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OFF THE VINE

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Sherman Middle School Salsa at the Market

By Chris Moore

Middle school students from Sherman Middle School have partnered with teams from Goodman community center to produce a delicious salsa. They will be at the market next week – come pay them a visit!

Petpalooza! the much-loved TimeBank Pet Parade!

Sunday, September 26, 2010, 10:00 am-11:30 am.

Come to the Market, then show off your pet at our fun welcome event. It's a parade, it's a fashion revue, it's a costume contest. Come at 10 am to register. Participants will meet in the Anchor Bank parking lot.



Cost: \$2. The first 30 kids who register will get a \$2 market token! From 10:30 to 11:30, the parade and contests will provide lots of fun. Enter the pet fashion show, best outfit, best collar, best bandanna, best bling, best photo of an absent pet,

best holiday costume (any holiday), the pet/owner look alike or dress alike contest.

Also competitions for waggiest tail, best hair, best smile, best trick, smallest pet, and others. All non-aggressive pets are welcome.

4th Annual One-Pot Cook-Off

By Anne Pryor

One-Pot Wonders at the Northside Farmer's Market: Chili, gumbo, soup, stew – these one-pot favorites are great remedies for the too-many-tomatoes and other abundant veggies that challenge gardeners at the end of the growing season. The most inventive cooks find ways to enhance these dishes – and visitors to the Northside Farmer's Market can sample their creativity at the 4th annual One-Pot Cook-off on **Sunday, October 3.**

This fun and fanciful cooking contest is open to anyone with a pot, Dutch oven, wok or frying pan. Meat or meatless, the cooks prepare their entry from scratch using ingredients that are available from Market vendors. Past entries have included chicken and andouille gumbo, BBQ ribs, a salad & sandwich combo, and “kickin’ carrot soup.”

Contestants prepare at least one gallon of their item, which allows for lots of sampling by Market visitors. Cooking starts at 8 am and the public tasting begins at 11. Tasters get to vote for “The People’s Choice,” announced at noon, and that winner will receive \$100 in cash. Other awards (gift certificates) will go to the best decorated cooking stand, entertaining costumes, special dishes or efforts. This year promises to offer an even greater variety of truly outstanding dishes. All recipes will be available on the Market's Web site, www.northsidefarmersmarket.org.

Come on October 3rd to enjoy the food and the creative cooking of the contestants, as well as live music and all the usual delights of the Northside Farmer's Market: more than 50 vendors with the highest quality locally grown fall produce and fruit, quality meats from beef to poultry, dairy products, amazingly delicious baked goods, fresh herbs, honey, and free range organic eggs.

To enter the One-Pot Cook-off, contact Dale Matthews at (608) 217-9631 or nfmmanager@yahoo.com. \$20 entry fee; entry

deadline is 6 pm, October 1.

Chili Pot

An Original Recipe by Angela Trentadue

You may notice that this recipe has no meat in it, but (for those of you who might not consider meatless chili actually chili) you'll never miss it. It's perfectly thick, rich in beans and onions and has great depth of flavor from roasted tomatoes, chipotle in adobo, dried anchos and a bit of cocoa powder. The veggies I've added to the mix round out the flavors with sweet bell peppers and creamy butternut squash. My preference is to use regular yellow onions in the chili and then top it off with some candy onion, along with sharp cheddar and a bit of sour cream.

1 large yellow onion, diced
1 large red bell pepper, diced
1/2 poblano pepper, ribs and seeds removed, diced
2 cloves garlic, minced
1 small chipotle in adobo sauce, minced
1 tbs ancho chile powder
1 tbs cocoa powder
1/4 c sundried tomatoes, chopped fine
1 butternut squash, top half only - peeled and cut into 1/4" dice
1-28 oz can tomatoes, rough chopped, juice reserved
2-15 oz can black beans
1-3 tsp soy sauce

Begin by heating 3 tablespoons vegetable oil in a large saucepan or stockpot over medium-low heat. Add onion and sweat, allowing to soften. Stir in peppers and continue to cook, melting onions and peppers together.

Once the peppers and onions have released their juices and start to stew together, stir in garlic, chipotle with some adobo sauce, chile powder, cocoa powder and sun-dried tomatoes. Stir everything well and cook about 4-5 minutes.


Stir in butternut squash and stir to coat well. Allow to cook for a few minutes more, stirring any time the mixture sticks to the bottom of the pan.

Add the chopped canned tomatoes and give another good stir. Let cook another 4-5 minutes.

Finally, add the reserved tomato juice and the beans. Mix well and let simmer until squash is tender. Taste for seasoning, adding soy sauce and chile or cocoa to your preference.

Serve with sour cream or yogurt, diced onion and grated aged

cheddar cheese.

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

The September 19, 2010 edition of the Vine e-newsletter is written and edited by volunteers: Kelly Nigl, Chris Moore, Anne Pryor, and Angela Trentadue
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Sundays 8:30am - 12:30pm ~ May - Oct
Northside TownCenter, Northport and Sherman
www.northsidefarmersmarket.org



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