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# OFF THE VINE

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## Kernel Sullivan's Kettle Corn

By Chris Moore

The Northside Farmers Market is pleased to welcome Kernel Sullivan's Kettle Corn beginning next Sunday, June 5th. John and Diana Sullivan have been in business since 2003. In addition to many farmers markets, they also set up at soccer tournaments and craft fairs throughout the state. For their popcorn they use a gourmet kernel called a mushroom which pops lighter and fluffier. They offer kettle corn, Cheddar Cheese, Aged White Cheddar, Caramel and Caramel with Chocolate Drizzle flavors. Come meet our newest vendors this Sunday while you shop for the greens you have been waiting to taste all winter!



## Request for Volunteers!

The Northside Farmers Market (NFM) is looking for volunteers for the 2011 season (our 7th season). NFM provides fresh,

nutritious, and locally grown farm products to the Northside neighborhood and surrounding areas. It also provides a space that fosters community and social interaction.

Volunteer opportunities at the market include helping with setup and take down, staffing the information booth, and help organizing many of the events. We also are looking for help writing for our weekly newsletter. Most volunteer positions only require 2-3 hours each month.

For more information about volunteering please contact the volunteer coordinator, Chris Moore, at 242-8572 or [cjmooref@gmail.com](mailto:cjmooref@gmail.com).

## Arabian Spinach

Adapted by Chris Moore from the "Get Fresh" cookbook

### Ingredients

1 bunch of Green onions - chopped  
2 tbsp oil  
1 bunch of green garlic - chopped  
1 lb spinach, washed and shredded  
1 tsp cumin seeds  
1 to 2 cups of cooked chick peas  
2 Tbsp butter  
salt and ground black pepper to taste

### Directions:

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- 1) In a large frying pan or wok fry the green onion, green garlic, and cumin seeds.
- 2) Add spinach, in stages, stirring until the leaves begin to wilt (and yes, it will all fit in the pan).
- 3) Stir in the chick peas, butter, and seasoning.
- 4) Reheat until bubbling, then serve hot.

I ended up making a triple recipe, using all the green onions on hand and 4 bags of spinach. The whole family participated in cutting things up and preparing the spinach. It was really good!

*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](mailto:nfmvounteer@charter.net) to submit your recipe.*

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**Sundays 8:30am - 12:30pm ~ May - Oct**  
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