season?

Asparagus, eggs, baked goods, fresh Wisconsin cheeses, chives, elk, flowers and plants, onions, maple syrup, meats, morels (if the weather warms up as expected), perch, poultry, preserves, rhubarb, spinach, fresh milk and yogurt, walnuts and more!



**Get involved!**

We need friends and neighbors like you to help with set up on Sunday mornings, distribute flyers, help with community outreach, and more.

And, if you become a member of the Dane County Timebank, you can earn timebank hours to exchange for services you need. [E-mail the market manager](#) or just come to the market and meet everyone!

## Cottage Cheese Parfait

submitted by Lynette Jandl

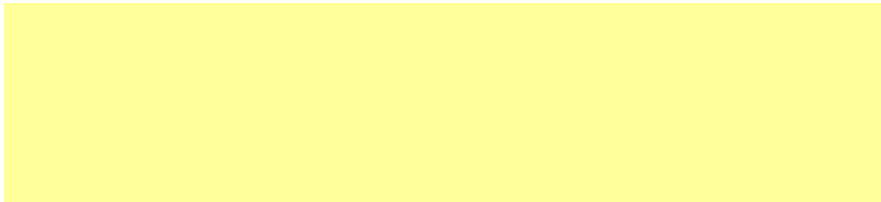
### Ingredients      Directions

24 ounces of cottage cheese  
1 cup blueberries  
1 cup raspberries  
1/2 cup slivered almonds  
Honey to taste  
4 large fresh strawberries (for garnish)

Use fresh berries if possible.

1. If using frozen berries, thaw and drain berries.  
2. Layer ingredients in a fancy glass or desert dish.  
3. Drizzle each layer of berries with honey to taste.  
4. Finish off with a dollop of the cottage cheese and place a fresh strawberry on top. Serves 4.

*Kids love making this one but remember - the FDA warns that babies under 1 year old should not be given honey. Find more ways to use market foods in our 2007 Recipe Index*



Lynette Jandl, and Chris Moore.  
Radish photo by Chris Moore. Would  
you like to contribute to this  
newsletter? [Email us.](#)



**Northside Farmers Market ~ Sundays 8:30am - 12:30pm ~ May through October**  
Northside Town Center, Northport at Sherman [www.northsidefarmersmarket.org](http://www.northsidefarmersmarket.org)