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# OFF THE VINE

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## One More Outdoor Market Before the Indoor Winter Market Begins

By Chris Moore



One more outdoor market to go! Strams' Catfish will be at the market as well as KP Simple Fresh (take a look at the wonderful lettuce). And, starting this Sunday, a new baker will be at the market: Auntie Pam's Bakery. She will also be at 3 of the 4 indoor markets.

Note that if the weather is bad this Sunday and you don't see us outdoors in the parking lot, then look for us indoors next to Family Dollar. During this market Countryside Montessori Preschool will be sponsoring "The Bubbleman" Plus, you might see vendors dressed up in their Halloween costumes – how about you?

After this week, we definitely move indoors to our Winter Market which will occur every two weeks from 10:00 am – 1:00 PM on Nov 7, 21, and Dec 5, 19, next to Family Dollar. Confirmed vendors include:

Keene/Cindy Hollenbeck (Keene Organics), Jimmy/Jackie Hudson, Montgomery/Limmex (Cranky Coffee), Heidi Heimerl (Saxon Cheese), Youa Lor (Lor Farm), Peg Whiteside (EarthRise Farm), John Dougherty (Farmer John's Cheese), Brady and Tui Anongdeth (Brady Market), Faang Vang, John Binkley (Equinox Community Farm), Don/Marilyn Dralle (Coyote Creek Angus Beef),

Adrian Reif (Go nuts! Yumbutters), Polly Rheott (Polly Jane's Jams), Jerry/Robin Kempfer (Capital City Cookies), Xay Lo, Juan Gonzales Torres (Los Abuelos Family Farm), Joe & Kari Landis (Herb n Oyster), Donna Meunier (KP Simply Fresh Aquaponics), Ken & Shari Ruegsegger (Ruegsegger Farms), Billy Kelsey (Rare Earth), Pam Balke (Auntie Pam's Bakery), and Sergio Corona, who cooks Mexican food.

## **NFM Potluck**

The market is organizing a potluck for vendors, volunteers, and patrons. This is a community event – everyone is invited!

Date is **Thursday, November 11**, at the Lakeview Lutheran Church (corner of Mandrake and Northport). Bring a dish to pass – drinks, silverware, and plates will be provided. Doors open at 6:00, dinner and conversation to happen from 6:30 – 8:00 (cleanup after 8:00).

## **Spiced Acorn Squash and Wild Rice “Stuffing”**

An Original Recipe by Angela Trentadue

This is a variation on the very popular stuffed acorn squash. The squash is cut into wedges, slathered with a sweet-spicy syrup, and roasted while the stuffing is prepared on the stove. The wild and brown rice mix is studded with ruby-red cranberries, toasted sunflower seeds and caramelized onions, all tossed together with a creamy lemon dressing.

For the squash:

- 1 large acorn squash
- 2 tbs honey
- 2 tbs vegetable or canola oil
- 1 tbs chili powder
- 1 tsp cinnamon
- 1/2 tsp salt
- 1/4 tsp ground cumin
- 1/4 tsp cayenne powder

Preheat the oven to 400 degrees. Carefully cut 1 acorn squash in half and scoop out the seeds. Trim about 1/4” from each end and cut the squash into 1” wedges or half-circles. Poke all the exposed surfaces of the squash with the tip of a paring knife and put wedges into a large bowl.

Mix together the honey, oil, chili powder, cinnamon, salt, cumin and cayenne. Add warm water a tablespoon at a time to loosen the mixture just enough to coat the squash. Toss the squash with the spiced syrup and lay out on a sheet pan (put down a layer of tin foil on your sheet pan to make clean up easier!). Bake until fork tender and browning on the edges, about 30 minutes. Meanwhile, make the rice stuffing.

For the stuffing:

- 1/2 c wild rice
- 1/2 c brown rice
- 3 tbs olive oil
- 1 carrot, finely chopped
- 1 rib celery, finely chopped
- 1/2 onion, finely chopped
- 1 tbs
- 1/2 onion, sliced thin
- 1/2 c dried cranberries
- 1/2 c raw sunflower seeds, toasted

In a small saucepan, combine wild rice and 1-1/2 cups cold water. Set over high heat. Bring to a boil, reduce heat to low, cover and cook until kernels have burst and are tender, about 45 minutes.

In another saucepan, heat 2 tablespoons olive oil over medium heat. Add the carrot, celery and chopped onion, and saute until tender. Add the brown rice to the pan, mix with vegetables and oil, cook until toasted and fragrant. Add 1 cup water and bring to a boil. Reduce heat, cover, and cook until tender and the water has been absorbed, about 35 minutes.

In a large skillet over medium-low heat, melt the butter and 1 tablespoon olive oil together. Add the sliced onions and cooking slowly, stirring occasionally, to allow the onions to soften and caramelize. Once they have melted and turned golden in color, mix in the cranberries, stirring well to coat with butter and oil. Cook cranberries just enough to soften.

To finish:

In a large bowl, whisk together:

- 1/3 c sunflower oil or olive oil
- 2 tbs lemon juice
- 1/4 tsp salt
- 1 tbs honey
- 2 tbs water
- 1/4 c chopped parsley

Add cooked wild rice (drain off any remaining cooking water, if necessary), cooked brown rice and cranberry - onion mixture. Stir well to evenly distribute dressing through all of the rice. Fold in sunflower seeds. Serve squash wedges with a scoop of

rice stuffing alongside.

*Angela, author of these recipes and an NFM supporter, would love feedback on her recipes – too weird, too hard, too simple, just right? Send us an email to: [nfmvolunteer@charter.net](mailto:nfmvolunteer@charter.net)*

The October 31, 2010 edition of the Vine e-newsletter is written and edited by volunteers: Kelly Nigl, Chris Moore, and Angela Trentadue  
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