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Healthy Ridge Farm from Door County

By Cathy Perry

This week the Market was bursting with fresh fruits and vegetables. Kendra, from Healthy Ridge Farm, was representing Door County with some beautiful fresh strawberries.



She is a Madison connection that works for Farmer Dan. The Healthy Ridge Farm is located in Egg Harbor, WI. They will have strawberries through this week.



Be ready for tart and sweet cherries and peaches debuting in the next few weeks. Can't wait for all that delicious fruit. Dan drives down to Madison for our Market and is also at 3 others. Thanks for making that 3 1/2 hour commute during the summer months, Dan. Stop by and check out Healthy Ridge Farm this week!

At the Market

By Cathy Perry

What might we see next week? The farmers are saying green beans are on the way! Cabbages are plentiful and will be coming to market next week. Look forward to a variety of musk melons, watermelons and other melons coming in 3-4 weeks. Farmers say the cherry tomatoes are getting ripe. Look for them next week-sweet little mouthfuls of juicy goodness. The catfish people are back plus Sergio will be cooking up some Mexican fare. New at market is Harisseh (sweet cake made w/ Farina and yogurt) and Mana'eesh w/ thyme and Sesame. Come on over this Sunday to check it out!

A few of the items you will find at our market include:

Angus Brats, Basil, Beets, breakfast, broccoli, Cabbage, Carrots, Cilantro, Cucumbers, curry squash pancakes, egg roll, Farmer Johns Extra Delicious Cheese, Flowers, Garlic, Green Onions, Kale, Kohlrabi, Leaf Lettuce, Mixed Lettuce, Mint,

Mustard Greens,



Parsley, Potatoes, Radishes, Raspberry, Red Onions, Rhubarb, Shelled Peas, smoothies, Snow Peas, Spinach, Squash Blossoms, Sugar Snap Peas, Summer Squash, Sweet Onions, Swiss Chard, Toast Bacon Omelet, Tomatoes, and Zucchini.



Orzo Caprese Salad
By Cathy Perry



Makes 8 servings

1 lb box of orzo pasta
(cook as directed on box)drain and rinse
1 large tomato diced
1/2 cup fresh basil (I used baby leaves)chopped
8 oz small fresh mozzarella balls
3 T Extra Virgin Olive Oil
Optional -1 tsp dried Italian or Garlic seasoning

-Cook and drain pasta
-add other ingredients and toss lightly.
-Add salt and pepper to taste.

This can be served warm or cold.

Great for picnics and potlucks!

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 10, 2011 edition of the Vine e-newsletter is written and edited by volunteers: Kelly Nigl, Cathy Perry, and Chris Moore.

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www.northsidefarmersmarket.org



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