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The Enos Farms and Yumbutter Connection

By Sara Gomach

What “beets” a plain whole grain wheat cracker? For starters, why not try a whole grain, locally grown and made, organic Parsnip and Black Pepper wheat cracker from Enos Farms!



Enos Farms has been lovingly growing and producing local food on their ancestral farmland in Spring Green, Wisconsin since 2006. Owner and farmer Jeremy Enos has been known as a sort of experimental flavor aficionado since he was twelve and making after school snacks! Now, at Enos Farms he produces a variety of wholesome products including a line of crackers in robust flavors such as beet, pepper, tomato and cranberry!

Enos Farms has made a commitment to sustainability and living truly green by using their quality locally grown produce and

other organic products, which are thoughtfully sourced from South Central Wisconsin to make their yummy products.

Speaking of yummy, another product which just happens to go famously with the organic whole wheat crackers from Enos Farms (and should stock your pantry immediately) is a nutrition staple... organic peanut butter! And not just any organic peanut butter, we're talking Yumbutter! Founder Adrian Reif has concocted some delicious "potions" for you to try, starting with the traditional (with a not-so-traditional name) "On the Rocks" chunky and "Straight Up" creamy peanut butters. For the adventurer in you, spice up your next celery stick with "Asian Jazz" (or if you want to be really exotic... "Asian Jazz" curry soup...I just made that up but it sounds really good!). Other flavors include "Cranberry and Coconutty" (great with the Enos Farms Cranberry cracker btw!) and "Dark Chocolate Delish".

Just like Enos Farms, Yumbutter is also serious about organic, sustainable practices as well as community. That's why for every jar of Yumbutter you purchase, they will feed one serving of their peanutty butter to a child in need with their Buy One Feed One program and partnership with Community Action Coalition of South Central Wisconsin, Inc.

Enos Farms and Yumbutter share a stand at the Northside Farmer's market on Sundays, so stop on by and say "Hi!".

At the Market

By Chris Moore

Door County Strawberries will be at the market this Sunday. KP Aquaponics is back selling Tilapia and Brady is back cooking breakfast of eggs, bacon, and other goodies. Note that CC Angus will take special requests for summer grilling – custom cuts of your choice! Plus they have a beef special: Buy 6 packs get one free of ground chuck patties, and/or angus brats, or bulk ground chuck. And have you tried Blueberry Pomegranate Jam with Cranberry & Coconut Peanut Butter? New at the market is Yumbutters Peanut Butter on the Rocks. Vendors are expecting some new items including Cabbage, Dilly Beans, Tuscan Kale, Broccoli, Zucchini (maybe), Carrots, Hot Peppers, Apple Zucchini Bread, Rhubarb Bread.

Following is a list of items that were found at the market last

Sunday. They include:

A-Z

Angus Brats, Asiago Cheese, Asian Jazz Peanut Butter, Asparagus, Baklava, Basil, Beef Stix, Beets, Bok Choi, Bread and Butter Asparagus Pieces, Brisket, CC Angus Beef, Chard, Cheese Bread (Gluten Free), Cherry Tomatoes, Chives, Cilantro, Collard Greens,

Cucumbers, Dark Chocolate Chipotle Cookies, Dill and Cheese Bread, Eggs, Epazote, Facacca Bread, Farmer John's Cheese Curds, Fava Beans, Garlic, Garlic Pesto, Garlic Scapes (last of them), German Chocolate Cake Brownie, Green Mustard, Green Onions,



Honey Wheat Bread, Jalapenos, Kale, Kettle Corn, Kohlrabi, Kohlrabi (purple and green), Leaf Lettuce, Maple Syrup, Mint, Mixed Lettuce, Mizung Altor, Multi Grain Bread, Mushrooms, New Potatoes, Onion, Orange Date Muffins, Papalos,

Parmesan Cheese, Peanut Butter Brownie, Peppers, Pita Bread, Polish Asparagus Spears, Radish, Rhubarb, Ribeye Steak, Romaine Lettuce, Sea Salt Caramel Pecan Cookies, Sirloin Cabob meat, Smoked Gouda, Snow Pea Tips, Soubg Iab, Spinach, Spring Raab,

Squash Flowers, Strawberries, Sugar Snap Peas, Sugar Snap Peas, Summer sausage (nitrate free), Sweet Onions, Swiss Chard, Toasted Coconut Cookies, Tomato & Basil Cheese, Tomatoes, Turnip, Turnip Greens, Veggie Co Jack Cheese, Verdolaga, and Zucchini Bread.

Food Preservation Workshop

Our own Master Canner and Preserver, Polly Reott, will be holding a free food preservation workshop on Saturday, July 9, at Pinney Branch Library, here in Madison. For more information go to the Pinney Branch Website - or click [here](#).

Garden Fresh Pizza

By Cathy Perry



Makes 2

2 pita breads(from Polly)
1 green pepper thinly sliced
3 stalks asparagus cut in small pieces
1/4 c. chopped garlic scape
1 tsp pesto
2 oz. fresh mozzarella
1/2 cup grated fresh Parmesan

Optional

2-3 oz. cooked chicken

-Lightly saute veggies in olive oil.
- Place pesto on top of the pita crust, add veggies, and parmesan (and meat if desired)
-Put pita pizzas on a pizza pan.
-Bake at 450 for 8-10 min until golden and bubbly
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 July 3, 2011 edition of the Vine e-newsletter is written and edited by
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