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# OFF THE VINE



JOIN US FOR  
**ITALIAN DAY**  
ON OCTOBER 5<sup>TH</sup>  
FOOD & ENTERTAINMENT  
FROM 10-NOON

- ITALIAN DANCERS
- ITALIAN SINGERS
- FOODS FROM AREA RESTAURANTS
- SPAGHETTI PARTY ON A BOARD PLEASE CALL DALE AT 217-9631 FOR SPAGHETTI RESERVATIONS

**Don't forget - make your reservations for the pasta party on Italian Day now! Call Dale at 217-9631 or [email](#) him.**

## Are you registered to vote?

If you still need to register to vote in November's election, there will be a table where you can do just that at the Northside Farmers Market this Sunday.

If you have questions, please contact:

**Carla McNeill**  
Field Organizer- North and Northeast Madison  
Senator Obama's Campaign for Change  
1435 W. Main St Sun Prairie, WI 53590  
(608) 837-7428

You may also register at the UPS store at Northgate.

Don't know if you are registered? Check out this [website](#) where you can find out!

# Products for Sunday

**Our NFM Vendors anticipate these products at the Sept 28 market:**

Featured/new products:

Mustard Greens  
Pumpkin Chocolate Tarts  
Brussels Sprouts



More winter squash!

Alaches, Angus beef, apples, basil, beets, bell peppers, bison, blueberries, bok choy, cabbage, cauliflower, cheese (curds, parmesan, provolone, romano, swiss), chocolates, cilantro, cipollini onions, collard greens, corn, cucumbers, elk and red deer meat, espazote, farm-fresh chicken, fresh eggs, gourmet brats and grilling sausages, green beans, green onions, herbs, honey, hot peppers, kale, lettuce, maple syrup, milk, mint, multi-colored peppers, okra, papaldos, parsley, pears, pepichas, potatoes, preserves, radishes, shallots, snow peas, sour cream, spinach, squash flowers, sweet candy onions, sweet peas, swiss chard, tomatillos, tomatoes, yogurt, zucchini.

Fresh fruit juices, smoothies, coffee, biscotti, healthy and delicious cookies and fresh bakery every Sunday.

*This list could change due to weather or other unforeseen circumstances.*

## Squash Soup by Lynette Jandl

Everyone just loves this soup!



### Ingredients

One large butternut squash  
One quart of organic vegetable broth  
One large can of coconut milk  
Cayenne and salt to taste

### Directions

1. Peel and cut up a large butternut squash into slices or cubes.
2. Add a quart of organic vegetable broth and a large size can of coconut milk.
3. Simmer until the squash is soft enough to mash with a potato masher, about 30 to 40 minutes.
4. Add a smidge of cayenne pepper and salt to taste.

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

The Off the Vine e-newsletter is written and edited by volunteers Amy Pace, Jim Franck, Lynette Jandl and Chris Moore. Would you like to contribute to this newsletter? [Email us.](#)



**Northside Farmers Market**  
**Sundays 8:30am - 12:30pm ~ May through October**

Northside TownCenter, Northport and Sherman

[www.northsidefarmersmarket.org](http://www.northsidefarmersmarket.org)

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