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# OFF THE VINE

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## Upcoming Events and Community Groups at the Market

By Chris Moore

### October 10 (this Sunday):

While you register to vote, you can enjoy Italian Day at the market. Italian day runs from 10:00-noon and features guest authors about Foods & Ethnicity from Madison and "around the world" : Catherine Murray

(<http://greenbushcookbooks.com/catherine.html>) and Joan Peterson (<http://www.thedailypage.com/isthmus/article.php?article=13>)

For a small cost, you can enjoy foods from our local restaurants like:

Cafe LaBellitalia [Bruschetta](#) (\$3)

Benvenutos [Tiramisu](#) (\$3 )

Rossario's [Spaghetti](#) w/ Meatballs & Red Sauce (\$4) or all 3 for \$7.

**October 17:** Vendor and volunteer appreciation day. Also with us is the Exchange Center for the prevention of child abuse.

**October 24:** Lakeview Cooperative Preschool will be visiting. They will be selling wreaths as a fund raiser.

**October 31:** Halloween Celebration – Countryside Montessori Preschool will be bringing the Bubbleman – details to follow.

**Winter Market:** We are moving indoors after October 31. We will have 4 markets during November and December. Winter Market dates are November 7, 21, and December 5, 19.

**One Pot Cook-off Winner!**



**Congratulations go to Liliana Tyson, who won the one-pot cookoff contest with her Chicken Booyah. Ms. Tyson lives in Monona and is a cook at Rossario's Restaurant in Monona.**

## **Market Report**

By Chris Moore

As we go full swing into fall, you should think about stocking up for winter. Have you learned how to can food? Dry food? Or even freeze food? If you haven't – you should! How about acquiring a 6.7 lb sweet potato? It will feed an entire family – ask Jimmy Hudson for details (bring your own truck).



We are seeing Cauliflower at our market, long beans (really long), and some new products including, from Cup-cakes-a-go-go, a Maple Gingerbread Cupcake w/ Maple crème fresh topping.

Also, have you tried the Dark Chocolate Mint cookie from Capital City cookies? Or their Berry White Chocolate w/ Walnut cookie?

Mark your calendar that Stram's last week at the market is probably October 17. They may come on October 31 but it will

depend on if the fish are still biting.

Otherwise, standard, local, fresh fare at our market includes a variety of items such as:

Angus Beef, Apple Pie Filling, Arugula, Banana Peppers, Basil, Beets, Bell Peppers, **Bitter Melon**, Black Raspberry Fruit Vinegar, Bok Choy, Bonnie's Best Apples, Breakfast, Brussel Sprouts, Butternut Squash, Cabbaje, **Carrots**, Cherry Fruit Vinegar,

Chicken Squash Zucchini Soup, Chuck Roast from Earthrise Farms, Cilantro, **Collards**, Cucumbers, Curry Squash, Dill, **Eggplant**, Eggrolls, Epazote, **Farmer John's Cheese**, Fingerling Potatoes, Flowers, Fortune Apples, French Baby Beans, French Radishes,

Fresh Roasted Coffee from Sumatra, **Garlic**, Garlic Seed for Planting, **Gourds**, Grass Fed Beef from CC-Angus, Green Beans, **Green Onion**, Habaneros, Homegrown Tomatoes, Honey, Honey Bear Squash, Honey products, Jalapenos, **Jicama**, Kale, Kholarbi,

La Forneria Baked Goods, **Leeks**, Lemon Grass, Lettuce (awesome), Liberty Apples, Long Beans, Mango Custard, Medium Hot Veggie Mix, **Melrose Apples**, Mint, Mixed Lettuce, Mustard Greens, Onion, Oyster Mushrooms, Painter Pumpkins, **Pak Choi**,

Parsley, **Parsnips**, Patty Pan Squash, Poblano Peppers, Potatoes, Purple Onions, Radishes, Red Bell Peppers, **Red Hot Chili Peppers**, Red Meat Radishes, **Red Onion**, Red Pontiac Potatoes, Rhubarb, Romaine Lettuce, Saxon Cheese, Shiitake Mushrooms, **Smoothies**,

Snow Pea Tips, **Spinach**, Spring Rolls, Squash, Strawberries, Strawberry Apple Jam, Strawberry Fruit Vinegar, Sweet Candy Onions, Sweet Onions, **Sweet Peppers**, Sweet Peppers, Sweet Potatoes, Tomatillos, Tomatoes, Turnips, **Watermelon**, Yellow Beans, You-Choy, **Yukon Gold Potatoes**, Yumbutter Organic Peanut Butter, and Zucchini.

Next time I'll include a table of contents...

## **Bok Choy Stir Fry**

An Original Recipe by Angela Trentadue

Last week I got a lot of bok choy from my CSA farm. Then I went to a friend's house for dinner, and she had a bunch of bok choy from her CSA farm as well. So, something tells me that I

should write up a little recipe using bok choy. The particular vegetables can vary, of course, according to what you have around. The last of the season's tomatoes were still hanging around my kitchen, so those were added as well for their juice and sweetness. If you don't have any tomatoes, add a little more water and maybe a pinch of brown sugar with the cornstarch.

Begin by preparing the following ingredients, putting each into it's own bowl:

- 4 cloves garlic, finely minced
- 2 large onions, cut into 1/2" dice
- 1 fresh hot pepper, such as banana, jalapeno or hungarian wax, minced
- 2 carrots, cleaned and cut into 1" long matchsticks
- 1 small head broccoli, florets cut into bite-size pieces, stem peeled and cut into 1" matchsticks
- 2 bell peppers (red and green preferrably), cut into 1/2" squares
- 1 large head bok choy, stems cut into 1/4" slices, leaves chopped into large pieces
- 2 red tomatoes, cut into 1" chunks

Once all the vegetables are chopped, heat 2 tbs peanut oil (or canola) over medium high heat in a large skillet. Add the minced garlic first, stirring frequently so no browning happens. Cook about 1-2 minutes, then stir in the onions. Cook about 3-4 minutes, adjusting the heat to avoid browning either the onions or the garlic - they should be just barely tender. Add the hot pepper, cooking 2 minutes. Add the carrots next. Cook about 2 minutes then add the broccoli florets and stems. Stir often to cook everything evenly. After a couple minutes more, add the bell peppers. After a minute or two, add the bok choy, stirring to incorporate and cook until the leaves are just wilted.

For the sauce, add to the skillet:

- 1 tbs rice wine vinegar
- 1 tbs soy sauce
- 1 tbs toasted sesame oil
- 2 tbs cornstarch stirred into 6 tbs stock or water

Stir this mixture into the vegetables and allow to cook another minute or two. This will thicken and form a sauce for the vegetables.

Turn off the heat and stir in the tomatoes (if using). Top with 1/2 c roasted cashew pieces. Serve with rice or rice noodles.

*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)*

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