



OFF THE VINE

Join Northside Farmers Market on Facebook! [click here](#)

ITALIAN DAY
SUNDAY, OCTOBER 11TH
AT THE NORTHSIDE FARMERS MARKET
(FOOD - 9 AM, DANCERS - 10 AM)

DELICIOUS ITALIAN FOOD!
ITALIAN FOLK DANCERS OF MADISON!

www.northsidefarmersmarket.org

This Week at Artisan's Row...



- Maggs Kailhofer** - Jewelry ([link](#))
- Ron Borowicz** - Wooden Furniture ([link](#))
- Rachael Winkley** - Jewelry ([link](#))
- Jean Mani** - Soap, lotion, candles ([link](#))
- The Hefty Family** - Windswimmers ([link](#))

Visit the artists' blog for more information ([link](#))

Winter Market



November 8 & 22

December 6 & 20

from 10am-1pm

Indoors at the
Northside TownCenter!

*Questions can be directed to Lisa Wiese, Winter Market
Manager.*

See [our website](#) for contact information.

Reduced-Fat Sopa de Cilantro

by Amy Pace



Cream of cilantro soup is muy tasty but the traditional version is heavy on fat because of all that (wonderful) cream. My sopa uses potatoes as the thickening agent together with skim milk for a smooth consistency.

Ingredients

2 tbsp olive oil
1 clove garlic, crushed
2 medium onions, chopped
3 stalks celery, diced
3 medium potatoes, diced
32-oz box chicken broth or reduced sodium broth
1 small bunch fresh cilantro, rough chopped

Directions

Heat oil in a large saucepan over medium high heat. Add onion and celery. Saute until soft and translucent. Add garlic and saute for a few more minutes.

Add potatoes and chicken broth. Bring to boil and boil for 5-7 minutes or until potatoes are tender.

Reduce heat and add cilantro, cooking until cilantro is soft.

Transfer to a blender in small batches and blend until smooth or use immersion stick blender carefully to blend in pan.

Return to saucepan and cook

Salt to taste	covered for 5 minutes over medium heat until piping hot.
Pepper to taste	Add salt and pepper to taste.
1/4 cup skim or 1% milk	Remove from heat and stir in milk.
lime	Serve in colorful bowls with a sprig of cilantro as a garnish and hot sauce and lime on the side.
hot sauce	

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 is written and edited by volunteers.
Amy Pace, Chris Moore, Ella Wiese Moore, Lynette Jandl, Vicki Lane,
and Angela Trentadue
[Email us.](#)

Join the FREE
northsidefarmersmarket
YAHOO! group . . .



. . .and receive this
newsletter every week!



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

www.northsidefarmersmarket.org

