

If you are having difficulty viewing the images in this Yahoo Groups email,  
[click here](#) to open the newsletter in your browser.



# OFF THE VINE

Join Northside Farmers Market on Facebook! [click here](#)

## Aquaponics at the Northside Farmer's Market!

By Jamie Gratrix

Did you know that you can now support completely sustainable food at the Northside Farmer's Market? KP Simply Fresh uses the science of aquaponics to bring fresh fish and nutritious vegetables to your table. Aquaponics uses a controlled water system to create a symbiotic environment for fish and vegetation to thrive.



KP Simply Fresh Aquaponics Farm is located in Sauk County, Wisconsin. They pride themselves on selling products free of all pesticides & herbicides. Stop on by the market next Sunday to pick up some of their fresh tilapia and lettuce and visit their website at [kpsimplyfresh.com](http://kpsimplyfresh.com) to learn more.

**Lisa's Rhubarb Jam**

Recipe by Lisa Wiese

6 cups rhubarb, chopped  
4 cups sugar  
Juice from 2 oranges

Directions:

Cook till it sheets (45min- 1 hour)  
Sterilize jars and lids (10 minutes in boiling water)  
Fill jars to 1/4" from top. Screw bands tight.  
Process 10 minutes in boiling water  
Makes 5 cups

Note: If you are not familiar with water bath canning, just put jam in freezer containers and put it in the freezer.

*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.*

The May 22, 2011 edition of the Vine e-newsletter is written and edited by volunteers: Kelly Nigl, Chris Moore, Jamie Gratrix, and Lisa Wiese  
[Email us.](#)



Join the FREE  
northsidefarmersmarket  
YAHOO! group . . .

**YAHOO!**  
Groups  
Join Now!

. . .and receive this  
newsletter every week!

 **Northside Farmers Market**  
Sundays 8:30am - 12:30pm ~ May - Oct  
Northside TownCenter, Northport and Sherman  
[www.northsidefarmersmarket.org](http://www.northsidefarmersmarket.org)



You are receiving this newsletter because you have signed up to receive emails from the Northside Farmers Market Yahoo Group. Thank you!  
If you wish to stop receiving our mail, you may [unsubscribe](#) at any time.