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Heart Gourmet Dips

By Sara Gomach

Family is at the heart of this operation and sisters-in-law Donna Stoltenberg and Pam Childs are putting tender-loving care into their line of gourmet spreads! In 2010 the duo turned their family Crab Dip Delite recipe, which they have been serving to happy customers at the family's Prairie Inn restaurant in North Leeds for over 20 years, into a delicious business selling varieties of gourmet dips at farmer's markets and grocery stores all over the Madison area.

Stopping by their red tent at the Northside Farmers Market this Sunday will delight your taste buds as you try their array of mouth-watering seafood and cheese dips while also indulging in sweet varieties such as Gourmet Carmel Dip made with real home made carmel!



All of the Heart Gourmet Dips are cream cheese based, gluten and preservative free and are made in their certified home kitchen. The company is also a proud member of "Something Special from Wisconsin" and they certainly are living up to that name!

At your next cook out why not try topping your free-range, grass fed burger with the Crabbin' Swiss Almond spread or try it as a topping to some grilled fresh veggies from the market! To satisfy that sweet tooth top fresh fruit and vanilla wafers

with their Gourmet Raspberry Dip! There are so many creative uses for the Heart Gourmet Dips and you can find many more ideas for embellishing your favorite foods at their website, www.heartgourmentdips.com.

J&E Farm Sweet Deal and the One Pot Cookoff

By Chris Moore

Josh and Emma Hermsdorf from J&E Farms Farms (farmers in training) are back with sweet corn, pears and other produce. And do they have a sweet deal for you and the market! For every 12 ears of corn you buy they will give the market \$1 to help support the NFM Annual One Pot Cook-off to be held on October 2.

At the Market

By Chris Moore

Did you know that the NFM market has gluten free bread? Just stop by Auntie Pam's Bakery to find out more! She also has Multigrain Bread, Cinnamon Coffee Cake, Cheese Bread, Banana Nut Bread, Lemon Poppy Seed Muffins, and even Bagels.

Be sure to take a look at the breathtaking pollen-free Sunflowers at Natalie's Garden – it is quite a site to see. And don't forget to check out the apples – every week Coyote Hill brings different apples, depending on what apples are ready. They only have a limited amount of each kind of apple tree. Next Sunday you will find the (really good) Japanese Sansa apple plus Ellisons' Orange Pippin, Pristi, Zestar, Ginger Gold, William's Pride, Dayton, and Russet apples.



Capital City Cookies has some additional flavors available including Chocolate Kisses, Peanut Butter Kisses, and Coconut Key Lime Bar. And have you tasted their Amazing Lemon Bar?

KP Simply Fresh Aquaponics Farm is back with tilapia and 18 varieties of lettuce. Their lettuce and tilapia are grown in a symbiotic re-circulating environment.

As you travel up and down the market you will find an amazing array of produce and products including:

Amaranth, Banana Peppers, Basil, Beets, Bell Peppers, Bitter Melon, Cabbage, Candy Beets, Canning Tomatoes, Carrots, Cauliflower, CC Angus Beef, Cheddar Cheese Dip, Cherry Tomatoes, Chinese Spinach, Cilantro, Collard Greens, Crab Dip Delite,



Cucumbers, Dill, Earthrise Farm Grass Fed Beef, Eggplant, Eggs (organic), Epazote, Farmer John's Cheese, Fingerling Potatoes, Flowers, Garlic, Grape Tomatoes, Green Mustard, Green Onion, Green Tomatoes, Ground Cherries,

Heirloom Tomatoes (organic), Hmong Cucumbers, Honey, Honey Products, Hot Peppers, Jalapenos, Kale, Kettle Corn, Kohlrabi, Leeks, Lemon Cucumber, Lobster Cheddar Cheese Dip, Long Beans, Maple Syrup, Medium Hot Pickled Veggies, Melons,



Mixed Lettuce, Mushrooms (organic), Opo (Asian Squash), Parsley, Patty Pan Squash, Pepiche, Peppers, Pickled Veggie Mix, Pumpkin Leaves, Radishes, Raspberries, Razy Elderberry Jam, Red Onions, Rhubarb, Salsa Man's Salsa (12 Flavors), Smoothies,

Soybeans, Spring Rolls, Squash Flowers, Summer Squash, Sun Gold Tomatoes, Sweet Corn, Sweet Onion, Sweet Peppers (Yellow, Red, Purple), Swiss Chard, Tomatillos, Tomatoes, Yellow Beans, and Zucchini.

Petite Asian-Inspired Kohlrabi Salad

By Sara Gomach



Serves up to 4 people appetizer-sized portions

Ingredients:

1 kohlrabi
1/2 a lemon's juice
1 T sesame oil
1 tsp white wine vinegar
1/2 tsp red pepper flakes
1/8 c chopped cilantro
s&p to taste
1 T almond slivers

Instructions:

Wash the kohlrabi and cut both ends off. With a peeling knife start to remove the outer skin being careful to make sure there are no fibers left, only the white meat of the kohlrabi.

Cut the kohlrabi in half length-wise and then slice into half moons.

Combine in a small mixing bowl: sliced kohlrabi, lemon juice, sesame oil, white wine vinegar, red pepper flakes, cilantro, salt and pepper.

Toss ingredients to fully coat the kohlrabi.

Arrange approximately 5-7 slices per plate.

Top with almond slivers and enjoy!

If you have a favorite farmer's market recipe you'd like to share we'd love to hear from you! Contact us at

nfmvounteer@charter.net to submit your recipe.

The August 21, 2011 edition of the Vine e-newsletter is written and edited by volunteers: Kelly Nigl, Sara Gomach, and Chris Moore.
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