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## **Petpalooza! the much-loved TimeBank Pet Parade!**

Sunday, September 26, 2010, 10:00 am-11:30 am.

Come to the Market, then show off your pet at our fun welcome event. It's a parade, it's a fashion revue, it's a costume contest. Come at 10 am to register. Participants will meet in the Anchor Bank parking lot.

Cost: \$2. The first 30 kids who register will get a \$2 market token! From 10:30 to 11:30, the parade and contests will provide lots of fun. Enter the pet fashion show, best outfit, best collar, best bandanna, best bling, best photo of an absent pet, best holiday costume (any holiday), the pet/owner look alike or dress alike contest.

Also competitions for waggiest tail, best hair, best smile, best trick, smallest pet, and others. All non-aggressive pets are welcome.

## **4th Annual One-Pot Cook-Off**

By Anne Pryor

One-Pot Wonders at the Northside Farmer's Market: Chili, gumbo, soup, stew – these one-pot favorites are great remedies for the too-many-tomatoes and other abundant veggies that that challenge gardeners at the end of the growing season. The most inventive cooks find ways to enhance these dishes – and visitors to the Northside Farmer's Market can sample their creativity at the 4th annual One-Pot Cook-off on Sunday, October 3.

This fun and fanciful cooking contest is open to anyone with a pot, Dutch oven, wok or frying pan. Meat or meatless, the cooks prepare their entry from scratch using ingredients that are available from Market vendors. Past entries have included chicken and andouille gumbo, BBQ ribs, a salad & sandwich

combo, and “kickin’ carrot soup.”

Contestants prepare at least one gallon of their item, which allows for lots of sampling by Market visitors. Cooking starts at 8 am and the public tasting begins at 11. Tasters get to vote for “The People’s Choice,” announced at noon, and that winner will receive \$100 in cash. Other awards (gift certificates) will go to the best decorated cooking stand, entertaining costumes, special dishes or efforts. This year promises to offer an even greater variety of truly outstanding dishes. All recipes will be available on the Market's Web site, [www.northsidefarmersmarket.org](http://www.northsidefarmersmarket.org).

Come on October 3rd to enjoy the food and the creative cooking of the contestants, as well as live music and all the usual delights of the Northside Farmer’s Market: more than 50 vendors with the highest quality locally grown fall produce and fruit, quality meats from beef to poultry, dairy products, amazingly delicious baked goods, fresh herbs, honey, and free range organic eggs.

To enter the One-Pot Cook-off, contact Dale Matthews at (608) 217-9631 or [nfmmanager@yahoo.com](mailto:nfmmanager@yahoo.com). \$20 entry fee; entry deadline is 6 pm, October 1.

## **September Spiced Stew with Couscous and Harissa**

An Original Recipe by Angela Trentadue

This dish really rides the line between summer and fall. It’s a stew, which is good for chilly weather, but it’s got some great spice which reminds us that it’s not quite fall yet. Plus, it’s a great way to use up all those over-abundant (is there really such a thing?) summer vegetables that we might have had our fill of by now.

Place into a large zip-lock bag:

3 large portobello mushroom caps, cleaned, stems removed and cut into 1” cubes

6 cloves garlic, peeled and smashed

3 small dried red chiles, such as thai, smashed a bit to release the oils

In a small bowl, mix together:

1 1/2 tsp ground cumin seed

1 tbs ground coriander seed

1 tsp paprika (preferably smoked)

pinch of cayenne

Pour mixed spices into bag with mushrooms and garlic. Finally, pour in 4 tbs olive oil. Gently knead the bag to distribute the spice rub all over the mushrooms and let sit while chopping the

ingredients for the rest of the dish:

1 medium yellow onion, diced

1 large sweet potato, peeled and cut into 1/2" dice

1 small head cauliflower, trimmed into small florets

1 bell pepper (any color), stemmed and deseeded, cut into 1/2" dice

After the mushrooms have marinated for at least 1/2 an hour and all the vegetables are cut, heat 2 tbs olive oil in a large, heavy bottom pan over medium heat. Add the mushrooms and cook, browning on all sides and allowing any liquid to evaporate, about 8-10 minutes. Remove mushrooms to a plate and add diced onion. Cook until soft, 4-5 minutes. Be careful to adjust the heat so any bits in the pan don't burn.

Chop the garlic from the mushroom spice rub and add to the onions along with:

2 bay leaves

Cook 1-2 minutes more until the garlic is fragrant and the pan is starting to dry up.

Add:

juice of 1 lemon

Stir well, scraping up all the bits from the bottom of the pan.

Add sweet potato, cauliflower and bell pepper and stir to coat.

To the pan, add:

4 c vegetable stock

1 stick cinnamon

1/2 tsp ground allspice

Allow mixture to come to a rolling simmer over medium heat, turn down to low, cover and let cook until sweet potato is tender, about 45 minutes.

Meanwhile, cut into 1" cubes:

1 large eggplant

Place into a colander and toss with about 1 tbs salt. Let sit for 10 minutes. When ready, pat pieces dry with paper towel and heat 2 tbs vegetable oil in a large skillet over medium high heat. Once the pan is very hot, carefully add eggplant in a single layer. Sear the eggplant to brown on all sides, about 3-4 minutes total. Set aside with mushrooms.

Finally, bring 2 cups salted water to a rolling boil. Add

1 cup couscous

Leave pot on the burner, but turn off heat and cover. Allow to sit 15 minutes. After all water has been absorbed, stir in:

2 tbs butter

1/4 cup fine chopped parsley

To serve: Once sweet potatoes are tender, remove bay leaves

and cinnamon stick. Gently stir eggplant and mushrooms into the stew to incorporate evenly. Serve atop couscous with a dollop of Harissa Sauce (recipe follows) and plain yogurt (preferably Greek).

### **Harissa Sauce (adapted from Sunday Supper at Lucques by Suzanne Goin)**

Remove seeds and inner ribs from:

3 dried ancho chiles

Dry roast in a small skillet over medium high heat until blisters form. Remove to a small bowl, cover with warm water and set aside.

In same skillet, cook:

6 roma tomatoes, cut in half lengthwise and cores removed

Smash with the back of a wooden spoon as they cook to allow juices to evaporate and skins to darken.

Place soaked chiles and cooked tomatoes into the bowl of a food processor along with:

1 clove garlic, peeled and chopped

1 tsp smoked paprika

1 tsp lemon juice

1 tsp salt

Blend until a paste forms. Scrape down sides and blend again.

With the motor running, drizzle in:

1/2 c olive oil

Adjust seasoning, adding more salt or lemon juice as needed, and serve.

Sauce will keep in refrigerator about 2 weeks.

*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)*

## **Market Update**

Article by Chris Moore

Next week come to the market and check out the Pollen-less sunflowers from Natalie's Garden. She also thinks she will have Fall squash available (such as butternut). Cindy Hollenbeck from Keene Organics will be bringing **seed garlic** for planting – Fall is the time to plant, just ask Cindy for advice on how best to do so. In fact, if you ever have any questions on how the food you purchase was raised, just ask the farmer at our market that

raised them!

Midvan farms are back for the Fall with their huge variety of winter squash, decorative gourds, and **watermelon**. Also, you better come early to get those apples – our apple vendor has been selling out of the most popular varieties.

Pumpkins are ripening early this season. Ask our farmers about their supply for Halloween. You may also have noticed that our market still has **strawberries**. The reason is that they come from every-bearing plants, that will produce until the first freeze. The flavor of these berries is reminiscent of a wild strawberry – so get them while you can.

And remember that if you need grass fed beef or advice on how to cook it, just stop by CC Angus or Earthrise farms. Marilyn from CC Angus suggests you try something different for a change, like a skirt stake. Just ask her about it! (see picture)



And now, I present to you the list of items at the market for you to choose from that does your body good (and arranged conveniently from A-Z):

Acorn squash, Apple Gourds, Apples Galore, Award winning Saxon Homestead Creamery Cheese, Banana peppers, Basil, Beef, Beets, Bitter melon, **Bok Choy**, Brussel sprouts, Butternut squash, Cabbage, Carrots, Celery (maybe), Cherry Tomatoes, **Chicken**, Chives, **Cilantro**, Coffee, Collard Greens, Course grilling seasoning for meats, Cucumbers, Cupcakes, Dark Chocolate Chipotle Cookies, Delicata squash, Dill, Egg plant, Eggs, **Farmer John's cheese**, Flower bouquets (not for eating), Garlic,

Grass fed beef (Boneless or bone-in), Green beans, Green Bell Peppers, **Ground Cherries**, Guatemala fresh roasted coffee beans, Hmong cucumbers, Honey Bears, Honey products, **Honey stix**, Hot peppers, Indian Corn, Jalapeños, Jicama, Kale, Kohlrabi, Leeks, **Lettuce**,

Mint, Mooregold squash (good for pies), Mustard Greens, Oatmeal Raising **Cookies**, Okra, Onions, Organic tomatoes, Parsley, Parsnips, Patty Pan squash, Poblano peppers, Pot roast, **Potato Fingerlings**, Potatoes, Purple onion, Radishes, Raspberry,

Red Bell Peppers, **Rhubarb**, Ribeye, Roma tomatoes, Romaine Lettuce, Salad bowl lettuce, Salad mix, **Seed garlic**, Shitake mushrooms, Squash, Stew meat, Sugar snap peas, Sunflowers, **Sungold tomatoes**, Sweet candy onions, Tomatillos, Tomatoes, Turnip, Watercress, Watermelon, Winter Squash, **Yao-Choy**, Yellow Squash, and Zucchini!

The September 19, 2010 edition of the Vine e-newsletter is written and edited by volunteers: Kelly Nigl, Chris Moore, Anne Pryor, and Angela Trentadue  
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