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# OFF THE VINE

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## Mothers Day at the Northside Farmers Market!

By Jamie Gratrix



This Sunday we will be celebrating all Moms at the Northside Market. From 9 – 12 there will be a booth available where kids of all ages can learn how to grow a plant for Mom. After the show & tell, kids can choose a plant or flower to give to Mom for free. We hope that you will bring the whole family and treat Mom to some delicious baked goods & coffee at this week's market. See you there!

**Can You Put A NFM Sign in your yard?**

# Northside

## FARMERS MARKET

### Sundays May-Oct

8:30am - 12:30pm Sherman/Northport

[www.northsidefarmersmarket.org](http://www.northsidefarmersmarket.org)

### **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).

### **Spinach and Mushroom Omelet**

By Jamie Gratrix

Adapted from allrecipes.com (<http://allrecipes.com/Recipe/mushroom-spinach-omelet/Detail.aspx>)

You can find everything to make this week's recipe at the Farmer's Market this Sunday. Try it out & let us know what you think!

Ingredients:

1 eggs

3 egg whites

2 tablespoons of your favorite Northside Farmer's Market cheese

¼ tsp salt

1/8 tsp crushed red pepper flakes  
1/8 tsp garlic powder  
1/8 tsp pepper  
1/2 c sliced fresh mushrooms  
1 tbsp finely chopped onion  
1 c torn fresh spinach  
1 tbsp olive oil

**Directions:**

In a small bowl, beat the egg and egg whites. Add cheese, salt, crushed red pepper, garlic powder and pepper. Mix well and set aside.

Heat up olive oil in an 8-inch skillet. Sauté the mushrooms and onion until tender. Add spinach and continue cooking and stirring until the spinach has wilted. Pour the egg mixture over the sautéed vegetables. As the eggs set, lift edges allowing the uncooked portions to flow underneath. Cut into wedges, serve 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 [nfmvunteer@charter.net](mailto:nfmvunteer@charter.net) to submit your recipe.

The May 8, 2011 edition of the Vine e-newsletter is written and edited by volunteers: Kelly Nigl, Chris Moore, Jamie Gratrix and Dale Matthews  
[Email us.](#)

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



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